

2021

# Mental Health Resource Guide



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## Our Mission Statement

Davis Mental Health Group works with families and individuals who are affected by Severe Mental Illness.

We provide up to date information provided by other Mental Health professionals to ensure that people are aware of the options they have.

We are an advocate for Mental Illness and assist others with the knowledge, support, and guidance they need.



*Dedicated to Patrick and Carlotta Davis*

Davis Mental Health Group, located in Freeport Illinois:

- Offers free support groups for families and individuals affected by mental illness. Meetings are held on the 1st and 3rd Wednesday of each month, from 6 to 7:30pm. Support groups are confidential. To inquire about a meeting, you can call 815-318-2082 or go <http://www.dmhg.org>
- Davis Mental Health Group offers a training program for Bullying. Material is provided by Thomas Thelen. This is an 8-week program where teens learn about how to stop bullying.

\*Free\*

- Biweekly Support Group
- Support Sessions
- Mental Health Resource Coaching and Psychoeducation (PE)

Programs Offered

- The Mental Health 101 and Funding for Mental Health First Aid Training
- Mental Health and Bullying class

### **If there is a crisis:**

Please remember your first step is to call 911 or visit your nearest emergency department.

If you feel suicidal or in a crisis situation and need immediate assistance, people at these Suicide Hotlines in the United States are there to help.

1-800-273-8255 National Suicide Prevention Lifeline

1-800-784-2433 National Hopelink Network

1-800-488-7386 Aimed at gay and questioning youth

### **What to do in a Mental Health Crisis**

The behaviors of a person experiencing a crisis can be unpredictable and can change without warning. If your loved one is in or close to a crisis, seek help. Is the person in danger of hurting themselves, others or property? Do you need emergency assistance? Do you have time to start a phone call for guidance and support?

## **Calling 911 for a Mental Health Screening**

Remember to:

- Remain calm
- Explain that your loved one is having a mental health crisis and is not a criminal
- Ask for a Crisis Intervention Team (CIT) officers or officers who are trained in Mental Health situations

**They will ask:**

- Your name
- Individual's name, age, description
- Individuals' current location
- Whether the person has a weapon or not

**Information you need to communicate:**

- Mental Health history
- Medications - current and discontinued
- Suicide attempts, current threats
- Drug use and/or alcohol abuse
- What has helped in the past
- Any delusions, hallucinations, loss of touch with reality

### **Crisis Text Line**

1. Text "GO" to 741-741 from anywhere in the USA, anytime about any type of crisis.
2. A trained Crisis Counselor receives the text and responds quickly.
3. The volunteer crisis counselor will help you.

### **Tips while you wait for help to arrive:**

- If you do not feel safe at any time, leave immediately
- If you feel safe staying until help arrives
- Announce your actions in advance
- Use short sentences
- Be comfortable with silence
- Reduce stimulation from TV, Radio, Loud noises
- Don't disagree with persons experience

### **Psychiatric Crisis**

A crisis is usually defined by one or more of the following

- Suicidal, homicidal, and or other violent thoughts of actions
- Psychosis: Usually an inability to distinguish what is real from what is not. (Hallucinations, delusions, and or paranoia)

When you have these symptoms, feeling scared is normal. Seek treatment immediately from a medical psychiatric provider, local mental health facility, or emergency room.

If the situation is beyond your control, call 911; Please notify the dispatcher that you are having a mental health emergency and officers will be dispatched to assist you.

Like any other crisis, it is important to address a mental health emergency quickly. With mental health conditions, a crisis can be difficult to predict because often there are no warning signs.

#### School or Work:

- mounting pressures
- lack of understanding from peers, co-workers, teachers or supervisors
- real or perceived discrimination
- worrying about upcoming projects
- bullying

#### Other Triggers:

- stop taking medications
- starts new medications
- use of alcohol or drugs
- pending court dates, trauma or violence
- being in crowds, groups of people
- politics
- religion

#### Warning Signs:

- trouble with daily tasks as bathing, brushing teeth, changing clothes
- sudden extreme mood changes
- increased agitation
- abusive behavior to self or others
- isolation
- paranoia

- symptoms of psychosis are difficulty recognizing family or friends, hearing voices, seeing things that are not there
- giving away personal possessions
- talking as if saying goodbye
- taking steps to tie up loose ends, organizing papers or paying off debts
- making or changing a will
- collecting and saving pills or buying a weapon
- withdrawing from friends, family, and normal activities

### **What to Do**

If you notice warning signs or concerned someone is thinking of suicide, do not be afraid to talk about it.

