

**Student Services
Department
Community Resources**



2015-2016

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Individual and Family Therapists

Advocate Health Care (Oak Lawn Office)

Oak Lawn Towers
4700 West 95th Street
Suite Lower Level 5 (LL5)
Oak Lawn, IL 60453
Phone: 800-216-1110

Christ Hospital

4440 W. 95th St
Oak Lawn, IL 60453
Phone: 708-684-8000
24-hour intake: 708-684-5855
Contact: Pat Martinowski at 708-684-5192
www.advocatehealth.com

Services: Partial hospitalization day program, crisis intervention, psychiatric services, and intensive outpatient program

David Hurley

10522 S. Cicero Ave
#202
Oak Lawn, IL 60453
Phone: 708-636-2211

Specialties: Crisis Intervention and Substance abuse

Timberline Knolls

40 Timberline Dr
Lemont, IL 60439
Phone: 877-257-9611
Contact: Colleen Kula – 312-613-5715
www.timberlineknolls.com

Residential Program for girls with mood disorders only (half academic/half therapeutic)

PILLARS

8020 W. 87th St
Hickory Hills, IL 60457
Contact: Laura Schramm at 708-741-450AND

7424 W. Archer Ave
Summit, IL 60501
Phone: 708-458-8228
www.pillarscommunity.org

Specialties: Home and community based support, individual and family therapy, and substance abuse

Sliding Scale: Yes

Accepts: Most insurance

Languages: Spanish

Bremen Youth Services

15350 S. Oak Park Avenue

Oak Forest, IL 60452

Phone: 708-687-9200

Specialties: Mentoring; group, individual and family counseling; crisis intervention; substance abuse counseling

Sliding scale: Fees to set program fees

Catholic Charities

7000 W. 111th St

#101

Worth, IL 60482

Contact: Jeff Simms at 708-430-0428

Services: Individual and family counseling

Center for Psychological Services

10735 S. Cicero

#208

Oak Lawn, IL 60453

Contact: Vicki Williams at 708-424-0001 ext. 1

www.cpstherapy.com

Specialties: Youth evaluations, individual, group, and family therapy, teen workshops, parent workshops, and personal enhancement classes.

Perspectives, Ltd.

3841 W. 95th St

2nd Floor

Evergreen Park, IL 60805

Phone: 708-425-4357

Contact: Tom Jacobs at 866-296-5262

www.perspectivesltd.com

Sliding Scales: Yes

Christian Counseling

University of Illinois at Chicago

Psychiatry Department
 1747 W. Roosevelt Rd
 Chicago, IL 60608
 Phone: 312-996-7723

Accepts patients needing evaluations on public aid

Crossmont & Associates, Inc.

10522 S. Cicero Ave
 301-302
 Oak Lawn, IL 60453
 Phone: 708-315-7305

Specialties: Alcohol abuse, substance abuse, and behavioral issues

Accepts: Insurance, Credit Card, Cash, and Medicare

Sliding scale: Yes

Centers for Family Change (Oak Lawn Office)

10735 S. Cicero Ave
 St. 203
 Oak Lawn, IL 60453
 Phone: 630-586-0900

Dr. Peter Perrotta (Oakbrook & Oak Lawn offices)

Specialties: Evaluation of ADHD, treatment for adolescent conduct problems, couples concerns, anxiety and OCD, and family therapy

Center for Self-Actualization

3317 W 95th Street
 Suite 101
 Evergreen Park, IL 60805
 Phone: 708-866-0150

Specialties: Anxiety and Depression

Accepts: Insurance

Sliding Scale: Yes

Sepia Consultations, LLC

3317 W 95th Street
 Suite LL2
 Evergreen Park, IL 60805
 Phone: 708-279-3102

Specialties: Depression, Anger Management, and Substance Abuse

Accepts: Insurance, check, and debit cards

Sliding Scale: Yes

Stickney Youth Services

5635 State Rd
 Burbank, IL 60459
 708-424-9200

Mental Health Division: Eloisa Rosales ext. 118

Contact: Chris Grunow (Health Director) at 708-424-9200 ext. 2118

www.townshipofstickney.org

Specialties: Individual, family, and group therapy and psychiatric evaluations

Sliding Scale: Yes

Price: \$35 MAX per session

Languages: English and Spanish

Metro Chicago

Contact: Kenny Ruiz at 312-932-1200 ext. 1242

Crossroads Program for at-risk youth

Gang Intervention

Grand Prairie Services

17746 S. Oak Park Avenue

Tinley Park, IL 60477

Phone: 708-866-8632 (for appointment)

24 hour crisis line: 708-331-0500

SASS: 800-345-9049

Metropolitan Family Services- Southwest

10537 S. Roberts Rd

Palos Hills, IL 60465

English: 800-526-0244

Spanish: 800-501-0864

Phone: 708-974-2300

No Medicaid

Sliding Scale: Yes

Professional Counseling Services

17732 S. Oak Park Avenue

Tinley Park, IL 60477

Phone: 708-342-1773

Accepts: Most insurances (**No Medicaid**)

Spanish Speaking counseling services available

Clinical Associates in Counseling

15030 S. Ravinia Ave
 Suite 30
 Orland Park, IL 60462
 Phone: 708-590-6833

Zaborac Counseling Group

17255 Oak Park Ave.
 Tinley Park, IL 60477
 Phone: 708-633-4533

Specialty: Counseling

Accepts: Most insurances and Medicare

Sliding Scale: Yes

Olive Branch Counseling

5320 W. 159th St
 Suite 400
 Oak Forest, IL 60452
 Phone: 708-687-3479

Training program with Master's Level Students can offer counseling services at lowest rate

Accepts: Most insurances and Medicare

Sliding scale: Yes

Neil D. Shere and Associates

4544 W. 103rd St
 Oak Lawn, IL 60453
 Phone: 708-349-2778s

Specialties: Various issues with adolescents/teenagers (14-19), adults, elderly, and anger management groups

Accepts: Insurance, cash, check, Mastercard/Visa

Sliding scale: Yes

Alan Childs and Associates

10415 Roberts Rd
 Palos Hills, IL 60465
 Phone: 708-422-2772

Specialties: Addiction, Marriage and Family, and Behavioral Issues

Accepts: Insurance (Aetna, BCBS, and Out-of-Network), Cash, Check, HAS, Credit Card

Sliding Scale: Yes

Price: \$100-\$250 per session

The Therapy Center

8951 W. 151st
 Ste. 2
 Orland Park IL, 60462
 Phone: 708-460-2111

The Family Institute (Affiliated with Northwestern University)

335 N. LaGrange
 LaGrange, IL 60525
 Phone: 708-482-8830

www.family-institute.org

Specialties: Individual therapy, group therapy, and adolescents
Call Domonique McCord (ext. 698) to make 1st appointment

Genesis Therapy Center

9411 S. 51st St
 Oak Lawn, IL 60453
 Phone: 708-425-0310

www.genesistherapy.org

Specialties: Individual and family therapy, group counseling, psychological testing, life coaching, and parenting support groups

No Spanish speaking services

No Medicaid

Sliding scale: Yes (\$25-\$50)

V & R Behavioral Health Services

700 Ravinia Place
 #2
 Orland Park, IL 60462
 Phone: 708-226-0010

Specialties: Children, Adolescent, Family Counseling and Parenting Information

Accepts: Most insurances

Chicago Ridge Youth Services

Contact: Hank Zwirkowski at 708-636-0888

Services: Individual and family counseling

PSYCHIATRISTS

Dr. Martins Adeoye

Elemental Center, Inc
15010 S. Ravinia
Suite 15
Orland Park, IL 60462
Phone: 708-364-0580

