

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

- 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

- 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

- 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

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

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

Center of Concern (COC)

(847) 268-4213 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

SERVICES FOR YOUTH

Lutheran Social Services of Illinois (LSSI)

(847) 635-4600 www.lssi.org

Maine Community Youth Assistance Foundation (MCYAF)

(847) 858-7090 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
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Maine Township High School District 207 School Based Health Center

(847) 825-4059

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
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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

Chicago Behavioral Hospital

555 Wilson Rd, Des Plaines

(847) 768-5430 www.chicagobh.com

Northwest Community Hospital

800 W Central Rd, Arlington Heights

(847) 618-1000 www.nch.org

 Advocate
Lutheran General Hospital

 **Center for Public
Safety and Justice**



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