Start the conversation like

- Are you thinking of suicide?
- Do you have a plan?
- Do you know how you will do it?

If the answer is “yes” seek help immediately

- Do not leave the person alone
- Call their therapist if the person has one
- Remove meds or weapons if present
- Call National Suicide Prevention Line at 1-800-273-8255 or call 911
- If life threatening, call 911 and ask for someone with mental health experience or training

## **De-escalation Techniques**

A person in a mental health crisis cannot always communicate their thoughts, feelings or emotions clearly. It is important to stay calm and try to de-escalate the crisis. If these strategies do not work, seek help.

### **De-escalation techniques that may help resolve a crisis**

- Keep calm
- Listen to the person
- Do not argue
- Avoid continuous eye contact
- Move slowly
- Ask how you can help
- Avoid touching- such contact may seem threatening
- Be patient
- Give space
- Offer opinions instead of trying to take control
- Do not threaten – This may increase fear or prompt an assault
- Do not stand over the person. If person is sitting down, you sit down
- Do not stand in front of the person. Stand on the side so you do not seem like a direct threat

## **Crisis Plan**

A crisis plan is a written plan developed by the person with the mental health condition and their support team, typically family and close friends. It's designed to address symptoms and behaviors and help prepare for a crisis.

Some common elements include:

- Persons general information
- Family information
- Current medications and dosage
- Treatment choices
- Local Crisis Hotline
- Find out about support systems when things are going well. Don't wait until there is a crisis.
- Learn to recognize early warning signs of relapse, such as changes in sleeping patterns, increased social withdrawal, inattention to hygiene and signs of irritability.

Talk to family members, especially when doing well. Let them tell you what helps to reduce symptoms and relieve stress. The person may also need an adjustment to medications.

## Sample Crisis Plan

### Individual Family Info

Persons Name	Birth Date	Diagnosis	Date of Plan
Medications	Dosage	Physician & Phone	Pharmacy & Phone
Support Contact Name			Phone
Resources			
Professional Involvement			
Psychiatrist Name & Phone		Therapist Phone	
Crisis Team Phone	Doctor & Phone	Hospital & Phone	

## Crisis Plan

### Emergency Resource #1

Phone Number	Cell Phone

### Emergency Resource #2

Phone Number	Cell Phone

### Physician

Name	Phone Number

If we need help from professionals, we will follow these steps:

1

2

3

4

When will we think about going to the hospital?

What type of behavior would make us consider doing this?

When will we think about calling 911?

What types of behavior would make us consider doing this?

## **Crisis Plan**

Emergency contact:

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Health Needs: Dietary or allergies:

---

Service Providers:

---

Pets:

What are the arrangements if you are away from home?

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Children

If children live with you, what are the arrangements if you have to be away from home?

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Things you need to keep

- Current diagnostic assessment
- Copy of current crisis plan
- Notes from phone calls and appointments
- List of medications and dosage
- Hospitalization history
- Copy of advanced psychiatric directive
- Names and phone numbers of mental health professionals working with your loved one.

### **Following a Crisis**

Reflect on what has happened. How can you prevent or minimize future events?

- What situations or triggers led to the crisis?
- What worked to reduce tension or avoid conflict?
- What steps did we or could we have taken to keep everyone safe and calm?

Write down results and include in future crisis plans.

## **Types of Mental Health Conditions**

Many different conditions are recognized as mental illnesses.

The most common types include:

### **Anxiety Disorders**

People with anxiety disorders respond to certain objects or situations with fear or dread, as well as with physical signs of anxiety or panic, such as rapid heartbeat and sweating. Anxiety disorders include generalized anxiety disorders, panic disorder, social anxiety disorders, and specific phobias.

### **Mood Disorders**

These disorders are also called affective disorders, involving persistent feelings of sadness or periods of feeling overly happy, or fluctuations from extreme happiness to extreme sadness. The most common are depression, bipolar disorder and cyclothymic disorder.

