

Community Resources

General

- **Community Information and Referral Services**
 - Dial "211"
- **Metro Family**
 - www.metrofamily.org

Asthma

National

- **National Heart, Lung, and Blood Institute**
 - www.nhlbi.nih.gov/guidelines/asthma/
- **Centers for Disease Control and Prevention**
 - www.cdc.gov/asthma/

Regional/County

- **Illinois Department of Public Health**
 - www.dph.illinois.gov/
 - This site provides an A-Z list of public health related topics

Diabetes

National

- **National Diabetes Information Clearinghouse**
 - www.diabetes.niddk.nih.gov/
- **American Diabetes Association**
 - www.diabetes.org/
 - This site provides resources and educational materials for diabetes

Regional/County

- **Illinois Department of Public Health**
 - www.dph.illinois.gov/
 - This site provides an A-Z list of public health related topics

Local/PHO Diabetic Educator

- Advocate Health Care 800-3-ADVOCATE (800-323-8622)

Depression

National

National Institute of Mental Health

- www.nimh.nih.gov/health/topics/depression/index.shtml

National Alliance on Mental Illness

- www.nami.org/

Regional/County

Illinois Department of Public Health

- www.dph.illinois.gov/
- This site provides an A-Z list of public health related topics

National Alliance on Mental Illness NAMI Illinois

- www.nami.org/

Illinois Department of Healthcare and Family Services

- www.hfs.illinois.gov

Local/PHO

Cook County Health Department

- www.cookcountypublichealth.org

Lake County Health Department & Community Health Center

- www.lakecountyil.gov/health/default.htm

Dupage County Health Department

- www.dupagehealth.org

McHenry County Health Department

- www.mcdh.info/
- McHenry Crisis: 800-892-8900

Hypertension

National

National Heart, Lung and Blood Institute Blood Pressure Education

- www.nhlbi.nih.gov/health-topics/high-blood-pressure

American Heart Association

- www.heart.org/HEARTORG/
- This site provides resources and educational materials for heart disease

Regional/County

Illinois Department of Public Health

- www.dph.illinois.gov/
- This site provides an A-Z list of public health related topics

Overweight/Obesity

National

Choose My Plate

- www.choosemyplate.gov

National Heart, Lung and Blood Institute

- www.nhlbi.nih.gov/health-topics/overweight-and-obesity

Regional/County

Illinois Department of Public Health

- www.dph.illinois.gov/
- This site provides an A-Z list of public health related topics

Local/PHO

National Initiative for Children's Healthcare Quality (NICHQ)

- www.nichq.org

Pediatric Wellness

National

Bright Futures

- www.brightfutures.org

American Academy of Pediatrics

- www.aap.org

Health Children

- www.healthychildren.org

Kids Health

- www.kidshealth.org

Regional/State

Illinois Department of Public Health

- www.dph.illinois.gov/
- This site provides an A-Z list of public health related topics

Local/PHO

- Lake County Health Department & Community Health Center
 - Prenatal Care Department 847-377-8800
 - Woman and Children's Health 847-377-8800
 - WIC 847-377-8420
 - <https://www.lakecountyil.gov/148/Health-Department-Community-Health-Cente>

Postpartum Depression

National/State

Depression After Delivery. Inc

- www.depressionafterdelivery.com

Mom's 24 hour Hotline

- 866-364-6667

Postpartum Depression Alliance of Illinois

- www.ppdil.org

Postpartum Support International (PSI)

- www.postpartum.net

Local/PHO

Advocate Medical Group Behavioral

- 847-795-3100 (then press 2 when prompted)

Perinatal Depression Support Services At GSAM

- 630-275-4436

UIC Women's Mental Health Program

- 312-355-1223

Women's Mental Health Program at Loyola

- 708-216-0135

Emergency/Psychiatric and Crisis Care

CARES Line - Crisis and Referral Emergency Services (24 hour)

You may use the 24 hour Crisis and Referral Entry Services (CARES) line to talk to a mental health professional if your child is a risk to themselves or others, having a mental health crisis, or if you would like a referral to services for children, youth, and families.

