

LOCAL RESOURCES

NorthShore University Health System

For individual appts call 847-425-6400

Mindfulness Based Stress Reduction Program(4 week, group psychotherapy)
call 847-425-6400 or email group director Robert Farra, PhD
rfarra@northshore.org

Solutions for Depression and Anxiety Center (Cognitive Behavioral Therapy)
847-425-6400

Postpartum Depression Hotline
staffed 24 hours per day by trained therapists
emergent counseling as well as referrals for follow up
866-364-MOMS

Northwestern Lake Forest Hospital

Dept of Psychiatry--for appts call 847-535-6445 (M-F 8-4:30)

Lake County Health Department

Behavioral Health Services
847-377-8180
Programs in Round Lake Park and Waukegan
Access eligibility and registration forms & more information at
health.lakecountyil.gov/Behavioral/pages

Crisis Care Program
3002 Grand Avenue, Waukegan 847-377-8088
24 hour emergency phone counseling, in-person crisis counseling
Respite care (1-2 week residential care for individuals in crisis)

Rebecca's Dream/Phoenix family center

Support groups, education and treatment for teens and families
Outreach focused on suicide prevention
773-423-7326 (773-42DREAM) info@rebeccasdream

NATIONAL RESOURCES

Depression and Bipolar Support Alliance
800-826-3632

www.dbsalliance.org

more than 1000 peer-run support groups nationwide

National Alliance for the Mentally Ill (NAMI)

www.nami.org

800-950-6264

Mental Health America (MHA)

www.nmha.org

800-969-6642

Postpartum Support International

www.postpartum.net

800-944-4PPD

Partnership for Prescription Assistance

888-477-2669

NeedyMeds

www.needymeds.com

215-625-9609

National Institute of Mental Health (NIMH)

www.nimh.org

Basic and clinical research with the goal to transform the understanding and treatment of mental health

Mental Health Liaison Group (MHLG)

www.mhlg.org