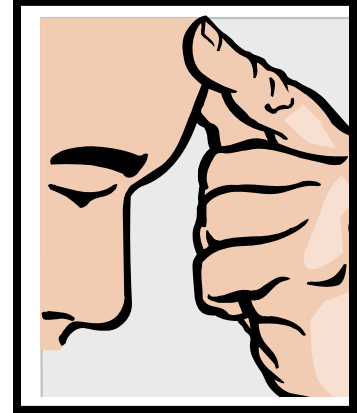


COUNSELING AND MENTAL HEALTH

Good mental health is important in maintaining a high quality, independent lifestyle. At times, however, the stresses of physical and emotional changes, illness, providing care or suffering loss can bring about feelings of anxiety, grief and depression. These feelings can have a negative impact upon one's sense of well-being. Services that can assist older adults and their families in coping with the changes that often accompany the aging process may be obtained through psychiatrists, psychotherapists and other mental health professionals.



Support groups educate and inform, as well as provide an opportunity to share common experience and emotional support with others who face similar issues. These groups frequently focus on special needs, including Alzheimer's disease, arthritis, cancer, caregiving, depression and grief. Generally, area hospitals, nursing facilities, agencies that provide counseling, and health related organizations can direct you to a support group that will meet your needs. If you have any questions, or need additional information, call **DuPage County Senior Citizen Services, (630) 407-6500 or 1-800-942-9412.**

Alexian Brothers Behavioral Health Hospital

1650 Moon Lake Boulevard, Hoffman Estates, IL 60194

1-800-432-5005

www.abbhh.org

Programs offered include Older Adult Partial Hospitalization, individual and group therapies for mood disorders including grief and loss issues, anxiety, substance abuse and more.

Village of Downers Grove

Counseling and Social Services

842 Curtiss Street, Downers Grove, IL 60515

(630) 434-5595 (answering machine after hours)

Offers counseling for individuals, couples, and families, facing difficulties with decisions, personal feelings, or relationships. Provides information and referral, home chore services, transportation and a computerized telephone reassurance program (see page 58).

Depressive and Bipolar Support Alliance – Western Suburbs

(Meetings held at Good Samaritan Hospital in the Oak Rooms)

3815 W. Highland Avenue, Downers Grove, IL 60515

(630) 415-1480 (Recording)

www.dbsawest.com (local)

Provides support to persons living with depression or manic depression through support groups and training.

DuPage Community Clinic

1506 E. Roosevelt Road, Wheaton, IL 60187

(630) 682-0639

www.dupagecommunityclinic.org

Offers free mental health services to low income uninsured individuals. Services are provided by professionals volunteering their services.

DuPage County Health Department

Provides the following programs. Call the number listed, or **(630) 682-7400**.

◆ **Access and Crisis Center**

440 S. Finley Road, Lombard, IL 60148

(630) 627-1700

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 daily, for emergencies.

◆ **Adult Psychiatric Services**

Addison, Lombard, and Westmont Public Health Centers

(630) 627-1700

Psychiatric services for adults suffering from depression and other mental illnesses are provided by an interdisciplinary team. (See Page 43 for Public Health Center Locations)

Elmhurst Memorial Guidance Center

183 N. York Road, Elmhurst, IL 60126

(630) 941-4577

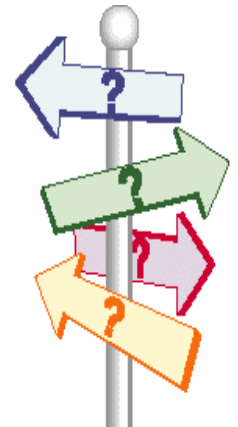
Geriatric one-on-one counseling services that address life changes unique to older adults, including retirement, changing family roles, relocation, isolation, depression,

and loss of spouse or friend. Helps families cope with the stress of caring for aging and ailing parents.

Family Shelter Service

605 E. Roosevelt Road, Wheaton IL 60187
(630) 469-5650 (24-hour Hotline)
(630) 221-8058 (TDD)

Provides a variety of services to victims of domestic violence. Programs include emergency shelter, individual and group counseling, services for children and teens, 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.



Gottlieb Geriatric Behavioral Health Unit

701 W. North Avenue, Melrose Park, IL 60160
(708) 681-7891
www.gottliebhospital.org

Short term in-patient treatment for those age 65 and older with mental health imbalance. Features comprehensive evaluation, treatment plan, therapies, medication management and encourages family participation.

Hamdard Center

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

A multi-cultural agency focused on serving the Middle Eastern & South Asian communities as well as other vulnerable DuPage County residents. Services include counseling, Domestic Violence Emergency Shelter and transitional housing for victims of abuse, partner abuse intervention program, parenting skills training, support groups, outreach to homebound residents, translation and interpretation services, legal and immigration advocacy.

Leeza's Place

113 Republic Avenue, Joliet, IL 60435
(815) 741-0077
www.leezasplace.org

At Provena St. Joseph Medical Center, this organization offers a full schedule of education, client and caregiver support and activities for those recently diagnosed with memory disorders.

