

RIVERSIDE TOWNSHIP

Community Resource Guide



Riverside Township
MENTAL HEALTH BOARD

Revised August 2026

The Riverside Township Mental Health Board

In the early 1970s, 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
Cynthia Kaczmarczyk - Vice President
Kara Kalnitz - Treasurer
Christina Carr
Joseph DeRosier
Melinda J. Lehman
Mary Rob Clarke - Liaison
Joseph E. Troiani, Ph.D., CADC - Consultant
Maritza Zitzer - Staff Secretary
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

Age Options ([more about this agency](#)) - www.ageoptions.org

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

Illinois Dept on Aging - www2.illinois.gov/aging

PeopleCare, Inc. ([more about this agency](#)) - 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

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

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

Helping Hand ([more about HH](#)) - helpinghand-il.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

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

Special Recreation Associations

SEASPAR South East Association for Special Parks And Recreation
www.seaspar.org

West Suburban Special Recreation Association ([more about WSSRA](#))
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

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

[*Click for hotline info](#)

Pillars Community Health ([more about Pillars](#)) - 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

Fred Parent Support Group - www.fredparentsupportgroup.com

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

Nar-Anon Family Groups - 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

Chicago Center for Family Health - www.ccfhchicago.org

Children's Clinic - www.childrenscliniciws.org

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

Helping Hand Clinic, Counseling - <https://helpinghand-il.org/outpatient-programs/specialties/>

Helping Hand, Vocational Rehab - <https://helpinghand-il.org/adult-programs/employment-services/>

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

Mesothelioma Hope -

<https://www.mesotheliomahope.com/resources/mental-health/>

Mujeres Latinas en Accion - www.mujereslatinasenaccion.org

NAMI - National Alliance on Mental Illness ([more about NAMI](#)) 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

[*Click for hotline info](#)

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

Thresholds - www.thresholds.org

Housing

Beds Plus - www.beds-plus.org

Housing Forward - www.housingforward.org

Suburban Cook Homelessness Prevention Call Center ([more about this agency](#)) - 877-426-6515

Helping Hand - <https://helpinghand-il.org/adult-programs/community-living-cila/>

Legal Service Organizations (Free or Low-Cost)

Legal Aid Chicago - www.legalaidchicago.org

CARPLS - <https://carpls.org/>

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

Chicago Volunteer Legal Services (CVLS) - www.cvl.org

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

Equip for Equality - 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

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.adoptpetshelter.org

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

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



PAWS Chicago - 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

[*Click for hotline info](#)

Gateway Foundation - www.GatewayFoundation.org or www.recovergateway.org

[*Click for hotline info](#)

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

Thresholds - www.thresholds.org

Rosecrance - www.rosecrance.org

WayBack Inn ([more about this agency](#)) - www.waybackinn.org

Yorkfield Presbyterian Church ([more about this agency](#)) - 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



Honor Flight Chicago - www.honorflightchicago.org

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

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>

Illinois Department of Children and Family Services

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

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

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

Illinois Department of Rehabilitation Services - Westchester Office

2215 Enterprise Dr, Suite 1502-1503

Westchester, IL 60154

Phone: (708) 409-8800

Illinois Secretary of State - Walk-in Seniors Only DMV Centers

Offering Driver and Motor Vehicle Services (including driving tests)

Westchester Village Hall

10300 W. Roosevelt Road

Westchester, IL 60154

Monday-Friday, 8 a.m.-4 p.m.

Bridgeview Community Center

7900 S. Oketo Ave.

Bridgeview, IL 60455

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

Agency Details

Aging Care Connections

Website - 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.

Animal Care League

Website - 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

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

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

Phone Number - 708-524-2582

Locations

The Loft at 8 Corners - 9049 Monroe Avenue, Brookfield	<i>Daily: 1 pm - 8 pm</i>
The Drop-In Center - 814 Harrison St, Oak Park	<i>M-F: 1-7PM & Sat/Sun: 2-6PM</i>
NAMI Education Offices - 818 Harrison St - 2nd Floor, Oak Park	<i>Daily: 9am - 5pm</i>
Living Room Community Wellness Center - 4731 Willow Springs Rd, LaGrange	<i>Daily: 12pm - 8pm</i>
The Living Room in Broadview - 1917 W. Roosevelt Rd, Broadview, IL 60155	<i>Daily: 12pm - 8pm</i>
The Living Room in Summit - 7604 63rd Street, Summit, IL 60501	<i>Daily: 12pm - 8pm</i>

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

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

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

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

Suburban Cook Homelessness Prevention Call Center

Website - https://dscc.uic.edu/dscc_resource/cook-county-homeless-prevention-call-center/

Phone Number - 877-426-6515

Monday thru Friday - 8:30am – 4:30pm

UCP Seguin of Greater Chicago

Website - 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

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

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

Phone Number - 630-833-6600

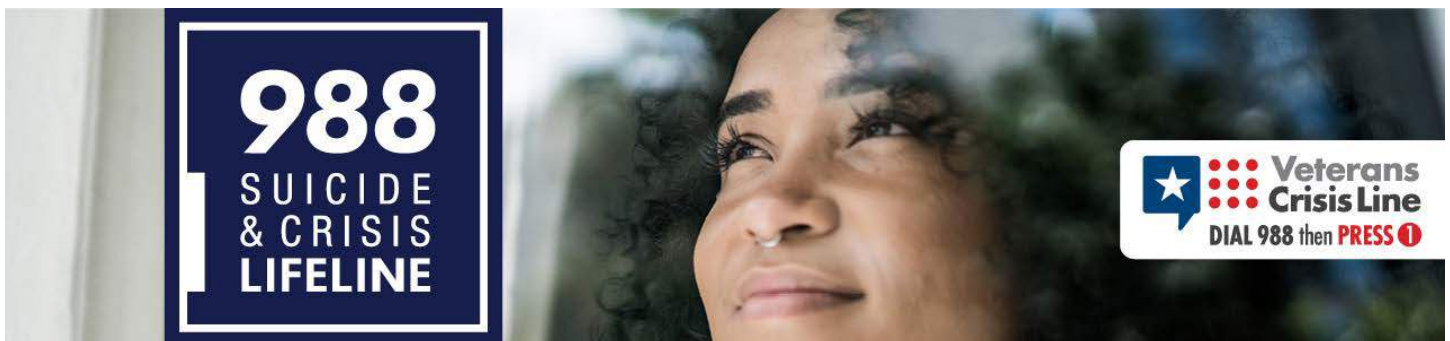
Location - 1099 South York Street, Elmhurst, IL 60126

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



Need support now?

Call 988 or Text 988 or Chat 988lifeline.org/chat