Accepts: Insurance, Credit Card, Cash, HSA, and PayPal

Price: \$80-\$500 per session

Dr. Michelle Krucek

10310 Orland Parkway
Suite 201
Orland Park, Illinois 60467
(773) 796-6356

Specialties: Depression, Anxiety, and Relationship Issues

Accepts: BCBS, Out of Network, Debit Card, and Credit Card

Dr. Smedegard

12255 S. 80th Avenue
Suite 202
Palos Heights, IL 60463
Phone: 708-923-7878

Specialty: Addiction

Dr. Sudhir Gokahle

10522 S. Cicero
Suite 202
Oak Lawn, IL 60453
Phone: 708-636-2211

Dr. Harcharan Sandhu

12251 S. 80th Ave.
Palos Heights, IL 60463
Phone: 708-636-2211

Languages: English, Hindi, Panjabi, and Urdu

Dr. Napita Tronshaw

11520 West 183rd Place
 Suite 100
 Orland Park, IL 60467
 Phone: 708-377-5748

Specialties: Children/Adolescent, ADHD, and Behavioral Issues

Accepts: Aenta, BCBS, Cigna, Out of Network, and Self-pay

Dr. Amishi Mehta

The Adne Institute
 2850 W 95th Street
 Suite 206
 Evergreen Park, Illinois 60805
 Phone: 773-906-4451

Specialties: Pregnancy/Prenatal/Postpartum, Mood Disorders, and Anxiety

Price: \$150-\$400

Accepts: BCBS, Out of Network, and self-pay

Other Languages: English and Gujarati

Dr. Sarah Florence

645 N Michigan Ave
 Suite 820
 Chicago, Illinois 60611
 Phone: 872-713-0008

Specialties: Child/Adolescent, Eating Disorders, and Anxiety

Price: \$150+

Accepts: Cash or Check

Dr. Mazhar Golewale

1s443 Summit Ave
 Suite # 305
 Oakbrook Terrace, Illinois 60181
 Phone: 630-613-9800

Specialties: Anxiety, Depression, and Bipolar Disorder

Price: \$100-\$250

Accepts: Most insurance, Credit Card, Check, Cash, HSA, and Medicare

Chemical Dependency

Rosecrance

20365 Abbey Woods Court North
Suite 310-B

Frankfort, IL 60423

Phone: 815-391-1000

Contact: Mary Egan at 708-497-5928

www.rosecrance.org

www.recoverystartshere.com

Services: Free drug assessments and prevention program for parents and students. Monarch Recovery Home for girls

Accepts - Self-payment, Medicaid, State Financed Insurance (other than Medicaid), and Private Health Insurance

Outpatient services only at this location; Inpatient services offered at hospital facility in Rockford

Make sure you say SUBSTANCE ABUSE then they will start to help and ask questions

Phoenix Behavioral Services, Inc.

4649 West 147th St.

Midlothian, IL 60445

Phone: 708-926-2789

Accepts: Self-payment, Private Health Insurance

Sliding Scale: Offered, *based on income and other factors*

Other Languages: Spanish & Polish Speaking Counselors Available

Alan Childs, Psy. D.

10415 Roberts Rd

Palos Hills, IL 60465

Phone: 708-422-2772 or 312-497-2709

Gateway Foundation

1706 N. Kedzie Ave

Chicago, IL 60647

Phone: 773-227-2158

OR

400 Mercy Ln

Aurora, IL 60506

Contact: Becky Thompson at 630-966-7400

Outpatient Treatment

OR

3828 W. Taylor St
 Chicago, IL 60624
 Contact: Gloria Bloodsaw at 773-826-1916 ext. 2840

South Suburban Council on Alcoholism and Substance Abuse

1909 Checker Square
 Hazel Crest, IL 60429
 Phone: 708-674-3333
 Contact: Brett Haduch at 708-647-3390
www.sscouncil.org

Services: Treatment and recovery support and alternative to suspension
Sliding Scale: Yes

Abraxas Southwood Interventions

5701 S. Wood St
 Chicago, IL 60636
 Phone: 773-737-4600

Services: Medically managed detoxification. Residential and outpatient programs

YMCA Network

3801 W. 127th St
 Alsip, IL 60803
 Contact: Jen Schmidt or Peter Bradley at 708-385-6700

Services: Substance abuse counseling, early intervention services, and educational services

Timberline Knolls

40 Timberline Dr
 Lemont, IL 60439
 Phone: 877-257-9611
 Contact: Colleen Kula – 312-613-5715
www.timberlineknolls.com

Linden Oaks

24600 W. 127th St
 #B325
 Plainfield, IL 60585
 Phone: 815-731-9100

OR

825 S. West St
 Naperville, IL 60540

Phone: 630-305-5500

www.edward.org

Services: Psychiatric hospital, detox program, alternative to suspension, and FREE drug assessments

David Hurley

10522 S. Cicero Ave

#202

Oak Lawn, IL 60453

Phone: 708-636-2211

Specialties: Crisis Intervention and Substance abuse

Interventions

2221 64th St

Woodridge, IL 60517

Phone: 630-968-6477

Contact: Kathy at 630-824-4508

www.cornellcompanies.com

Services: Substance abuse treatment for males 16-18 years old. Inpatient and outpatient treatment. Speakers for teachers, students, and parents.

Crossmont and Associates, Inc.

10522 So Cicero Ave

301-302

Oak Lawn, Illinois 60453

Phone: 708-315-7305

Other Languages: Spanish

Accepts: Insurance, Medicare, Cash, and Credit Card

Sliding Scale: Yes

Family Service and Mental Health Center of Cicero

5341 W Cermak Road

Room 201

Cicero, Illinois 60804

Phone: 708-571-0822

Accepts: Insurance, Out of Network, and Medicare

Other Languages: Spanish

Palos Community Hospital

12251 South 80th Ave.

Palos Heights, IL 60463
Phone: 708-923-4000

Pillars Community Services

8020 W. 87th St.
Hickory Hills, IL 60457
Phone: 708-741-4500
Contact: Laura Schramm or Roseann Marquez-Murray at ext. 127

OR

7424 W. Archer Ave
Summit, IL 60501
Phone: 708-458-8228
www.pillarscommunity.org

AL-A-TEEN AND AL-ANON

888-425-2666 for local meetings
Resource Coordinator: Janet @ 708-429-4173
www.al-anon.alateen.org www.niafg.org

Al-A-Teen meetings:
Faith United Presbyterian Church
6200 167th Street
Tinley Park, IL 60477

For children ages 10-18
Meetings on Thursdays at 7pm
Downstairs Classroom

Al-Anon meetings:
6700 W. 176th St.
Tinley Park, IL 60477

Meetings on Wednesdays at 7:30pm

Eating Disorders

Insight

333 N. Michigan Avenue
Chicago, IL 60601
Phone: 312-540-9955

Intensive Outpatient for ages 12-17

Accepts: Most insurance, *NOT Medicaid or Medicare*, and scholarships available

Illinois Department of Public Health

Office of Women's Health
Phone: 888-522-1282
www.idph.state.il.us

MidAmerican Psych Institute

1415 Maple Rd
Joliet, IL 60432
Contact: Suzzanna Dobes, LCPC at 708-704-0800

Individual, outpatient therapy

Kalat and Associates

1 Westbrook Corporate Center
#300
Westchester, IL 60145
Contact: Corinne Kalat, LCPC at 630-263-8888

Phone counseling, and individual, outpatient therapy

Center for Psychological Services

10735 S. Cicero
#208
Oak Lawn, IL 60453
Contact: Deborah Mestas at 708-424-0001 ext. 4
www.cpstherapy.com

Eating Disorders Support Group

Contact: Kathy Fossell at 708-422-5700

Meets 2 times a month

Timberline Knolls

40 Timberline Dr
Lemont, IL 60439
Phone: 877-257-9611
Contact: Colleen Kula at 312-613-5715
www.timberlineknolls.com

Residential program for girls only (half academic/half therapeutic)

