

COUNSELING AND MENTAL HEALTH

The stresses of physical and emotional changes, illnesses, caregiving, or suffering losses can bring about feelings of anxiety, grief, and depression.

Services provided by mental health professionals such as counseling and support groups, can assist in coping with changes.

Support groups educate and provide an opportunity to share common experiences and emotional support with others. Support groups can focus on special needs such as: Dementia, Cancer, Caregiver, Depression, and Grief.

Amita Health Alexian Brothers Behavioral Health

1650 Moon Lake Boulevard, Hoffman Estates, IL 60169

1-855-383-2224

www.amitahealth.org/locations/hospitals/behavioral

Assists individuals struggling with mental health issues, addiction or behavioral disorders. Offers a wide selection of treatment programs that cover the entire behavioral health spectrum, including unique populations that often struggle to find care at other healthcare systems.

Associates in Family Care

Aurora, IL 60506, 888 S. Edgelawn Drive, Suite 1751

Downers Grove, IL 60515, 842 Curtiss Street

Naperville, IL 60563, 650 E. Diehl Road

(630) 983-0600

www.afccounselors.com

Offers solution-based counseling for individuals, couples, and families who are facing difficulties with decisions, personal feelings, or relationships. Accepts Medicare and most insurance.

**DuPage County Health Department
Access and Crisis Center**

111 N County Farm Road, Wheaton, IL 60187
(630) 682-7400 (Non-emergency for Intakes)
(630) 627-1700 (Emergency Crisis Line)
www.dupagehealth.org/mental-health



Receives all emergency and non-emergency calls for mental health services. Provides information on options available from the Health Department and other mental health groups.

The **Crisis Intervention Unit** offers professional counseling services, 24 hours per day for emergencies. Accepts Medicaid/Medicare and some private insurance.

Family Shelter Service

605 E. Roosevelt Road, Wheaton, IL 60187
(630) 221-8290
(630) 469-5650 (24-hour Hotline)
www.familyshelterservice.org



Provides a variety of services for victims of domestic violence. Programs include emergency shelter, individual and group counseling, court and victim advocacy. All services are free of charge, offered in English and in Spanish and available to individuals regardless of their immigration status.

Hamdard Center

228 E. Lake Street, Addison, IL 60191
(630) 860-9122 (24-hour Hotline)
(630) 835-1430
www.hamdardcenter.org



A healthcare and supportive service provider focused on serving the Middle Eastern & South Asian communities experiencing domestic violence. Services include counseling related to aging, case management, domestic violence support groups, and partner abuse intervention program.

Metropolitan Family Services DuPage

222 E. Willow Avenue, Wheaton, IL 60187

209 N. York Road, Elmhurst, IL 60126

1999 W. 75th Street, Woodridge, IL 60517

Americenter of Naperville, 27475 Ferry Road, Warrenville, IL 60555

(630) 784-4800

www.metrofamily.org

Specialized consultation and counseling for older adults (age 60 and older) and for families who provide care for an older family member. Issues commonly addressed are depression, anxiety, coping with changes, loss, grief, and isolation.

Support groups, educational programs and counseling are provided for grandparents raising grandchildren and to those giving care and support to an older parent or spouse. No one is denied service for inability to pay. Call for an appointment.



National Alliance on Mental Illness (NAMI)

115 N. County Farm Rd, Wheaton, IL 60187

(630) 752-0066

www.namidupage.org

A non-profit organization dedicated to providing support, advocacy and education to improve the lives of individuals with a mental illness and their families.



Outreach Community Ministries

Outreach Community Counseling Centers

333 E Gundersen Drive, Suite B, Carol Stream, IL 60188 **(630) 871-2100**

-Serves Bloomingdale, Carol Stream, Glendale Heights, Villa Park, Winfield

28W542 Batavia Road, Warrenville, IL 60555 **(630) 393-7057**

-Serves Warrenville, West Chicago

122 W Liberty Drive, Wheaton, IL 60187 **(630) 682-1910**

-Serves Glen Ellyn, Wheaton, Winfield

www.outreachcommunityministries.org

The Counseling Center engages older adults in activities to reduce isolation through practical assistance. Programs include assistance for anxiety, depression, anger, grief, loss, trauma, and family conflict.

The Friendly Visiting Program matches older adults with a one-on-one volunteer visitor to the home.

Samar Counseling Center

1819 Bay Scott Circle, Suite 109, Naperville, IL 60540

1121 Warren Avenue, Suite 160, Downers Grove, IL. 60515

(630) 357-2456

samaracarecounseling.org



Provide professional mental health counseling and psychological assessments and testing for adults, children, adolescents, and families from diverse backgrounds and varied financial means.

YWCA Patterson & McDaniel Family Center

West Suburban Rape Crisis Hotline

2055 W Army Trail Road, Suite 140, Addison, IL 60101

(630) 790-6600

(630) 971-3927 (24-hour rape hotline)

<https://ywcachicago.org/our-work/sexual-violence-support-services/>

The Rape Crisis Hotlines provide survivors of sexual violence and their significant others immediate support, crisis intervention, and referrals.



HALFWAY HOUSES & SUBSTANCE ABUSE FACILITIES

Hope for Tomorrow

479 N Lake Street, Aurora, IL 60506

(630) 966-9000, Toll Free 1-866-301-HOPE (4673)

www.hopefortomorrow.net

Offers four clinically-guided, substance-free homes in Kane County for thirty-seven adults suffering from the disease of mental health and for those adults suffering from chronic substance use disorders.

Linden Oaks Hospital

852 S. West Street, Naperville, IL 60540

(630) 305-5500

www.lindenoaks.org

Provides a recovery center, as part of Edward-Elmhurst Hospital, for the treatment of behavioral health services, substance abuse, detoxification, and for each stage of the recovery process, including inpatient and outpatient treatments.

Serenity House Counseling Services, Inc.

891 S. Rohlwing Road

Addison, IL 60101

(630) 620-6616

www.serenityhouse.com

Offers programs for adult and adolescent intensive outpatient services, DUI, as well as Halfway Houses and Recovery Homes. The Halfway House offers a 90-day Extended Residential Treatment program to assist individuals recovering from substance abuse.



Wayside Cross Ministries

215 E. New York Street

Aurora, IL 60505

(630) 892-4239

www.waysidecross.org

Offers Christian-based programs for men, women and children dealing with addiction, homelessness, or domestic violence. Prison ministry to connect families, and transitional work programs are also offered.

Woodridge Interventions

2221 64th Street, Woodridge, IL 60517

(630) 968-6477

www.woodridgeinterventions.com

Offers an array of substance abuse treatment services for both adolescents and adults. Educational, recreational, and family services are provided. Outpatient treatment programs are offered. A residential treatment program is available for male adolescents and male adults.



MORE ASSISTANCE

DuPage County Community Resource Information System dupagecris.org

Provides resources and information for agencies that provide mental health and support groups in DuPage County.

Friendship Line 1-800-971-0016

www.ioaging.org/services/all-inclusive-health-care/friendship-line

The Friendship Line is available to share a conversation with someone who cares. The helpline is also a crisis intervention hotline providing around the clock crisis support services

Grief www.griefnet.org

Provides information on mental health problems and learn where to seek help.

Hospitals throughout DuPage County offer support groups and mental health services. To answer any questions, call your local hospital. The list of hospitals in DuPage County are in the **Health, Medical, and Dental** section of this directory.

Mental Health www.mentalhealth.gov

Provides information on mental health problems and where to seek help.

