

# Counseling Resources

## Stephenson County (p.1)

- This is not an all-inclusive list.
- Please contact your insurance company to inquire about coverage for mental health services and providers.
- Updated 12/2020

**FHN Family Counseling Center**  
421 W. Exchange Street  
Freeport, IL 61032  
815-599-7300 Fax: 815-599-7398  
[www.fhn.org](http://www.fhn.org)

Accepts private insurance, medical card, and assisted care. Local community mental health center that provides but is not limited to: prevention programs, parent enrichment program, mental health counseling and psychiatric services, and youth crisis (home lockout or runaway) intervention and follow up.  
\*Psychiatrist on staff

**New Horizons Counseling Center**  
34 North Whistler Avenue  
Freeport, IL 61032  
815-235-6171; Fax: 815-235-6172  
[www.newhorizonscounselingcenter.com](http://www.newhorizonscounselingcenter.com)

Provides counseling services to: individuals, couples, families, seniors, teens, adolescents, children and groups. Accepts private insurance, and has a sliding fee for uninsured. The lowest amount based on income is \$20 a session.

**Lischwe Counseling Services**  
Bernard Lischwe, LCSW, CMADC, SAP  
524 W. Stephenson Street, Suite 225  
Freeport, IL 61032  
(815) 656-4543

Mental health counseling services and addiction counseling services for individuals, couples and families, in areas such as mood instability, anxiety, relationship problems, stress, anger control, inattention, and more. Substance abuse evaluations and interventions including the Illinois Department of Transportation SAP protocol.

**New Directions**  
Taylor Rockwell, PhD;  
Martha Wolf, LCSW  
773 W. Lincoln Blvd, #105  
Freeport, IL 61032  
(815) 232-9050; Fax: 815-232-7233

New Directions provides extensive counseling with couples, families, and individuals. Counseling services are provided to assist individuals in addressing major life changes, and managing mental health conditions such as depression, anxiety, grief, eating disorders, chronic pain, stress, and career counseling. Additional services include marital counseling, physical, sexual, or emotional abuse, and trauma.

**Amy Riehle, LCSW**  
1120 S Park Blvd.  
Freeport, IL 61032  
815-235-0009; Fax: 815-801-7665  
<https://amyriehlelcsw.com/>

Provides counseling services to children, adolescents, parents, families, and couples. Counseling services in the areas of anxiety, mood disorders, grief, trauma, and ADHD. Experience with autism spectrum disorder. Therapy may include one or a combination of the following: parenting support and training, cognitive behavioral therapy, mindfulness training, dialectical behavior therapy, and solution focused therapy.

**Brian Lebaron, LCPC Psychotherapist**  
773 West Lincoln Boulevard Suite 203A  
Freeport, IL 61032  
(Lincoln Douglas Center)  
815-541-4207  
Email: [brianlebaronlcpc@gmail.com](mailto:brianlebaronlcpc@gmail.com)  
Web site: [www.lebaroncounseling.com](http://www.lebaroncounseling.com)

Provides individual and family counseling services. Teletherapy services also available. Treats each client and situation as unique, and uses a results oriented approach. Has experience with youth crisis intervention programs.

# Counseling Resources

## Stephenson County (p.2)

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### Countryside Counseling Services

Jill Cummins

524 West Stephenson Street; Suite 208

Freeport, IL 61032

(815) 410-4864

Provides therapy to children, adults, teens, tweens and families. Also provides counseling to couples in all stages of relationships, as well as grief and trauma counseling services. Specializes in working with teenagers as they struggle to define their identities, cope with the rapid physical, emotional and psychological changes that take place within them and adjust to the demands of peers, schools, families and society. Works with families insurance and financial circumstances.

### Additional Private Counselors in Freeport, IL

- Colleen Williamson, MA. LCPC  
3000 Highlandview Dr.  
Freeport, IL 61032  
815-297-3280
- Robin Klein Counseling Services  
524 W Stephenson St. Suite 209B  
Freeport, IL 61032  
815-266-1166
- Jeannette Diddens, LCSWM  
524 W Stephenson St Ste 218,  
PO Box 123  
Freeport, Illinois  
815-541-4663

CONTACT of Northern Illinois

PO Box 83

Freeport, IL 61032

815-233-4357 or toll-free at 888-463-6260

Email: [contactofnil@gmail.com](mailto:contactofnil@gmail.com)

Web site: [www.nicontact.org](http://www.nicontact.org)

Provides crisis Helpline for people of all ages, with referrals for other service providers and support for those living alone. Receives calls from abused or addicted adults, lonely seniors, teens, and individuals threatening suicide. Provides a reassurance phone call service for medication reminders, daily check-ins, Teen Crisis helpline, and kid phone. 24 hours a day, 7 days a week

### Voices

565 N Turner Ave

Freeport, IL 61032

815-235-9421 (administration)

Fax: 815-233-2348

24 Hour Domestic Violence Crisis Line: 815-235-1641

24 Hour Sexual Assault Services and Crisis Line:  
815-232-7200

Voices provides a 24 hr Crisis Hotline and information line, domestic violence counseling for adult victims and their children, support group, medical and court advocacy, emergency shelter, and transitional housing.

