

COMMUNITY RESOURCES

CRISIS

AGENCY	PHONE	LOCATION	COST/ADDITIONAL INFO
DuPage County Health Department Crisis Services (Phone Line & Residential)	630.627.1700	115 N. County Farm Rd, Wheaton (door # 5)	<ul style="list-style-type: none"> • Short-term psychiatric stabilization • 12-bed unit • Voluntary and unlocked • Alternative to inpatient hospitalization
NAMI/DuPage County Health Department Living Room	630.752.0066	Wheaton	<ul style="list-style-type: none"> • Peer-led alternative to traditional ER for those with mental health crisis • Adults 18+ • Monday – Friday 3 pm to 8 pm

COUNSELING

AGENCY	PHONE	LOCATION	COST/ADDITIONAL INFO
DuPage County Health Department (non-emergency for Intakes)	630.682.7400	Multiple	<ul style="list-style-type: none"> • Sliding fee available • Psychiatrist available • Many insurances accepted • Typically has wait list
Metropolitan Family Services	630.784.4800	Wheaton Warrenville	<ul style="list-style-type: none"> • Sliding fee available • Psychiatrist available • Many insurances accepted • Typically has wait list
Edgewood Clinical Services	630.428.7890 Ext .320	Naperville Plainfield Lisle	<ul style="list-style-type: none"> • Sliding fee available • Psychiatrists available • Many insurances accepted • Psychological testing
Riverwalk Counseling Center	630.848.0445	Naperville	<ul style="list-style-type: none"> • May be conducted by interns for lower cost (\$25 per session) • Many insurances accepted • Substance abuse, mixed gender, DBT groups
Oak Brook Counseling & Wellness	630.710.5729	Oak Brook	<ul style="list-style-type: none"> • Sliding fee available • Many insurances accepted • Mindfulness coping, emotional regulation, etc. • Adults, young adults, children, LGBTQIA
Summit Clinical Services	630.260.0606	Naperville Wheaton	<ul style="list-style-type: none"> • Up to individual practitioners to lower cost • Blue Cross & Medicare
Innovative Counseling Partners	773.312.3612	Multiple	<ul style="list-style-type: none"> • Sliding fee available • Many insurances accepted • Mindfulness groups available
Northwestern Medicine Behavioral Health	630.933.4000	Winfield St. Charles	<ul style="list-style-type: none"> • Sliding fee available • Psychiatrists available • Medicaid accepted • Young adult mental health track program available (18 to 25)
Pillars	708.745.5277	Western and South Western Suburbs (many)	<ul style="list-style-type: none"> • Sliding fee available • Outpatient, Addictions, Employment, Grief Support, Domestic Violence, Sexual Assault, Parent Support, Crisis • Many insurances, Medicare • English, Spanish, Arabic, Polish

Insight Behavioral Health Centers	312.239.6016	Oakbrook Northbrook Evanston	<ul style="list-style-type: none"> • Mood and anxiety; eating recovery • Comprehensive, mindfulness-based • Residential, partial hospitalization, intensive outpatient • Out-of-pocket or insurance
Thresholds		Chicago Westmont	<ul style="list-style-type: none"> • Early intervention programs for emerging adulthood with intensive outpatient needs (decrease symptoms & prevent hospitalization) • Multidisciplinary (therapy, peer mentors, supported employment, family support) • Accepts most insurance and Medicaid

HOMELESSNESS

AGENCY	PHONE	LOCATION	COST/ADDITIONAL INFO
DuPage Pads	630.682.3846	Variable, throughout DuPage County	<ul style="list-style-type: none"> • Interim Overnight Housing • Client services (basic needs assistance, laundry & shower, groups & workshops) • Career & employment Assistance
Catholic Charities (Hope House)	630.495.8008 630.941.3868	Lombard Villa Park	<ul style="list-style-type: none"> • Transitional housing • Emergency services
Community Housing Association of DuPage (CHAD)	630.456.4452	Wheaton	<ul style="list-style-type: none"> • Offers below market rents to income qualified applicants
360 Youth Services	630.717.9408 ext. 1148	Naperville Lisle Aurora	<ul style="list-style-type: none"> • Transitional Housing • For young adults (18 to 24) • Offers men, women, and LBTQ programs • Structured program focusing on life skills • 24/7 support, up to 24 months
Bridge Communities	630.545.0610	Glen Ellyn	<ul style="list-style-type: none"> • Transitional Housing • Case management • Educational services • Must be over 21 and have at least 1 child under 18
Wheaton Youth Outreach	630.682.1910		<ul style="list-style-type: none"> • Transitional Housing • Case management • Ages 17 to 24

DOMESTIC VIOLENCE

AGENCY	PHONE	LOCATION	COST/ADDITIONAL INFO
YWCA Metropolitan Chicago Sexual Assault Services – Family Center	630.790.6600	Addison	<ul style="list-style-type: none"> • Individual & group counseling • Anonymous phone counseling • Help with police & court processes • Emergency shelter
Family Shelter Service	630.469.5650	Wheaton	<ul style="list-style-type: none"> • Supportive case management • Support groups • Assistance with order of protection • Emergency shelter • Spanish-speaking
Pillars	708.745.5277	Western and South Western Suburbs (many)	<ul style="list-style-type: none"> • Sliding fee available • Outpatient, Addictions, Employment, Grief Support, Domestic Violence, Sexual Assault, Parent Support, Crisis • Many insurances, Medicare • English, Spanish, Arabic, Polish