## **Psychotic Disorders**

Psychotic Disorders involve distorted awareness and thinking, Two of the most common symptoms are hallucinations - the experience of images or sounds that are not real, such as hearing voices.

## **Eating Disorders**

Eating disorders involve extreme emotions, attitudes, and behaviors involving weight and food. Anorexia nervosa, bulimia nervosa and binge eating disorder are the most common eating disorders.

## **Impulse Control and Addiction Disorders**

People are unable to resist urges or impulses to perform acts that could be harmful to themselves or others. Pyromania (starting fires), kleptomania (stealing) and compulsive gambling are examples of impulse control disorders. Often, people with these disorders begin to ignore responsibilities and relationships.

## **Personality Disorders**

People have extreme and inflexible personality traits that are distressing to the person and/or cause problems in work, school, or social relationships. The persons pattern of thinking and behavior significantly differ from the expectations of

society and are so rigid they interfere with normal functioning. Examples include antisocial personality disorder, obsessive compulsive personality disorder, and paranoid personality disorder.

### **Obsessive Compulsive Disorder (OCD)**

People are plagued by constant thought or fears that cause them to perform certain routines. An example is a person with an unreasonable fear of germs who constantly cleans their hands.

### **What are Anti-Depressants**

Anti-depressants are meds used to treat depression. They are also used for conditions such as anxiety, pain and insomnia.

The most popular types of anti-depressants are called selective serotonin reuptake. (SSRIS)

They include:

- Fluoxetine
- Citalopram
- Sertraline
- Paroxetine
- Escitalopram

Potential side effects of SSRI's and SNRI's include:

- Nausea
- Nervousness, agitation or restlessness
- Dizziness
- Insomnia
- Weight gain or loss
- Headache
- Dry mouth
- Vomiting
- Diarrhea
- Reduced sexual drive

### **Anti-Anxiety Meds**

Certain meds work to reduce emotional and physical symptoms of anxiety. Benzodiazepines such as Alprazolam (Xanax) can treat social phobia, generalized anxiety disorder and panic disorder. These work quickly and are effective short-term. People prone to substance abuse may become dependent on them.

## Symptoms

Examples of signs and symptoms include:

- feeling sad or down
- confused thinking or reduced ability to concentrate
- excessive fears or worries, or extreme feelings of guilt
- extreme mood changes of highs and lows
- withdrawal from friends and activities
- significant tiredness, low energy and problems sleeping
- detachment from reality, paranoia or hallucinations
- inability to cope with daily problems and people
- problems with alcohol and drug use
- changes in eating habit
- sex drive changes
- excessive anger, hostility or violence
- suicidal thinking

Sometimes symptoms appear as physical problems such as stomach pain, back pain, headaches or unexplained aches and pains.

Most mental illnesses don't improve on their own, and if untreated, may get worse over time and cause serious problems.



Brain chemistry-Neurotransmitters are naturally occurring brain chemicals that carry signals to other parts of your body and brain. When neural networks involving these chemicals are impaired, the function of nerve receptors and nerve systems change, leading to depression and other emotional disorders.

People who are experiencing mental illness and the people who care for them need information. That information is not always readily available and the potential for crisis is never far from mind Crisis episodes related to mental illness can feel incredibly overwhelming. This guide outlines what can contribute to a crisis, warning signs that a crisis is emerging, strategies to deescalate a crisis, and available resources.

At the time of printing this booklet, contacts were verified, but keep in mind that at times businesses move or change their contact information.

One in four persons experience a mental illness in their lifetime, but most never seek professional help. The reasons for not seeking help are lack of money, time, fear of stigma, and limited access to mental health care.

Use this guide to get professional care and the support you may need.

Mental health disorders refer to a wide range of health conditions or disorders that affect your mood, thinking and behavior.

Many people have mental health concerns from time to time. A mental health concern becomes a mental illness when ongoing signs and symptoms cause frequent stress and affect your ability to function.

A mental illness can cause problems in your daily life, such as school, work, or in relationships. In most cases, symptoms can be managed with medications and talk therapy (psychotherapy).

Mental Illness qualifies as a disability and may be eligible for income assistance and health care coverage. There are two federal disability programs. SSI (Supplemental Security Income) and SSDI (Social Security Disability Income).

