

## SERVICES FOR YOUTH

**Lutheran Social Services of Illinois (LSSI)**  
(847) 635-4600 ..... [www.lssi.org](http://www.lssi.org)

**Maine Community Youth Assistance Foundation (MCYAF)**  
(847) 858-7090 ..... [www.mcyaf.com](http://www.mcyaf.com)

- Coalition that works to prevent drug and alcohol abuse in teens
- Works to promote positive mental health in teens in Maine Township

**Maine Township High School District 207 School Based Health Center**  
(847) 825-4059  
[www.maine207.org/organizations/school\\_based\\_health\\_center/](http://www.maine207.org/organizations/school_based_health_center/)

- Provides medical and mental health screening and treatment to all D207 students that otherwise might not have access to primary care

## ADDITIONAL RESOURCES

**National Suicide Prevention Hotline**  
1 (800) 273-TALK (8255)

24-hour staff will counsel and refer you with the closest possible crisis center

### Employer EAP

Many employers offer an Employee Assistance Program. Contact your Human Resources Department for more information

### Faith Community

Speaking with your local faith community leader is always an option, or contact the Park Ridge Police Department (847-318-5252) for an on-call Chaplain

## IT'S OKAY TO ASK FOR HELP!

Always remember, in an  
**EMERGENCY**

DIAL  
**9-1-1**

## HOSPITALS

**Advocate Lutheran General Hospital**  
1775 Dempster St, Park Ridge  
(847) 723-2210 ..... [www.advocatehealth.com/LUTH](http://www.advocatehealth.com/LUTH)

**Chicago Behavioral Hospital**  
555 Wilson Rd, Des Plaines  
(847) 768-5430 ..... [www.chicagobh.com](http://www.chicagobh.com)

**Northwest Community Hospital**  
800 W Central Rd, Arlington Heights  
(847) 618-1000 ..... [www.nch.org](http://www.nch.org)

 Advocate  
Lutheran General Hospital

 **Center for Public  
Safety and Justice**



Healthier Park Ridge Coalition  
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## PARK RIDGE

# Mental Health Resource Guide

In Park Ridge, approximately 3800 households experience anxiety, depression or other mental health concerns.

The #1 reason residents do not receive counseling when needed is because they do not know where to go.

In Park Ridge, approximately 3200 households feel caring for an isolated neighbor is a top concern.

About 1200 households have difficulty finding support services for older adults and seniors.

The #1 service needed for seniors but not received was counseling and support.

**Are you looking for HELP?**  
**You are NOT alone!**

Sponsored by the:  
Healthier Park Ridge Coalition

## ABOUT THIS MENTAL HEALTH RESOURCE GUIDE

This guide is to aid you, your family or neighbor in the event you should find yourself needing assistance in dealing with ① depression, anxiety and any other mental health concern and/or ② any crisis or potential crises with any of these concerns. In a recent Healthier Park Ridge survey done by the Healthier Park Ridge Coalition and Advocate Lutheran General Hospital, these concerns were found to be the top problems affecting the members of our community.

The survey also indicated that the top services needed but not received by individuals or their family members were ① counseling and support services, ② support groups for coping with daily living and stress and ③ mental health services, especially for seniors but also for youth.

The #1 reason identified by the survey that these services were not received was because the individual or family member did not know where to go for services. This brochure is intended to bridge that information gap and provide a resource for accessing mental health resources.

## NON-EMERGENCY (847) 318-5252

Call the Park Ridge Police Department and ask to speak with a specially trained officer in mental health concerns (CIT) or the department's Social Worker.

## EMERGENCY SITUATIONS

If you are in a crisis and need immediate assistance

DIAL  
**9-1-1**

## FAMILY SERVICES FOR BEHAVIORAL ISSUES

### Family Behavioral Health Clinic

**(847) 390-3004** [www.familybehavioralhealthclinic.com](http://www.familybehavioralhealthclinic.com)

- Individual and group counseling services in English and Spanish
- DUI Risk Education classes and counseling
- Academic and psychological evaluations

### MaineStay Youth & Family Services

**(847) 297-2510** [www.maintownship.com/mainestay](http://www.maintownship.com/mainestay)

- Affordable counseling in English, Spanish, and Polish
- Programs for at-risk youth and adults
- Mentoring, therapeutic groups, community education seminars, and parenting classes
- All programs are free or low cost

### NAMI CCNS

*National Alliance on Mental Illness Cook County North Suburban affiliate*

**(847) 716-2252** ..... [www.namiccns.org](http://www.namiccns.org)

- Sympathetic and informed listening ear for individuals and their families living with mental illness
- Classes, support groups, lectures and resources, all at no cost, to help with the many challenges that come to families and individuals in need

### Turning Point

**(847) 933-9202** ..... [www.tpoint.org](http://www.tpoint.org)

Psychiatric Crisis Hotline

**(847) 933-0051**

- Group and individual mental health therapy for adults and children
- Living Room is a comfortable, non-clinical space that offers an alternative to hospital emergency rooms for adults experiencing psychiatric emergencies

## SENIOR COUNSELING AND SUPPORT SERVICES

### Advocate Lutheran General Hospital

*Older Adult Services*

**(847) 723-7770**

[www.advocatehealth.com/luth-older-adult-services](http://www.advocatehealth.com/luth-older-adult-services)

- Adult Day Service
- Expressions (Early Alzheimer's Group)
- Home delivered meals
- Senior advocate counseling

### Center of Concern (COC)

**(847) 268-4213** ..... [www.CenterofConcern.org](http://www.CenterofConcern.org)

- Supportive services for seniors, people with disabilities, their families and caregivers
- Information and resources via help/intake phone line
- Counseling services for mental health, housing, medicare and financial concerns

## GOOD NEIGHBOR PROGRAM

**(847) 318-5319**

If worried about a neighbor who is isolated, hoarding, or needs support, contact the Environmental Health Officer for the **Good Neighbor Program** at the City of Park Ridge

## SUBSTANCE ABUSE

### Advocate Addiction Treatment Program

**(847) 795-3921**

### Keys to Recovery

**(847) 298-9355**

### Maine Township Recovery Connection

**(847) 297-2510**

### Presence Substance Abuse Services - Evanston

**(847) 316-2038**