PREGNANCY/PARENTING

AGENCY	PHONE	LOCATION	COST/ADDITIONAL INFO
Jubilee Village	630.665.1584	Wheaton	<ul style="list-style-type: none"> • Transitional Housing for young, single moms • Must be 18 to 24 to qualify • Must be pregnant with, or parenting first child • Counseling, case management, vocational training
Pillars	708.745.5277	Western and South Western Suburbs (many)	<ul style="list-style-type: none"> • Sliding fee available • Outpatient, Addictions, Employment, Grief Support, Domestic Violence, Sexual Assault, Parent Support, Crisis • Many insurances, Medicare • English, Spanish, Arabic, Polish

SUBSTANCE ABUSE

AGENCY	PHONE	LOCATION	COST/ADDITIONAL INFO
Serenity House	630.620.6616	Addison	<ul style="list-style-type: none"> • Outpatient, intensive outpatient, DUI, halfway houses
Gateway	630.966.7400	Aurora	<ul style="list-style-type: none"> • Adult Intensive Outpatient Aftercare program
Health Alternative Systems (HAS)	630.344.0001	Wheaton	<ul style="list-style-type: none"> • Offers gender-specific programming (diversity focused)
Breaking Free	630.897.1003	Aurora	<ul style="list-style-type: none"> • Education, prevention, counseling services
Woodridge Interventions	630.968.6477	Woodridge	<ul style="list-style-type: none"> • Residential treatment programs for adolescents and adults • Step-down recovery home for older teens • Outpatient treatment services

VETERANS

AGENCY	PHONE	LOCATION	COST/ADDITIONAL INFO
Edward Hines VA Hospital	708.202.8387	Hines	<ul style="list-style-type: none"> • Primary and specialty health care services for veterans
Aurora Vet Center	630.585.1853	Aurora	<ul style="list-style-type: none"> • Community-based outpatient Hines VA clinic • Individual, group, family, substance abuse, employment
Healthcare for Homeless Veterans Program	708.202.4960	Hines	<ul style="list-style-type: none"> • Assistance with VA healthcare, programs, benefits
Veterans Assistance Commission	630.407.5655	Wheaton	<ul style="list-style-type: none"> • Annual, one-time, emergency financial assistance program
MSHV Freedom Commissary	630.871.8387	Wheaton	<ul style="list-style-type: none"> • Free thrift store for clothing, household, basic needs

HELPLINES (24 HOURS/DAY, FREE, CONFIDENTIAL)

AGENCY	PHONE	SERVICE
DuPage County Health Department Crisis Intervention	630.627.1700	<ul style="list-style-type: none"> • Support system for mental health emergencies • Urgent mental health issues that require immediate attention such as (suicidal thoughts, homicidal threats, and symptoms of serious mental illnesses)
National Suicide Prevention Lifeline (press 1 for veterans)	1.800.273.TALK (8255)	<ul style="list-style-type: none"> • Support for people in distress, prevention and crisis resources for you or your loved ones

YWCA West Suburban Rape Crisis Hotline	630.971.3927	<ul style="list-style-type: none"> • Immediate support & crisis intervention for survivors of sexual violence and their significant others
Pillars Domestic Violence	708.485.5254	<ul style="list-style-type: none"> • 24-hour, confidential
Pillars Sexual Assault	708.482.9600	<ul style="list-style-type: none"> • 24-hour, confidential
SAMHSA's National Helpline	1.800.662.HELP (4357)	<ul style="list-style-type: none"> • Information service for mental health and substance use issues (English & Spanish)
National Call Center for Homeless Veterans	1.877.424.825	<ul style="list-style-type: none"> • Trained VA counselors available
Vets 4 Warriors	1.855.838.8255	<ul style="list-style-type: none"> • Peer support and resource connection network for service members, veterans, caregivers

WEBSITES

RESOURCE	WEBSITE	SERVICE
Community Resource Information System for DuPage County	http://www.dupagecris.org/	Continually updated database that provides the most current information regarding resources available to those within DuPage County
National Alliance on Mental Illness	http://namidupage.org/	Offers support groups, classes, and community outreach to individuals living with a mental illness and their families
Suicide Prevention Resource Center	http://www.sprc.org/	SAMHSA grant supported suicide prevention information
Veterans Crisis Online Chat	http://www.veteranscrisisline.net	Confidential chat available to veterans, their families, and friends
Open Path	https://openpathcollective.org/	Collective of therapists who agree to provide low cost counseling for a one-time membership fee

FIND A PSYCHOLOGIST/COUNSELOR

RESOURCE	WEBSITE
American Psychological Association	http://locator.apa.org
Psychology Today	http://psychologytoday.com