

KANE COUNTY RESOURCE GUIDE

**YOUR
MENTAL
HEALTH
MATTERS!!**
during these anxious times



provided by



Updated: July 2021

Acknowledgments

Recently, a group of local Batavia Counselors came together in realization that anxieties and worries have become heightened during the COVID-19 pandemic to see what they can do to help our community get through these tough times. Together they formed the **Batavia Counselors' Collaboration** to build awareness of how they can help. The goal of this group is to provide resources and guidance to individuals and agencies that are overwhelmed, over-stressed and not sure how to manage life during these unknown times. To find out more about this group and their resources, go to their facebook page: <https://www.facebook.com/BataviaCounselorsCollaboration/> or their website: www.bataviacounselorscollaboration.com.

A special thanks goes to Jen Brens from BATV for helping with videos and getting them posted, Margaret Perreault of the Batavia Chamber of Commerce for helping to organize meetings with us and putting us in contact with important organizations and Mary Anne Callahan for keeping us organized.

Members of the Batavia Counselors' Collaboration

- Cheryl Denz, Riverview Counseling Services Ltd
- Matthew Goles, Prairie Wellness Counseling Center, P.C
- Brent Horlock, Horlock Therapeutic Counseling
- Jamie Kruse, Jkruse Therapy Services
- Maria EJ Kuhn, Kuhn Counseling Center, PC
- Brian Rooney, Psychologist, PhD
- Natasha Clark, Suicide Prevention Services of America
- Kelly Huggins, LCSW, Creatingspacetherapy.com
- Jen Brens, BATV
- Mary Anne Callahan, Kuhn Counseling Center
- Margaret Perreault, Batavia Chamber of Commerce

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CRISIS LINES

	<p>Phone: 211 (24/7) Toll-free: 888-865-9903 Website: www.findhelp211.org United Way 2-1-1 can put you in touch with organizations ready to help you with: Assistance Counseling Day Care Disability Resources Disaster Recovery Domestic Abuse Drug/Alcohol Educational/Vocational Training Elderly Care Emergency Shelter Employment Food Pantries Health Resources Mental Health Services Rehabilitation Rent or Utility</p>
<p>Association for Individual Development (AID)</p>	<p>Phone: (630) 966-9393 Hours: 24/7</p>
<p>Batavia Police Department</p>	<p>Phone: (630) 454-2500 non-emergency line CALL 911 IF ITS AN EMERGENCY</p>
<p>Crisis Text Line Support via text message for everything: anxiety, depression, suicide, school</p>	<p>Text HOME to 741741 to connect with a Crisis Counselor Free, 24/7</p>
<p>IL Helpline for Opioids and Other Substances</p>	<p>Phone: 1-833-2FINDHELP</p>
<p>Kane County Crisis Line</p>	<p>Northern Kane: 847-697-2380 Southern Kane: 630-966-9393</p>
<p>Lazarus House</p>	<p>Emergency Shelter/ Admin/ Transitional: 630-587-2144 Hours: 24/7 Outreach/Emergency Assistance: 630-587-5872 Hours: 24/7</p>
<p>Mutual Ground provides programs that focus on Safety, Healing and Prevention for victims of domestic and sexual violence and individuals impacted by substance use disorders.</p>	<p>Domestic Violence: 630-897-0080 Sexual Violence: 630-897-8383 Hours: both 24 hours 418 Oak Ave, Aurora, IL 60506</p>
<p>NAMI IL</p>	<p>Information Line: 800-950-6264 Available: M-F 10 am – 6pm serves residents across Illinois with free mental health support, online groups, resources and education. Visit our Affiliate page to find the NAMI affiliate closest to you.</p>
<p>Suicide Prevention Services</p>	<p>Depression Line: 630-482-9696 Hours: 8am – midnight National suicide prevention lifeline: 1-800-273-8255 (24/7)</p>