Chris Hospital

Nutrition Counseling
4440 W. 95th St
Oak Lawn, IL 60453
Phone: 708-684-1029

Linden Oaks Hospital

852 S. West Street
Naperville, IL 60540
Phone: 630-305-5027
www.edward.org

Free assessment

Accepts: Medicaid for ages 20 and under and Insurance

Options: Inpatient, Day Treatment, or Partial-day Treatment

A.N.A.D. (Anorexia Nervosa & Associated Disorders)

750 E. Diehl Rd.
#127
Naperville, IL 60563
Phone: 630-577-1330

www.adan.org/

Referral and information Center

National Eating Disorders Association

800-931-2237 or www.edap.org/
Eating disorder referral and information center

Self-injury

Ms. Naomi S Effort, MA, LCPC

5210 W. 95th Street
Suite 201
Oak Lawn, IL 60453
Phone: 708-423-3361 x29

Specialties: Trauma/PTSD, Relationship Issues, and Anxiety

Ethnicity: African-American, Latino

Cost: \$50 - \$130 per session

Sliding Scale: Yes

Accepts: Most insurance, Out Of Network ,Cash, Check, Mastercard, Visa

Mrs. Kristy V. Padilla, MA, LCPC

Professional Counseling Services
17732 Oak Park Ave
Tinley Park, IL 60477
Phone: 708-328-3475

Ethnicity: Latino

Other Languages: Spanish

Specialties: Mood Disorders, Trauma/PTSD, and Domestic Violence

Cost: \$120 - \$150 per session

Sliding Scale: Yes

Accepts: Some insurance, Cash, Mastercard, and Visa

Carolyn Pardys, M.A.

920 N. Franklin
Suite 402
Chicago, IL 60610
Phone: 847-412-0922
Email: cpardys@gmail.com

www.carolynpardys.com

Specialties: Adolescents, adults, and families. Individual and group therapy

Sliding Scale: Yes

Sidney C. St. Leger, Ph.D., ICADC

30 North Michigan Ave
Suite 1515
Chicago, IL 60602
Phone: 312-332-0536

Lynn Wachtel-Shapiro, LCSW, ACSE, CADC

Professional Counseling Services
17732 Oak Park Ave
Tinley Park, IL 60477
Phone: 708-342-1773

Specialties: Children/Adolescents, Adults, Marital, and Family Alcohol & Drug Abuse

Geraldine M. Jender, LCSW

800 W. 5th Avenue, Suite 1001
Naperville, IL 60540
Phone: 630-983-9661

Specialties: Child/ Adolescent and Family Therapy

Accepts: HMO1-Rush, BC/BS PPO, UHC, Magellan, and Aetna

Timberline Knolls

40 Timberline Dr
Lemont, IL 60439
Phone: 877-257-9611
Contact: Colleen Kula – 312-613-5715
www.timberlineknolls.com

Residential Program for girls with mood disorders only (half academic/half therapeutic)

Linden Oaks

24600 W. 127th St
#B325
Plainfield, IL 60585
Phone: 815-731-9100

OR

825 S. West St
Naperville, IL 60540
Phone: 630-305-5500
www.edward.org

Support/Recovery Groups

Heart Connection – Support for Children and Families

Little Company of Mary Hospital
2800 W. 95th St
Evergreen Park, IL 60805
Phone: 708-229-5484
www.lcmh.org

Eating Disorders Support Group

Contact: Kathy Fossell at 708-422-5700

Meets 2x a month

Catholic Charities Loving Outreach to Survivors of Suicide (LOSS)

Location changes based on month/meeting
Contact: Bruce Engle at 312-655-7283

Services: Counseling and monthly group meetings

National Alliance on Mental Illness (NAMI)

Pilgrim Faith Church
9411 S. 51st Ave
Oak Lawn, IL 60453
Phone: 312-563-0445
www.nami.org

Services: Recovery support group

Support groups for affected individuals: 2nd and 3rd Tuesday of the month (7:00 pm)
Family support groups: Every Tuesday (7:45 pm)

Emotions Anonymous

Our Saviors Lutheran Church
8601 S. Narragansett
Burbank, IL 60459
Phone: 708-383-0200
www.allone.com/12/ea

Support groups on Mondays at 11 am, Tuesdays at 7:30 pm, and Saturdays at 11 am.

OR

Calvary Lutheran Church
11249 S. Spaulding
Chicago, IL 60655
Contact: Carmine Cesario at 708-423-8904

Support groups on Wednesdays and Fridays at 7:30 pm

OR

Little Company of Mary Hospital
2800 W. 95th St
Evergreen Park, IL 60805

Support groups on Mondays and Fridays at 6:00 pm

Recovery International

St. John's Lutheran Church
505 S. Park Rd
La Grange, IL 60525
Phone: 408-386-5896

Support groups on Fridays at 7:00 pm

Telephone Meetings (800-371-8200; Code: 107109#) on the 2nd Sunday of the month at 6:00 pm and the 4th Wednesday of the month at 11:00 am.

GROW

Beverly Library
1962 W. 95th St
Chicago, IL 60643
Phone: 888-741-GROW (4169)

Support groups on Thursdays at 10:00 am

OR

Wesley Methodist Church
6011 W. 36th St
Cicero, IL 60804
Phone: 708-863-6577

Support groups on Tuesdays at 7:00 pm

Depression and Bipolar Support Alliance (DBSA)

Brookfield Village Hall
8820 Brookfield Ave
Brookfield, IL 60513
Phone: 708-856-1992

Support groups on Fridays at 7:00 pm

Gay, Lesbian, Bisexual, Transgender, and Questioning

Center on Halsted

3656 N. Halsted
Chicago, IL 60613
Phone: 773-472-6469

<http://www.centeronhalsted.org/>

Cindy Thelen

1550 Spring Road
Suite 215
Oak Brook, IL 60523
Phone: 630-530-0405

Price: \$125 per 50-minute session and \$185 per 75-minute session

Accepts: Cash, check, or credit card (Visa, MasterCard, and Discover). *Payment is due at the time of the service.*

Insurance: Preferred provider for Blue Cross Blue Shield of Illinois PPO plans and various others. *If she is not an in-network provider for your plan, she can provide you with the necessary documentation that you can submit to your insurance company.*

Broadway Youth Center

3837 N. Broadway Avenue
Chicago, IL 60613
Phone: 773-299-7604

Contact: Baylie Zheutlin Roth
Transgender Youth Patient Navigator

Centers for Family Change

2625 Butterfield Rd.
Suite #101N
Oak Brook, IL 60523
Phone: 630-586-0900

Leave a message at option 1, the new client voice mailbox.
We will do our best to return your call in 1-2 hours.

Cost: 1st session fee is \$175.00. Following sessions fee is \$150.00.

However, if you are using your insurance your fee most likely will be discounted. Please discuss this with your therapist.

Accepts: Nearly all major insurance (preferred providers), cash, or check
We expect payment at time of service for the amount you owe: co-pay, co-insurance and/or deductibles. We will bill your insurance for their portion of the fee.

Igbttherapists.com

Connects people to the right therapists

Contact: 866-450-3463 (866-450-FIND)

Chicago Lakeshore Hospital

4840 N. Marine Dr

Chicago, IL 60640

Phone: 800-888-0560 (24/7 intake)

Valeo Services: LGBT Sensitive Therapeutic Environment

Illinois Safe School Alliance

Contact: Shannon Sullivan at 312-368-9070 ext. 12

Email: Shannon@illinoissafeschools.org

www.illinoissafeschools.org

Community Alliance and Action Network

68 S. Chicago St

#401

Joliet, IL 60453

Contact: Gini Lester at 815-726-7906

www.caanmidwest.org

Howard Brown Health Center

4025 N. Sheridan Road

Chicago, IL 60613

Phone: 773-388-1600

Agape Youth Zone

LGBTQ youth drop-in for 15-20 year olds in Joliet and surrounding areas.

