

Mental Health Resources

- Amita Health is currently providing intakes via phone and providing teletherapy. They accept Medicaid and most private insurances.
 - Main # 312-491-5490
 - Intake # 312-770-2905
- Mosaic Therapy: 855-455-0636
 - They are offering 6 FREE virtual sessions for all kids and families <https://mosaictherapy.org/mosaictherapy-virtual-clinic/>
- Centers for Family Change:
 - 630 586-0900
 - Employer based insurances, sliding scale available; Phone/video options available.
 - <https://centersforfamilychange.com/>
- Metropolitan Family Services- Southwest:
 - 10537 S. Roberts Road Palos Hills, IL 60465; English: 708-974-2300 Spanish: 800-501-0864
 - Accepts Medicaid, Sliding scale for the uninsured; Provides phone/video options.
- Zaborac Counseling Group:
 - 17255 Oak Park Avenue, Tinley Park; 708-633-4533
 - Provides phone options; Most, non Medicaid, insurances and Medicare accepted; ask about sliding scale fees. Provides phone options.
- Hyke Lyfe
 - Recreational Therapy- Individual hikes (Practicing Social Distancing)
 - Brittany Stevenson bstevenson.counseling@gmail.com; 708-480-2066
 - Insurances Accepted: BCBS HMO/PPO, CIGNA, No Insurance? Sessions are 100 dollars per session for individual counseling; Phone/Video Options available.
- Elemental Center
 - Dr. Martin Adeoye (and other therapists/psychiatrists) 15010 S. Ravinia, Suite 15 708-364-0584; elementalcenter.com; Phone/video options.
 - In Network will all insurances
- Aunt Martha's
 - Multiple locations
 - (877) 692-8686
 - Requires a referral from your primary care doctor
- Grand Prairie Services
 - (866) 477-8632
- New Leaf Resources
 - 2325 177th Lansing, IL
 - (708) 895-7310
 - Teletherapy available (phone or video)

Domestic Violence Resources

Between Friends

- Chicago, IL 60645
- 1800 603-4357
- www.betweenfriendschicago.org

Family Rescue, Inc.

- Chicago, IL 60617
- (773) 375-8400
- Email: administration@familyrescueinc.org
- www.familyrescueinc.org

Metropolitan Family Services

- Chicago, IL 60602
- www.metrofamily.org

Mujeres Latinas en Accion

- Chicago, IL 60608
- (312) 738-5358
- TTY (312) 226-3350
- Email: mujeresmail@mujereslat.org
- www.mujereslatinassenaccion.org

National Domestic Violence Hotline

- Advocates are available 24/7. All calls are free and confidential. More than 200 languages spoken.
- (800) 799-7233

South Suburban Family Shelter

- Homewood, IL 60430-0937
- (708) 335-3028 or toll free hotline (877) 335-3020
- Email: info@ssfsi.org
- www.ssfsi.org

Additional Resources

Virtual Calming Room

<https://district196org.finalsite.com/about/calm-room?fbclid=IwAR3ltBBREcjBzHbPlxD45axbSuSLskVUcP0HsaSZ1E18HopRtyJijtsSmMM>

Call4Calm

- Text TALK to 552020 For Spanish, text HABLAR to 552020
 - Connect to a mental health professional
 - Residents can also text “unemployment”, “shelter”, or “food” for additional information

Respond Now

- www.respondnow.org
- Assists with food pantry access, rent/mortgage assistance, utility assistance, foreclosure prevention, SNAP Outreach, Medicaid Expansion assistance, prescription medication vouchers, temporary lodging, transportation, clothing, Community Garden, books for children, Holiday Giveaway and Back-To-School backpacks and supplies.
- (708) 755-4357
- 1439 Emerald Avenue, Chicago Heights, IL 60411

Department of Child and Family Services (DCFS)

- Report suspected child abuse or neglect
- 1 800 252 2873

Information and referral center for Southern Cook and Will counties

- <http://www.hubrelief.org/>