ABUSE/ADDICTION/RECOVERY

<p>Breaking Free</p> <p>AA Online Meetings: www.aaonlinemeeting.net Virtual NA Meetings: www.virtual-na.org</p>	<p>Phone: (630-897-1003)</p> <p>Website: https://www.breakingfreeinc.org/</p>
<p>Family Recovery Centers</p> <p>formerly known as the Child, Adolescent and Family Recovery Center</p>	<p>Phone: 847.457.6730 ext. 310</p> <p>2075 Foxfield Road, Suite 103, St. Charles, IL 60174 Hours: Monday-Friday 10AM - 8PM</p> <p>Website: https://www.familyrecoverycenters.com/</p> <p>St. Charles Services:</p> <ul style="list-style-type: none"> • Adolescent Intensive Outpatient Program (IOP) ages 12 to 19 • Adolescent Dialectical Behavior Therapy (DBT) Skills Group • Individual, Family, and Couples Therapy
<p>Lighthouse Recovery Inc.</p> <ul style="list-style-type: none"> • We continue to offer IOP, OP, Adolescent OP, and MAT programs virtually at this time. 	<p>Phone: (630-940-2468)</p> <p>Website: http://lighthouserecoveryinc.com/</p> <p>210 South 5th St, Suite 10, St. Charles, IL</p>
<p>Mutual Ground</p> <ul style="list-style-type: none"> • Our shelter is open and our counselors & advocates are ready to help during these stressful times. 	<p>Domestic Violence: 630-897-0080</p> <p>Sexual Violence: 630-897-8383</p> <p>418 Oak Ave, Aurora, IL 60506</p>
<p>Recovery Centers of America – St. Charles</p> <p>Located in the heart of Kane County, Recovery Centers of America at St. Charles is a rehab center in the Chicago Metropolitan area. As an addiction treatment center in Chicago, we treat patients struggling with addictions. With our full continuum of care, including detoxification services, residential, and evidence-based curriculum, and an alumni association, we provide the resources, tools, and staff to help patients achieve and maintain recovery. Because families are impacted by addiction as well, RCA at St. Charles provides full family programming. We treat the whole family to make the family whole again.</p> <p>Now in network with: Aetna, Cigna, First Health, Magellan, ComPsych, Humana (not BCBS yet).</p>	<p>Call now to schedule a same day admission: 331-901-4225</p> <p>24/7 Admissions: 1-800-RECOVERY</p> <p>41W400 Silver Glen Road, St Charles, IL 60175</p> <p>Website: https://recoverycentersofamerica.com/locations/st-charles-il/</p>
<p>Renz Addiction Counseling Center</p>	<p>Merged with Ecker Center to create the Ecker Center: Behavioral Health</p>

ABUSE/ADDICTION/RECOVERY

Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Hotline

Phone: 1-800-985-5990
Text TalkWithUs to 66746.

Deafness or hearing loss can use their preferred relay service to call 1-800-985-5990

Suicide Prevention Services

- Our administrative line is open Monday through Friday 8:30am – 4:30pm.
- The National Suicide Prevention Lifeline is always open 24/7.
- Our Depression Line is open 7 days a week from 8:30am through midnight.
- Telehealth appointments for counseling are available through our HIPAA-compliant platform.
- Custom presentations and consultation via virtual platforms (Zoom etc) are available.
- All visitors to our building are screened prior to entry and MUST wear an appropriate face mask at all times.
- Counseling clients who are not able to be serviced through our telehealth options are asked to arrive at their appointed time and not beforehand.
- We do not have walk-in appointments; please call ahead and we are happy to help.

Our hotlines continue to be operational:

National Suicide Prevention Lifeline
 1-800-273-8255

Depression Line: 630-482-9696

Administrative phone line: 630-482-9699
 open from 8:30 am through 4:30 pm weekdays

Support groups will continue to meet virtually, check website or call 630-482-9699 for updates

528 S. Batavia Avenue, Batavia, Illinois 60510

Website: <https://www.spsamerica.org/>

Please check our website regularly for updates.

SPS will continue to offer virtual and telehealth options for counseling.

Waterford Place Cancer Resource Center

Waterford Place Cancer Resource Center offers services and support, free of charge, to anyone impacted by a cancer diagnosis.

