

## OHS Community Resources

### HOTLINES

Alanon	(630) 896-5552
Alateen	(630) 896-5552
Alcoholics Anonymous	(630) 859-2444
Alcoholism	(800) NCACALL
Boys Town Suicide and Crisis Line	(800) 448-3000
Bulimia/Anorexia Crisis/Referral Line	(800) 931-2237 (8 a.m. - 8:30 p.m)
Illinois Network of Child Care Resource and Referral	(309) 829-5327
Crisis Line of the Fox Valley	(630) 966-9393
Depression and Anxiety 24-hour helpline	(630) 482-9696
Domestic Abuse (Mutual Ground)	(630) 897-0080
Family Counseling Services	(630) 844-2662
HOPELINE	(800) 784-2433
National Domestic Violence and Child and Sexual Abuse	(800) 799-SAFE / (800) 942-6908 (Spanish)
Kendall County 24-Hour Crisis Line	(630) 553-6314
National Child Abuse Hotline	(800) 422-4453 / (800) 4-A-CHILD
National Drug Abuse Hotline	(800) 662-HELP (4357)
National RAINN National Rape Crisis Hotline	(800) 656-4673 (HOPE)
National Runaway Switchboard	(800) 621-4000 / (800) RUNAWAY
National Suicide Prevention Lifeline	(800) 273-TALK (8255)
National Teen Dating Abuse Helpline	(866) 331-9474 Text: "love is" to 77054
National Youth Crisis Hotline	(800) 442-HOPE (4673)

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<b>National Youth Crisis Hotline</b>	<b>(800) 442-HOPE (4673)</b>
<b>Sexual Assault-Mutual Ground</b>	<b>(630) 897-8383</b>
<b>Suicide Prevention Services of America</b>	<b>(630) 482-9696</b>

### Counseling Services

#### **Sherry Bryant**

68 Main Street  
Oswego, IL 60543  
P: (630) 554-2343

#### **Breaking Free**

250 West Downer Place  
Aurora, IL 60506  
P: (630) 897-1003  
[www.breakingfreeinc.org](http://www.breakingfreeinc.org)

Adult, Adolescent and Family services for mental health counseling, mainly geared toward substance abuse and child abuse issues. Prevention services for school and communities, and family support services.

#### **Heartland Counseling**

40W131 Campton Crossings Dr.  
St. Charles, IL 60175  
P: (630) 443-9100  
[www.HeartlandCounseling.org](http://www.HeartlandCounseling.org)

Specializes in adolescent, adult and marital counseling. Provides grief counseling and autism spectrum disorder counseling.

#### **Joi Counseling Center**

674 W. Veterans Parkway, Suite D  
Yorkville, IL 60560  
P: (630) 553-9686

#### **Jennifer Mehochko, MA, LCPC, CADC**

Licensed Clinical Professional Counselor  
1411 S. Bridge St.  
Yorkville, IL 60560  
P: (630) 417-9679

Specializes in addictions and substance abuse

#### **Kendall County Health and Human Services**

811 W. John Street  
Yorkville, IL 60560  
P: (630) 553-9100  
24-emergency hotline: (630) 553-6314

Contact: Sandra Lamburt, ext. 8051  
Home Energy Assistance program, Drive for Success program, and Community Benefits program, as well as homelessness prevention.

#### **Sharon R. Schultz**

Homeless Liaison Kendall R.O.E  
P: (630) 554-4100  
Email: [sschultz@grundy.k12.il.us](mailto:sschultz@grundy.k12.il.us)

## OHS Community Resources

### **Legacy Clinical Consultants, LLC**

2733 Rt. 34  
Oswego, IL 60534  
P: (630) 52-1664

LLC serves clients of all ages, from pre-school children through older adults. We are a multidimensional practice, consulting with clients to tailor treatments and solutions to their needs in the areas of counseling and psychological or academic assessment, as well as school, family and relationship support.

### **Mutual Ground, Inc.**

P: (630) 897\_0080, domestic violence  
P: (630) 897-8383, sexual assault  
Website- [www.mutualgroundinc.org](http://www.mutualgroundinc.org)

### **Neighborhood Counseling**

155 Boulder Hill Pass  
Montgomery, IL 60537  
P: (630) 844-3001

Adolescents and adults, addictions, marriage and family.

### **Spalding Clinical Services**

Bay Scott Center  
1831 Bay Scott Circle, Suite 105  
Naperville, IL 60540  
P: (630) 305-0464  
Website- [www.spclinical.com](http://www.spclinical.com)

Spalding Clinical Services is an organization that facilitates private outpatient mental health services dedicated to the well being of individuals and families. All of the clinicians are independently licensed and separately contracted. As a result there is a broad range of diversity and clinical expertise among the clinicians. As a professional team these clinicians are able to diagnose and treat mental disorders, provide psychotherapy, and give insightful recommendations to prevent further distress.

