

# Mental Health Services Guide

*Provided by*



*and*



Community  
Memorial  
Foundation

This is a Resource and Referral Guide for individuals and family members during uncertain times.

Este folleto de recursos es disponible en español para descargar en <https://theleadershop.org>

## **PROGRAMS AT THE LEADERSHOP**

### **After School Programs (K-8 grades)**

The LeaderShop's After School Programs provide quality educational and individual support through homework help and activities that foster relationship building with peers and positive role models.

### **Mentoring (K-7 grades)**

This program establishes a one-to-one relationship between a screened, trained adult volunteer and a child in need of additional adult guidance and support.

### **Camp LeaderShop (1-8 grades)**

Camp LeaderShop is a unique program designed to keep students engaged in social, academic, physical, and civic activities throughout the summer months.

### **Junior High Leadership (7-8 grades)**

7th and 8th grade students from 13 area junior highs develop leadership skills by planning and implementing service projects for their schools and communities.

### **Youth Ignited (9-12 grades)**

Youth Ignited provides a welcoming community of peers to engage in active discussions on relevant teen topics. Participants also form connections with peers and adult role models through social outings and service projects.

### **High School Leadership (9-12 grades)**

This LeaderShop program helps teens develop leadership skills by planning service projects, scheduling recreational activities, planning and fundraising for the annual service trip, and helping to coordinate volunteer opportunities.

### **Performance Group (9-12 grades)**

Through the performance of youth designed skits and dances, performers in Watch My Feet utilize the power of peer to peer education to empower audience members to make positive decisions for themselves and their communities.

### **Teen Leaders (9-12 grades)**

Through leadership development trainings, our Teen Leaders become effective facilitators to help younger students gain social, emotional and leadership skills.

### **Youth Mental Health First Aid (12 grade and up)**

A training for adults to learn how to support and guide youth who are experiencing a mental health challenge or crisis.

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## Resource/Referral Lines

*Resource/Referral Lines are telephone support, resources and referral to individuals and family members during uncertain times. This service is best used for navigating mental health care.*

### NAMI Metro Suburban (West Cook County)

**(708) 524-2582**

[www.namimetsub.org](http://www.namimetsub.org)

### Illinois Department of Human Services Division of Mental Health

**(866) 359-7953** \*Se habla español

[www.illinoismentalhealthcollaborative.com](http://www.illinoismentalhealthcollaborative.com)

### Linden Oaks Resource & Referral Line

**(630) 305-5027**

To chat with someone live via the internet visit

<http://www.edward.org/lindenoaks>

### Pillars Community Health

**(708) 745-5277** \*Se habla español

[www.pillarscommunityhealth.org](http://www.pillarscommunityhealth.org)

### Illinois Warm Line

**(866) 359-7953** \*Se habla español

## Crisis Hotlines

*CRISIS HOTLINES are phone numbers people can call to get immediate emergency telephone counseling and local mental health referrals, by trained professionals or volunteers to handle crisis situations.*

### National Suicide Prevention

**(800) 273-TALK** \*Se habla español

### National Runaway Safeline:

**800-RUNAWAY (786-2929)** \*Se habla español

### Crisis Text Line

Text "NOW" to 741741

## Assessments and Interventions

### Access Des Plaines Valley Health Center

**(708) 458-0757** \*Se habla español

[www.achn.net](http://www.achn.net)

### AMITA Health Adventist Medical Center La Grange

**(708) 245-9000** \*Se habla español

[www.keepingyouwell.com/almh](http://www.keepingyouwell.com/almh)

### Linden Oaks Hospital

**(630) 305-5500** \*Se habla español

[www.edward.org/lindenoaks](http://www.edward.org/lindenoaks)

### The Living Room

**LaGrange: (708) 582-6434**

**Broadview: (708) 498-0200** \*Se habla español

<https://namimetsub.org/recovery-programs/the-living-room>

### **Metropolitan Family Services Southwest**

**(708) 974 – 2300** \*Se habla español

[https://www.metrofamily.org/community\\_center/southwest/](https://www.metrofamily.org/community_center/southwest/)

### **Pillars Community Health**

**(708) 745-5277** \*Se habla español

[www.pillarscommunityhealth.org](http://www.pillarscommunityhealth.org)

### **ProCare**

**(708) 401-0615**

[www.presencehealth.org](http://www.presencehealth.org)

### **Rosecrance La Grange Office**

**(888) 928-5278**

<http://www.rosecrance.org>

## **Treatment and Case Management**

### **The Community House in Hinsdale**

**(630) 323-7500**

[www.thecommunityhouse.org](http://www.thecommunityhouse.org)

### **Healthcare Alternative Systems Inc. (HAS)**

**(708) 498-0200**

[www.hascares.org](http://www.hascares.org)

### **The Living Room**

**LaGrange: (708) 582-6434**

**Broadview: (708) 498-0200** \*Se habla español

<https://namimetsub.org/recovery-programs/the-living-room>

### **Pillars Community Health**

**(708) 745-5277** \*Se habla español

[www.pillarscommunityhealth.org](http://www.pillarscommunityhealth.org)

### **SamaraCare Counseling**

**(630) 357-2456** \*Se habla español

[www.samaracarecounseling.org](http://www.samaracarecounseling.org)

