

Student Services List of Area Mental Health Providers*

Serena Community School District #2 does not endorse any specific provider. This list is not exhaustive. This is a service to help Serena Community Unit School District #2 families/students seek assessment or to find and begin working with neurobehavioral health providers. We encourage families to explore options, seek additional referral sources, work with their primary care providers and specialists and to seek providers within their insurance network / providers that accept the student's private or public insurance coverage. **Note: a \$ sign next to the provider's/agency's name means the provider accepts public aid insurance / Medicaid. “**

Rx ” next to the provider's name means the provider offers psychiatric (medical/medication) services, either through a licensed Psychiatrist (MD), licensed Psychiatric Physician's Assistant (PAC) or licensed psychiatric Nurse-Practitioner (DNP/NFP/ANP). Only resources listed with “Rx” offer medical/psychiatric services; however, all of the resources listed either offer or collaborate with licensed counselors / talk therapists. Insurance acceptance varies by provider. Many offer different fees/rates/costs based on household income or your ability to pay. If this is needed, ask the provider(s).

If you are not in crisis but are seeking mental health services or support you can also visit 988hotline.illinois.gov or call 1-800-662-HELP (4357) or visit [here](#) or [here](#) or call 1-844-4-SAFE-IL (1-844-472-3345) or dial 2-1-1 or visit <https://www.navigateresources.net/path/> or check with your insurance provider to find approved/in-network mental health / psychiatric / neurobehavioral health providers. Scroll down to see hotlines, social services, and more.

North Central Behavioral Health Systems (NCBHS) \$ Rx

Locations in Ottawa, LaSalle, Streator, Princeton

LaSalle: 2960 Chartres St. Box 1488 LaSalle, IL 61301 815-224-1610 or 815-223-0160

Ottawa: 727 E Etna Rd; Ottawa, IL 61350 815-434-4727

www.ncbhs.org

Rosecrance Health Network \$ Rx

Outpatient Counseling, Psychiatric services 815-391-1000

2704 N. Main St Rockford, IL 61103

Substance Abuse Assessments and Addiction/Recovery Treatment Services 815-391-1000

1601 University Drive Rockford, IL 61107

www.rosecrance.org

OSF Behavioral Health / CHOICES \$ Rx

1207 Starfire Drive; Ottawa, IL 61350 815-434-4382

www.osfhealthcare.org/practices/37/865/osf-saint-elizabeth-behavioral-mental-health/

LSSI (Lutheran Social Services of Illinois) \$ Rx

Intake / Referral Line 1-833-610-5774

1261 IL Rt. 38 Nachusa, IL 61057 815-284-7796

<https://www.lssi.org/services-behavioral-health.php>

Maitri Path To Wellness \$ Rx
(counseling/therapy, psychiatric services and addiction/recovery services)
111 Bucklin Street (2nd Floor) LaSalle, IL 61301 815-780-0690
www.maitripathtowellness.com

Arukah Institute of Healing
1916 N Main St. Suite #3 Princeton, IL 61356 (815) 872-2943
www.arukahinstitute.org

St. Margaret's Center for Family Health & Walk-In Clinic (Dr. Shepherd, et al.) \$ Rx
1916 North Main Street Suite #1 Princeton, IL 61356 (815) 915-8748
Also offers services at other locations in the Illinois Valley
More info here: www.aboutsmh.org/mental-health
St. Margaret's Center For Holistic Health and Wellness, [here](#).
St. Margaret's Center for Family Health, [here](#).

Sinnissippi Centers (includes service to Lee County) \$ Rx
325 Illinois Route 2 Dixon, IL 61021 815-284-6611
www.sinnissippi.org

Linden Oaks Behavioral Health (Hospital and 24-hour resource and referral.)
852 South West Street, Naperville, IL 60540, Main Phone: 630-305-5027
<https://www.eehealth.org/patients-visitors/linden-oaks/>

KSB Behavioral Healthcare \$ Rx
403 E 1st St Dixon, IL 61021 815-285-5638
www.ksbhospital.com

Healing Hearts, LLC
(offers telehealth therapy/counseling services in this area.)
Landen's Way Peoria, IL (309) 966-0068
www.healinghearts4u.net