### **Local Hospitals**

#### **Provena Mercy Behavioral Health Center**

1325 North Highland Ave  
Aurora, IL 60505  
P: (630) 801-2656

Child, adolescent, adult and older adult inpatient services as well as adolescent partial programs and outpatient services for individuals, groups, and family. Addiction treatment programs are available also.

#### **Linden Oaks Hospital at Edward**

801 S. Washington St.  
Naperville, IL 60540  
P: (630) 305-5500

#### **Linden Oaks Hospital at Plainfield (outpatient only) 127th and Van Dyke Rd.**

##### **Plainfield, IL**

P: (815) 731-3000 (call for assessment appointment)

Call the Linden Oaks Help Line at (630) 305-5500 for a free assessment. Experienced counselors are here 24/7 to help you or your loved one through the most difficult times. They offer several programs for adolescents and adults. Call for more information.

### **Personal/Social Resources**

## OHS Community Resources

### **Hesed House**

659 South River Street  
Aurora, IL 60506  
P: (630) 897-2156 (soup kitchen)  
P: (630) 897-2157 or (630) 897-2127 (food pantry)  
Nearest Homeless Shelter

### **Heritage YMCA**

160 E. Washington St.  
Oswego, IL 60543  
P: (630) 551-0797  
Website: [www.heritageymca.org](http://www.heritageymca.org)

### **Kendall County Food Pantry**

111 East Van Emmon Rd.  
Yorkville, IL 60560  
P: (630) 553-0473

The Kendall County food pantry distributes food to low-income residents and provides emergency food needs for residents in Kendall County. The pantry distribute food, enough for 3-5 days, every Thursday starting at 2 p.m. for seniors, disabled individuals, and veterans and 3 p.m. for the general public. The facility closes at 7 p.m. Call for additional information.

### **Prairie State Legal Services (PSLS)**

1024 W. Main Street  
St. Charles, IL  
P: (630) 232-9415  
P: (800) 942-4612

PSLS provides free legal advice and representation in a wide variety of civil legal matters including housing, domestic violence, divorce, custody, visitation, social security and public aid. No income or asset limits apply to persons over age 60. People under 60 years of age must have low income to qualify for services.

### **Rosecrance**

Rockford, IL  
P: (815) 391-1000 (immediate mental health assistance)  
P: (815) 968-9300 (adults)  
P: (815) 322-8003 (youth)

Rosecrance is a premier, not-for-profit, substance abuse treatment center dedicated to providing quality, evidence-based addiction counseling in an environment that fosters lasting recovery. All programs are family centered and focus on helping individuals and their families develop the tools needed to rebuild their lives and find hope in the future.

We invite you to explore our site; learn more about Rosecrance programs and services for both adults and adolescents as well as find information about alcohol and other drugs and their impact on all of us. Discover how Rosecrance can provide help, hope, and recovery for you or a loved one.  
(See general phone numbers above).

### **Chicago Satellite Offices**

Available by appointment only.  
Frankfort Office  
20635 Abbey Woods Ct. N, Suite 301  
Frankfort, IL 60423

Naperville Office  
608 S. Washington Street  
Naperville, IL 60540

Northfield Office  
400 Central Avenue, Suite 200  
Northfield, IL 60093

## OHS Community Resources

Geneva Office  
227 N. Fourth Street  
Geneva, IL 60134

### **Screening Assessment Support Services Program (SASS)**

Illinois Department of Healthcare and Family Services P: (800) 345-9049

### **Family Service Association of Greater Elgin**

22 S. Spring Street  
Elgin, IL 60120  
P: (847) 695-3680

Program provides emergency crisis assessments for children who are at risk of psychiatric hospitalization and don't have the private and public health insurance coverage. The program also assists parents who are applying for the Individual Care Grants through the Office of Mental Health.

### **Suicide Prevention Services, Inc.**

528 S. Batavia Avenue (Rt. 31)  
Batavia, IL 60510  
P: (630) 482-9696 or (800) 273-8255  
Website: [www.spsfv.org](http://www.spsfv.org) Email: [spsinfo@spsfv.org](mailto:spsinfo@spsfv.org)

Call us when you need help or whenever you think someone you care about needs help.

### **VNA of Fox Valley**

General Information: (630) 978-2532  
VNA Home Health: (630) 978-2532 (Aurora) and (847) 888-0505 (Elgin)  
VNA Hospice: (630) 978-2532  
VNA Community Health and Wellness: (630) 978-2532  
VNA Health Center, Aurora: (630) 982-4355  
VNA Dental Clinic: (630) 859-9124

VNA is a community health organization dedicated to bringing healthcare wherever it's needed. This is accomplished through our home health, hospice, community health and wellness, as well as our health center services.

VNA provides healthcare with a team of close to 200 physicians, nurse practitioners, nurses, rehabilitation therapists, registered dietitians, and medical, social work and support personnel.