### **Youth Outreach Services**

**(773) 777-7112** \*Se habla español

[www.yos.org](http://www.yos.org)

### **Forest Counseling Services**

**(708) 594-3500**

[www.forestcounseling.com](http://www.forestcounseling.com)

## **Educational, Prevention and Support Groups**

### **NAMI Metro Suburban (West Cook County)**

**(708) 524-2582**

[www.namimetsub.org](http://www.namimetsub.org)

### **Pillars Community Health**

**(708) PILLARS / (708) 745-5277** \*Se habla español

[www.pillarscommunityhealth.org](http://www.pillarscommunityhealth.org)

### **Robert Crown Center**

**(630) 325-1900**

[www.robertcrown.org](http://www.robertcrown.org)

### **Sertoma Centre, Inc.**

**(708) 371-9700**

[sertomacentre.org](http://sertomacentre.org)

### **The LeaderShop**

**(708) 579-5898** \*Se habla español

[www.theleadershop.org](http://www.theleadershop.org)

## **Substance Abuse**

### **Healthcare Alternative Systems Inc. (HAS)**

**(708) 498-0200** \*Se habla español

[www.hascares.org](http://www.hascares.org)

### **Linden Oaks Hospital**

**(630) 305-5500**

<https://www.eehealth.org>

### **Pillars Community Health**

**(708) PILLARS / (708) 745-5277** \*Se habla español

[www.pillarscommunityhealth.org](http://www.pillarscommunityhealth.org)

### **Serenity House, Inc.**

**(630) 620-6616**

[www.serenityhouse.com](http://www.serenityhouse.com)

### **Sertoma Centre, Inc.**

**(708) 371-9700**

[www.sertomacentre.org](http://www.sertomacentre.org)

### **Way Back Inn & Grateful House**

**(708) 345-8422**

[www.waybackinn.org](http://www.waybackinn.org)

### **Youth Outreach Services**

**(773) 777-7112** \*Se habla español

[www.yos.org](http://www.yos.org)

## **Domestic Violence and Sexual Assault Services**

### **Mujeres Latinas en Accion**

**(312) 738-5358** \*Se habla español

[www.mujeerlatinassenaccion.org](http://www.mujeerlatinassenaccion.org)

### **Pillars Community Health**

- 24 hour Domestic Violence Hotline **(708) 485-5254** \*Se habla español
- 24 hour Sexual Violence Hotline **(708) 482-9600**  
\*Se habla español

[www.pillarscommunityhealth.org](http://www.pillarscommunityhealth.org)

### **Family Shelter Service of Metropolitan Family Services Dupage**

**(630) 469-5650** \*Se habla español

<https://www.metrofamily.org/fssomfmsd/>

### **YWCA Rape Hotline**

- Chicago Metropolitan Area **(888) 293-2080** \*Se habla español
- DuPage County **(630) 971-3927** \*Se habla español
- South Suburbs **(708) 748-5672** \*Se habla español

## State of Illinois Domestic Violence Helpline

**(877) 863-6338** \*Se habla español

## Bereavement Services/Terminal Illness

### Buddy's Place

**(708) 995-3750** \*Se habla español

[www.pillarscommunityhealth.org](http://www.pillarscommunityhealth.org)

### Wellness House

**(630) 323-5150**

[www.wellnesshouse.org](http://www.wellnesshouse.org)

## Food Pantries

### St. Blase Parish

**(708) 458-0007** \*Se habla español

[www.stblasechurch.org](http://www.stblasechurch.org)

Open Mondays, Thursdays, and Fridays 9am-12pm and again 1pm-4pm

## Developmental Disabilities

### Helping Hand Center

**(708) 352-3580** \*Se habla español

[www.hhcenter.org](http://www.hhcenter.org)

### Community Support Services

**(708) 354-4547** \*Se habla español

[www.cssservices.org](http://www.cssservices.org)

### Aspire

**(708) 236-0979** \*Se habla español

[www.aspirechicago.com](http://www.aspirechicago.com)

## Homeless Services

### Beds Plus

**(708) 354-0858** \*Se habla español

Evening Supper on Wednesdays

[www.beds-plus.org](http://www.beds-plus.org)

### St. Blase Parish

**(708) 563-2407** \*Se habla español

[www.stblasechurch.org](http://www.stblasechurch.org)



Community  
Memorial  
Foundation

## About the Community Memorial Foundation

Community Memorial Foundation aims to measurably improve the health of those who live and work in the western suburbs of Chicago. The Foundation works in partnership with non-profit organizations to develop, implement and sustain creative programs and services that have a measurable impact on the health and well-being of our target communities. Their vision is that the Foundation, together with the community, will transform the region into the healthiest in the country.

(630) 654-4729

<http://cmfdn.org>



## About The LeaderShop

The LeaderShop is a non-profit organization that works to empower youth to become community-minded individuals through diverse programs that foster confidence, knowledge and leadership. They also aspire to build an ever-growing network of youth energized by service and responsibility to self, community and the world. Founded in 1978, The LeaderShop has continued to grow and now serves approximately 1,000 participants a year, throughout their varying programs and events.

With a focus on leadership training and development, afterschool programs, service projects for local communities, and mentoring, The LeaderShop has built sense of Competence, Usefulness, Belonging, and Influence in the youth k-12 whom they serve.

(708) 579-5898

<https://www.theleadershop.org>