

# **RIVERSIDE TOWNSHIP**

## **Community Resource Guide**



*Revised June 21, 2023*

# The Riverside Township Mental Health Board

In the early 1970's, the people of Riverside Township were early to recognize that a healthy community is one where people have access to healthcare and human services that focus on the whole person – including their mental health and related needs.

In 1972, Township voters approved a referendum that allowed for the creation of the Riverside Township Mental Health Board. Since that time, volunteer board members have worked to identify the mental health, substance abuse and developmental and intellectual disability needs of our community and contract for services to meet those needs.

## Riverside Township Mental Health Board Members

Adam Wilt - President

Timothy W. Heilenbach - Vice President & Township Liaison

Kara Kalnitz - Treasurer

Joseph DeRosier

Barbara Nepil

Thomas F Dunleavy, LCPC, CRC

Jane Smith

Joseph E. Troiani, Ph.D., CADC – Consultant

Vera Wilt - Township Supervisor

The Community Resource Guide is a collaboration between the Riverside Township Mental Health Board and the following Agencies:





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## **Important Numbers for Individuals in Crisis**

- **National Suicide Prevention Hotline** - 988 OR (800) 273-8255 (TALK)  
For TTY Users: Use your preferred relay service or dial 711 then (800) 273-8255.  
***Free, available 24/7***
- **SUPPORT4U Teen Text Line** - Text TALK to 844-670-5838
- **Crisis Text Line** - Text Hello to 741741  
or message Crisis Text Line on Facebook
- **Trevor Lifeline/Trevor Project** - (800) 488-7386 OR Text START to 678678  
***Available 24/7 for LGBTQIA + kids/teens***
- **Childhelp National Child Abuse Hotline** - (800) 422-4453
- **SAMHSA (Substance Abuse and Mental Health Services Administration)**  
National helpline: (800) 622-HELP (4357)  
For TTY Users: (800) 487-4889  
***Free, confidential, available 24/7***
- **Veterans Crisis Line** - (800) 273-8255 (press 1) or Text : 838255  
Support for deaf and hard-of-hearing: (800) 799-4899  
***Available toll-free, 24/7***
- **Illinois Alliance on Problem Gambling Hotline**  
(800) GAM-BLER (800-426-2537) or Text: ILGAMB to 53342



## **Local Community Hotlines**

- **Abuse & Domestic Violence**

- **Sarah's Inn - 24-hour Hotline**
  - Phone - 708-386-4225 | Text - 708-669-6149
- **Pillars Community Health - 24-hours Hotlines**
  - **Mobile Crisis Services Hotline** - (708) 745-5277
  - **Sexual Assault Hotline** - (708) 482-9600
  - **Domestic Violence Hotline** - (708) 485-5254
- **Mujeres Latinas en Accion - 24-hours Hotlines**
  - **Illinois Domestic Violence Hotline** - (877) 863-6338
  - **Chicago Rape Crisis Hotline** - (888) 293-2080
  - **Crisis Hotline** - (312) 738-5358
- **The Illinois Department of Children and Family Services**
  - **Child Abuse Hotline:** (800) 25-ABUSE (22873)

- **Mental Illness**

- **CARES Hotline** - (800) 345-9049
- **NAMI - National Alliance on Mental Illness** Crisis Text Line: Text "NOW" to 741-741

- **Substance Abuse**

- **Illinois Helpline for Opioids & Other Substances**  
**Phone Hotline: (833) 2FINDHELP    Text "HELP" to 833234**
- **Gateway Foundation** - Phone Hotline: (877) 505-HOPE (4673)

## **Aging Services**

Aging Care Connections ([more about this agency](#)) - [www.agingcareconnections.org](http://www.agingcareconnections.org)

Interfaith Community Partners ([more about this agency](#)) - [www.interfaithcommunitypartners.org](http://www.interfaithcommunitypartners.org)

Illinois Dept on Aging - [www2.illinois.gov/aging](http://www2.illinois.gov/aging)

PeopleCare, Inc. ([more about this agency](#)) - [www.peoplecareinc.org](http://www.peoplecareinc.org)

Solutions for Care ([more about this agency](#)) - <https://solutionsforcare.org/>

## **Debt Counseling**

Financial Counseling Association of America (FCAA)