Contact: 815-723-1548 X24 or www.agapemissionsinc.com

Gay, Lesbian, Straight Education Network

www.glsen.org

Parent, Family and Friends of Lesbians and Gays

www.pflag.org

Autism Spectrum Disorders

Dr. Sandra Burkhardt

60 Orland Sq. Drive
Suite 201
Orland Park, IL 60467
Phone: 708-364-7046

Dr. Stefani and Dr. Atkinson

Chicago Neuro-behavior Specialists
15010 Ravinia Dr., #14
Orland Park, IL 60467
Phone: 708-349-4420

Domestic Violence/Sexual Assault

Pillars

Offices in Summit and LaGrange Park
708-745-5277 (708-PILLARS) www.pillarscommunity.org/

Domestic Violence hotline: 708-485-5254
Sexual Assault hotline: 708-482-9600

Other Languages: Spanish

CONSTANCE MORRIS HOUSE - 18 bed shelter and non -residential services including counseling, legal advocacy and crisis support also available

Hotlines listed above for sexual assault and domestic violence

Crisis Center for South Suburbia

Phone: 708-429-7233 (429-SAFE)
Contact: Brianna Bielecki at ext. 14
www.crisisctr.org

Offers: Crisis intervention, emergency shelter, dating violence prevention program, hospital

YWCA (South Suburbs)

320 W. 202nd
Chicago Heights, IL 60411
Phone: 708-748-5672

Offers: Counseling, Education, Prevention, and Advocacy for victims and victimizers

Guardian Angel Community Services

1550 Plainfield Rd
Joliet, IL 60435
Phone: 815-729-0930

Services: Kids' after-school and summer programs, Dillard Harris Educational Center alternative school, exchange club center parenting classes, foster care, and sexual assault services

Illinois Department of Human Services (Springfield/Chicago)

1642 W. 59th St
Chicago, IL 60636
Phone: 877-TO-END-DV
Contact: Carolyn Broughton at 217-782-8807
www.ilcadv.org

Offers: Domestic violence help line and links to services in community

Sarah's Inn

311 Harrison St

Oak Park, IL 60304
Hotline: 708-386-4225
www.sarahsinn.org

Center for Psychological Services

10735 S. Cicero
#208
Oak Lawn, IL 60453
Contact: Tanya Galanes at 708-424-0001 ext. 8
www.cpstherapy.com

Offers: Sexual abuse counseling

Oak Lawn Family Services

9401 S. 53rd Ct
Oak Lawn, IL 60453
Contact: Josefina Navar at 708-423-3361

Services: Crisis and post-rape counseling

Grief/Loss

Center for Psychological Services

10735 S. Cicero
 #208
 Oak Lawn, IL 60453
 Contact: Deborah Mestas at 708-424-0001 ext. 4
www.cpstherapy.com

Perspectives, Ltd.

3841 W. 95th St
 2nd Floor
 Evergreen Park, IL 60805
 Phone: 708-425-4357
 Contact: Tom Jacobs at 866-296-5262
www.perspectivesltd.com

Sliding Scales: Yes
Christian Counseling

ACH Bereavement Art Therapy Group

4440 W. 95th St
 Oak Lawn, IL 60453

Contact: Danielle Eichner at 708-684-4242

<http://www.advocatechildrenshospital.com/ach/support-services/mission-spiritual-care/bereavement-support-services/>

Services: The group welcomes caregivers and siblings to come together and support one another through their grief. The aim of this bereavement group is to provide a safe environment for the promotion of healing and to provide tools for coping with loss through art and creative endeavors.

Schedule: Meets twice per month for 6 months. Drop-in group after the six months that meets every other month.

Coffee & Comfort – Support group for bereaved mothers

Orland Park Christian Reformed Church
 7500 W. Sycamore Dr
 Orland Park, IL 60467
 Phone: 708-532-4900

<http://www.orlandchurch.com/Get-Connected/Support-Groups>

Schedule: Meets on the 4th Wednesday of every month at 1:00 pm in the church Music Room.

The Barr-Harris Grief Support Center

Little Company Mary Hospital

2800 W. 95th St
 Evergreen Park, IL 60805
 Phone: 312-922-7474, x310
 Email: info@barrharris.org
<http://barrharris.org/>

Provides: Individual counseling services to bereaved children and their families, and provides training and consultation about childhood grief for those who work directly with children or indirectly on their behalf.

Sliding Scale: Yes

Bereaved Parents of the USA –Chicagoland Chapter

Western Springs Congregational Church
 1106 Chestnut St
 Western Springs, IL 60558
 Phone: 708-560-0393
<http://www.bpusachicagoland.org/>

Provides: Support, understanding, encouragement, and hope to other bereaved parents, siblings, and grandparents after the death of their children, brother, sister, or grandchildren

Schedule: Meets on the 1st Tuesday of each month at 7 pm

Buddy's Place

Pillars
 1023 W. Burlington Ave
 Western Springs, IL 60558
 Phone: 708-995-3750
<https://pillarscommunity.org/programs/buddysplace.asp>

Services: Family-based support groups to grieving children, teens, and their families. Peer support groups, as well.

Center for New Beginnings

10300 W. 131st St
 Palos Park, IL 60464
 Phone: 708-923-1116

NO FEE

Services: Support groups and therapy (individual and family)

Genesis Therapy Center

9411 S. 51st St
 Oak Lawn, IL 60453
 Contact: Maura Maloney or Naomi Effort at 708-423-3361

The Compassionate Friends (for Adults)

Little Company of Mary Hospital

2800 W. 95th St
 Room 8536
 Evergreen Park, IL 60805
 Phone: 708-748-6840
<http://www.compassionatefriends.org/home.aspx>

Schedule: Meets the 3rd Sunday of the month at 3:00 pm.

Heart Connection – Support for Children and Families

Little Company of Mary Hospital
 2800 W. 95th St
 Evergreen Park, IL 60805
 Phone: 708-229-5484
<http://www.lcmh.org/index.cfm?pageID=204>

NO FEE

Services: Meets weekly for eight sessions. “Trained professional co-facilitators guide each group through creative activities suitable to their developmental ages, enabling their expression of grief and enhancing their coping skills. Simultaneous to the children's group, professional grief specialists present weekly topics to parents and family members to guide and support them in helping their children, as well as caring for themselves, through this painful experience of grief. Registration and a completed application are required for acceptance into the program, whose enrollment is limited to 32 children. We ask that children attend all eight sessions.”

Parents of Murdered Children (POMC)

Little Company of Mary Hospital
 2800 W. 95th St
 Evergreen Park, IL 60805
 Phone: 708-720-6104
<http://www.pomc.org/chicago/index.htm>

Services: Monthly meetings, provides a telephone network of support, supplies information about the grief process, organizes a speakers bureau, and provides accompaniment for survivors who must attend court proceedings.