# Counseling Resources

## Winnebago County (p. 1)

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### Hope Child and Family Counseling

11447 2nd St Ste 9b

Roscoe, IL 61073

815-601-4673 Fax: 866-303-8062

Email: [hope.childandfamilycounseling@gmail.com](mailto:hope.childandfamilycounseling@gmail.com)

Provides early intervention, pediatric therapy, play therapy, counseling services for individuals, families, couple's, and group therapy. Alcohol and other drug therapy also available, as well as teletherapy services.

### Connections Therapy

1047 Cannell Ct

Rockton, IL 61072

(815) 957-0115

<https://connectionstherapycenter.com/>

Treatment for a wide range of life issues: addictions, sports performance, smoking cessation, anxiety, depression, post-traumatic stress disorder, anger management, eating disorders, grief, weight loss, family adjustment, divorce, relationship challenges, ADHD, behavior problems, infertility and adoption, retirement, women's issues, and many more.

### KP Counseling

6392 Linden Rd.

Rockford, IL 61109

779-368-0060 Fax: 779-368-0579

<https://www.kpcounseling.com/>

KP counseling has a team of experienced therapists to consult with individuals from 3 years old to the elderly. Services developed uniquely to meet specific needs, and may include individual, couple, family, or group counseling.

### Rosecrance-Rockford

Adult Mental Health: 815-968-9300

Children/Adolescent Mental Health: 815-332-8003

(continued on next column)

### Rosecrance Berry Campus

8616 Northern Ave

Rockford, IL 61107

815-332-8001

Locations across Chicago, northern and central Illinois, Wisconsin and Iowa. Rosecrance is a private, not-for-profit organization that offers addiction and mental health treatment for children, teens, young adults and adults.

### Aspen Counseling and Consulting

(affiliate of Rosecrance Health Network)

8616 Northern Ave

Rockford, IL 61107

815-399-9700

<https://www.aspenbh.com/>

Aspen is a full-service clinic with experienced therapists to help individuals work through stress and anxiety, and develop strategies to manage mood or substance use disorders. Services include testing, individual and group therapy for adolescents and adults, as well as family therapy and TMS.

### Counseling Associates

6975 Redansa Dr

Rockford, IL 61108

815-398-7000

<https://counselingassociatesofrockford.com/>

Services for adults, couples, adolescents, children, and families. Services tailored to meet the specific life concerns of each individual, couple, or family who comes in for counseling. Also, a range of psychological evaluation and assessment services as well as psycho-educational groups are available.

### Rockford Psychiatric

1639 N Alpine Rd Ste 260

Rockford, IL 61107

815-395-1500

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

Combines mental health treatment and medical treatment to effectively treat emotional suffering. Provides a comprehensive psychiatric practice that provides expert legal-psychiatric clinical services, expert psychopharmacology treatment, and mental health counseling.

# Counseling Resources

## Winnebago County (p. 2)

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### Additional Mental Health Services

- **Alliance Counseling, Coaching and Consultation**  
415 Mulford Rd  
Rockford, IL 61108  
815-399-5700
- **Ann James Counseling**  
1639 N Alpine Rd,  
Rockford, IL 61107  
779-423-0275  
<https://www.annjamescounseling.com/>
- **Family Counseling Services**  
631 N Longwood St, Suite 103  
Rockford, IL 61107  
815-962-5585
- **Glenwood Center**  
2823 Glenwood Ave,  
Rockford, IL 61101  
815-968-5342  
<http://www.glenwoodcenter.com/>
- **Insight Counseling Group:**  
1639 N Alpine Rd  
Rockford, IL 61107  
815-229-7102  
<https://insightcounseling.us/>
- **Mathers Clinic**  
6090 Strathmoor Drive, Suite 1  
Rockford, Illinois 61107  
phone: 815.444.9999  
fax: 815.986.1363  
<https://themathersclinic.com/>  
\*psychiatrist on staff