Online Support Groups Available

Support - <https://www.rushcopley.com/waterford-place/support-services/>

Mind, Body and Spirit - sound healing meditation, guided meditation, arts/crafts
<https://www.rushcopley.com/waterford-place/mind-body-and-spirit/>

Wellness - Yoga, Pilates and Gentle Movement
<https://www.rushcopley.com/waterford-place/wellness/>

FOOD PANTRIES

<p>Aurora Interfaith Food Pantry 1110 Jericho Road Aurora, IL 60506 630-897-2127 www.aurorafoodpantry.org/</p>	<p>Batavia Food Pantry 100 Flinn Batavia, IL 60510 630-879-3784 https://bataviafoodpantry.org</p>
<p>Calvary Church Food Pantry 129 West Benton Street Naperville, IL 60540 630-851-7000</p>	<p>Fox Valley Hispanic Pantry 505 E. New York Street Aurora, IL 60505 630-898-0410</p>
<p>Holy Angels Food Pantry 204 S. Russell Avenue Aurora, IL 60506 630-897-2478</p>	<p>Loaves & Fishes Food Pantry 1871 High Grove Lane Naperville, IL 60540 630-355-3663</p>
<p>Marie Wilkinson Community Pantry 901 E. Galena Blvd. Aurora, IL 60505 630-820-0002</p>	<p>Marie Wilkinson Food Pantry 834 N. Highland Avenue Aurora, IL 60506 630-897-5431</p>
<p>Salvation Army Food Pantry 437 E. Galena Blvd. Aurora, IL 60504 630-897-7265</p>	<p>Salvation Army TriCity Corps 1710 S. 7th Ave. St. Charles, IL 60174 630-377-2769</p>
<p>Two Rivers Head Start 1661 Landmark Rd. Aurora, IL 60506 (630) 264-1444</p>	

HOSPITALS

<p>AMITA Presence Mercy Medical Behavioral Health</p> <p>Openings at all levels - Inpatient, PHP and IOP - taking precautions, masks, still offering in person services. Check our website for regional status updates.</p>	<p>Phone: (630) 801-2657</p> <p>1330 N Lake St, Aurora, IL 60506</p> <p>Website: https://www.amitahealth.org/location/amita-health-medical-group-behavioral-medicine-aurora</p>
<p>AMITA St. Joseph</p> <ul style="list-style-type: none"> • Protocol for accepting behavioral health patients remains unchanged (full) • Majority of patients are transfers to from the ED • Accepts patients ages 13 and up 	<p>Phone: 847-931-5521</p> <p>77 N Airlite St, Elgin, IL 60123</p> <p>Website: https://www.amitahealth.org/our-locations/hospitals/amita-health-saint-joseph-hospital-elgin/</p>
<p>AMITA Resource & Referral Line:</p> <p>dedicated referral center is on-call Monday through Friday to direct you to the right medical or community resource</p>	<p>Phone: 844-569-5200</p> <p>Hours: on-call Monday through Friday</p>
<p>Edward-Elmhurst Health</p>	<p>Phone: 630-527-3200</p> <p>Website: https://www.eehealth.org/</p>
<p>Linden Oaks Behavioral Health</p> <p>Linden Oaks Behavioral Health offers behavioral and mental health services, including inpatient and outpatient treatment plus recovery programs for depression, substance abuse, eating disorders and more.</p>	<p>Phone: 630-305-5027</p> <p>852 South West Street, Naperville, IL 60540</p> <p>Website: https://www.eehealth.org/locations/naperville/linden-oaks-behavioral-health/</p>
<p>Northwestern Medicine – Central DuPage</p>	<p>Phone: 630-933-1600</p> <p>25 N Winfield Rd, Winfield, IL 60190</p> <p>Website: https://www.nm.org/locations/central-dupage-hospital</p>
<p>Northwestern Medicine - Delnor</p>	<p>Phone: 630-208-3000</p> <p>300 Randall Road, Geneva, IL 60134</p> <p>Website: https://www.nm.org/locations/delnor-hospital</p>

MENTAL HEALTH SERVICES

Aunt Martha’s

Aunt Martha’s is a health and wellness not-for-profit organization serving children and adults throughout communities in Illinois. Through our Integrated Care Model, we provide primary and family health care, including behavioral health, pediatrics, family planning, parent support, and women’s health. We are also a licensed child welfare provider with foster care and intact family services. Our Integrated Care Center serves to stabilize DCFS involved youth and prepare them for long term placement.