<https://fcaa.org/>

National Foundation for Credit Counseling (NFCC)

<https://www.nfcc.org/>



## **Dental Services (Low-Cost)**

CEDA Dental Care Program - [www.cedaorg.net](http://www.cedaorg.net)

Chicago Dental Society Foundation Clinic ([more about CDSFC](#))

<https://www.cds.org/smile/low-cost-free-services>

Dental Lifeline Network ([more about this agency](#))

<https://dentallifeline.org/illinois/>



Pillars Community Health Dental Center ([more about Pillars](#))

<https://pillarscommunityhealth.org/services/health-center-services/dental/>

Midwestern University Dental Institute ([more about this agency](#)) - [www.mwuclinics.com](http://www.mwuclinics.com)

William Rainey Harper College Dental Hygiene Clinic

<https://www.harpercollege.edu/academics/health/dental/dentalclinic.php>



## **Disability Services**

Community Support Services ([more about CSS](#)) - [www.cssservices.org](http://www.cssservices.org)

Helping Hand ([more about HH](#)) - [www.hhcenter.org](http://www.hhcenter.org)

Jewish Vocational Services - <https://www.jcfs.org/jvs>

Oak-Leyden Developmental Services - <https://www.oak-leyden.org/>

Progress Center for Independent Living ([more about this agency](#))  
<http://progresscil.org/>

Suburban Access Inc. - [www.subacc.org](http://www.subacc.org)

UCP Seguin of Greater Chicago ([more about this agency](#)) - [www.ucpseguin.org](http://www.ucpseguin.org)

## **Special Recreation Associations**

**SEASPAR** South East Association for Special Parks And Recreation  
[www.seaspar.org](http://www.seaspar.org)

West Suburban Special Recreation Association ([more about WSSRA](#))  
[www.wssra.net](http://www.wssra.net)

**Challenger Baseball**  
<https://www.lagrangelittleleague.com/>



## **Food Pantries**

**Riverside Township Food Pantry**

<https://riversidetownship.org/resident-services/food-pantry/>

Open Mon-Weds 9 am-3:30 pm, Thurs 9 am-4:30 pm, and Fri 9 am-2:30 pm

**Little Food Pantry at Riverside Presbyterian Church**

[https://www.rpcusa.org/mission\\_outreach](https://www.rpcusa.org/mission_outreach)

Open 24/7/365

**St. Barbara's Food Pantry**

<https://hgaparish.org/en/community-outreach/pastoral-care-ministry/food-pantry>

Open on Mondays from 9am-3pm

## **Domestic Violence**

Life Span - <https://life-span.org>

Mujeres Latinas en Accion - [www.mujereslatinasenaccion.org](http://www.mujereslatinasenaccion.org)

**\*Click for hotline info**

Pillars Community Health ([more about Pillars](#)) - [www.PillarsCommunityHealth.org](http://www.PillarsCommunityHealth.org)

**\*Click for hotline info**

Sarah's Inn - <https://sarahsinn.org/>

**\*Click for hotline info**

## **Family Support**

Al-Anon Family Groups - <https://al-anon.org>

Catholic Charities - [www.catholiccharitiesusa.org](http://www.catholiccharitiesusa.org)

Fred Parent Support Group - [www.fredparentsupportgroup.com](http://www.fredparentsupportgroup.com)

Lutheran Child and Family Services of Illinois - <https://lcfs.org/>

Nar-Anon Family Groups - [www.nar-anon.org](http://www.nar-anon.org)

Sibling Support Project - <https://siblingsupport.org>





## Health/Mental Health Services

ACCESS Des Plaines Valley Health Center - <https://www.achn.net/>

ACCESS to Care - [www.accesstocare.org](http://www.accesstocare.org)

Chicago Center for Family Health - [www.ccfhchicago.org](http://www.ccfhchicago.org)

Children's Clinic - [www.childrenscliniciws.org](http://www.childrenscliniciws.org)

Healthcare Alternative Systems - <https://www.hascares.org/>

Illinois Mental Health Collaborative - <http://www.illinoismentalhealthcollaborative.com/>

Interwoven Community Counseling Center & The Chicago School Forensic Center  
<https://www.interwoven.center/about/>

