COUNSELING AND MENTAL HEALTH

Good mental health is important in maintaining a high quality, independent lifestyle. At times, however, the stresses of physical and emotional changes, illness, providing care or suffering loss can bring about feelings of anxiety, grief and depression. These feelings can have a negative impact upon one's sense of well-being. Services that can assist older adults and their families in coping with the changes that often accompany the aging process may be obtained through psychiatrists, psychotherapists and other mental health professionals.

Support groups educate and inform, as well as provide an opportunity to share common experience and emotional support with others who face similar issues. These groups frequently focus on special needs, including Alzheimer's disease, arthritis, cancer, caregiving, depression and grief. Generally, area hospitals, nursing facilities, agencies that provide counseling, and health related organizations can direct you to a support group that will meet your needs. If you have any questions, or need additional information, call **DuPage County Senior Services, (630) 407-6500 or 1-800-942-9412.**

Alexian Brothers Behavioral Health Hospital
1650 Moon Lake Boulevard, Hoffman Estates, IL 60194
1-800-432-5005
www.abbhh.org

Programs offered include Older Adult Partial Hospitalization, individual and group therapies for mood disorders including grief and loss issues, anxiety, substance abuse and more.

Associates in Family Care
Aurora, IL 60506, 888 S. Edgelawn Drive, Suite 1751
Downers Grove, IL 60515, 842 Curtiss Street
Naperville, IL 60563, 650 E. Diehl Road
(630) 983-0600
www.associatesinfamilycare.com

Offers solution based counseling for individuals, couples, and families, facing difficulties with decisions, personal feelings, or relationships. Accepts Medicare, and most insurance.

Depressive and Bipolar Support Alliance – Western Suburbs
(Meetings held at Good Samaritan Hospital in the Oak Rooms)
3815 W. Highland Avenue, Downers Grove, IL 60515
(630) 415-1480 (Recording)
www.dbsawest.com (local)

Non-profit organization dedicated to improving the lives of people living with mood disorders. For a listing of support group sites, visit the website listed above.

DuPage Community Clinic
1506 E. Roosevelt Road, Wheaton, IL 60187
(630) 682-0639
www.dupagecommunityclinic.org

Offers free mental health services to low income uninsured individuals. Services are provided by professionals volunteering their services.

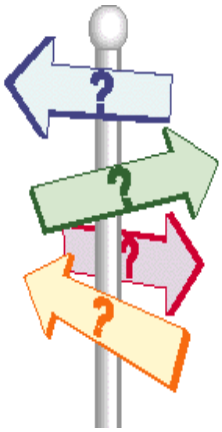
DuPage County Health Department
Access and Crisis Center
440 S. Finley Road, Lombard, IL 60148
(630) 627-1700 (Emergency Crisis Line)
(630) 221-7980 (Non-emergency for intake and referral)

Receives all emergency and non-emergency calls for mental health services. Provides information on options available from the Health Department and other mental health groups. The **Crisis Intervention Unit** offers professional counseling services, 24 hours daily, for emergencies.

Elmhurst Memorial Healthcare: Behavioral Health Services
183 N. York Road, Elmhurst, IL 60126
(630) 941-4577

Geriatric one-on-one counseling services that address life changes unique to older adults, including retirement, changing family roles, relocation, isolation, depression, and loss of spouse or friend. Helps families cope with the stress of caring for aging and ailing parents.

Family Shelter Service
605 E. Roosevelt Road, Wheaton IL 60187
(630) 469-5650 (24-hour Hotline)
(630) 221-8058 (TDD)



Provides a variety of services to victims of domestic violence. Programs include emergency shelter, individual and group counseling, services for children and teens, court and victim advocacy. All services are free of charge, offered in English and in Spanish and available to individuals regardless of their immigration status.

Gottlieb Geriatric Behavioral Health Unit
701 W. North Avenue, Melrose Park, IL 60160
(708) 681-7891
www.gottliebhospital.org

Short term in-patient treatment for those age 65 and older with mental health imbalance. Features comprehensive evaluation, treatment plan, therapies, medication management and encourages family participation.

Hamdard Center
228 E. Lake Street, Addison, IL 60191
(630) 860-9122 (24-hour Hotline)
(630) 835-1430

A multi-cultural agency focused on serving the Middle Eastern & South Asian communities as well as other vulnerable DuPage County residents. Services include counseling, Domestic Violence Emergency Shelter and transitional housing for victims of abuse, partner abuse intervention program, parenting skills training, support groups, outreach to homebound residents, translation and interpretation services, legal and immigration advocacy.

Leeza's Place
50 Uno Circle, Joliet, IL 60435
(815) 741-0077
www.leezasplace.org

Serves caregivers by offering free programs and supportive services to educate, empower and energize caregivers and their families impacted by a memory disorder or a chronic and progressive illness.