Phone: (877-692-8686)

Website: <https://www.auntmarthas.org/>

At this time, we are offering Telehealth as an option for certain types of behavioral health and sick visits. Please call the Contact Center (877-692-8686) to discuss your symptoms so that we can determine whether a Telehealth or in-person visit is needed.

Centennial Counseling Center

If you have questions or are interested in beginning therapy, please reach out to our support staff. For individuals currently involved in therapy, please reach out to your therapist to discuss the questions you have.

Website: <https://www.centennialcounseling.com/>

ST. CHARLES

1120 E Main St, St. Charles IL 60174
P 630-377-6613

SANDWICH

207 E Church St., Suite A, Sandwich IL 60548
P 815-786-8606

YORKVILLE

110 E Countryside Parkway, Yorkville IL 60560
P 630-553-1600

Creekwood and Associates

Creekwood Associates provides comprehensive behavioral healthcare for preschoolers, children, adolescents, and adults in a patient-friendly, warm, and welcoming environment.

Phone: (630-377-1414)

240 S 5th Avenue, St. Charles, IL 60174

Website: <https://www.creekwoodassociates.com/>

Debbie Carsten, MSW, LCSW

Receive Counseling in the Comfort of Your Own Home - HIPPA compliant telehealth services are now available

Phone:(630) 999-8151

Facebook at

https://www.facebook.com/LivingYourInspiration/?modal=admin_todo_tour

Website: <https://www.debbiecarsten.com/>

Ecker Center: Behavioral Health

Services provided:

- Psychiatric Emergency Program (PEP)
- 24 HR Crisis Residential Support Program
- Collaborative Crisis Service Unit (CCSU)
- Psychiatric & Behavioral Health Services
- Substance Use & Gambling Disorder Services
- HIV/STI Testing & Prevention Services
- DUI Services
- NAMI Drop-in Center
- Wellness Center

Phone: 847-888-2211 (847-695-0484) ext. 1898

Website: <https://www.eckercenter.org/>

Check website for locations

Ecker Center is a proud partner of the Illinois Call4Calm Text Line Service. Text “TALK” TO 552020 (or “HABLAR”) for Spanish. The Illinois Call4Calm Text Line is not a crisis hotline, but is a source of support for anyone experiencing stress and in need of a listening ear. We are here to serve you.

MENTAL HEALTH SERVICES

<p>Family Counseling Service</p> <p>Family Counseling Service’s psychiatric medication providers and other counseling professionals are available to see clients for virtual, or “telehealth” sessions.</p>	<p>Phone: (630-844-2662)</p> <p>70 S. River Street, Aurora, Illinois 60506</p> <p>Website: https://aurorafcs.org/telehealth-services/</p> <p>We accept almost all major insurances, including Medicaid, Medicare, Blue Cross Blue Shield, Cigna, Humana, and others.</p>
<p>Horlock Therapeutic Counseling</p> <p>Horlock Therapeutic Counseling offers a variety of treatment modalities including visits in the office, over the phone and through video sessions. When needed or desired, in-person visits are occurring and we are working on maintaining the health of all individuals who enter the office. Teletherapy sessions have been covered by all insurance companies that we are contracted with as well and provides for effective treatment from the safety and comfort of your home.</p>	<p>Phone: (630) 464-4104</p> <p>Website: horlocktherapeuticcounseling.com</p> <p>106 W. Wilson St., Suite 10L, Batavia, IL 60510</p>
<p>Kelly Huggins, LCSW</p> <p>Online Therapy services only during COVID.</p> <p>Specializing in Grief and Loss counseling and grief therapy groups-death of a loved one, acute, chronic and terminal illness, life transitions, and compassionate fatigue and grief in healthcare providers. I also provide LGBTQ+ affirming grief counseling.</p>	<p>Phone: (331)248-5085</p> <p>Website: https://www.creatingspacetherapy.com/</p> <p>Email: kelly@creatingspacetherapy.com</p>
<p>JKruse Therapy Services, LLC</p> <p>Providing Psychotherapy to adults and teens struggling with depression, anxiety, and trauma. specialty services provided such as EMDR and couple’s therapy.</p>	<p>Phone: 202-996-0391</p> <p>Website: https://jkrusetherapy.com/</p> <p>117 Flinn Street, Batavia, IL</p>
<p>Kane County Mental Health Council</p> <p>This alliance is dedicated to improving mental health services for children, adults, and families in their communities. The alliance formed in response to community demand, and to the findings of the Kane County Health Department’s IPLAN (Illinois’ Project for Local Assessment of Needs).</p>	<p>Phone: 630-208-3140</p> <p>Website: https://www.wesupportmentalhealth.org/</p> <p>Email: isaacsonmichael@co.kane.il.us</p> <p>1240 N Highland Avenue, Aurora IL 60506</p>
<p>Jody Kanikula, Clinical Social Worker</p> <p>Specializes in In-home Senior Care</p>	<p>Phone: (630) 482-9182</p> <p>Email: kanikulajody@gmail.com</p>