Apply at your local Social Security office. You will need a Social Security Number, birth certificate or other proof of age and citizenship, information about where you live, work history, sources of financial support, dates of any military service, names, addresses and phone numbers of doctors, hospitals, clinics and institutions where treatment has been received.

## **Supplemental Security Income (SSI)**

To be eligible for SSI based on disability, a person must have a physical or mental impairment which prevents one from performing normal activities of daily living, or which prevents an adult from doing any substantial work and is expected to last at least a year or result in death.

Have little or no income or resources.

To be eligible for SSDI a person must:

- have worked and paid SS Taxes (FICA) long enough to be covered under Social Security, or be an unmarried son or daughter who became disabled before age 22, who has a parent eligible for retirement/disability/death benefits
- have a physical or mental impairment that prevents the person from doing any substantial gainful work and has lasted or is expected to last for at least one year

If benefits are denied, the ruling may be appealed by requesting

1. reconsideration
2. a hearing before an administrative law judge
3. review of decision by the appeals council, or
4. civil action in federal court.

You have 60 days to appeal between each of these steps.

### **Guardianship**

Guardianship is the designation of the court of a person to make personal decisions on behalf of another person who is judged to be unable to make informed decisions about his or her care. The guardian makes decisions regarding personal care, but is not financially responsible for the persons care.

### **Conservatorship**

If the person needs attention in handling money but is not willing to let someone else handle their finances, or if substantial income or property is involved, a family member may have to seek conservatorship through the Probate Court in order to protect the persons finances.

### **Wills and Estate Planning**

If your relative with mental illness qualifies for SSI benefits, it is important for the family to plan ahead so that SSI payments and Medicaid will not be lost through inadequate estate planning. A lawyer can assist in setting up a special needs trust on behalf of the mentally ill person. The trust fund must be restricted so that it cannot be used for basic living costs. If you do not feel you are currently wealthy enough to leave money for your disabled family member, consider life insurance made payable to the special needs trust.

## **Support and Advocacy Groups for Family Members**

Davis Mental Health Group, located in Freeport Illinois:

- Offers free support groups for families and individuals affected by mental illness. Meetings are held on the 1st and 3rd Wednesday of each month, from 6pm to 7:30pm. Support groups are confidential. To inquire about a meeting, you can call 815-318-2082 or go <http://www.dmhg.org>
- Davis Mental Health Group offers a training program for Bullying. Material is provided by Thomas Thelen. This is an 8-week program where teens learn about how to stop bullying.

NAMI Northern Illinois, located in Rockford Illinois offers the following programs:

- Connections is a support group program for people living with mental illness,
- Family Support Group is a recovery support group program for individuals whose loved one is living with mental illness,

- Family to Family Education Program is a free, 12-week course for family caregivers of individuals with severe mental illnesses.

## **Medication**

- **St. Vincent de Paul** offers free meds to underserved populations. You may be eligible if you have no insurance, a prescription from a physician, and can prove financial need.
- **Needy Meds** helps people of all ages with and without insurance, locates patient assistance programs, free or low-cost clinics, state programs and offers a free needy Meds Drug Discount Care helpline. 1-800-503-6897
- **NAMI** maintains a list of prescription Drug Patient Assistance programs which can help offset the cost of medications.

You can call NAMI helpline at

1-800-950-NAMI

1-800-950-6264

Monday through Friday 10AM – 6PM ET

If you have Medicare Part D and need financial assistance, you may qualify for a federal benefit program called Extra Help. 1-800-333-4114

## **Community Mental Health Programs**

Because serious mental illnesses are likely to require treatment over a long period of time or an entire lifetime, most persons will sooner or later use the services of their community mental health programs and centers. Community Mental Health programs may be involved in the initial assessment and will certainly be involved if treatment is involuntary.

Once a person is determined to be eligible for services, a case manager or case worker is assigned to assist with such services as crisis intervention, medical diagnosis and treatment, income support, rehabilitation services, and sometimes counseling and outreach services.

Community mental health programs may also offer residential and vocational services to eligible individuals. There may be a family education program to provide support and information to family members.