The Loft at 8 Corners (A place for teen mental wellness)  
by [Pillars Community Health](#) & [NAMI Metro Suburban](#) - <https://loft8corners.org/>



Mental Health Association of Greater Chicago - [www.mhagcusa.org](http://www.mhagcusa.org)

Mujeres Latinas en Accion - [www.mujereslatinasenaccion.org](http://www.mujereslatinasenaccion.org)

NAMI - National Alliance on Mental Illness ([more about NAMI](#))  
[www.namimetsub.org](http://www.namimetsub.org) \*[Click for hotline info](#)

Pillars Community Health Behavioral Health and Support Services ([more about Pillars](#))  
<https://pillarscommunityhealth.org/services/behavioral-health-and-support-services/>

Pillars Community Health Medical Center ([more about Pillars](#))  
<https://pillarscommunityhealth.org/services/health-center-services/medical>



The Family Institute at Northwestern University - [www.family-institute.org](http://www.family-institute.org)  
\*[Click for hotline info](#)

Thrive Counseling Center - <https://www.thrivecc.org/>

Thresholds - [www.thresholds.org](http://www.thresholds.org)

## **Housing**

Beds Plus - [www.beds-plus.org](http://www.beds-plus.org)

Housing Forward - [www.housingforward.org](http://www.housingforward.org)

## **Legal Service Organizations (Free or Low-Cost)**

Legal Aid Chicago - [www.legalaidchicago.org](http://www.legalaidchicago.org)

Center for Disability & Elder Law - <https://www.cdelaw.org>

Chicago Volunteer Legal Services (CVLS) - [www.cvl.org](http://www.cvl.org)

The Chicago Legal Clinic - <http://www.clclaw.org/>

Equip for Equality - [www.equipforequality.org](http://www.equipforequality.org)

*Legal Advocates for Seniors and People with Disabilities (LASPD)*

<https://www.mylegaladvocates.org/>



## **Lending Closets**

Riverside Township Nurse's Closet - [www.riversidetownship.org](http://www.riversidetownship.org)

Nurse's closet hours:

Mon-Weds 9:00 am – 3:30 pm    Thurs 9:00 am – 4:30 pm    Fri 9:00 am – 2:30 pm

St. Barbara's Medical Lending Closet

<https://hgaparish.org/en/community-outreach/medical-lending-closet>

United Cerebral Palsy/Infinitec DME Program - <http://www.infinitecdme.org/>



## **Pet Resources**

A.D.O.P.T. Pet Shelter - Blessed Bonds Crisis Assistance Program - [www.adoptpetsshelter.org](http://www.adoptpetsshelter.org)

Animal Care League ([more about this agency](http://www.animalcareleague.org/ppsp-info.html)) - <http://www.animalcareleague.org/ppsp-info.html>

Anti-Cruelty Society SAFE Program - <https://anticruelty.org/>



PAWS Chicago - [www.pawschicago.org](http://www.pawschicago.org)

Red Door Animal Shelter Café Program  
<http://www.reddoorshelter.org/>

## **Substance Abuse Centers**

Illinois Helpline for Opioids & Other Substances - [www.HelplineIL.org](http://www.HelplineIL.org)

**[\\*Click for hotline info](#)**

Gateway Foundation - [www.GatewayFoundation.org](http://www.GatewayFoundation.org) or [www.recovergateway.org](http://www.recovergateway.org)

**[\\*Click for hotline info](#)**

Haymarket Center - <http://www.hcenter.org/>

Thresholds - [www.thresholds.org](http://www.thresholds.org)

Rosecrance - [www.rosecrance.org](http://www.rosecrance.org)

WayBack Inn ([more about this agency](http://www.waybackinn.org)) - [www.waybackinn.org](http://www.waybackinn.org)

Yorkfield Presbyterian Church ([more about this agency](http://www.eypc.com)) - [www.eypc.com](http://www.eypc.com)

## **Veterans Services**

Edward Hines, Jr. VA Hospital - <https://www.hines.va.gov/>

### **Hines VA Hospital Veterans Food Pantry**

5000 S. 5th Avenue, Auditorium, Bldg 9, Section D, Hines, IL 60141

**Every Thursday: 10:00 a.m. – 1:00 p.m**



Midwest Veterans Closet - <http://www.midwestveteranscloset.org/>

The Road Home Program at Rush University Medical Center - <https://roadhomeprogram.org/>