Schedule: Meets on the 1st Thursday for the month at 7:00 pm

Willow House

300 Saunders Rd
 #300
 Riverwoods, IL 60015
 Phone: 847-236-9300
<http://www.willowhouse.org/>

Services: Can help find a specific therapist and other services offered

Catholic Charities

Holbrook Center

7000 W. 111th St
Suite #101
Worth, IL 60482
Contact: Jeff Simms at 312-655-7725
www.catholiccharities.net

American Foundation for Suicide Prevention
<https://www.afsp.org/>

Suicide Aftercare Association
<http://www.suicideaftercare.org/illinois.html>

Medical/Dental Clinics

Aunt Martha's

Chicago Heights Community Health Center
17850 S. Kedzie Ave
Hazel Crest, IL 60429
Phone: 708-335-5202

Harvey Dental Associates

63 E. 154th St.
Harvey, IL 60426
Phone: 708-333-2646

Healthy People Family Care Center

2813 W. 147th St.
Posen, IL 60469
Phone: 708-396-9777

Ask for Rita Saldona

Walgreens Take Care Clinics

Available for Sports Physicals
Call for locations and hours
Phone: 866-825-3227
<http://www.walgreens.com/topic/pharmacy/healthcare-clinic.jsp>

Bridgeview Dental Clinic (Cook County Department of Public Health)

5th District Circuit Courthouse
10220 S. 76th Ave
Suite 250
Bridgeview, IL 60455
Phone: 708-974-6160

Services: General dental care for patients of all ages, with a focus on family dentistry and preventive care. Patients must reside in suburban Cook County and meet income guidelines. **Appointment ONLY**

Stickney Township Public Health District Dental Clinic

5635 State Rd.
Burbank, IL 60459
Phone: 708-424-9200
www.genesistherapy.org

Services: Free dental care for children in kindergarten through the 8th grade and those 55 and up. Patients must reside in Stickney Township.

Community Nurse Health Association

27 Calendar Ave.
LaGrange, IL 60525

Services: General dentistry at reduced rates for qualified patients under 18 years old living in 15 Cook County suburbs

Accepts: Medicaid.

Pregnancy and Parenting

The Courage Program

9711 S. Kolin Ave
Oak Lawn, IL 60453
Contact: Nancy at 708-636-8001
www.courageprogram.org

Services: Testing, exams, support and counseling

Project Rachel

3525 S. Lake Park Ave
Chicago, IL 60653
Phone: 312-337-1962
www.hopeafterabortion.com
noparh@juno.com

Services: Post-abortion help (faith-based)

Metropolitan Family Services

10537 S. Roberts Rd
Palos Hills, IL 60645
Phone: 708-974-2300
www.metrofamily.org

Services: Provides programs and services support parents in acquiring skills that promote the healthy growth and development of children

On Your Feet Foundation

1555 Sherman Ave
#173
Evanston, IL 60201
Phone: 224-858-6933

Services: Help parents get back on their feet about placing a child for adoption

Stickney Public Health Department

5635 State Rd
Burbank, IL 60459
Contact: Lynn Warszalek at 708-424-9200 ext. 2161
www.actforchildren.org

Services: Pregnancy testing-free to Stickney residents, free vaccines for children (3rd Wednesday of the month), WIC program (for teen mothers), and child-care assistance

Cook County Public Health

10220 S. 76th Ave
 Bridgeview, IL 60455
 Contact: Ruth Wheet at 708-974-6160
www.cookcountypublichealth.org

Services: Pregnancy testing (sliding scale fee), WIC services, subsequent pregnancy program, and prenatal intake/family planning

Catholic Charities

312-655-7086

Services: Adoption services and prenatal counseling and care

Southside Pregnancy Center

5450 W. 95th St
 Oak Lawn, IL 60453
 Contact: Kathy Bozyk at 708-346-9070

OR

3509 W. 111st St
 Mount Greenwood, IL 60650
 Phone: 773-238-7373
www.southsidepregnancy.org

Services: Testing, classes, ultrasounds, and “The Market” (supplement store)

The Cradle

16335 S. Harlem Ave
 Tinley Park, IL 60477
 Phone: 800-272-3534
www.cradle.org

Call our **24-hour** toll-free number to speak to a Cradle counselor
 Or Text: 224-489-1369
 Answered Monday through Friday 9:00 AM to 5:00 PM)

PASS

Care Center location
 17214 Oak Park Avenue
 Tinley Park, IL 60477
 Call Center Telephone: 708-614-9777
 After-Hours: 800-395-4357

Aunt Martha's

500 Dixie Hwy
Chicago Heights, IL 60411
877-692-8686

Parenting Home Visiting Services (Believing in Beginnings): Parenting Classes

Planned Parenthood

14470 S. La Grange Rd
Orland Park 60462
Phone: 708-349-2227

Helping Girls Navigate Adolescence

P.O. Box 504
Downers Grove, IL 60515

Services: Workshop and mentoring for girls, and programs and workshops for parents

Worth Township

Youth Commission
11601 S. Pulaski Rd
Alsip, IL 60803
Contact: Sue Sortino at 708-371-2900 ext. 45
www.worhtownship.com

Services: Effective parenting classes

www.adoptioncenterofillinois.com/how-adoption-works/

Phone: 800-552-4585

Shelters/Housing

Together We Cope

17030 S. Oak Park Ave
Tinley Park, IL 60477
Phone: 708-633-5040

Free services to families include financial assistance, clothing and personal items, food pantry and vouchers, school supplies, community information and referral, job connection/education referral
Servicing the area between 183rd Street and 87th Street and between Western Avenue and Will-Cook Road

South Suburban PADS (Public Action to Deliver Shelter)

4550 W 103rd St
Oak Lawn, IL 60453
Phone: 708-754-4357
<http://www.sspads.org/>

Aunt Martha's

Independence Place: Serving homeless teens between the ages of 18-20

Phone: 708-489-6264

TIPS Shelter: Transitional Living for youth ages 17-21

Phone: 708-849-2770

Salvation Army

5036 W. 47th St
Chicago, IL 60638
Phone: 773-735-6773
Contact: Kathy or Bob at 773-725-1100

Services: Family services

Catholic Charities

7000 W. 111th St
#101
Worth, IL 60482
Phone: 708-430-0428

Services: Emergency food pantry, Suburban Shelter Program, New Hope Apartments (transitional)

You Can Make It

6012 S Honore St
Chicago, IL 60636
Phone: 773-890-9681

Catholic Charities

St. Blasé Service Site
7438 W. 61st St

Summit, IL 60501
Phone: 708-563-2407

Services: Emergency food pantry, Wednesday-evening supper program, and Mother and Child Nutrition program

Arab American Family Services

9044 S. Octavia
Bridgeview, IL 60455
Phone: 708-599-2237

Services: Case management services

Legal Services

CARPLS

17 N. State St
Chicago, IL 60602
Phone: 312-738-9200

Services: Coordinated Advice & Referral Program for Legal Services

Legal Assistance Foundation of Metropolitan Chicago

120 S. LaSalle St. #900
Chicago, IL 60603
Phone: 312-341-1070

Metropolitan Family Services Midway Center

3843 W, 63rd St
Chicago, IL 60629
Phone: 773-884-2290

FREE legal services

Equip for Equality

20 North Michigan Avenue
Suite 300
Chicago, IL 60602
Phone: 312-341-0022

Fifth Municipal District (Bridgeview):

Fifth Municipal District Court House offers court-based legal services

Bridgeview Courthouse
10220 S. 76th Avenue
Room 205L
Bridgeview, Illinois 60453
Phone: 708-974-6288

Court forms for people without lawyers are available from the Office of the Clerk of the Circuit Court in Room 121

Chicago Bar Association Lawyer Referral Service

Phone: 312-554-2001

Cook County Bar Association

Phone: 312-630-1157

Hispanic Lawyers Association of Illinois

Phone: 312-554-2045

National Lawyers Guild

Phone: 312-913-0039

North Suburban Bar Association Lawyer Referral Service

P.O. Box 731

Glenview, IL 60025

Phone: 312-985-8264

Northwest Suburban Bar Association Attorney Referral Service

Phone: 847-221-2601

Southwest Bar Association

P.O. Box 141

Palos Heights, IL 60463-0141

Phone: 708-371-4930

West Suburban Bar Association

Phone: 708-338-2662

ProBono Attorney Program

Fifth Municipal District Courthouse

10220 South 76th Avenue

Bridgeview, Illinois 60453

Lower Level, Cafeteria

Tuesdays only, 8 a.m. to 12 noon

Phone: (708) 371-4930

Legal assistance provided by the Southwest Suburban Bar Association
for:

- Landlord/tenant disputes
- Breach of contract claims
- Small claims matters
- Filing of wills
- Orders of protection
- Expungement paperwork review
- Limited matters relating to divorce/custody/parentage

Referrals to an attorney also available.

