



National Alliance on Mental Illness

nami Will-Grundy

FAMILY SUPPORT

A support group for any adult with a loved one who has experienced symptoms of a mental health condition.

Zoom

3rd Sunday of the Month 4:00 to 5:30pm

Pre-registration required at www.namiwillgrundy.org

Messiah Lutheran Church
40 Hobout Rd.
Joliet, IL

1st & 2nd Mondays of the Month
6:30 to 8:00 pm

United Methodist Church in New Lenox
339 W Haven Ave.
New Lenox, IL

2nd Thursday of the Month
6:00 to 7:30 pm

Westminster Presbyterian Church
1015 Winthrop Ave.
Joliet, IL

3rd, 4th & 5th Mondays of the Month
6:00 to 7:30 pm

Shepherd of the Hill Lutheran Church
925 E. 9th St.
Lockport, IL

3rd Thursday of the Month
6:00 to 7:30 pm

New Life Lutheran Church
249 N Bolingbrook Dr.
Bolingbrook, IL

4th Sunday of the Month
6:00 to 7:30 pm

We Care
530 Bedford Rd.
MORRIS, IL

4th Thursday of the Month
6:00 to 7:30 pm

NAMIWILLGRUNDY.ORG

Confidential Info Line: 815.409.7917

January 2024

Mental Health & Substance Abuse Resources

The Behavioral Health and
Addiction Recovery Committee
The Village of Homer Glen

Therapist Directories (Self-Pay or Insurance Based)

- Psychology Today | <https://www.psychologytoday.com/us>
- Therapy Den | <https://www.therapyden.com>
- Mental Health Match | <https://mentalhealthmatch.com>
- ZoDoc | <https://www.zocdoc.com>
- Good Therapy | <https://www.goodtherapy.org>

Low Cost or Free Counseling Options

- Open Path Collective (low cost) | <https://openpathcollective.org>
- Governors State University Counseling Lab (free counseling) | <https://www.govst.edu/counselinglab/> | (708) 534-4545

Mental Health/Substance Use Treatment Centers and Resources

- Timberline Knolls | Lemont | (Eating Disorders, Addiction and Mood Disorders)
 - timberlineknolls.com
- Compass Health Center | Westmont, Northbrook, Oak Brook, Chicago, Virtual | (Mental Health, Substance Use, School Refusal, Etc.)
 - compasshealthcenter.net
- Silver Oaks | New Lenox | (Adolescent and Adult Mental Health, Substance Use and Detox)
 - silveroaksbehavioralhospital.com
- The Center- Pathway | Palos Park | (AA- Based long-term recovery program)
 - <https://thecenterpalos.org/pathway/>
- Alcoholics Anonymous (AA) | <https://www.aa.org>
- Narcotics Anonymous (NA) | <https://na.org>
- Al-Anon (Family members of alcoholics) | <https://al-anon.org>
- Nar-Anon (Family members of addicts) | <https://www.nar-anon.org>

Online Resources

- National Alliance of Mental Illness (NAMI) | Support Groups, Mental Illness Information, etc. | <https://www.nami.org/Home> | Will County <https://namiwillgrund.org/resources>
- Substance Abuse and Mental Health Services Administration (SAMHSA) | Find treatment, Substance Use resources | <https://www.samhsa.gov>
- Living Room Program | Crisis Respite Program (Voluntary) | <https://www.dhs.state.il.us/page.aspx?item=126349>

Crisis Hotlines

*All are 24/7/365

- Suicide & Crisis Lifeline | Text or Call 988
- Trevor Project (LGBTQ+) | 1-866-488-7386 | Text “start” to 678-678
- Pregnant and Postpartum Moms | 1-833-852-6262
- National Domestic Violence Hotline | 1-800-787-3224 | Text “start” to 88788