MENTAL HEALTH SERVICES

<p>Kuhn Counseling Center, PC</p> <p>At Kuhn Counseling, we are doing our best to keep up with the changing social distancing COVID-19 regulations. We realize the importance of your mental health during this time. Our therapists are still seeing clients, in the office and via telehealth. Please contact our office or your therapist directly!</p>	<p>Phone: 630-879-1091</p> <p>1001 E. Wilson Street, Suite 180, Batavia, IL 60510</p> <p>Website: https://kuhncounselingcenter.com</p> <p>As always, we are here to help you get through these troubling and stressful times. Do not hesitate to contact us!</p>
<p>Prairie Wellness Counseling Center, P.C.</p> <p>Now Offering: Telemedicine and in-person counseling sessions. We offer counseling to children, adolescents, adults, couples and families.</p>	<p>Phone: (630) 715-5740</p> <p>12 W. Wilson Street, Batavia, IL 60510</p> <p>Website: https://prairiewellness.org/</p>
<p>Riverview Counseling Services</p> <p>A child and family counseling agency located in historic downtown St. Charles, Riverview Counseling Services offers group, individual, family, and behavioral therapy in addition to parenting support and individualized home behavior plans.</p>	<p>Phone: (630-587-3777)</p> <p>13 E. Wilson Street, Batavia, IL 60510</p> <p>Website: https://riverviewcounselingservices.com/</p>
<p>Red Tail Clinical Counseling</p> <p>Red Tail Clinical Counseling works with fire, EMS, medical professionals & their families</p>	<p>Phone: (224) 366-7793</p> <p>Website: https://www.redtailclinicalcounseling.com/</p> <p>515 N. River Street, Batavia, IL</p>
<p>Brian Rooney, Psychologist, PhD</p> <p>Brian is a psychologist in Batavia, a sole practitioner within the Prairie Psychotherapy Services group. His therapy practice includes primarily adults and older adolescents, as well as some couples. He addresses struggles with depression, anxiety and chronic pain including posttraumatic/post-adversity elements. He also works with EMDR (Eye movement desensitization and reprocessing).</p>	<p>Phone: (630) 557-6443</p> <p>Website: http://www.drbrianrooney.com/</p> <p>335 N. River St., Suite 210, Batavia, IL 60510</p>
<p>Shifa Therapeutics LLC</p> <p>Shifa Therapeutics LLC has numerous staff members to help with your mental health needs as well as knowledgeable staff to assist you in finding the right treatment option for you or your loved one.</p>	<p>Phone: (630-397-8347)</p> <p>Website: https://www.shifatherapeuticsllc.com/</p> <p>201 Houston Street, Suite 200A, Batavia, IL 60510</p>
<p>Stronger Therapeutic Counseling Services</p> <p>We strive to offer services that are tailored specifically to meet you exactly where you are on your journey of self-improvement and personal growth.</p>	<p>Phone: (847) 707-1049</p> <p>Website: www.yourstrongerself.me</p> <p>201 Houston St., Batavia IL</p>

SENIOR SERVICES ASSOCIATES is serving as a pass-through for this important information; this list was not written by their staff. Information subject to change

24hr Emergency: (800-339-3200),

Main Office in Elgin: (847-741-0404)