*The Pro Bono attorney cannot represent clients in court.****Community-based legal services*****Center for Disability and Elder Law**

Phone: 312-376-1880 ext. 22

Services: Suburban Legal Assistance Clinics assist low-income seniors and persons with disabilities with simple estate planning, housing, collections, simple divorces, guardianship, and consumer fraud.***Appointment ONLY***

Arab American Family Services

9044 S. Octavia

Bridgeview, IL 60455

Phone: 708-599-2237

Services: Immigration services

Academic Intervention/Tutoring/Alternative Education

Huntington Learning Center

6253 W. 95th St
Oak Lawn IL 60453
Contact: Teresa Hejmanowski at 708-229-9612

Services: Help with Reading, Writing, Math, Study Skills, PSAE and ACT Prep, individual testing and tutoring

GED Information

Moraine Valley Community College
Contact: Karen Kuenn at 708-974-5641
Email: kuenn@morainevalley.edu
www.morainevalley.edu/abeged/abe_ged.htm

Lincoln's Challenge Academy (Affiliated with National Guard)

205 Dodge Ave
Rantoul, IL 61866
Phone: 708-824-5905
Orientation Info: 312-842-77229
www.ngycp.org/state/il

Services: Alternative Education and GED program

Center for Psychological Services

10735 S. Cicero
#208
Oak Lawn, IL 60453
Phone: 708-424-0001
Contact: Deborah Mestas at 708-424-2902
www.cpstherapy.com

Services: Study skills group and youth evaluation services

Works with Special Needs students

Ombudsman

14162 S. Cicero Ave
Crestwood, IL 60445
Phone: 800-833-9235
Contact: Debbie Fitzgerald at 708-483-2215
www.ombudsman.com

Services: Transfer credits to Reavis (with prior approval)

Sylvan Learning Center

9539 S. Cicero
Oak Lawn, IL 60453
Phone: 708-422-2258
www.sylvanlearning.com

Services: Tutoring

Simply Brilliant Learning Center

50 Burr Ridge Parkway
Burr Ridge, IL 60527
Phone: 630-532-3915

Services: Private tutoring for ACT, ACT prep classes, and tutoring/study skills helps

Patrick McGrath

Alexian Brothers
Phone: 847-755-8531
Email: Patrick.McGrath@abbhh.net

Services: Help for school refusal/avoidance

Job Corps

Paul Simon Chicago Center

3348 S. Kedzie Ave
Chicago, IL 60623
Phone: 800-733-JOBS
Contact: Neil Garcia at 773-890-3101

Services: High School Diploma, GED, and Career Tech.
Residential Program for 16-24 year olds

Joliet Job Corps Center

1101 Mills Rd
Joliet, IL 60433
Contact: Lorraine Lane at 815-727-7677 ext. 364

Illinois Department of Employment Services

1700 W. 18th St
Chicago, IL 60608
Contact: Yara Garcia (Admin Counselor) at 800-244-5632 or Garcia.yara@jobcorps.gov
<http://chicagoregion.jobcorps.gov>

Alexian Brothers School Refusal/Anxiety Program

1650 Moon Lake Blvd
Hoffman Estates, IL 60169
Contact: Patrick McGrath at 847-755-8531

Services: Assessments and referral for students and alternate day-program

Lincoln Academy

12605 E. Freeway
Suite 508
Houston, TX 77015
Phone: 877-523-4756
www.thelincolnhighschool.com

Services: Online high school diploma program. Must be 16+ years old

The Kahn Academy

<https://www.khanacademy.org/>
Online tutorials in a variety of subjects

Transition/ College Planning for students with Disabilities

Southwest Cook County Cooperative Association for Special Education

6020 West 151st Street

Oak Forest, IL 60452

Phone: 708-687-0900

Contact: Gary Rainaldi (Transition Specialist)

ACCESS LIVING

115 W. Chicago Ave

Chicago, IL 60654

(312) 640-2190 (v)

(312)640-2102 (tty)

<https://www.accessliving.org/>

Services: Changing not only how society views the disability community, but how people with disabilities view themselves. From peer-based support groups, to independent living training, helping people with disabilities take charge of their lives speaks to the passion and dedication Access Living has for service, advocacy, and social change.

Garden Center Services

8333 S. Austin Ave

Burbank, IL 60459

Phone: 708-636-0054

Services: Services for people with developmental disabilities. Employment services and residential opportunities

Illinois College/University Disability Service Information

- **Benedictine University, Lisle IL**

Student Success Center

<https://www.ben.edu/student-life/student-success-center/>

Contact: Jennifer Golminas at 630-829-6512 or jgolminas@ben.edu

- **Bradley University, Peoria IL**

Center for Learning Assistance

<http://www.bradley.edu/offices/student/cla/>

Contact: Deborah Fischer at 309-677-2845 or djfish@bradley.edu

- **Chicago State University, Chicago IL**

Abilities Office of Disabled Student Services

<https://csu.edu/dosa/counseling/disabilityservices.htm>

Contact: Sandra Saunders at -773-995-4401 or ssaunder@csu.edu

- **DePaul University, Lincoln Park IL**

Center for Students with Disabilities

<http://studentaffairs.depaul.edu/csd/>

Contact: 773-325-1677 or csd@depaul.edu

- **Eastern Illinois University, Charleston IL**

Office of Student Disability Services

<http://www.eiu.edu/disability/>

Contact: 217-581-6583

- **Elmhurst University, Elmhurst IL**

Disability Services

<http://public.elmhurst.edu/academics/1266627.html>

Contact: Maureen Connolly at 630-617-3753 or maureenc@elmhurst.edu

- **Governors State University, University Park IL**

Access Services for Students with Disabilities

www.govst.edu/sas/

Contact: Robin Sweeney at 708-235-3968 or rsweeney@govst.edu

- **Illinois State University, Bloomington IL**

Disability Concerns

www.disabilityconcerns.illinoisstate.edu/

Contact: 309-438-5853 or ableisu@ilstu.edu

- **Illinois Wesleyan University, Bloomington IL**

Disability Services

<http://www.iwu.edu/access/>

Contact: Chandra Shipley at 309-556-3231 or cshipley@iwu.edu

- **Joliet Junior College, Joliet IL**

Student Accommodations and Resources (STAR)