## **Hospitals**

Hospitals may be sought for emergencies. You have the choice between private hospitals and the state operated mental health centers, depending on the availability of beds. In making the choice that meets your needs or your loved ones needs, there are several things to consider:

- Private insurance may cover a short stay
- Much of the cost is covered; most policies have very limited coverage for psychiatric problems, although recent legislation regarding parity for these services is in the works in many areas. Check with your insurance company about continuing your loved one's coverage after the age when coverage generally stops, usually at 26. It may be possible to continue coverage past that age on a parent's policy.
- Medicaid and or Medicare may cover hospitalization. The community mental health case manager may assist you with applying for Medicaid.

## **Crisis Stabilization Center at FHN**

The Crisis Stabilization Center is located at 421 W. Exchange St. Patients can come to the center in a few different ways.

They can be referred from the emergency room at FHN Memorial Hospital (or any other area hospital's ER).

They can be referred from residential behavioral health programs from step-down care.

Patients also may walk into the center for assessment.

The average stay at the center is between 3 to 7 days. While at the center, patients work with behavioral health professionals and staff to create a plan to help keep them out of crisis in the future. These plans may include regular appointments with counselor or therapist or being put in contact with support groups or community agencies for necessary help.

The Crisis Stabilization Center serves patients from all over Northwest Illinois. For more information visit, [fhn.org/csctour](http://fhn.org/csctour).

## **Resources in and near Stephenson County**

Randy Manus – Represents claimants in social security and SSI disability cases  
50 W Douglas Ave  
Suite 810  
Freeport, IL 61032 815-235-7470

Gesmer Law Offices  
526 E Jefferson St  
Rockford, IL 815-968-1000

Guardian Disability Advocacy  
308 W State St  
Suite 401  
Rockford, IL 815-986-6619

Prairie State Legal Services  
303 N. Main St  
Rockford, IL 61101 815-965-2902

Stephen McCarty  
308 W State St Suite 120  
Rockford IL 815-963-5677

The Salvation Army  
106 W. Exchange St.  
Freeport, IL 61032 815-235-7639

Greg Tuite and Associates  
119 N Church St. Suite 407  
Rockford, IL 815-965-5777

Freeport Area Church Cooperative  
(FACC)  
514 S Chicago Ave.  
Freeport, IL 61032 815-233-0435

FHN Counseling Center  
421 W Exchange St  
Freeport, IL 61032 815-599-7300

Crisis Stabilization Center  
421 W Exchange St  
Freeport, IL 61032 815-599-7300

Monroe Clinic  
1301 S Kiwanis Dr  
Freeport, IL 61032 815-235-1406

Davis Mental Health Group  
813 S State Ave  
Freeport, IL 61032 815-318-2082

Stepping Stones of Rockford  
706 N Main St  
Rockford, IL 61103 815-963-0683

Contact of Northern Illinois  
24 Hour Crisis Helpline  
Certified Line Specialists 815-233-4357

Voices of Stephenson County  
565 N Turner Ave  
Freeport, IL 61032  
Administration 815-235-9421  
24 Hour Domestic Violence Crisis Line  
815-235-1641  
24 Hour Sexual Assault Services and Crisis Line  
815-232-7200

New Horizons Counseling Center  
34 N Whistler Ave  
Freeport, IL 61032 815-235-6171

Ramp Center for Independent Living  
2155 W Galena Ave  
Freeport, IL 61032 815-233-1128

NAMI Of Northern Illinois  
PO Box 6971  
Rockford IL 61125 815-963-2470

New Directions  
773 W Lincoln – Suite 105  
Freeport, IL 61032 815-232-9050

Sinnissippi Centers Inc.  
1122 Healthcare Dr  
Mount Carroll IL 61053 815-244-1376

Swedish American Hospital  
1401 E State St  
Rockford, IL 61032  
24 Hour Assessment 779-696-4123

Behavioral Health at Crusader Clinic  
Rockford, IL 815-490-1600

Janet Wattles  
526 W State St.  
Rockford, IL 815-968-9300

Rosecrance  
2704 N. Main St.  
Rockford, IL 815-391-1000

Galena Clinic  
Mental Health  
939 Galena Square Dr.  
Galena, IL 61036 815-777-1300  
Website: [www.GalenaClinic.com](http://www.GalenaClinic.com)

Vella & Lund  
401 W State St Suite 308  
Rockford, IL 815-965-7979

## **Resources**

Substance Abuse and Mental Health services  
Administration (SAMHA) 1-800-662-4357

