



If you or someone you know is experiencing a mental health crisis, please call 988.

CRISIS SERVICES/HOTLINES

Consumer and Family Care Line 1.866.359-7953 TTY: 1.866.880.4459

The Illinois Mental Health Collaborative for Access and Choice is a resource for accessing relevant information about services, connecting with the collective, getting answers to questions and responses to concerns, and staying informed about Illinois mental health news. The Warm Line is also found here, an opportunity in Illinois for anyone aged 12 and up to receive support by phone.

Ecker Center for Mental Health 847.695.0484

This link will take you to the Ecker Center's crisis intervention and stabilization services web page. Below the crisis services is a list of their services and treatment programs.

NAMI Information Help Line 1.800.950.NAMI (6264)

Operates 10 am - 10 pm EST (9 am - 9 pm central time) or email at helpline@nami.org. HelpLine volunteers are working to answer questions, offer support, and provide practical next steps.

Postpartum Support International text or call 1.800.944.4773 English, text 971.203.7773 for Español

Postpartum Support International's mission is to promote awareness, prevention, and treatment of mental health issues related to childbearing in every country worldwide.

National Suicide Prevention Hotline 988 (formerly 1.800.273.TALK (8255))

The Lifeline provides 24/7, free, and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

Suicide Prevention Services 800.273.8255, [chat online](#)

24-hour phone hotline, counseling, depression screening, workshops, prevention training, school intervention, support groups, and annual awareness events.

The Trevor Project 1.866.488.7386 or text 678678 [web chat](#)

Here you can reach out to a counselor if you're LGBTQ+ and struggling, to find answers and information, and get the tools you need to help someone else. Call, text, or chat anytime you need support. If you are thinking about suicide, or feeling lonely, they are there to listen.

Teen Line 1.800.852.8336 6 pm - 10 pm PST (8 pm - 12 am central time), text 'TEEN' 839863 6 pm - 9 pm PST (8 pm - 11 pm central), [email us](#)

Teen Line's highly trained teen listeners provide support, resources, and hope to any teen who is struggling.

ULifeLine Online resources for college mental health. Essential information on managing your emotional health, coping with challenges, and supporting people in your life. When someone you're close to is struggling, as their friend, you're often the first to notice and also uniquely positioned to reach out and offer support.

BEHAVIORAL AND MENTAL HEALTH SERVICES

THERAPY

Anchor Counseling (Geneva, IL) **630-765-3214**

Offer counseling for Anxiety, Trauma, Postpartum depression, Grief & Self-Esteem. Christian Counseling.

Centennial Counseling (St Charles, IL) **630-377-6613**

Specialists in marriage, family, and individual counseling Multidisciplinary team of seasoned and well-trained mental health professionals are licensed in psychology, social work, marriage and family therapy, or professional counseling Psychological testing and assessments.

Ecker Center (Elgin, IL) **847-695-0484**

Case Management (housing, food, transportation, public assistance, financial and vocational training, living skills, counseling) Psychiatric Emergency Program, Psychiatric services, Therapy Short-term residence for adults, *Sliding fee for residents of Geneva (certain areas), St. Charles, Campton, Virgil, Elgin, Plato, Burlington, Hampshire, Rutland, Dundee, Barrington, and Hanover Townships.

Evolve Family Therapy (Geneva, IL) **847-857-7840** email: hello@wellnessevolve.com

Anxiety, depression, women's health issues, grief/trauma and parenting challenges

Fox Valley Hands of Hope (Geneva, IL) **630-232-2233**

Non-profit offering *free Grief Support and Supportive Care, Volunteer Patient Support, Assisted Living Volunteer, Patient Support, Medical Equipment Loans, Spanish Language

Hopeology Psychological Services (St Charles) 630-283-2880 email: info@hopeologypsych.com

Neuropsychological and Psychological Assessments, Individual and Group Therapy, and Child-Centered Play Therapy.

Intermission Therapies (Geneva, IL) **630-232-7770**

Offers Individual, Adolescent, Child, Couple and Family Therapy

Linden Oaks Behavioral Health (Naperville, IL) **630-305-5027**

Treats conditions such as anxiety, depression, eating disorders, and self-injury for adolescents and adults. Leading center for the treatment of substance abuse and offering services for each stage of the recovery process, including inpatient and outpatient treatment, residential (for adults), and detoxification. Comprehensive eating disorders program.

Northwestern Behavioral Health (Winfield, IL) **630-933-4000**

Outpatient comprehensive assessment and treatment options for individuals and families struggling with emotional, and psychiatric health conditions and/or addiction and substance abuse.

Riverview Counseling- (St Charles, South Elgin and Batavia) **630-587-3777**

- Individual/Group/Family Therapy
- Diagnostic/Educational Assessments
- Behavioral Assessments and Consultation
- Free Parenting Workshops

Second Act Scene 2 (Geneva, IL) **630-232-7770**

A faith-based, *reduced-fee counseling program. Under the supervision of a Clinical Coordinator, Masters-prepared therapists are now available to see individuals, couples, subsets of a family, or the entire family. We see all age groups and offer flexible scheduling. They believe that because of grace we all get a 'do over' – a second act

Stable Minds (Elburn, IL) **630-765-3214**

Equine Assisted Psychotherapy and **Equine Assisted Learning**. Equine Assisted Psychotherapy will be offered to our clients ages and over, who may be experiencing anxiety, depression, mood issues, and trauma history. Equine Assisted Learning will be offered for those and over, who may not have mental health issues but struggle with anger, stress, difficulty expressing emotions, or feeling stuck. Equine therapies are primarily based on the ground with the horse, rather than riding.

Suicide Prevention Services (Batavia, IL) **800-273-8255** info@spsamerica.org

Depression hotline (24 hrs.), Depression screening, On-site counseling & Support Groups

Tricity Family Services (Geneva, IL) **630-232-1070** info@tricityfamilyservices.org

Counseling, Bilingual, Early intervention programs, Caregivers, connections programs, Youth crisis intervention, and stabilization programs. Employment assistance. *Sliding fee scale

Wahlberg Psychological Services (Geneva, IL) **331-946-6400**

Wahlberg Psychological Services provides comprehensive mental health testing, evaluation, and treatment services to patients of all ages.

SUPPORT GROUPS

Suicide Prevention Services (Batavia, IL) **800-273-8255** info@spsamerica.org, [chat online](#)

24-hour phone hotline, counseling, depression screening, workshops, prevention training, intervention in schools, support groups, and annual awareness events.

NAMI KDK (Aurora, IL) info@namikdk.org

A strong affiliate whose mission is to provide mental health education, support, and advocacy for individuals, family members, and communities in Kane-so, DeKalb, and Kendall counties. All programs are free to the public and facilitated by individuals living with a mental health condition, their family members, or their significant others.

National Eating Disorders Association- **800-931-2237** info@nationaleatingdisorders.org

Linden Oaks Behavioral Health (Naperville, IL) **630-305-5027**

Free support groups. Endeavor Health/Linden Oaks Behavioral Health hosts a variety of support groups to help reinforce the coping skills learned during treatment and support the family and friends of individuals in recovery. Structure and support are vital in transitioning from treatment back to everyday life. By joining a support group, you'll meet others coping with similar situations, creating a network to help you through challenging times.

Riverview Counseling- (St Charles, South Elgin and Batavia) **630-587-3777**

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