www.jjc.edu/info/star

Contact: 815-280-2230

- **Lewis University, Romeoville IL**

ADA Accommodations

<http://www.lewisu.edu/welcome/adaAccommodations.htm>

Contact: Denise Rich at 815-836-5284 or richde@lewisu.edu

- **Moraine Valley Community College, Palos Heights IL**

Center for Disability Services

www.morainevalley.edu/cds/

Contact: 708-974-5711 or sievers@morainevalley.edu

- **North Central College, Naperville IL**

Academic Support Services

<https://northcentralcollege.edu/academics/support-services>

Contact: Gena Flynn at 630-637-5266 or gpflynn@noctrl.edu

- **Northeastern Illinois University, Chicago IL**

Student Disability Services

<http://www.neiu.edu/~saffairs/services/SDS/index.php>

Contact: Doug Lawson at 773-442-4595 or D-Lawson1@neiu.edu

- **Northern Illinois University, DeKalb IL**

Disability Resource Center

<http://www.niu.edu/disability/>

Contact: 815-753-1303/815-753-4000 or drc@niu.edu

- **Olivet Nazarene University, Bourbonnais IL**

Learning Development Center

<http://www.olivet.edu/learning-development-center/>

Contact: Connie Murphy at 815-939-5039 or cmurphy@olivet.edu

- **Prairie State College, Chicago Heights IL**

Office of Disability Services

<http://prairiestate.edu/student-services/disability-services/index>

Contact: Diane Janowiak (708)709-3603 or djanowiak@prairiestate.edu

- **Robert Morris University, Chicago IL**

Office of Student Affairs

<http://www.robertmorris.edu/tutoring/disabilities/>

Contact: Mary Beth Hedmark at (312)935-2003 or mhedmark@robertmorris.edu

- **Roosevelt University, Chicago IL**

Office of Disability Services

<http://www.roosevelt.edu/StudentServices/Disability.aspx>

Contact: (312) 341-3810

- **Southern Illinois University (SIUC), Carbondale IL**

Disability Support Services

<http://disabilityservices.siu.edu/>

Contact: (618) 453-5738 or DSSsiu@siu.edu

- **Southern Illinois University (SIUE), Edwardsville IL**

Disability Support Services

www.siu.edu/dss/

Contact: (618) 650-3726 or disabilitysupport@siue.edu

- **South Suburban Community College, South Holland IL**

Services for Students with Disabilities

http://www.ssc.edu/en_US/Services/Student_Services/Services_for_Students_with_Disabilities/

Contact: Gail Bonds Carpenter (708) 596-2000 X2691

- **University of Illinois (UIC), Chicago IL**

Disability Resource Center

http://www.uic.edu/depts/oa/disability_resources/

Contact: Roxana Stupp at (312) 996-8332 or rstupp@uic.edu

- **University of Illinois (UIS), Springfield IL**

Office of Disability Services

<http://www.uis.edu/disabilityservices/>

Contact: (217) 206-6666 or ods@uis.edu

- **University of Illinois (UIUC), Urbana-Champaign IL**

Disability Resources and Educational Services

<http://www.disability.illinois.edu/>

Contact: (217) 333-1970 or disability@illinois.edu

- **University of St. Francis, Joliet IL**

Office of Disability Services

<http://www.stfrancis.edu/student-services/academic-resource-center>

- **Western Illinois University, Macomb IL**

Disability Resource Center

http://www.wiu.edu/student_services/disability_resource_center/

Contact: (309) 298-2512 or disability@wiu.edu

WEBSITES

Abuse and Trauma - Children and Adolescents

<https://www.childhelp.org/>

This website is dedicated to the prevention and treatment of child abuse. Their mission statement is to meet the physical, emotional, educational and spiritual needs of abused, neglected, and at-risk children. Childhelp says they focus their efforts on advocacy, prevention, and treatment and community outreach.

National Institute on Drug Abuse (NIDA)

www.drugabuse.gov

Parenting 24/7

www.parenting247.org

Resources for parents

<http://www.childtrauma.org>

<http://www.darkness2light.org/>

(Darkness to Light) This is an organization devoted to preventing, recognizing, and reacting responsibly to child sexual abuse.

<http://www.tlcinstitute.org/>

(National Institute of Trauma and Loss in Children) This organization aims to provide direct services to traumatized children and families as well as training and education to school professionals, crisis intervention teams, medical and mental health professionals, child care professionals and clinicians.

<http://www.chicagocac.org/>

(Chicago Child Advocate Center) The Chicago CAC provides legal, therapeutic, and medical resources for children and adolescents who are making allegations of sexual abuse in Chicago.

<http://www.nationalcac.org/>

(National Children's Advocacy Center) This website provides information about how to contact your local Child Advocacy Center.

<http://preventchildabuseillinois.org/>

(Prevent Child Abuse Illinois) This organization is devoted to preventing child abuse in Illinois.

<http://isp.state.il.us/sor>

(Sex Offender Registration Information) This website gives information about where convicted sexual offenders live so that you can promote safety in your local community.

<http://stopitnow.org>

(Stop It Now!) Stop It Now! prevents the sexual abuse of children by mobilizing adults, families and communities to take actions that protect children before they are harmed.

Abuse and Trauma - Adults

<http://www.trauma-pages.com/>

This is an ocean of resources with a great variety of information about trauma and about the many types of trauma. It also has information about child and adolescent trauma issues. Please go to the "Support" section of this website for a large list of other trauma websites and information.

<http://www.ilcadv.org/>

(Illinois Coalition Against Domestic Violence) This organization is devoted to combating domestic violence in Illinois. It has links to local domestic violence resources.

<http://www.icasa.org/>

(Illinois Coalition Against Sexual Assault) This organization is devoted to combating sexual assault in Illinois. It has links to local sexual assault resources.

<http://www.rainn.org/>

(Rape, Abuse, and Incest National Network) This website gives information about how to prevent abuse and treat victims.

<http://www.vetrauma.org/>

This website is designed for veterans who have Posttraumatic Stress Disorder.

<http://www.twhj.com/>

(The Wounded Healer Journal) This is a website with support and resources for adults who have experienced trauma and abuse.

<http://www.mosaicminds.org/>

(Mosaic Minds) This is a self-help website for people who have Dissociative Identity Disorder.

<http://www.isst-d.org/>

(International Society for the Study of Trauma and Dissociation) This is an international, non-profit, professional association organized to develop and promote comprehensive, clinically effective and empirically based resources and responses to trauma and dissociation.

ADHD and Learning Disorders

<http://www.icdl.com/>

(The Interdisciplinary Council on Developmental and Learning Disorders) This organization works to advance the identification, prevention, and treatment of developmental and learning disorders.

<http://additudemag.com/>

This website discusses how to live well with ADHD and LD.

<http://wrightslaw.com/>

This website states that it is for parents, educators, advocates, and attorneys for reliable, accurate information about special education law, education law, and advocacy for children with disabilities. You can search advocacy libraries and law libraries at this website, as well as find thousands of cases, articles, and resources about many topics.

<http://www.search-institute.org/>

(The Search Institute) This website has information designed to help all children learn and thrive. There is information in English and Spanish.

<http://www.add.org/>

(The Attention Deficit Disorder Association) This organization is devoted to providing resources for adults with Attention Deficit Hyperactivity Disorder.

<http://add.obrienbusinessgroup.com/>

(Attention Deficit Disorder Resources) ADD resources is a membership-based, nonprofit organization that serves both adults and children with ADD/ADHD.

<http://www.russellbarkley.org/>

This is the official website of Dr. Russell A. Barkley, an expert on adult, child, and adolescent ADHD.

<http://www.ldonline.org/>

(Learning Disabilities Online) This website gives information on ADHD and Learning Disorders.

<http://www.chadd.org/>

(Children and Adults with Attention Deficit Hyperactivity Disorder) This website has information for the public and professionals about ADHD.

<http://www.addresources.org>

Attention Deficit Disorder Resources - Videos, podcasts, webinars, screening tests, and articles

<http://www.help4adhd.org>

National Resource Center on ADHD

<http://www.teachingld.com>

Division for Learning Disabilities - Information & Resources for Teaching Students with LD

<http://www.ldanatl.org>

Learning Disability Association of America (LDA)

Anxiety

<http://www.anxietypanic.com/>

(Anxiety Panic Attacks Resource Site) This website has a range of information for people struggling with anxiety and panic attacks, including coping skills, therapeutic approaches, and research.

Art and Play Therapy

<http://www.planetsark.com/>

(Planet Sark) This website has resources for children and adolescents to develop creativity for mental health purposes.

