

Beecher Community Mental Health Program: Resource Guide



Suicidal? Call 9-1-1 IMMEDIATELY!

Contents

INTRODUCTION	3
Purpose of this Guide	3
Note on the Guide	3
How to use the Guide	3
Traumatic Stress	4
Thriveworks	4
IMPORTANT CONTACTS	5
SECONDARY RESOURCES	6
National Resources	6
Illinois State Resources	7
County Health Departments	8
Clinical Care Seeking/Other Local Resources	9
Crisis Hotlines/Call Centers	17
Support Groups/Special Populations	29
COPING	32
TIPS FOR HEALTH MANAGEMENT	34
THE FUTURE/EDUCATION, PREVENTION	48
HOSPITAL INFORMATION	50
FOOD PANTRIES	55
THE KICKING IT BACK CENTER (Another great local resource)	58
WASHINGTON TOWNSHIP (Another great local resource)	59
MISSIONS, SHELTERS, JOB SEARCH	60
USEFUL APPS	65
HOSPICE CARE	79
SPIRITUAL CARE	82
NOTES	83
MEDICAL HISTORY & INFORMATION	84

The contents of this Guide are color-coded and hyper-linked for your convenience. The color of the type corresponds to the color of the page border of the section. For instance, the section that follows has a blue border added to the pages that matches the blue INTRODUCTION above.

INTRODUCTION

Why was I Given this Guide?

You have been given this guide because you have been involved in a behavioral/mental health call for service or have been party or witness to a traumatic stress inducing event.

Purpose of this Guide

The Beecher Fire Protection District has gathered the following information with the purpose of helping you in your time of need. Within this guide you will find short-term and long-term actions for improved mental health and coping as well as resources to help you manage mental health and traumatic stress issues.

Note on the Guide

There are many resources listed in this guide, but it is not a complete list of every possible resource. If you cannot find what you are looking for, please do the following.

1. **Look in other sections of this guide.** There are many resources which serve multiple purposes. They may have been listed elsewhere.
2. **Go online.** Online searches will provide a great many resources as well as copious amounts of information about your issue.
3. **Ask for help.** The Beecher Fire Protection District is here for you. Call (708) 946-6585.

While this guide is being provided by the Beecher Fire Protection District, it is for information purposes and to provide potential options. The Beecher Fire Protection District does not make referrals or endorse the individual programs contained herein. Further, this is not a comprehensive list as there are other services in the community that may not be listed here.

How to use the Guide

This guide is divided into several sections:

- Your Personal Contacts
 - A place for you to write important contact information
- Secondary Resources
 - Clinical care resources, hotlines, websites.
- Coping
 - Tips and examples of coping strategies.
- Management Tips
 - How to manage different issues.
- Help for the Future
 - How to prepare.
- Food Pantries
- Missions and Shelters
- Helpful Apps

Mental Health

If you are suffering from mental health related issues, we recommend that you seek out clinical care from a mental health professional. Several resources will be mentioned in this guide.

Traumatic Stress

If you have been involved in or witness to a traumatic stress inducing event such as death of a loved one, serious injury, or other event from which you have difficulty recovering, there are resources contained herein to help you as well.

Thriveworks

Thriveworks gives you access to professional clinical care in as little as one day. See front cover to schedule.

Contact: Beecher Fire Protection District (708) 946-6585

IMPORTANT CONTACTS

Social Support Names & Numbers (Friends, family, church)

Emergency Contacts

Physician

Mental Health Provider

Pharmacy

Work Numbers

Medical Insurance Information (Policy, Group, Medicare, Medicaid)

SECONDARY RESOURCES

Secondary resources include national, regional, state, county and local sources for a variety of issues. Also included are clinical resources, crisis lines, support groups, and other helpful information.