- **Call: 1 800-345-9049**
- **If you have a psychiatric crisis and need immediate assistance, call 911.**

Alexian Brothers Behavioral Health Hospital

Mental Health and Substance Abuse Programs
1650 Moon Lake Blvd.
Hoffman Estates, IL 60194
847-755-8140 (Access Referral Line)
www.abbhh.org

Northwest Community Hospital

Mental Health Liaison Referral Line
847-618-4040
Substance Abuse Referral Line
Mental Health & Substance Abuse Programs
901 Kirchoff Rd.
Arlington Heights, IL 60005
www.nch.org

Advocate Lutheran General

Mental Health Evaluations & Hospital Programs
1775 Dempster Rd.
Park Ridge, IL.
847/723-2210 General Number > Page Psychiatry Liaison at x4287

Streamwood Behavioral Healthcare System

Mental Health Evaluations & Substance Abuse
1400 East Irving Park Road
Streamwood, IL 60107
630/837-9000
www.streamwoodhospital.com

Counseling Services

Omni Youth Services

Sliding Fee Scale Services
Counseling/ Substance Abuse/Juvenile Justice Intervention
1111 W. Lake-Cook Rd.
Buffalo Grove, IL. 60089
847-353-1500 (Intake)
www.omniyouth.org

Alexian Center for Mental Health

Sliding Fee Scale Services
Counseling and Substance Abuse Intervention
3436 N Kennicott Ave
Arlington Heights, IL. 60004
847-952-7460
www.alexianbrothershealth.org

Lutheran Social Services (LSSI-BHS in NW Suburbs)

Sliding Fee Scale Services
Counseling and Substance Abuse Intervention
415 West Golf Road
Suite 61-63
Arlington Heights, IL 60005
847-619-0849

Bridge Youth and Family Services

Sliding Fee Scale Services
Adolescent/Family Counseling & Crisis Intervention
721 S. Quentin Road
Palatine, IL 60067
847-359-7490
www.bridgeyouth.org

Arbor Counseling Center

1401 McHenry Rd.
Suite 122
Buffalo Grove, IL. 60089
847 913-0393
www.arborcounselingcenter.com

JCFS Response For Teens

3033 West Touhy Avenue
Chicago, IL 60645
847-676-0078
www.jcfs.org/response

Substance Abuse Programs

Rosecrance

1601 N University Drive
Rockford, IL 61107-531
815-391-1000

Gateway

877-381-6538
www.gatewayfoundation.org

Omni Youth Services

Sliding Fee Scale Services
Counseling/ Substance Abuse/Juvenile Justice Intervention
1111 W. Lake-Cook Rd.
Buffalo Grove, IL. 60089
847-353-1500 (Intake)
www.omniyouth.org

Families and Adolescents in Recovery (F.A.I.R)

2010 East Algonquin Rd. Suite 207
Schaumburg, IL 60173
847-359-5192
www.faircounseling.com

Teen Pregnancy

Township High School District 214 Teen Parenting Program

www.d214.org/district-departments/teen-parenting-program/

PHD Preservation of Human Dignity

1610 Colonial Parkway
Inverness, IL 60067
847-359-4919

Teen Mother Choices

5250 Grand Avenue
Suite 14-417
Gurnee, IL 60031
847-826-8336
www.teenmotherchoices.org

Caris Counseling and Resources

67 East Algonquin Road
South Barrington, IL 60010
312-229-5739
www.caris.org

Response Center

9304 N. Skokie Boulevard
Skokie IL 60077
224-635-2906
www.responsecenter.org

Adult Education

English as a Second Language (ESL)

847-718-7725

GED

847-718-7953
847-718-7911 (Spanish)

Citizenship Classes

847-718-7730