<http://www.a4pt.org/>

(Association for Play Therapy) This is an association for professionals practicing play therapy. The website has links about how to locate a play therapist.

www.arttherapy.org

<http://www.illinoisarttherapy.com/>

Attachment Disorders

<http://www.attachment.org/>

This website offers information on adoption / attachment and bonding issues, and Reactive Attachment Disorder (RAD) as a not-for-profit service to families and professionals.

<http://www.Attach.org/>

<http://radkid.org/>

This website has excellent information on Reactive Attachment Disorder (RAD).

<http://www.center4familydevelop.com/>

Bipolar Disorder

<http://www.bpkids.org/>

(Children and Adolescent Bipolar Foundation) This foundation has a number of resources for parents who have bipolar children and adolescents.

<http://www.bipolar.com/>

This website has basic information on understanding and treating bipolar disorder.

<http://www.pendulum.org/>

This website has resources for people with bipolar disorder and their loved ones, including discussion forums, legal advocacy, medications, and research.

Children and Adolescents, General Resources

<http://www.teenhelp.com/>

This is a website for teenagers with information on abuse, depression, alcohol abuse, and pregnancy. There is also some information for parents of teens on the website.

Chronic Mental Illness

<http://www.nami.org/>

(National Alliance for the Mentally Ill) NAMI is the nation's largest grassroots organization for people with mental illness and their families. They have support groups for families and practice political activism

Cyberbullying

www.cyberbullying.us

www.opheliaproject.org

www.cdc.gov/npc/dvp/electronic_aggression.htm

Illinois Department of Human Services

Depression

<http://www.depression.com/>

This website has basic information on understanding and treating depression.

Disabilities

<http://www.frcd.org/>

(Family Resource Center on Disabilities) This organization advocates for children and teenagers with disabilities by working with parents and community groups.

Drug and Alcohol Abuse

<http://www.aa.org/>

(*Alcoholic Anonymous*) Alcoholics Anonymous is an informal meeting society for recovering and recovered alcoholics.

www.al-anon.alateen.org/

(*Al-anon and Alateen*) These two organizations have grassroots support for family members of people who abuse drugs and/or alcohol. The website has information on English, Spanish, and French.

<http://ncadi.samhsa.gov>

(*National Clearinghouse for Alcohol and Drug Information*) This is the government's website on drug and alcohol abuse.

<http://www.nida.nih.gov/> (*National Institute on Drug Abuse*) This has information on drug abuse for students, teachers, parents, mental health professionals and researchers.

Eating Disorders

<http://www.nationaleatingdisorders.org/>

(*National Eating Disorders Association*) This organization is dedicated to providing education, resources and support to those affected by eating disorders.

<http://www.renfrewcenter.com/>

(*Renfrew Center*) Renfrew Center is a residential center for eating disorders for adolescent and adult women.

Grief and Loss

<http://www.griefnet.org/>

This is an internet community designed to support adults, children, and adolescents experiencing grief and loss. There are email lists and online discussion groups for people of all ages connected to this website.

Lesbian, Gay, Bisexual and Transgender (LGBT)

<http://www.howardbrown.org/>

(*Howard Brown Health Center*) The organization is a LGBT healthcare organization in Chicago providing a variety of services to adults and adolescents, including psychotherapy, support groups, domestic violence resources, and HIV/STD prevention. Their website has links to resources and support groups in Chicagoland.

<http://www.centeronhalsted.org/>

This is a LGBT community center in Chicago providing a wide range of services for adults and youth, including psychotherapy, support groups, legal services, and HIV/STD prevention.

www.glsen.org

Gay, Lesbian, Straight Education Network

www.pflag.org

Parent, Family and Friends of Lesbians and Gays

Mental Health, General

<http://www.nmha.org/>

(*National Mental Health Association*) This website has information about mental health issues.

<http://4women.gov/>

This website is the Federal Government source for women's health information on a range of female health issues and topics.

<http://www.samhsa.gov/>

(Substance Abuse and Mental Health Services Administration) An agency within the U.S. Department of Health and Human Services that provides information about the impact of substance abuse and mental illness on America's communities.

<http://www.mentalhealth.com/p.html>

(Internet Mental Health) This has general mental health information for the public.

Parenting Resources

<http://www.parenting.org/>

This website has information on parenting for children and adolescents.

<http://www.parentingpress.com/>

(Parenting Press) The parenting press produces a wide range of written material on parenting, including free handouts and brochures.

<http://www.incredibleyears.com/>

(The Incredible Years) This is a parenting program for reducing aggression and behavior problems and increasing social competence at home and at school.

<http://www.calmerparenting.com/>

This website has information about a parenting program designed to help children and teenagers be more cooperative, confident, motivated, self-reliant and considerate.

<http://www.parentingteens.com/>

(Parenting Teens) This website has resources for parents of teenagers including information, discussion forums, and information about support groups.

Suicide

<http://www.spanusa.org/>

(Suicide Prevention Action Network USA) This organization aims to prevent suicide through public education and awareness, community action and federal, state and local grassroots advocacy.

Crisis Intervention/Hotlines

A.I.D.S./H.I.V. Hotline

800-243-2437

Provides information, education, and referrals

Sexually Transmitted Infections Hotline

800-227-8922

Provides information, education, and referrals

Illinois Cancer Hotline

800-4-CANCER

Provides information, education, and referrals

Child Abuse Hotline

800-25-ABUSE; 800-252-2873

Child Find Hotline

800-I-AM-LOST

National resources for parental abduction, runaway referrals, parental mediation, abductions support, and co-parental planning

National Runaway Hotline

800-RUNAWAY or 800-786-2929

Provides information and referrals to runaways and relays messages between parents and runaway youth

Suicide Hotline

800-273-8255

Youth Crisis Line

800-448-3000

Provides counseling and referrals for general crisis situations

CCBYS

877-870-2663

Illinois based emergency shelter and counseling for youth up to age 18

Teen Living Programs (TLP)

866-803-8336

Illinois based emergency shelter and counseling for youth up to age 21

The Night Ministry

877-286-2523

Illinois based emergency shelter and counseling for youth up to age 21

South Suburban Family Shelter - Domestic Violence

708-335-3028 or 877-335-3020

Emergency shelter, crisis counseling/interventions, court advocacy, medical advocacy

Constance Morris House- Domestic Violence

708-485-5254

Emergency shelter, crisis counseling/interventions, court advocacy, medical advocacy

Cares Line (SASS)

1-800-345-9049

Emergency referral source for youth up to age 20 who may be in need of a psychiatric assessment; for those on Medicaid and NOT having medical insurance

PILLARS Sexual assault Hotline and Domestic Violence Hotline

708-482-9600

DCFS (Dept. of Children and Family Services)

800-252-2873 or 800-25ABUSE

Alcohol and Drug Abuse

800-234-0420

Alcoholics Anonymous

800-371-1475

Childhelp National Child Abuse Hotline

800-422-4453

Covenant House Neline

800-999-9999

*Available for kids 24/7

*Spanish-Speaking Counselors

Crisis Center of South Suburbia

708-236-5197

Crisis Counseling, General

847-228-6400

Crisis Counseling, Teens

847-228-8996

Crisis Counseling, Children

847-228-5437

DCFS Hotline

800-252-2873

Domestic Violence - General

800-603-4357

Domestic Violence Hot Line - Chicago

800-603-4357

Emergency Services, Chicago

800-654-8595

Grand Prairie Crisis Center

708-331-0500

National Institute on Drug Abuse (NIDA)

800-729-6686

Sexual Assault, General (RAINN)

800-656-4673

Sexual Assault Hotline - Chicago

888-293-2080

Sexual Assault Crisis Line - Hickory Hills

708-741-4500