

BREAKING DOWN THE BARRIERS

RESOURCE LIST: GET HELP CLOSE TO HOME



Looking for the treatment you need in the comfort of your own community? Check out this listing of doctors, clinics, and other mental health resources in the DuPage and Western Cook County region. Much of this information was drawn from the Community Memorial Foundation's comprehensive [resource guide](#).

For Emergencies: Local 24/7 Crisis Hotlines

If someone you know is in need of immediate help – they are a danger to themselves or to others – call a local crisis hotline for guidance on ensuring safety and connecting to treatment help.

- [National Suicide Prevention Lifeline](#): immediate crisis support via phone (800-273-8255)
- [DuPage County Health Department Crisis Intervention Hotline](#): immediate crisis support via phone and connection to local resources (630-627-1700)
- [Thrive Counseling Crisis Hotline](#): immediate crisis support via phone and connection to local resources, for West Cook County residents (708-383-7500)
- [Pillars Crisis Hotline](#): immediate crisis support via phone and connection to local resources, for West Cook and DuPage County residents, (708-745-5277); *Domestic Violence Hotline* (708-485-5254), *Sexual Assault Hotline* (708-482-9600)
- [Presence Health Addiction Crisis Line](#): immediate crisis support via phone and connection to local resources, for Cook and DuPage County residents (708-681-HELP)

Individuals under 21 who are enrolled in Medicaid or the All Kids program are eligible for [Screening, Assessment and Support Services \(SASS\)](#), support for youth experiencing psychiatric emergencies via phone and connection to local resources. For more information, call the Illinois Department of Human Services Crisis and Referral Entry Services hotline at 800-345-9049.

Local Referral Hotlines

If this is not an emergency situation, connect to a referral hotline to learn more about services and treatment options in your community.

- [NAMI DuPage referral line](#) (630-752-0066)
- [NAMI Metro Suburban referral line](#), for West Cook County residents (708-524-2582)
- [Pillars Referral Line](#), for West Cook and DuPage County residents (708-745-5277)
- [Alexian Brothers Behavioral Health Hospital Network Clinical Intake Advisors](#), for West Cook and DuPage County residents (855-383-2224)
- [Linden Oaks Medical Group Behavioral Health Inquiry Hotline](#) (630-305-5027)

Local Hospitals & Providers

You have a range of mental health and substance abuse provider options in the Western Suburbs, ranging from hospitals to doctors' offices to stand-alone clinics, and accept all different sort of insurance. The provider that's right for you will vary based on your insurance plan, your location, your mental health needs, and your treatment goals. See Young Invincibles' full Mental Health Toolkit for guidance on how to find a provider that meets your needs.

If you have a *private health insurance plan* (e.g. Blue Cross Blue Shield), follow the directions in the Mental Health toolkit to connect to providers in your area. Start by either asking your Primary Care

Doctor for a referral, finding a provider list on your insurance plan’s Member Services page, or looking at trusted online resources like psychologytoday.com, healthgrades.com or yelp.com.

If you have a *Medicaid health plan*, find a provider in your network on the Illinois Department of Family Services’ [Enrollment Services](#) page, or ask your Primary Care Doctor for a referral.

If you *do not have health insurance*, see the “safety net” providers section below. These providers can administer services on a sliding-scale based on your income, provide services for free, or set you up on a payment plan. If you are able to do so, consider enrolling in a health insurance plan, which will allow you to access even more options for care while saving on out-of-pocket costs.

Community Clinics and “Safety Net” Providers

There are a variety of doctors and clinics who provide free or low-cost mental health treatment in the community. These providers are great for individuals without health insurance or who cannot afford the out-of-pocket costs traditional providers may require.