- **Restore Counseling and Recovery**  
7210 E State St #206  
Rockford, IL 61108  
(815) 708-7392  
<https://www.restorerockford.com/>

- **Rockford Sexual Assault Counseling**  
4990 E State St.  
Rockford, IL 61108  
815-636-9811

### OTHER PRIVATE COUNSELORS/THERAPISTS

Cyndie Norton, LCSW 815-399-5700  
Julie Logan, LCSW 815-316-2621  
Laura Allman LCSW 815-961-9166  
Linda Bedsole, Psy.D. (Crystal Lake) 815-444-8469  
Deb Burnell LCSW 815-494-9851  
Norm Dasenbrook, LCPC 815-877-0399  
Paula DiCaprio, LCPC 815-399-8150  
Margaret Franklin MS 815-623-2626  
Ember Pastore-Hills, Psy.D. 815-389-0123  
Leann Jenkins, LCPC 815-399-1950  
Terry Lichtenwald PhD 815-494-0234  
Mary Naugle LCPC 815-282-1807  
Denise Purvis, LCPC 815-226-8146  
Jeff Sundberg, LCSW 815-332-8342  
Todd Tratnik LCSW 815-282-1166  
Marcy Turek, LCSW 815-395-5870  
Dr. Lisa Breisch, LCPC, Psy.D 815-639-0300  
Allison Wintrode, LCPC 815-399-8150

### PSYCHIATRISTS

Rockford Psychiatric: 815-395-1500  
Dr. Martha Crotts 815-395-1008  
Dr. Marianne Geiger 815-986-1113  
Dr. Richard Jaconette 815-395-1009  
Dr. Syed Irfan (815) 971-4060  
Dr. Ann Agustsson Mathers 815-397-7654  
Dr. Zaffar Rizvi 815-398-9360  
Dr. Anthony D'Souza 815-282-9606  
Dr. Shahina Jafry 815-968-5342

\*Dr. Fareha Malik (Elgin) 847-783-0307

# Counseling Resources

## Jo Daviess/Dubuque County

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### Interactions Therapy Center

Dr. Gail Gabbert  
800 Spring St., Suite 101  
Galena, IL 61036  
815-777-2850

<http://interactionstherapycenter.com/>

Counseling practice that treats people with mental health, relationship, and addiction issues. Treatment is solution-focused as concrete interventions are sought to change unhealthy patterns.

### Tyler's Justice Center

400 W Front Ave  
Stockton, IL 61085  
815-947-6030

<http://www.tylersjusticecenter.org/index.php>

Provides services for victims of sexual abuse and serious physical child abuse, ages 0-18.

### Riverview Center

11358 Industrial Dr Ste 2,  
Galena, IL 61036  
815-777-8167

<https://riverviewcenter.org/contact/>

Visit the website for hotline numbers by location. Therapy, counseling, and advocacy services for survivors of sexual abuse and domestic violence.

### East Dubuque Counseling Center

430 Sidney St., 3rd floor  
East Dubuque, IL 61025  
815-306-8089

<http://eastdubuquecounseling.com/contact/>

East Dubuque Counseling is a counseling center serving Dubuque, Galena, Platteville, and surrounding areas providing therapy for marriage & family, children & teens, anxiety, depression & more.

### Medical Associates East Campus

#### Pediatric Psychology

1000 Langworthy

Dubuque, IA 52001

563-584-3441 or 800-648-6868, ext 3441

<https://www.mahealthcare.com/>

The Department of Psychiatry and Psychology in Dubuque provides professional services for individuals with emotional, cognitive, and behavioral concerns. A Child Subspecialty offers comprehensive assessment and treatment of children with mental health and behavior concerns.

### Hillcrest Community Mental Health

(Hillcrest Family Services)

2005 Asbury Road

Dubuque, IA 52001

855-800-1239

<https://hillcrest-fs.org/>

Services for those suffering from addictions, those wanting to start a family, those working through an unintended pregnancy, and those with dependency issues. Hillcrest offers adolescent residential treatment, adoption services, homelessness prevention, and brain health counseling for adults, adolescents, and children.

### Midwest Medical Center

One Medical Center Drive

Galena, IL 61036

815-776-7381

Psychiatry and counseling services for adults, adolescents, and pediatrics.

# Counseling Resources Surrounding Counties

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## **Monroe Clinic Behavioral Health**

**515 22nd Ave**

**Monroe, WI 53566**

**608-324-2321**

**[www.monroeclinic.org](http://www.monroeclinic.org)**

Team of psychiatrists, psychologists, and psychotherapists providing individual and group counseling, in areas such as ADD/ADHD, anger management, anxiety disorders, behavioral and emotional disorders, bereavement, conduct problems, depression/mood disorders, couples and family counseling, habit control, pain management, abuse issues, stress management, bipolar disorder, eating disorders, impulse control problems, and more. Behavioral Health is located on the second floor of Monroe Clinic's main campus.