Emergency (Suicidal/Homicidal)

Call 9-1-1

Suicide Prevention Lifeline

(800) 273-8255

National Resources

National Institute of Mental Health (NIMH)

For all mental health-related questions, requests for copies of publications, and inquiries concerning NIMH research, policies, and priorities, please contact a health information specialist at the NIMH Information Resource Center using the contact information provided below:

Telephone

1-866-615-6464 (toll-free)

1-301-443-8431 (TTY)

1-866-415-8051 (TTY toll-free)

Available in English and Spanish

Monday through Friday

8:30 a.m. to 5:00 p.m. ET

Live Online Chat

[Live Help](#)

Available in English and Spanish

Monday through Friday

8:30 a.m. to 5:00 p.m. ET

Email Us: nimhinfo@nih.gov

Available in English and Spanish

NIMH is a research funding agency. We cannot provide medical advice or practitioner referrals. If you need medical advice or a second opinion, please consult your healthcare provider. Resources on this page are provided for informational purposes only. The list is not comprehensive and does not constitute an endorsement by NIMH.

Illinois State Resources

<https://www.dhs.state.il.us/page.aspx?item=29735>

Living Room Program (Region 2): Crisis Respite
Ben Gordon Center / Northwestern Memorial
12 Health Services Drive
DeKalb, IL
(815) 766-3378 www.nm.org/DeKalbLivingRoom

Independence Center
1730 Washington Street
Waukegan, IL
(847) 360-1020
<https://icwaukegan.org/the-living-room>

Rosecrance Ware Center
2704 N. Main Street
Rockford, IL
(815) 720-4881
<https://rosecrance.org/rosecrance-ware-center/>
<https://rosecrance.org/wp-content/uploads/2020/12/2020-livingroom-1up-1.pdf>

The Josselyn Center
1779 Maple Street
Northfield, IL
(847) 496-3170 <https://josselyn.org/livingroom/>

Turning Point
8324 Skokie Blvd
Skokie, IL
(847) 933-9202 <https://www.tpoint.org/the-living-room>

Illinois Counseling Association
<https://www.ilcounseling.org/>

Illinois Department of Human Services
<http://www.dhs.state.il.us/>

Illinois Certified Domestic Violence Professional Board
<http://www.ilcdvp.org/>

Illinois Mental Health Counselors Association
<http://www.imhca.org/>

County Health Departments

Will County Health Department
501 Ella Ave.
Joliet, IL 60433
<https://willcountyhealth.org/behavioral-health/>
(815) 727-8480

Clinical Care Seeking/Other Local Resources

Agape Missions

840 Plainfield Rd.

Joliet, IL 60432

(815) 732-1548 ext. 21

Case management, housing, counseling services for individuals with HIV/AIDS, life skills workshops, identification, transportation, employment, substance abuse, anger management.

AMT Counseling Management Services

13 Fairlane Dr.

Joliet, IL 60435

(815) 730-8900

Counseling for children, adolescents, adults, families, couples specialized in anger management, girl's groups, parenting classes, substance abuse, play therapy, and art therapy.

Aquino Clinical Services

14 Heritage Plaza

Bourbonnais, IL 60914

(815) 304-4652

Bilingual/bicultural clinical therapy for children, adolescents, adults, couples, and families specializing in a broad range of emotional and mental issues.

Aspire Center for Positive Change

24735 W. Eames St., Unit 11

Channahon, IL 60410

<https://www.aspire-cpc.com/> (815) 290-5260

Associates in Professional Counseling and Coaching

24118 Chicago Street, Suite 200

Plainfield, IL 60544 or

18004 North Naper Blvd., Suite 370

Naperville, IL 60563

(888) 545-5707

Counseling, coaching, anger management.

Aunt Martha's Youth Service Center

409 W. Jefferson St.

Joliet, IL 60435

(815) 768-8750

Comprehensive community-based youth services, teen pregnancy prevention, Title XX Community counseling.