Provider	Description	Cost
DuPage County Health Department Behavioral Health Services (Addison, Lombard, Westmont and Wheaton locations)	Screenings and assessments; counseling and psychiatry for adults, children, adolescents, and families, case management, assistance applying for benefits	Sliding-scale based on income and insurance access
DuPage County Health Department Crisis Services (Available at Community Center in Wheaton or 24/7 through Crisis Intervention Hotline)	Crisis intervention, support, guidance and linkage to Behavioral Health Services for individuals experiencing crises	Sliding-scale based on income and insurance access
DuPage County Health Department Crisis Respite Program (Wheaton)	12 beds available 24/7 for “short-term crisis stabilization”, access to Health Department services	Sliding-scale based on income and insurance access
NAMI DuPage Living Room (Wheaton)	Alternative to ER at the DuPage County Community Center. Talk with a peer counselor in a warm and informal environment; 3PM-8PM, 5 days a week	Free (for individuals who meet income qualifications)
NAMI Metro Suburban Living Room (LaGrange)	Drop-in space to talk to a counselor or peer support specialist in a warm and informal environment; 3 PM-10 PM, 7 days a week	Free (for individuals who meet income qualifications)

<u>Access DuPage</u> (provider locations across the county and at the <u>DuPage Community Clinic</u>)	Direct access to medical services (including counseling and access to prescription medication) for low-income, uninsured DuPage residents	Sliding-scale based on income and insurance access
<u>VNA Healthcare</u> (DuPage County locations)	Counseling and psychiatry for adults and children, case management	Sliding-scale based on income and insurance access
<u>Access Community Health Network</u> (Cook and DuPage county locations)	Counseling and psychiatry for adults, children and adolescents; case management	Sliding-scale based on income and insurance access
<u>Hamdard Health Center</u> (Chicago and Addison)	Counseling and psychiatry for adults, children and adolescents; case management	Sliding-scale based on income and insurance access
<u>Pillars Community Health</u> (West Cook and DuPage County locations)	Screenings and assessments; counseling and home-based therapy for adults, children, adolescents, and families; case management; crisis stabilization	Sliding-scale based on income and insurance access
<u>Outreach Community Ministries</u> (DuPage County locations)	Counseling and crisis management for young adults and their families	Scholarships available to income-qualifying individuals
<u>360 Youth Services</u> (DuPage County locations)	Counseling and substance abuse intervention for young adults	Sliding-scale based on income and insurance access
<u>Thrive Counseling Services</u> (Oak Park)	Child, adolescent, adult, and family counseling	Sliding-scale based on income and insurance access (for residents of Oak Park and River Forest)
<u>The Community House</u> (Hinsdale)	Counseling, stress management and mindfulness practice for children and adults	Free
<u>YWCA Chicago</u> (Cook and DuPage County locations)	Counseling and expressive therapy (e.g. art therapy) for victims of sexual abuse and their families	Free

Support Groups

Support groups provide individuals the opportunity to connect with others in their community experiencing mental health challenges. All of the groups listed below are free of cost.

Provider	Description
360 Youth Services (multiple locations across DuPage County)	Support groups for adolescents and young adults up to age 24; programs for “at-risk” youth, LGBTQ youth, and substance abuse issues
Depression and Bipolar Support Alliance of Greater Chicago (multiple locations across Chicago and suburban communities)	Support groups for 18+ adults struggling with depression or bipolar disorder and their family
NAMI DuPage Drop-In Center (DuPage County Community Center, Wheaton)	Wellness-centered programming, including educational workshops, physical activities, and social events
NAMI DuPage Support Groups (multiple locations across DuPage County)	Peer-led support group to discuss shared experiences and develop coping mechanisms; family & friends support group, parent support group
NAMI Metro Chicago Drop-In Center (Oak Park)	Peer-led support group to discuss shared experiences and develop coping mechanisms; drop-in center also provides wellness-centered programming, including educational workshops, physical activities, and social events
NAMI Metro Chicago Support Group (NAMI Metro Chicago Drop-In Center)	Peer-led support group to discuss shared experiences and develop coping mechanisms
DuPage County Health Department Substance Abuse Support Groups (Wheaton)	Alcoholics Anonymous and Heroin Anonymous groups, open to all 18+

You may also consider telehealth programs as another way to connect with a mental health professional – see the Young Invincibles mental health toolkit for more information and a few suggested resources.

Transportation access

If you have trouble traveling to appointments, you may qualify for low-cost transportation through PACE’s Dial-A-Ride program. Dial-A-Ride works primarily with seniors, low-income individuals, and individuals with disabilities. You can find more information [here](#) or by looking at [Ride DuPage’s website](#).

If you are enrolled in Medicaid, you can also receive some level of reimbursement to cover the cost of travel to and from appointments. More information is [here](#).

If you have questions on how to reach out to these providers and access services, check out our full mental health toolkit.