Northwestern Medicine's Ben Gordon Center \$ Rx
12 Health Services Drive DeKalb, IL 60115 (815) 756-4875
nm.org/locations/behavioral-health-services-ben-gordon-dekalb
Northwestern Medicine Behavioral Health Services
760 Foxpointe Drive Sycamore, IL 60178 815-748-8334
www.nm.org/locations/sycamore-behavioral-health
(At times, these two locations only serve DeKalb county residents. Subject to change.)
Northwestern Medicine: www.nm.org

Life Balance Counseling and Wellness Rx
2428 Chartres St, LaSalle, IL 61301 815-780-8765
www.ifebalancecounselingandwellness.com

Duly Health and Care (Formerly Institute for Personal Development) Rx
Locations in Ottawa and the Chicago suburbs
Ottawa: 227 W. Madison St. 2nd Floor Ottawa, IL 61350 815-942-6323
www.dulyhealthandcare.com

Embrace Change Therapy
Jennie Espinoza, Licensed Marital and Family Therapist (Se habla Español.)
Offers services at 607 10th Avenue in Mendota (St. John's church)
Phone contact: 815-878-9066

Allied Counseling (Pam Wolf and Associates)
146 Gooding Street LaSalle, IL 61301 815-224-4522

Illinois Valley Counseling Services: Locations in Ottawa and Mendota
Mendota: 901 Main Street Mendota, IL 61342 815-993-1614
Main Office: 747 East Etna Road; Ottawa, Illinois 61350 815-993-1614
www.illinoisvalleycounseling.com

Solutions Counseling: located at YSB in Ottawa, Streator, Princeton, and LaSalle
Arrangements can be made for a Solutions Counseling therapist to meet with the student at
SMS or SHS during the school day (contact SMS or SHS' school counselor.)
424 West Lafayette St; Ottawa, IL 61350 815-431-3000, 815-433-3953, or 815-431-3051
www.ysbiv.org/our-programs/solutions-counseling

Calhoun Consultants
900 Hitt Street, Ottawa, IL 61350 815-501-2888
www.calhounconsultants.com

Crossroads Counseling Services
601 W Norris Drive Suite B Ottawa, IL 61350 815-433-5101
www.crossroads-helps.com/

Safe Journeys (Formerly ADV & SAS)
(Domestic violence/ sexual assault services. All services are free of charge.)
510 N. Bloomington St, Streator, IL 61364 1-800-892-3375
www.safejourneysillinois.org

Empowering Minds Counseling
Address: 408 W Main St; Ottawa, IL 61350 815-326-9502
www.empoweringmindscounseling.com

Peace by Piece Counseling
Phone: Address: 116 W. Lafayette Street Suite 4, Ottawa, IL 61350 815-343-7345
www.piecebypiececounseling.com

Changes Counseling
604 N. Main Street Rochelle, IL 61068 815-501-2088
www.changescounselingllc.com

Center for Youth & Family Services (formerly Catholic social services)
815 2nd St LaSalle, IL 61301 815-223-4007
www.cyfsolutions.org

The Kulkarni Group (Dr. Robert Kulkarni & Associates) Rx
4580 Weaver Parkway, Suite 102 Warrenville, IL 60555 630-473-3970
www.thekulkarnigroup.com

DuPage Mental Health Services (Dr. Fatima Z Ali & Associates) Rx
1751 S. Naperville Rd. Suite 207 Wheaton, IL 60189 630-690-2222
www.dupagementalhealth.com

Donna R. Amstutz, Ph.D. (Counseling Psychologist)
610 West Roosevelt Road, Suite D-2 Wheaton, IL 60187 630-510-0669
www.donnaramstutz.com

Options Counseling Services, LLC
125 S. Vermillion St., Suite 12, Streator, IL, 61364 815-672-1802
<https://www.optionscounselingservices.com/>

The Living Room 1916 N Main St. Suite #3 Princeton, IL 61356 (815) 872-2943 (12-8 pm, M-F)

Note: The Living Room is only available to individuals 18 years of age or older.

The Living Room is a welcome center for walk-in support for mental health, addiction, etc. It is a collaboration of Arukah Institute of Healing and St. Margaret's Center for Holistic Health and Wellness. The Living Room is a community crisis center that offers people an alternative to hospitalization, isolation, or mental-health-based emergency room visits. The Living Room is a casual, comfortable "home-like" place, open 12 (noon) to 8 pm, Monday-Friday and staffed by persons with lived experience, known as Recovery Support Specialists (RSS). "Guests" walk in and these caring specialists connect them with core services that span from medical care to mental illness and substance use care to daily needs care. No appointment is necessary.