Behavioral Health and Education Specialists

14953 S Van Dyke Rd

Plainfield, IL 60544 or

1890 Silver Cross Blvd.

New Lenox, IL 60451

(815) 609-1544 or (815) 717-8694

Psychological and educational testing/tutoring for students with and without special needs, ADHD services, ACT preparation (all for grades K-12).

Big Brothers, Big Sisters of Will and Grundy Counties

417 W. Taylor St.

Joliet, IL 60435

(815) 723-2227

Community-based mentoring for ages 7-12.

Bridges to a New Day

215 West Romeo Road
Romeoville, IL 60446

(815) 838-2690

Individual, family, and marital counseling, domestic violence program, parenting program which provides education and support to adult and teen parents.

Busch & Lawm Clinical Services

2272 95th St., Suite 305
Naperville, IL 60564

(630) 753 - 9800

Psychological treatment and support for children and adults.

Catholic Charities

16555 Weber Rd.
Crest Hill, IL

(815) 723-0331

Adult and adolescent counseling.

Catholic Charities also comes to the Washington township Center on the 2nd and 4th Tuesday of the month to offer their services.

Community Service Council of Northern Will County

440 Quadrangle Drive, Suite C
Bolingbrook, IL 60440

(815) 886-5000

Clinical Counseling, Court-Ordered Programs, Housing & Financial Counseling, Employer Assistance Programs.

Children: Physical/Sexual Abuse or Neglect

Call 9-1-1 or (800) 25-ABUSE

Cornerstone Services

800 Black Road

Joliet, IL 60435

(815) 727-6667 - Residential services (with 24 hour and intermittent supports), community employment services, counseling and therapy, community support services.

Domestic Violence Shelter

Groundwork (815) 729-1228

Edgewood Clinical Services

1288 Rickert Dr., Suite 120

Naperville, IL 60540 or

14722 S. Naperville Rd. Suite 112

Plainfield, IL 60585

(630) 428-7890

Counseling services for children, couples, and families. Group therapy for children. Psychological and neurological testing/diagnostic assessments.

Family Behavioral Health

24821 W 135th St.

Plainfield, IL 60585

(815) 254-7400

Psychotherapy, play therapy, occupational and speech therapy for children, adolescents, and adults

Guiding Light Counseling

281 S Schmidt Rd.

Bolingbrook, IL 60440

(630) 447-9056

Individual, group, family, and couples counseling, DUI risk education, therapeutic day school.

Legacy Clinical Consultants, LCC

3033 Ogden Avenue, Suite 210

Lisle, IL 60532

(877) 443-7030 or

13717 S. Route 30, Suite 159

Plainfield, IL 60544

Psychological assessments, anxiety-based school refusal group (K-12), intensive outpatient anxiety group for adolescents, therapy for individuals and families, life coaching, human resources consultations, ADHD assessments, parent coaching.

MorningStar Counseling Center

621 Rollingwood Dr.

Shorewood, IL 60404

(815) 725-5188

Professional counseling for adults, children, families for emotional, relational, and spiritual difficulties, anger management classes available.

MorningStar Mission Ministries, Inc.

350 E. Washington St.

Joliet, IL 60433

(815) 722-5780

Food, shelter, counseling, clothing, recovery programs.

National Alliance on Mental Illness (NAMI)

Will-Grundy County

Programs Adult & Children, Support Group

417 Taylor St., Fl. 2

Joliet, IL 60435

<https://namiwillgrundy.org/>

For English: (815) 409-7917

En Español: (815) 600-9406

Restoring the Spirit

211 North Hammes Ave. #1A

Joliet, IL 60435

(815) 290-0902

Individual/group counseling, assessments, consultation.

Rago and Associates

5 locations (Naperville listed)

525 S. Washington St. #10

Naperville, IL 60540

(630) 637-9300

Therapy for adolescents and their families specialized in eating disorders, self-injury, depression and ADHD. Skype sessions available.

Ready to Focus

13242 S. