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.

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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.