Lifelink/Bensenville Home Society
331 S. York Road, Bensenville, IL 60106
(630) 766-3570

Offers general counseling, Headstart, Foster Care, and international adoption services. Programs that meet the needs of the elderly include affordable housing, retirement communities for low and middle-income adults and nursing facility care.

Lutheran Social Services
Behavioral Health Services
544 S. Cornell Avenue, Villa Park, IL 60181
(630) 993-0100 (accessible after hours)

Providing individual adult and marriage counseling, educational services, consultation with professionals and organizations and referral to specialized services. Sites in DuPage County include Villa Park, Downers Grove, Elmhurst, and Wheaton. Payment methods include private insurance, Medicare, and sliding scale fees.

Mental Health America of Illinois
70 E. Lake Street, Suite 900, Chicago, IL 60601
(312) 368-9070
www.mhai.org

Promotes the awareness and development of self-help and mutual aid groups through education, dissemination of information, and training and consultation. Publishes the **Directory of Self-Help and Mutual Aid Groups**.

problems? ANXIETY
illness Relationship problems
Need someone to listen?
finances **DEPRESSION**
Loss of a loved one **Family concerns**

Stress **Life transitions**

**Metropolitan Family Services DuPage
Senior Services Locations:
For all locations phone (630) 784-4800**

- ◆ 222 E. Willow Avenue, Wheaton, IL 60187
- ◆ 209 N. York Road, Elmhurst, IL 60126
- ◆ 1999 W. 75th Street, Woodridge, IL 60517
- ◆ 600 S. Washington, Suite 302, Naperville, IL 60540

Specialized consultation and counseling for older adults (age 60 and over) and for families who provide care for an older family member. Services are offered in the client's home or at any of the above locations. Issues commonly addressed are depression, anxiety, coping with changes, loss and grief, isolation, and challenges associated with giving care and support to an older parent or spouse. Psychiatric consultations and medication management are available when needed. Programs for grandparents raising grandchildren, including support groups are also available. Also offered are support groups and educational programs for caregivers. Medicare can be billed for some services. Contributions are welcomed and encouraged. No one is denied service for inability to pay.

National Alliance on Mental Illness - DuPage County (NAMI)
2100 Manchester Road, Building B, Suite 925, Wheaton, IL 60187
(630) 752-0066 (accessible after hours)
www.namidupage.org

A nonprofit organization dedicated to improve the quality of life for persons with chronic mental illness and to give support to their families. Provides advocacy on the local, state and national level and is administered by professionals, concerned citizens, ex-patients and by families of the mentally ill. Programs and support groups are listed on their website.

Outreach Community Center
345 S. President Street, Carol Stream, IL 60188
(630) 260-7600

Friendly visiting program available for seniors seeking companionship.

Outreach Community Counseling Center

336 E. Gundersen, Suite B, Carol Stream, IL 60188
(630) 871-2100

Offers counseling services to individuals and families from south Carol Stream. Sliding scale fees.

PACT, Inc.

555 E. Butterfield Road, Suite 301, Lombard, IL 60148
(630) 960-9700
(630) 960-9849 TDD
Email: pact@pactinc.net

Provides case management to include needs identification, individual service planning, service linkage and advocacy, for any individual who has a developmental disability residing in DuPage County regardless of age.

Samaritan Interfaith Counseling Center

1819 Bay Scott Circle, Naperville, IL 60540
(630) 357-2456

Individual, marital, family and group therapy. Adult education classes. Fee subsidies available.

VNA of Fox Valley

400 N. Highland Avenue, Aurora, IL 60506
(630) 978-2532
www.vnafoxvalley.com

Addresses the complex needs of home health care patients by linking mental and behavioral care with medical health services. Will complete both physical and mental status assessment. Can provide psychotherapy, cognitive therapy, stress management, addictions education, grief resolution and more.

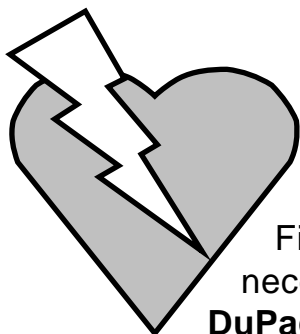
YWCA DuPage District

739 Roosevelt Road, Bldg. 8, Suite 210, Glen Ellyn, IL 60137
(630) 790-6600
(630) 971-3927 (24-hour rape hotline)



Offers a broad range of supportive services, including individual counseling for women experiencing transition and/or turmoil in their lives. Sliding scale fees. Support groups available.

ELDER ABUSE



Many older adults who live at home are at risk of abuse, neglect and financial exploitation, and more than half of the abusers are their primary caregivers. The most common forms of elder abuse are: Emotional (verbal assaults, threats, harassment or intimidation) Financial Exploitation, Neglect (caregiver's failure to provide life's necessities) and Physical Abuse (infliction of physical pain or injury).