Website: <https://seniorservicesassoc.org/>

Shopping Hours for Vulnerable Populations

ALDI	8:30am on Tuesdays and Thursdays; the first hour is reserved for vulnerable shoppers
Caputo's	Tues/Weds/Thurs, 6:00am – 7:30am, for seniors and immunocompromised
Costco	Tuesdays and Thursdays, 8:00am – 9:00am
County Market	6:00am – 8:00am
Dollar General	First hour of operations daily dedicated to seniors; closing an hour earlier to clean
Food 4 Less	Senior citizen shopping is designated for Tuesday/Friday, 7:30am – 8:00 am
Heinen's	8:00am – 9:00am daily
Illinois Valley Food & Deli	7:00am – 9:00am, 7 days a week for elderly and immunocompromised
Jewel-Osco	Priority shopping on Tuesdays and Thursdays, 7:00am – 9:00am
Kroger	7:00am – 8:00am, Monday through Thursday
Local Market Foods	6:00am – 7:00am daily
Mariano's	6:00am – 8:00am daily
Meijer	Tuesdays and Thursdays from 7:00am – 8:00am
Pete's Fresh Market	7:00am – 8:00am Monday through Friday
Shop & Save Market	6:00am-7:00am daily
Sunset Foods	7:00am – 8:00am
Target	First hour each Wednesday; closing at 9:00pm daily so stores to replenish/deep clean
Tony's	Tuesdays and Thursdays, 7:00am – 9:00am
Trader Joe's	Until further notice, stores will be open from 9:00am until 7:00pm
Walgreens	8:00am – 9:00am on Tuesdays
Walmart	Hour-long senior shopping every Tuesday, including pharmacies and Vision Centers
Whole Foods	Serving seniors one-hour before opening to the general public
Valli Produce	Tuesdays and Thursdays, 6:00am – 8:00am for seniors, beginning March 31

- In the interest of public safety regarding Coronavirus, and as an effort to reduce group events, Senior Services is cancelling all Senior Center activities until further notice. Each of our offices will remain open during regular business hours (8 am- 4 pm / Mon-Fri), if you have questions or needs.
- For the safety of all involved, we are temporarily suspending in-home visits. Please check in with your senior via friendly phone calls on your regular schedule, or even more often if you have time available. If you would like to help out in any way, you can offer to drop off pharmacy or grocery supplies at their front door.

VARIOUS SERVICES

2-1-1:

- If you need services in Kane County during this taxing time call 2-1-1. Live specialists are on hand 24 hours a day, 7 days a week to discuss your needs and concerns and connect you to a wide range of local and state-wide resources.
- This includes food, shelter, help with aging parents, legal assistance, domestic abuse and much more. This also includes the most accurate and up-to-date information regarding the Coronavirus from our most reliable and trusted local and national experts. Calls are confidential and help is available in over 150 languages.

Phone: 2-1-1 (24/7)

Toll-free: 888-865-9903

Website: www.findhelp211.org



Association for Individual Development (AID)

AID Crisis Line of the Fox Valley: 630-966-9393 Available 24 hours a day, 7 days a week

Phone: 630-966-4000

Website: www.aidcares.org

email: info@AIDcares.org

CDC Information on COVID-19

Go to our website for vaccine information for fully vaccinated or not; Covid cases and data; workplace and schools and so much more.

Website: multiple languages
<https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html>

YouTube: Playlist for individuals who use American Sign Language
<https://www.youtube.com/playlist?list=PLvrp9iOILTQatwnqm61jqFrSfUB4RKh6J>

Changing Children’s Worlds Foundation

Our dedicated team and partners are working hard to support the Parents, Youth & Children we serve in our communities, through New Virtual Programming.

Phone: 630-909-9411

411 Stevens Street, Geneva, IL 60134

Website: <https://www.changingchildrensworlds.org/>

CHIP IN Batavia

C.H.I.P. I.N. - Community Helpers Impacting People In Need

Supports students of BPS District 101 who find themselves in temporary housing situations and to support them while they are transitioning to permanent housing and to ensure that students who are facing poverty can be successful in school. To support students in BPS District 101 who are in low-income families and have a difficult time with basic needs.