West Suburban Road Home Program - [www.roadhomeprogram.org](http://www.roadhomeprogram.org)

Veterans Crisis Line - <https://www.veteranscrisisline.net/>

## **Vocational Rehabilitation/Employment/Advocacy Services**

Illinois Department of Human Services - Vocational Rehabilitation

<https://www.dhs.state.il.us/page.aspx?item=29737>

Helpline: (800) 843-6154

National Able Network - <https://www.nationalable.org/>

American Job Center - SW Suburban Cook - <https://southwest-suburban-cook-county-american.business.site/>

Ticket to Work - <https://choosework.ssa.gov/>

Safer Foundation - <https://saferfoundation.org/>

## **Other Services**

Illinois Department of Human Services - Family Community Resource Center – FCRC

<https://www.dhs.state.il.us/page.aspx?item=31754>

The Illinois Department of Children and Family Services

<https://www2.illinois.gov/dcf/Pages/default.aspx>

**DCFS Info and Assistance (Advocacy Office):** (800) 232-3798

**Child Abuse Hotline:** (800) 25-ABUSE (22873)

The Social Security Office - <https://www.ssa.gov/>

## **Agency Details**

### **Aging Care Connections**

**Website** - [www.agingcareconnections.org](http://www.agingcareconnections.org)

**Phone Number** - 708-354-1323

**Location** - 111 West Harris Avenue, La Grange, IL 60525

**Description** - For over 50 years Aging Care Connections (ACC) has been a leader in providing comprehensive, client-centered programs that focus on improving the quality of life of older adults. We are advisors on all matters related to the issues facing older adults as they age. Along with programs, ACC provides comprehensive information on programs and services available in the community that help older adults find solutions to their emotional, physical, mental, financial, and healthy living needs. ACC programs include Adult Protective Services, assistance for caregivers and those living with chronic illness, nutrition programs, benefits assistance, Aging Well Neighborhood, and programs for grandparents raising grandchildren.

Located in La Grange, ACC serves over 10,000 older adults, their caregivers, and family members from 38 communities in the Lyons, Proviso, Norwood Park, Riverside, and Leyden townships. With a mission “to enrich the quality of life in our community by providing older adults and their families with guidance and support that enhances the ability to age well, ACC programs are delivered by a team of highly skilled, objective, and unbiased experts on all things aging-related.

Contact Aging Care Connections about **MEALS ON WHEELS**

**Services Provided** - Aging Services

### **Animal Care League**

**Website** - [www.animalcareleague.org/resources.html](http://www.animalcareleague.org/resources.html)

**Phone Number** - 708-848-8155

**Location** - 1011 Garfield St, Oak Park, IL, 60304

**Description** - The Animal Care League is a limited admission shelter located in Oak Park. We help homeless cats, dogs and other small animals by providing them food, shelter, medical attention and love until we can find them a loving home. As a not-for-profit 501(c)(3) organization, we depend on the generosity of our communities to help us meet our goals of finding new homes for as many animals as possible each year.

**Individuals Served** - Animal Care League's Pets & People Support Program works to keep pets with their people and out of the shelter. Pet food & supplies are available through this program to seniors (60+) and those experiencing a financial hardship in and around Oak Park. Contactless delivery is available to those who are homebound/do not have access to transportation as well as those at a high risk for COVID-19.

**Services Provided** - Pet Resources

### **Chicago Dental Society Foundation Dental Clinic**

**Website** - <https://www.cds.org/smile/cds-foundation>

**Phone Number** - 630-260-8530

**Location** - 416 E Roosevelt Road - Suite 102, Wheaton IL 60187

**Description** - Free dental clinic

**Individuals Served** - We do not give grants to individuals for dental care and we do not do implants.

**Services Provided** - Dental Services

## **Community Support Services (CSS)**

**Website** - <https://www.cssservices.org/>

**Phone Number** - 708-354-4547

**Location** - 9021 Ogden Avenue, Brookfield IL 60513

**Description** - Community Support Services is a private, nonprofit agency that initiates, provides and promotes services for people with intellectual/developmental disabilities and their families, within their communities, in order to strengthen their independence, self-esteem, and ability to participate in and contribute to community life.