DuPage County Senior Citizen Services is designated by the Illinois Department on Aging, to respond to all reports of suspected elder abuse in DuPage County and to work with older adults to resolve the abusive situation. Interventions (agreed upon by the victim) may include one or more of the following: home health care, nutrition services, financial or legal assistance and court advocacy, Adult Day Services, housing assistance, respite for the caregiver, counseling for the victim and/or abuser, emergency assistance, or when needed, guardianship proceedings and/or nursing facility placement.

Attempts to resolve some abusive situations are thwarted by the victim because competent adults have the right to refuse assistance. To report suspected elder abuse, or if you need additional information, please call the numbers below. Professionals working with older persons are mandated reporters, as identified by the Elder Abuse and Neglect Act. These professionals are required to report the abuse or neglect of any senior citizen who is unable to report for themselves due to any type of dysfunction.

If you know an older person who is being harmed in any way, please call us, we can help.
All calls are confidential.

Monday – Friday, 8:00 a.m. – 4:30 p.m.

(630) 407-6500

1-800-942-9412

(Evenings, weekends and holidays)

1-866-800-1409

SUPPORT GROUPS FOR GRIEF AND BEREAVEMENT

No one is fully prepared for the loss of a loved one through separation, divorce or death. Each of us responds differently and heals in our own time. Relationships change, routines vary and the unexpected or unknown can leave us feeling helpless or fearful. The support groups listed below may help you find comfort and strength as your life moves forward. Call for more information on particular groups.

Grief Support Group

Elmhurst Memorial Hospice

Elmhurst Center for Health

1200 S. York Road, Elmhurst, IL 60126

(630) 833-8200, Ext. 73541

Central DuPage Hospital

25 N. Winfield Road, Winfield, IL 60190

(630) 933-4234

www.cdh.org

CNS Adult Grief Support Group

(Previously known as

CNS Hospice Bereavement Program)

690 E. North Avenue, Carol Stream, IL 60188

(630) 933-7888

Coping with Grief

Elmhurst Memorial Hospital

Bates Conference Room

200 Berteau Avenue, Elmhurst, IL 60126

(630) 833-1400 Ext. 47058

Coping with Grief

Adventist St. Thomas Hospice

8230 S. Madison, Burr Ridge, IL 60521

(630) 856-6993

Fox Valley Hospice, Inc.

200 Whitfield Drive, Geneva, IL 60134

(630) 232-2233 (Fox Valley Hospice)

Grief Support Group of Vitas Hospice
Alexian Brothers Medical Center/Life Enrichment Center
800 Biesterfield Road, Elk Grove Village, IL 60007
(630) 268-6234

Journey to Wholeness
Grief Support Group
Edward Hospital
Naperville Campus
(630) 527-5056 (Recording)

Life After Loss
Meadows of Glen Ellyn
60 N. Nicoll Avenue, Glen Ellyn, IL 60137
(630) 446-1527

Pathway to Wholeness Adult Grief Support
Family Centered Hospice
2171 Executive Drive, suite, 450, Addison, IL 60101
(630) 317-3341
www.familyhhs.com

HALFWAY HOUSES & SUBSTANCE ABUSE FACILITIES

Cornell Intervention
2221 64th Street, Woodridge, IL 60517
(630) 968-6477

Provides specialized substance abuse treatment services for adolescent and adult males in need of variable length of stay in-patient or out-patient care. The Twelve Step recovery program, a strong aftercare plan and a healthy environment allow clients to learn and practice sober living skills while examining their initial issues. Also has out-patient program for women.

Haymarket Center
932 W. Washington Boulevard. Chicago, IL 60607
(312) 226-7984
www.Hcenter.org

Serves chemically dependent men and women and their families, including homeless and certain court-mandated offenders, through detox, (residential or out-

patient) and other services. Fees are on a sliding scale. Medicaid, third-party reimbursement and private payment are accepted.

Linden Oaks Hospital

852 S. West Street, Naperville, IL 60540

(630) 305-5500

Accepts both men and women. Clients must go through intake. Accepts private insurance, Medicare, and self-pay only. Length of stay varies. Performs detox and treats dual diagnosis.

Serenity House Counseling Services, Inc.

891 S. Route 53

Addison, IL 60101

(630) 620-6616

www.serenityhouse.com

Accepts both men and women. Clients referred by Share, Wayback, hospitals, Elgin Mental Health Center, etc. Sliding scale, length of stay is 3 months to one year. Clients must be clean and sober for two weeks, heroin free for 30 days. Programs include male family reunification and independent living treatment. HIV program, out-patient counseling and classes for levels of DUI.

TASC DuPage

799 Roosevelt Road

Building 6, Suite 2

Glen Ellyn, IL 60137

(630) 858-7400

Accepts both men and women. Clients are referred by Elgin Mental Health Center or walk-ins, etc. Sliding scale. FOR ASSESSMENT AND REFERRAL PURPOSES ONLY.

Wayside Cross Mission

215 E. New York Street

Aurora, IL 60505

(630) 892-4239

Accepts men only. Clients are referred by churches, word of mouth, and walk-ins. Need to work on premises. Average stay is one year. Clients do not need to be clean or sober. Six month program.