E-mail: chipinbatavia@gmail.com

Website: <https://www.chipinbatavia.org/>

P.O. Box 1003, Batavia, IL 60510

Co-Chairs: Joanne Spitz and Melinda Kintz

VARIOUS SERVICES

<p>Community Crisis Center, Inc.</p> <p>If you are experiencing an emergency, please call 911. To speak with a case manager, call our 24-hour hotline at 1-847 697-2380</p>	<p>Phone: CRISIS HOTLINE: 847-697-2380 EN ESPANOL: 847-697-9740 AIP office: 847-622-8888</p> <p>Website: https://www.crisiscenter.org/</p>
<p>Errand Up</p> <p>Errand Up is a NEW way to do Delivery! We are a trusted, local shopping & delivery professionals who specializes in quick errand runs for people in a pinch.</p> <p>My team and I pick up and deliver virtually anything within a 10-mile radius from downtown Geneva. TEXT our shoppers on-demand & we'll bring you anything you want!!</p>	<p>Phone: (630) 309-3101</p> <p>Website: www.errandup.com</p>
<p>Foltos Tonsorial Parlor</p> <p>In this time of financial uncertainty, Foltos is offering a special deal for those in need. Call (630) 879-5253 and ask for Joe! for more details.</p>	<p>Phone: (630) 879-5253</p> <p>7 E Wilson St , Batavia, IL 60510</p> <p>Website: http://foltos.com/wp/services/</p>
<p>Food Delivery for Seniors</p>	<p>Meals on Wheels (Senior Services Associates): 630-879-4035</p> <p>Local Salvation Army Drive Up Food Pantry: 630-377-2769</p> <p>Northern Illinois Foodbank: 630-443-6916</p>
<p>Fox Valley Hands of Hope</p> <p>Although the FVHH Support Center is currently closed for the safety of our community, we are still continuing to remain connected to our clients and supporters as best we can.</p>	<p>Phone: 630-232-2233</p> <p>Website: https://www.fvhh.net/</p> <p>Email: info@fvhh.net</p> <p>200 Whitfield Drive, Geneva IL 60134</p>
<p>Gateway Foundation</p> <p>Our program treats all types of additions such as drug use, heroin, marijuana, prescription drugs, mental illness, alcohol, and more providing highly individualized evidence-based treatment to people of all backgrounds.</p>	<p>Phone: 877-379-9078</p> <p>Website: https://www.gatewayfoundation.org/</p> <p>Check our website for all our locations</p>

VARIOUS SERVICES
















<p>Greater Family Health Formerly Greater Elgin Family Care Center</p> <p>Greater Family Health offers a comfortable, welcoming, inclusive, and personal approach to health care for all in nine different locations. Our practitioners and staff take the time to understand each patient’s physical, emotional and financial needs.</p>	<p>Phone: (847-608-1344)</p> <p>Website: https://gefcc.org/</p> <p>Information available in Spanish at https://gefcc.org/2020/04/virtual-visits-now-available/</p> <p>Check our website for locations.</p>
<p>Lazarus House</p> <p>Lazarus House gives a "hand up" to persons who are homeless or at risk of homelessness in mid Kane County</p>	<p>Phone: (630-587-2144)- Main Number, Emergency Shelter, and center for Transitional Living (630-587-5872) -Rent/Utility Assistance</p> <p>214 Walnut Street, St. Charles, IL 60174</p> <p>Website: https://lazarushouse.net/</p>
<p>Family Service Association of Greater Elgin (FSA)</p> <p>FSA staff is set-up to work remotely allowing us to continue providing care for our families. We are here and we are 100% operational. We know people are struggling right now.</p>	<p>Phone: (847) 695-3680</p> <p>1140 N. McLean Blvd. Suite 1, Elgin, IL. 60123</p> <p>Website: https://www.fsaelgin.org/</p>
<p>Mid-Valley Special Education Cooperative</p> <p>MVSEC serves students with special needs and staff from Batavia District 101, Central District 301, Kaneland District 302, St. Charles District 303, and Geneva District 304.</p>	<p>Phone: (331) 228-4873</p> <p>1304 Ronzheimer Avenue, St. Charles, IL 60174</p> <p>Website: https://www.mvse.org/</p>
<p>National Alliance on Mental Illness (NAMI)</p> <p>NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.</p>	<p>Website: https://nami.org/</p> <p>NAMI COVID-19 Resource List: https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf?lang=en-US</p>
<p>NAMI KDK</p> <p>NAMI KDK provides mental health education, support, and advocacy for individuals, family members, and communities in Kane-so, DeKalb, and Kendall counties. All programs are provided free to the public, and are facilitated by an individual living with a mental health condition, their family members, or their significant others.</p>	<p>Phone: (630) 896-6264</p> <p>400 Mercy Lane, Aurora, IL 60506</p> <p>Website: https://www.namikdk.org/</p>
<p>NAMI Illinois</p> <p>NAMI Illinois serves residents across the state with free mental health support, online groups, resources, and education.</p>	<p>NAMI Help Line: (800) 950-6264 Monday-Friday, 9:00 a.m. to 5:00 p.m.</p> <p>Website: https://namiillinois.org/</p>