Mental Health Crisis Line/Suicidal Hotlines  
Suicide Prevention Lifeline 1-800-273-Talk

Crisis Text Line-Text HOME to 741741

IMALIVE – Online Crisis Chat

Teen-line – 1-800-855-4673  
Or Text TEEN to 839863 (Teens Helping Teens)

National Runaway Safeline 1-800-Runaway  
(Chat available on Website)

National Alliance on Mental Illness (NAMI)  
1-800-950-6264 [www.nami.org](http://www.nami.org)

NAMI Illinois <http://www.namiillinois.org>

Mental Health America 1-800-969-6642  
[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

Anxiety/Panic 1-800-64-PANIC  
Panic Disorder Information Hotline

Bipolar and Depression

Depression and Bipolar Support Alliance

[www.dballiance.org](http://www.dballiance.org)

Self Harm/Self Abuse

SAFE (Self Abuse Finally End)

1-800-355-8288 [www.selfinjury.com](http://www.selfinjury.com)

211 provides free and confidential information and referral for mental health services, help with food, housing, employment, counseling and more.

JED Foundation helps protect the Mental Health of College students across the United States.

Veterans Crisis Line – Support to Veterans

## **Recommended Mental Health Websites, Organizations, and Support Groups**

1. Mental Health America
2. NAMI
3. Anxiety BC
4. Dr. Lloyd Sederer's TEDx Talk
5. Dr. Xavier Amador's Book Leap Program
6. Julie Fast's coaching service and book
7. Bipolar Caregivers Website
8. My Blog Post
9. 7 Cups of Tea
10. International Bipolar Foundation
11. BD Wellness Center
12. Mental Health First Aide
13. Not Myself Today
14. Mind
15. bpHope
16. Mental Health Commission of Canada
17. The Trevor Proect(LGBTQ) and to write Love on your arms.

Anixter  
Chicago, IL 773-973-7900

Association for Individual Development  
Aurora, IL  
[www.aidcares.org](http://www.aidcares.org) 630-966-4000

Bobby E Wright Health Center  
Aurora, IL  
[www.bewcbhc.org](http://www.bewcbhc.org) 773-722-7900  
ext. 4050

Cass County Mental Health Association  
Beardstown, IL  
[www.beardstownil.org](http://www.beardstownil.org) 217-323-2980

Centerstone of Illinois  
West Frankfort, IL  
[www.centerstone.org/service/housing](http://www.centerstone.org/service/housing) 855-608-3560

Christian County Mental Health Association  
Taylorville, IL 217-824-4905  
[www.ccmha.net/program\\_cila.html](http://www.ccmha.net/program_cila.html)

Pillars Community Health  
LaGrange, IL  
[www.pillarscommunityhealth.org](http://www.pillarscommunityhealth.org) 708-745-5277

Community Resource Center, Inc.  
Centralia, IL  
[www.pillarscommunityhealth.org](http://www.pillarscommunityhealth.org) 618-533-1391

Cornerstone Services  
Joliet, IL  
[www.cornerstoneservices.org/csservicesd.asp](http://www.cornerstoneservices.org/csservicesd.asp)  
815-741-7033

Crosspoint Human Services  
Danville, IL  
[www.crosspointhumanservices.org/](http://www.crosspointhumanservices.org/)  
217-431-1784

DuPage County Health Dept.  
Wheaton, IL  
[www.dupagehealth.org](http://www.dupagehealth.org)  
630-682-7400

Ecker Center for Mental Health  
Elgin, IL  
[www.eckercenter.org/services](http://www.eckercenter.org/services)  
847-695-0484  
ext. 1898

Family Counseling Center  
Golconda, IL  
[www.fccinonline.org](http://www.fccinonline.org)  
618-683-2461

Grand Prairie Services3  
Tinley Park, IL  
[www.gpsbh.org](http://www.gpsbh.org)  
866-477-8632

Habilitative Systems Inc  
Chicago, IL  
[www.habilitative.org/index.php/client-services](http://www.habilitative.org/index.php/client-services)  
773261-3537

Heartland Human Services  
Effingham, IL  
[www.heartlandhs.org](http://www.heartlandhs.org)  
217-347-7179