Lifelink/Bensenville Home Society
331 S. York Road, Bensenville, IL 60106
(630) 766-5800
www.lifelink.org

Offers general counseling, Headstart, Foster Care, and international adoption services. Programs that meet the needs of the elderly include affordable housing, retirement communities for low and middle-income adults and nursing facility care.

Lutheran Social Services
Behavioral Health Services
544 S. Cornell Avenue, Villa Park, IL 60181
(630) 993-0100 (accessible after hours)

Providing individual adult and marriage counseling, educational services, consultation with professionals and organizations and referral to specialized services. Sites in DuPage County include Villa Park, Downers Grove, Elmhurst, and Wheaton. Payment methods include private insurance, Medicare, and sliding scale fees.

Mental Health America of Illinois
70 E. Lake Street, Suite 900, Chicago, IL 60601
(312) 368-9070
www.mhai.org

Promotes the awareness and development of self-help and mutual aid groups through education, dissemination of information, and training and consultation. Publishes the **Directory of Self-Help and Mutual Aid Groups.**

Metropolitan Family Services DuPage
Senior Services Locations:
For all locations phone (630) 784-4800

- 222 E. Willow Avenue, Wheaton, IL 60187
- 209 N. York Road, Elmhurst, IL 60126
- 1999 W. 75th Street, Woodridge, IL 60517
- 600 S. Washington, Suite 302, Naperville, IL 60540

Specialized consultation and counseling for older adults (age 60 and over) and for families who provide care for an older family member. Services are offered in the client's home or at any of the above locations. Issues commonly addressed are depression, anxiety, coping with changes, loss and grief, isolation, and challenges associated with giving care and support to an older parent or spouse. Psychiatric consultations and medication management are available when needed. Programs for grandparents raising grandchildren, including support groups are also available. Also offered are support groups and educational programs for caregivers. Medicare can be billed for some services. Contributions are welcomed and encouraged. No one is denied service for inability to pay. Call for appointment.

National Alliance on Mental Illness - DuPage County (NAMI)
2100 Manchester Road, Building B, Suite 925, Wheaton, IL 60187
(630) 752-0066
www.namidupage.org

A non-profit organization dedicated to providing support, advocacy and education to improve the lives of individuals with a mental illness and their families.

Outreach Community Center
345 S. President Street, Carol Stream, IL 60188
(630) 260-7600
www.outreachcommunityministries.org

Program offering friendship and practical assistance for older adults.

Outreach Community Counseling Center
336 E. Gundersen, Suite B, Carol Stream, IL 60188
(630) 871-2100

Offers counseling services to individuals and families from south Carol Stream. Sliding scale fees.

PACT, Inc.
555 E. Butterfield Road, Suite 301, Lombard, IL 60148
(630) 960-9700
(630) 960-9849 TDD
email: pact@pactinc.net

Provides case management to include needs identification, individual service planning, service linkage and advocacy, for any individual who has a developmental disability residing in DuPage County regardless of age.

Samaritan Interfaith Counseling Center
1819 Bay Scott Circle, Naperville, IL 60540
(630) 357-2456
www.samaritancenter.org

Individual, marital, family and group therapy. Adult education classes. Fee subsidies available. Accepts Medicare and some insurance.

VNA HealthCare
400 N. Highland Avenue, Aurora, IL 60506
(630) 978-2532
www.vnahealthcare.com

Addresses the complex needs of home health care patients by linking mental and behavioral care with medical health services. Will complete both physical and mental status assessment. Can provide psychotherapy, cognitive therapy, stress management, addictions education, grief resolution and more.

YWCA Patterson & McDaniel Family Center
West Suburban Rape Crisis Hotline
55 East North Avenue, Glendale Heights, IL
(630) 790-6600
(630) 971-3927 (24-hour rape hotline)

Offers a broad range of supportive services, including individual counseling for women experiencing transition and/or turmoil in their lives. Sliding scale fees. Support groups available.

ELDER ABUSE

Many older adults who live at home are at risk of abuse, neglect and financial exploitation, and more than half of the abusers are their primary caregivers. The most common forms of elder abuse are: Emotional (verbal assaults, threats, harassment or intimidation) Financial Exploitation, Neglect (caregiver's failure to provide life's necessities) and Physical Abuse (infliction of physical pain or injury). **DuPage County Senior Services** is designated by the Illinois Department on Aging, to respond to all reports of suspected elder abuse in DuPage County and to work with older adults to resolve the abusive situation. Interventions (agreed upon by the victim) may include one or more of the following: home health care, nutrition services, financial or legal assistance and court advocacy, Adult Day Services, housing assistance, respite for the caregiver, counseling for the victim and/or abuser, emergency assistance, or when needed, guardianship proceedings and/or nursing facility placement.