VARIOUS SERVICES

<p>Open Door Health Center of Illinois</p> <p>Patient-centered health care organization providing services including education, prevention, diagnosis and treatment services to the great LGBTQ community.</p>	<p>Phone: Main Office in Elgin (847-695-1093)</p> <p>1665 Larkin Ave., Elgin, IL 60123</p> <p>Website: https://odhcil.org/</p> <p>Check our website for all our locations</p>
<p>TriCity Family Services</p> <p>TriCity Family Services provides counseling and other mental health services to clients of all ages and all income levels.</p>	<p>Phone: (630-232-1070)</p> <p>1120 Randall Court, Geneva, IL 60134</p> <p>Website: https://www.tricityfamilyservices.org/</p>
<p>Tri City Health Partnership Medical and Dental Clinic</p> <p>We provide quality health care in an environment of mutual respect, to members of the community without the ability to pay for services.</p>	<p>Phone: (630-377-9277)</p> <p>318 Walnut St., St CharlesIL60174</p> <p>Website: https://tchpfreeclinic.org/</p>
<p>VNA Health Care</p> <p>VNA is a humanitarian, not-for-profit organization dedicated to providing compassionate, dependable and comprehensive primary care and community health services regardless of an individual's ability to pay for services.</p>	<p>Phone: (630-892-4355)</p> <p>Website: https://www.vnahealth.com/</p> <p>Check our website for all our locations.</p>





APPS

APP STORE & GOOGLE PLAY

 <p>Calm Harm (self-harm prevention)</p>	 <p>Clear Fear (for anxiety)</p>	 <p>Waking Up (for mindfulness)</p>	 <p>Calm (for mindfulness)</p>
 <p>Youper (for mindfulness)</p>	 <p>Stop, Breathe & Think (for mindfulness)</p>	 <p>Headspace (for mindfulness)</p>	 <p>Insight Timer (meditation/ mindfulness)</p>
 <p>Daylio (mood tracker)</p>	 <p>Recovery Record (for eating disorders)</p>	 <p>My3 (for suicide prevention)</p>	 <p>Virtual Hope Box (coping skills)</p>
 <p>Sanvello (stress reliever)</p>	 <p>Sober Sidekick (substance abuse recovery)</p>	 <p>Sober Grid (substance abuse recovery)</p>	

APP STORE

GOOGLE PLAY

 <p>Recovery Box (substance abuse recovery)</p>	 <p>Pause: daily mindfulness</p>	 <p>Recovery Path (substance abuse recovery)</p>	 <p>12 Step AA Toolkit (substance abuse recovery)</p>
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WEBSITES

www.findhelp211.org	United Way 2-1-1 can put you in touch with organizations ready to help you with
https://www.kanehealth.com	Information for: <ul style="list-style-type: none"> • where testing sites are • caregivers • businesses • school district distribution • emergency childcare for communities & providers
https://psychhub.com/covid-19/	Mental health COVID-19 resources
https://www.wesupportmentalhealth.org	resources from this website are included in this list

To receive paper copies of this document or to get more information about this group, contact Mary Anne Callahan at mcallahan@kuhncounselingcenter.com