Website Link: Link: <https://smhchhw.org/the-living-room-model/> Link to Flier/Info:
https://drive.google.com/file/d/1nz47umzBDdtfg37D0sxK8EDvwP06-iru/view?usp=share_link

**Continue to the next pages for additional regional and national
social service and mental health resources...**

Additional Regional and National Social Service and Mental Health Resources

Safe Journeys - ADV & SAS (LaSalle County)
A Domestic Violence & Sexual Assault Service
PO Box 593 Streator, IL 61364 800-892-3375

CARES Hotline (Crisis And Referral Entry Service) (local services are available)
1-800-345-9049. <https://www2.illinois.gov/hfs/MedicalProviders/behavioral/sass/Pages/sasshome.aspx>
A statewide system to serve children experiencing a mental health crisis. Mental health Screening, Assessment and Support Services are provided by the Illinois Department of Healthcare and Family Services.

Calhoun Consultants (sliding scale & insurance based evaluations & therapy)
900 Hitt St. Ottawa, IL 61350 815-501-2888

CHOICES Adolescent Program (12 -18 years old 8:30 -3 daily)
1207 Starfire Drive Ottawa, IL 61350 815-434- 4382
Team approach Behavioral Health caregiving
Must be referred (doctor, school, etc.) Medicaid and private insurance accepted

Center for Youth & Family Services (Formerly Catholic Charities)
815 2nd St LaSalle, IL 61301 815-223-4007

Crossbridge Community Church
4161 Columbus St. Ottawa, IL 61350 (815) 434-3794

Department of Children and Family Services (DCFS) 800-252-2873

Freedom House Bureau County (Domestic Violence Shelter & Sexual Assault Services)
440 Elm Place Princeton, IL 61356 (815) 872-0087
24-Hour Hotline 800-474-6031
Shelter and Counseling for Victims of Domestic Abuse or Sexual Assault
Link: <https://www.freedomhouseillinois.org/>

Illinois Valley Counseling Services (IVCS)
747 E Etna Rd Ottawa, IL 61350 (815) 993-1614
ivcounselingservices@gmail.com
National Domestic Violence Hotline
800-779-SAFE (7233)
Resource, Information & Crisis Management
National Runaway Switchboard 800-RUNAWAY (786-2929)

National Suicide Prevention Lifeline **Call or Text 988**
1-800-273-TALK (8255) 1-800-SUICIDE (784-2433)
Chat Service at [Suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

North Central Behavioral Health Systems
2960 Chartres St LaSalle, IL 61301
815-224-1610 info@ncbhs.org
Emergency CARES HOTLINE 800-345-9049
Comprehensive adult and child behavioral care

NCBHS Mental Health Juvenile Justice Initiative 815-434-4727 Dale Katcher

The Perfectly Flawed Foundation
240 1st St LaSalle, IL 61301 815-830-8675
Grant program giving FREE counseling to youth that has been affected by addiction at any time in their lives. A list of participating counseling offices is provided here:
<https://www.perfectlyflawed.org/drugs-addiction-resources>

Trevor Lifeline (For LGBTQ youth)
Trained Counselors are available 24/7. **866-488-7386**

Tri County Opportunities 1613 W Norris Dr. Ottawa, IL 61350 (815) 313-5610

YSB - Youth Service Bureau
424 W. Madison St Ottawa, IL 61350 www.ysbiv.org
Crisis Line After Hours Weekdays 4pm - 9pm and Weekends Fri 3pm - Mon 9am
815-872--2119 Crisis Coordinator Jeff Highsmith 815-431-3010

Youth Outlook - Supporting LGBTQ youth
Support meetings held at U.C.C. at ~~910 Columbus St Ottawa IL~~ [910 Columbus St Ottawa IL](https://www.youth-outlook.org)
815-433-0771
Resources and information at www.youth-outlook.org or email ottawa@youth-outlook.org

<https://findtreatment.gov/> A database of state-licensed providers who specialize in treating substance use disorders, addiction, and mental illness. This site also includes information on understanding addiction and mental health.

An online resource to search for a licensed therapist near you:
<https://www.psychologytoday.com/us/therapists>
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Listed below are hotlines, help lines, and information lines, listed alphabetically by subject. These national organizations can also connect you with state and local services in your community. There are also many hotline and resources [here](#).