**\*Psychiatrist on staff**

## **Sinnissippi Center**

**Mt. Carroll Office**

**1122 Healthcare Drive**

**Mt. Carroll, IL 61053**

**800-242-7642**

Community based behavioral healthcare center that has provided quality care to the Illinois residents of Carroll, Lee, Ogle and Whiteside Counties since 1966. Provides services to children, adolescents, and adults in the areas of individual therapy, specialized family services, substance use treatment services, crisis intervention, and community related services.

**\*Psychiatric services available**

## **Beloit Hospital Counseling Care Center**

**1969 W Hart Rd**

**Beloit, WI 53511**

**608-364-5686 Fax: 608-363-5756**

**\*Psychiatrist on staff**

**Mental health and addiction services. Individual and group therapy available.**

## **Connections Counseling**

**5005 University Ave. #100**

**Madison, WI 53705**

**608-233-2101**

**<https://connections counseling.com>**

Certified outpatient drug/alcohol and mental health clinic focused on creating a safe and supportive environment for young people, families and adults to find a recovery community conducive to hope and healing.

## **BraveHearts Therapeutic Riding and Educational Center**

**7319 Maxon Rd**

**Harvard, IL 60033**

**815-943-8226**

**<https://braveheartsriding.org/>**

BraveHearts offers equine-assisted services and therapies for children and adults with various diagnoses. Currently, BraveHearts offers both recreational and medical services. The most common recreational service provided at BraveHearts is therapeutic riding. The medical services provided include equine-assisted psychotherapy (EAP) and physical, occupational and speech therapy using hippotherapy as a treatment strategy. These medical services are provided only at the facility in Poplar Grove, are facilitated by a licensed therapist and must be prescribed by a physician.

# Additional Help

## Urgent Situations or Crises

### The Warm Line 1-866-359-7953

- Hours of Operation: Monday through Saturday, 8am-8pm except holidays

The Warm Line is an opportunity in Illinois for anyone age 12 and up to receive support by phone. Wellness Support Specialists are professionals who have experienced recovery in their own lives. They have been trained in recovery support, mentoring, and advocacy and are ready to listen and support you. The Warm Line is not a crisis hotline, but is a source of support as you recover or help a family member to recover.

**From the main menu Press 2, Press 5**

### Crisis Text Line Text HOME, HELLO, or START to: 741741 [www.crisistextline.org](http://www.crisistextline.org)

The Crisis Text Line is for anyone. Trained volunteers respond to messages via text to support people in crisis. The Crisis Text Line helps people move from a hot moment to a cool calm and guides you to create a plan to stay safe and healthy.

If you text in your personal life and you are experiencing a crisis, a Crisis Text Line Volunteer is here for you. Anywhere. Anytime (24/7). Anonymously.

### National Suicide Prevention Helpline 1-800-273-TALK (8255) <https://suicidepreventionlifeline.org/>

24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. Your call is routed to the nearest crisis center in the national network of more than 150 crisis centers.

### Child Abuse Hotline 1-800-25-ABUSE (1-800-252-2873)

Call this hotline to report suspected child abuse.

### Opioid use disorder *in Illinois call* 1-833-2FINDHELP.

The helpline will provide a confidential outlet for individuals experiencing opioid use disorders, their families and anyone affected by the disease 24 hours a day, seven days a week. Helpline specialists are trained in evidence-based approaches to help connect callers with treatment and recovery-support services.

### SAMHSA's (Substance Abuse and Mental Health Services Administration) National Helpline

1-800-662-HELP (4357); TTY: 1-800-487-4889  
[www.samhsa.gov/find-help/national-helpline](http://www.samhsa.gov/find-help/national-helpline)  
Also known as the Treatment Referral Routing Service, this Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

### Disaster Distress Helpline 1-800-985-5990

[www.samhsa.gov/find-help/disaster-distress-help-line](http://www.samhsa.gov/find-help/disaster-distress-help-line)

Stress, anxiety, and other depression-like symptoms are common reactions after any natural or human-caused disaster. Call this toll-free number to be connected to the nearest crisis center for information, support, and counseling.

### Veteran's Crisis Line 1-800-273-TALK (8255); TTY: 1-800-799-4889

[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

Connects veterans in crisis (and their families and friends) with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat, or text.