**Services Provided** - Disability Services

## **Dental Lifeline Network**

**Website** - <https://dentallifeline.org>

**Phone Number** - 303-534-5360

**Location** - PO Box 10342, Peoria, IL 61612

**Description** - Many adults cannot afford dental care, especially our community's most vulnerable residents. Dental Lifeline Network provides comprehensive dental care to adults with special needs across the United States. These patients receive this care through the generosity of a network of volunteer dentists and laboratories.

**Services Provided** - Dental Services

## **Healthcare Alternative Systems**

**Website** - <https://www.hascares.org/>

**Phone Number** - 708-498-0200

**Location** - 1915-17 W. Roosevelt Road, Broadview IL, 60155

**Description** - H.A.S. provides a continuum of multicultural and bilingual (English/Spanish) behavioral care and social services that empower individuals, families, and communities.

**Individuals Served** - Seeks to implement sustainable programs that benefit society by improving the well-being and recovery efforts of individuals, families, and communities impacted by behavioral health problems.

**Services Provided** - Behavioral Health Services, Social Services

## **Helping Hand**

**Website** - <https://helpinghand-il.org/>

**Phone Number** - 708-352-3580

**Location** - 9649 West 55th Street, Countryside, IL 60525

**Description** - Helping Hand assists children and adults with intellectual and developmental disabilities to transform lives through genuine care and education. We provide a wide range of services and supports that are tailored to meet the needs of each individual. Helping Hand is dedicated to our community and believes that strong collaborations and connections build success and quality programs.

**Services Provided** - Disability Services

## **Interfaith Community Partners**

**Website** - [www.interfaithcommunitypartners.org](http://www.interfaithcommunitypartners.org)

**Phone Number** - 708-354-9328

**Location** - P.O. Box 310, La Grange, IL 60525

**Description** - Interfaith Community Partners (ICP) provides older adults with safe, accompanied transportation to medical appointments, therapies and life-enhancing errands. Our generous donors and network of kindhearted volunteers allow us to provide these services at no cost to clients.

**Services Provided** - Aging/Transportation Services

## Midwestern University Multispecialty Clinic

**Website** - [www.mwuclinics.com](http://www.mwuclinics.com)

**Phone Number** - 630-743-4500

**Location** - 3450 Lacey Road, Downers Grove, IL 60515

**Description** - Dental Institute, Speech-language Institute, Family Medicine Practice, Physical Therapy Institute, and Eye Institute

**Services Provided** - Medical & Dental Services

## NAMI Metro Suburban

**Website** - [www.namimetsub.org](http://www.namimetsub.org)

**Phone Number** - 708-524-2582

### Locations

The Loft at 8 Corners - 9049 Monroe Avenue, Brookfield

*Daily: 1 pm - 8 pm*

The Drop-In Center - 814 Harrison St, Oak Park

*M-F: 1-7PM & Sat/Sun: 2-6PM*

NAMI Education Offices - 818 Harrison St - 2nd Floor, Oak Park

*Daily: 9am - 5pm*

Living Room Community Wellness Center - 4731 Willow Springs Rd, LaGrange

*Daily: 12pm - 8pm*

The Living Room in Broadview - 1917 W. Roosevelt Rd, Broadview, IL 60155

*Daily: 12pm - 8pm*

The Living Room in Summit - 7604 63rd Street, Summit, IL 60501

*Daily: 12pm - 8pm*

**Description** - NAMI Metro Suburban is a grassroots individual and family mental health support, education and advocacy organization dedicated to improving the lives of people, families and communities affected by mental illness in the western suburbs of Cook County.

**Services Provided** - Mental Health Services

## PeopleCare, Inc.

**Website** - [www.peoplecareinc.org](http://www.peoplecareinc.org)

**Phone Number** - 708-442-1223

**Location** - 273 Nuttall Road, Riverside, IL 60546

**Description** - We are a local nonprofit that provides transportation, group grocery shopping, telemedicine, friendly visitors, support services and referrals for seniors located within our township.

**Services Provided** - Aging/Transportation Services

## Pillars Community Health

**Website** - <https://pillarscommunityhealth.org/>

**Phone Number** - 708-745-5277 (708-PILLARS) **24-hour domestic violence hotline: (708) 485-5254**

**Location** - Administrative Office: 5220 East Avenue, Countryside, IL 60525

**Description** - Since 1979, we have worked to create a safe environment where domestic violence survivors are encouraged to learn about their options for change and empower themselves to make informed decisions about their future. Services are provided at NO COST and are available in English, Spanish, and Arabic.