AIDS and HIV

Centers for Disease Control and Prevention (CDC)
Call 1-800-232-4636 to talk to an information specialist about HIV/AIDS or HIV testing sites
<http://www.cdc.gov>

HIVinfo 1-800-448-0440 1 p.m. to 4 p.m. EST
<https://hivinfo.nih.gov/home-page>

HIV/AIDS Hotlines by State
<https://ryanwhite.hrsa.gov/hiv-care/hotlines>

The Trevor Lifeline 1-866-488-7386 Or text START to 678-678
Twenty-four hours a day, seven days a week
<http://www.thetrevorproject.org>

Addiction, Alcohol and Drugs

Al-Anon/Alateen 1-888-425-2666 8 a.m. to 6 p.m. EST, Monday to Friday
<https://al-anon.org/newcomers/teen-corner-alateen>
<https://al-anon.org/newcomers/teen-corner-alateen/alateen-electronic-meeting>

National Institute on Alcohol Abuse & Alcoholism 1-800-662-4357
Twenty-four hours a day, seven days a week
<http://www.niaaa.nih.gov>

Video Gaming Addiction Help (including online and local in-person recovery meetings)
<https://www.gamingaddictsanonymous.org/>

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Bullying and Cyberbullying

Confidential, 24/7 resource for Illinois students to help yourself or someone else, or to confidentially report bullying or any safety or wellness concern or “tip.” Reach Safe2Help Illinois at 1-844-4-SAFEIL (1-844-472-3345) or text “SAFE2” (72332) or email HELP@Safe2HelpIL.com or use the online tip-reporting option at www.safe2helpIL.com or download the Safe2HelpIL app. Other quick help resources can be found [here](#).

Childhelp National Child Abuse Hotline Call or text 1-800-422-4453
Twenty-four hours a day, seven days a week <https://childhelpline.org>

Depression

988 Suicide & Crisis Lifeline Call or text 988
Twenty-four hours a day, seven days a week
<https://988lifeline.org>

Depression and Bipolar Support Alliance 1-800-273-8255
Twenty-four hours a day, seven days a week Or text DBSA to 741-741
<http://www.dbsalliance.org>

Eating Disorders

National Association of Anorexia Nervosa and Associated Disorders
Helpline: 1-888-375-7767 9 a.m. to 9 p.m. CST, Monday to Friday
<http://www.anad.org>

National Eating Disorders Association
Helpline: 1-800-931-2237, Monday to Thursday, 11a.m.–9 p.m. and Friday 11 a.m.–5 p.m. EST
Or text 1-800-931-2237, Monday to Thursday, 3 p.m.–6 p.m. and Friday 1 p.m.–5 p.m. EST
<http://www.nationaleatingdisorders.org>

Grief and Loss

988 Suicide & Crisis Lifeline Call or text 988 Twenty-four hours a day, seven days a week
<https://988lifeline.org>

Crisis Text Line
Text HOME to 741741 anytime, about any type of crisis. (24/7)
<https://www.crisistextline.org>
Teen Line 1-800-852-8336, 6 p.m. to 10 p.m. PST Or text TEEN to 839863, 6 p.m. to 9 p.m. PST
<https://www.teenline.org>

Tragedy Assistance Program for Military Survivors (TAPS) 1-800-959-8277
Twenty-four hours a day, seven days a week <http://www.taps.org>

Homelessness and Runaways

Boys Town National Hotline 1-800-448-3000
Twenty-four hours a day, seven days a week Or text VOICE to 20121
<http://www.boystown.org/hotline>

National Human Trafficking Hotline
Call 1-888-373-7888 or text 233733 to get help or submit a tip
Twenty-four hours a day, seven days a week
<https://humantraffickinghotline.org>

National Runaway Safeline 1-800-786-2929
Twenty-four hours a day, seven days a week
<http://www.1800runaway.org>

Mental Health

988 Suicide & Crisis Lifeline **Call or text 988**
Twenty-four hours a day, seven days a week
<https://988lifeline.org>

Disaster Distress Helpline Call or text 1-800-985-5990
<https://www.samhsa.gov/find-help/disaster-distress-helpline>

National Alliance on Mental Illness (NAMI) Helpline: 1-800-950-6264
Monday through Friday, 10 a.m.–10 p.m. EST
<https://nami.org/Home>

Substance Abuse and Mental Health Services Administration (SAMHSA)
Helpline: 1-800-662-4357
Twenty-four hours a day, seven days a week
<https://www.samhsa.gov/find-help/national-helpline>

Confidential, 24/7 resource for Illinois students to help yourself or someone else, or to confidentially report bullying or any safety or wellness concern or “tip.” Reach Safe2Help Illinois at 1-844-4-SAFEIL (1-844-472-3345) or text “SAFE2” (72332) or email HELP@Safe2HelpIL.com or use the online tip-reporting option at www.safe2helpil.com or download the Safe2HelpIL app. Other quick help resources can be found [here](#).