Impact Behavioral Health Partners Evanston, IL <a href="http://www.impactbehavioral.org/programs">www.impactbehavioral.org/programs</a>	847-866-2977
Human Resources Center Paris, IL <a href="http://www.hrcec.org">www.hrcec.org</a>	217-465-4118
Human Support Services Waterloo, IL <a href="http://www.hss1.org">www.hss1.org</a>	618-939-4444
Independence Center Waukegan, IL <a href="http://www.icwaukegan.org/aboutus">www.icwaukegan.org/aboutus</a>	847-360-1020
Institute for Human Services Pontiac, IL <a href="http://www.ihrpontiac.com/psr.htm">www.ihrpontiac.com/psr.htm</a>	815-844-6109
Kenneth Young Center Elk Grove Village, IL <a href="http://www.kennethyoung.org/Services/">www.kennethyoung.org/Services/</a>	847-524-8800
Lake County Health Dept Waukegan, IL <a href="http://www.lakecountyil.gov/707/">www.lakecountyil.gov/707/</a>	847-377-8686
Lutheran Social Services of Illinois Des Plaines, IL <a href="https://www.lssi.org/services.php">https://www.lssi.org/services.php</a>	833-610-5774

Mental Health Centers of Illinois  
Mt. Sterling, IL  
<https://mhcwi.org/> 217-773-3325

Moultrie County Beacon, Inc.  
Sullivan, IL  
[www.mcbeacon.org/](http://www.mcbeacon.org/) 815-224-1610

North Central Behavioral Health Systems  
LaSalle, IL  
[www.ncbhs.org/services/](http://www.ncbhs.org/services/) 847-872-1700

Northpoint Resource, Inc.  
Zion, IL  
[www.soarrbehavioralhealthservices.org](http://www.soarrbehavioralhealthservices.org)  
815-2241610

Pilsen-Little Village Community  
Mental Health Center  
Chicago, IL  
[www.pilsenwellnesscenter.org/services](http://www.pilsenwellnesscenter.org/services)  
773-927-6987

Pioneer Center  
McHenry, IL  
[www.pioneercenter.org/programs/](http://www.pioneercenter.org/programs/) 815-344-3815

Renaissance Social Services, Inc  
Chicago, IL  
[www.rssichicago.org/who-we-serve](http://www.rssichicago.org/who-we-serve) 773-645-8900

Residential Options, Inc.  
Alton, IL  
[www.cuinc.org/residential-options-housing](http://www.cuinc.org/residential-options-housing) 618-465-0044

Remedies Renewing Lives  
Rockford, IL  
[www.remediesrenewinglives.org](http://www.remediesrenewinglives.org) 815-9621285  
Open 24 Hours

Rockford Rescue Mission  
Rockford, IL  
[www.rockfordrescuemission.org](http://www.rockfordrescuemission.org) 815-965-5332

Sertoma Centers Inc.  
Alsip, IL  
[www.sertomacentre.org/](http://www.sertomacentre.org/) 708-730-6292

Sinnissippi Centers, Inc.  
Dixon, IL  
[www.sinnissippi.org/adult-services/](http://www.sinnissippi.org/adult-services/) 815-284-6611

South Side Office of Concern  
Peoria, IL  
[www.ssocpeoria.org](http://www.ssocpeoria.org) 309-674-7310

Stepping Stones of Rockford, Inc  
Rockford, IL  
<https://steppingstonesrockford.org/> 815-963-0683

**Donations for  
Davis Mental Health Group**

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If you would like to make a donation to Davis Mental Health Group there are a few options.

You can make a donation online at [www.dmhg.org](http://www.dmhg.org)

You can send a check to  
Davis Mental Health Group  
813 S. State Ave.  
Freeport, IL 61032 or call (815) 232-4841 to  
verify address.

Name:

Address \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Amount Donating \$ \_\_\_\_\_

## Volunteers Needed

**As any not-for-profit organization there is always a need for volunteers. If you are interested in a board position, facilitator position, teaching about mental illness, public spokesperson, or other involvement, please fill out the form below and mail to us.**

You can send your interest to  
Davis Mental Health Group  
Volunteers  
813 S. State Ave.  
Freeport, IL 61032  
Name:

Address \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Position Interested in. \_\_\_\_\_

Your Phone Number \_\_\_\_\_

Email Address \_\_\_\_\_

