Mental Health Services Guide

Provided by

and

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.

Este folleto de recursos es disponible en español para descargar en [https://theleadershop.org](https://theleadershop.org)
**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

**Illinois Department of Human Services Division of Mental Health**
(866) 359-7953 *Se habla español  
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

**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

**AMITA Health Adventist Medical Center La Grange**
(708) 245-9000 *Se habla español  
www.keepingyouwell.com/almh

**Linden Oaks Hospital**
(630) 305-5500 *Se habla español  
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/

Pillars Community Health
(708) 745-5277 *Se habla español
www.pillarscommunityhealth.org

ProCare
(708) 401-0615
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

Healthcare Alternative Systems Inc. (HAS)
(708) 498-0200
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

SamaraCare Counseling
(630) 357-2456 *Se habla español
www.samaracarecounseling.org

Youth Outreach Services
(773) 777-7112 *Se habla español
www.yos.org

Forest Counseling Services
(708) 594-3500
www.forestcounseling.com

Educational, Prevention and Support Groups
NAMI Metro Suburban (West Cook County)
(708) 524-2582
www.namimetsub.org

Pillars Community Health
(708) PILLARS / (708) 745-5277) *Se habla español
www.pillarscommunityhealth.org

Robert Crown Center
(630) 325-1900
www.robertcrown.org
Sertoma Centre, Inc.
(708) 371-9700
sertomacentre.org

The LeaderShop
(708) 579-5898 *Se habla español
www.theleadershop.org

Substance Abuse
Healthcare Alternative Systems Inc. (HAS)
(708) 498-0200 *Se habla español
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

Serenity House, Inc.
(630) 620-6616
www.serenityhouse.com

Sertoma Centre, Inc.
(708) 371-9700
www.sertomacentre.org

Way Back Inn & Grateful House
(708) 345-8422
www.waybackinn.org

Youth Outreach Services
(773) 777-7112 *Se habla español
www.yos.org

Domestic Violence and Sexual Assault Services
Mujeres Latinas en Accion
(312) 738-5358 *Se habla español
www.mujereslatinasenaccion.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

Family Shelter Service of Metropolitan Family Services Dupage
(630) 469-5650 *Se habla español
https://www.metrofamily.org/fssofmfsd/

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

Wellness House
(630) 323-5150
www.wellnesshouse.org

Food Pantries
St. Blase Parish
(708) 458-0007 *Se habla español
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

Community Support Services
(708) 354-4547 *Se habla español
www.cssservices.org

Aspire
(708) 236-0979 *Se habla español
www.aspirechicago.com

Homeless Services
Beds Plus
(708) 354-0858 *Se habla español
Evening Supper on Wednesdays
www.beds-plus.org

St. Blase Parish
(708) 563-2407 *Se habla español
www.stblasechurch.org
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