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Rape, Sexual Violence, and Domestic Violence

love is respect: National Teen Dating Abuse Helpline 1-866-331-9474
Twenty-four hours a day, seven days a week Or text LOVEIS to 22522
<http://www.loveisrespect.org>

National Domestic Violence Hotline 1-800-799-7233
Or text START to 88788 Twenty-four hours a day, seven days a week
<http://www.ndvh.org>

National Human Trafficking Hotline Call 1-888-373-7888
or text 233733 to get help or submit a tip Twenty-four hours a day, seven days a week
<https://humantraffickinghotline.org>

Rape, Abuse, and Incest National Network (RAINN) 1-800-656-4673
Twenty-four hours a day, seven days a week
<http://www.rainn.org>

School Violence CALL 911

Confidential, 24/7 resource for Illinois students to help yourself or someone else, or to confidentially report bullying or any safety or wellness concern or “tip” to prevent suicides, school violence or to report any personal or school safety concern. Reach Safe2Help Illinois at 1-844-4-SAFEIL (1-844-472-3345) or text “SAFE2” (72332) or email HELP@Safe2HelpIL.com or use the online tip-reporting option at www.safe2helpil.com or download the Safe2HelpIL app. Other quick help resources can be found [here](#).

Disaster Distress Helpline Call or text 1-800-985-5990
<https://www.samhsa.gov/find-help/disaster-distress-helpline>

Sexuality and Sexual Health

LGBT National Youth Talkline 1-800-246-7743 <http://www.glnh.org/talkline>

There are numerous LGBTQ+ support resources available [here](#), and [here](#).

Planned Parenthood 1-800-230-7526

Sexual Health Counseling & Referral Hotline: 1-800-258-4448 Option #4
<http://www.plannedparenthood.org>

The Trevor Lifeline 1-866-488-7386 Or text START to 678-678
<http://www.thetrevorproject.org>

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Trans Lifeline 1-877-565-8860

This hotline is staffed by volunteers who are all trans identified and educated in the range of difficulties transgender people experience. Operators are generally available 24/7.

<http://www.translifeline.org>

Stress and Anxiety

Crisis Text Line Text HOME to 741741 anytime, about any type of crisis.

Twenty-four hours a day, seven days a week

<https://www.crisistextline.org>

Teen Line 1-800-852-8336, 6 p.m. to 10 p.m. PST

Or text TEEN to 839863, 6 p.m. to 9 p.m. PST

<https://www.teenline.org>

Suicide

988 Suicide & Crisis Lifeline: Call or text 988

Twenty-four hours a day, seven days a week.

Live chat also available at <https://988lifeline.org>

Teen Parenting / Teen Pregnancy

Postpartum Support International

Call, or text "Help", to 1-800-944-4773

<https://www.postpartum.net/get-help/locations>

Birthright International Helpline: 1-800-550-4900

Twenty-four hours a day, seven days a week <http://www.birthright.org>

National Safe Haven Alliance Call or text 1-888-510-2229 (24/7)

Safe Haven Infant Protection Laws enable a person to give up an unwanted infant anonymously. As long as the baby has not been abused, the person may do so without fear of arrest or prosecution.

State finder map: <https://www.nationalsafehavenalliance.org/safe-haven-locations>

Planned Parenthood 1-800-230-7526 <http://www.plannedparenthood.org>

***Disclaimer:** The agencies listed in this web document are of known providers of a particular service. The providers on the list are from a variety of sources. The information is being provided as a courtesy, for information only, and the user should understand that no assurances or guarantees regarding the providers on this list are being made by providing this list. Neither Serena Community Unit School District #2 nor any member of the faculty or staff endorse, approve, nor recommend any specific provider. This list is not inclusive of all community agencies, services or organizations that provide the particular service, and the omission of an agency, service or organization from this list does not imply disapproval. It is the responsibility of the user of this list to determine whether any of the content is of value to them and whether or not the agency, service or organization meets their specific needs. It is the responsibility of the student and parent(s)/guardian(s) to interview outside professionals and to make their own decision in regard to choosing a service provider or source of assistance for the student and/or family.