### Services Provided

- A domestic violence shelter, Constance Morris House, a place for survivors to find refuge as they flee abusive relationships
- Crisis intervention
- Case management
- Individual, family, and group therapy
- Legal and medical advocacy
- Onsite health care and referrals for shelter residents including wellness exams, triage and treatment for acute illness, and prenatal care
- Links to ongoing support services such as emergency financial assistance, substance abuse counseling, and housing programs
- Community education and prevention, to drive a unified response to domestic violence

## **Progress Center for Independent Living**

**Website** - [www.progresscil.org](http://www.progresscil.org)

**Phone Number** - 708-209-1500

**Location** - 7521 Madison Street Forest Park, Illinois 60130

**Description** - Progress Center for Independent Living offers services, support and resources to people with disabilities in Suburban Cook County. Progress Center provides advocacy guidance to empower the disabled to confront and navigate barriers to independence. Progress Center is staffed by and governed by a majority of people with disabilities.

**Individuals Served** - Progress Center services are designed to support the independence of people with disabilities.

**Services Provided** - Disability Services

## **Solutions for Care**

**Website** - [www.solutionsforcare.org](http://www.solutionsforcare.org)

**Phone Number** - 708-447-2448

**Location** - 7222 W Cermak Rd Suite 200 N Riverside, IL 60546

**Description** - Non profit organization that is funded through individual contributions as well as through state, federal and municipality grants to provide assistance to disabled individuals and their families as well as older adults age 60+.

**Services Provided** - Aging Services

## **UCP Seguin of Greater Chicago**

**Website** - [ucpseguin.org](http://ucpseguin.org)

**Phone Number** - 708.863.3803

**Location** - 3100 S Central Avenue Cicero, IL 60804

**Description** - UCP Seguin believes that all people, regardless of ability, deserve to achieve their potential, advance their independence and act as full members of the community. So we stop at nothing to provide life skills training, assistive technology, meaningful employment and a place to call home for people with disabilities, as well as specialized foster care for children. Our goal: life without limits for people with disabilities.

**Services Provided** - Disability Services

## **Way Back Inn**

**Website** - [www.waybackinn.org](http://www.waybackinn.org)

**Phone Number** - 708-345-8422

**Location** - 104 Oak Street

**Description** - The mission of Way Back Inn is to rebuild lives damaged by addiction in a personalized healing environment. Our vision is to create a world where lives are transformed one day at a time.

**Services Provided** - Addiction Services



## West Suburban Special Recreation Association (WSSRA)

**Website** - [wssra.net](http://wssra.net)

**Phone Number** - (847) 455-2100

**Location** - 2915 Maple Street, Franklin Park, IL 60131

**Description** - WSSRA provides year-round recreation services for children and adults with disabilities. WSSRA focuses on age-appropriate recreation opportunities designed to meet individual needs.

**Individuals Served** - As part of 8 Park Districts and 4 Village Recreation Departments, WSSRA serves the communities of Berwyn, Elmwood Park, Forest Park, Franklin Park, Harwood Heights, Melrose Park, Norridge, Northlake, North Riverside, Oak Park, River Forest and Riverside.

**Services Provided** - Disability Services



## Yorkfield Presbyterian Church

**Website** - [www.eypc.org](http://www.eypc.org)

**Phone Number** - 630-833-6600

**Location** - 1099 South York Street, Elmhurst, IL 60126

**Description** - Presbyterian Church (USA) congregation

**Services Provided** - Addictions Services: Alcoholics Anonymous (AA) meetings take place on Friday evenings at 8:00 pm in the church basement. This group is for men only; it is not necessary to register with the church, individuals can simply show up.

**Thank you to all of the service providers who have provided details for this community resource guide!**

To provide updates or additional information for this guide please contact our Community Resource Center at (708) 853-9578 or via email at: [crc@riversidetownship.org](mailto:crc@riversidetownship.org)



## Need support now?

Call 988 or Text 988 or Chat [988lifeline.org/chat](https://988lifeline.org/chat)