Attempts to resolve some abusive situations are thwarted by the victim because competent adults have the right to refuse assistance. To report suspected elder abuse, or if you need additional information, please call the numbers below. Some professionals working with older persons are mandated reporters, as identified by the Elder Abuse and Neglect Act. These professionals are required to report the abuse or neglect of any senior citizen who is unable to report for themselves due to any type of dysfunction. For more information on the Elder Abuse and Neglect Act, go to www.state.il.us/aging and then to the link "Elder Abuse and Prevention".

If you know an older person who is being harmed in any way, please call us. All calls are confidential.

Monday – Friday, 8:00 a.m. – 4:30 p.m.
(630) 407-6500
1-800-942-9412
(Evenings, weekends and holidays)
1-866-800-1409

SUPPORT GROUPS FOR GRIEF AND BEREAVEMENT

No one is fully prepared for the loss of a loved one through separation, divorce or death. Each of us responds differently and heals in our own time. Relationships change, routines vary and the unexpected or unknown can leave us feeling helpless or fearful. The support groups listed below may help you find comfort and strength as your life moves forward. Call for more information on particular groups.

Grief Support Group
Elmhurst Memorial Hospice
Elmhurst Center for Health
1200 S. York Road, Elmhurst, IL 60126
(331) 221-1000
www.emhc.org

Cadence Health
Central DuPage Hospital
Life After Loss
25 N. Winfield Road, Winfield, IL 60190
(630) 933-4234
www.cdh.org

CNS Home Health and Hospice
Life After Loss
690 E. North Avenue, Carol Stream, IL 60188
(630) 933-7888

Coping with Grief
Adventist St. Thomas Hospice
8230 S. Madison, Burr Ridge, IL 60521
(630) 856-6993

Fox Valley Volunteer Hospice
200 Whitfield Drive, Geneva, IL 60134
(630) 232-2233
www.fvvh.org

Grief Support Group of Vitas Hospice
(630) 268-6234
www.vitas.com

Journey to Wholeness
Grief Support Group
Edward Hospital
Naperville Campus
(630) 527-5056 (Recording)

Life After Loss
Meadows of Glen Ellyn
60 N. Nicoll Avenue, Glen Ellyn, IL 60137
(630) 446-1527

Pathway to Wholeness Adult Grief Support
Family Centered Hospice
2171 Executive Drive, Suite, 450, Addison, IL 60101
(630) 317-3300
1-888-320-3300
www.familyhhs.com

HALFWAY HOUSES & SUBSTANCE ABUSE FACILITIES

Cornell Intervention
2221 64th Street, Woodridge, IL 60517
(630) 968-6477

Provides specialized substance abuse treatment services for adolescent and adult males in need of variable length of stay in-patient or out-patient care. The Twelve Step recovery program, a strong aftercare plan and a healthy environment allow clients to learn and practice sober living skills while examining their initial issues. Also has out-patient program for women.

Haymarket Center
932 W. Washington Boulevard. Chicago, IL 60607
(312) 226-7984
www.hcenter.org

Serves chemically dependent men and women and their families, including homeless and certain court-mandated offenders, through detox, (residential or out-patient) and other services. Fees are on a sliding scale. Medicaid, third-party reimbursement and private payment are accepted.

Linden Oaks Hospital
852 S. West Street, Naperville, IL 60540
(630) 305-5500
www.lindenoaks.org

For a list of shelters and transitional housing for Vets, see page 153.

Accepts both men and women. Clients must go through intake. Accepts private insurance, Medicare, and self-pay only. Length of stay varies. Performs detox and treats dual diagnosis.

Serenity House Counseling Services, Inc.
891 S. Route 53
Addison, IL 60101
(630) 620-6616
www.serenityhouse.com

Accepts both men and women. Clients referred by Share, Wayback, hospitals, Elgin Mental Health Center, etc. Sliding scale, length of stay is 3 months to one year. Clients must be clean and sober for two weeks, heroin free for 30 days. Programs include recovery homes, HIV program, out-patient counseling and classes for levels of DUI.

TASC DuPage
799 Roosevelt Road
Building 6, Suite 2
Glen Ellyn, IL 60137
(630) 858-7400
www.tasc-il.org

Accepts both men and women. FOR ASSESSMENT AND REFERRAL PURPOSES ONLY.

Wayside Cross Ministries
215 E. New York Street
Aurora, IL 60505
(630) 892-4239
www.waysidecross.org

Christian based residential treatment center. Accepts men only. Clients are referred by churches, word of mouth, and walk-ins. Need to work on premises. Six month program.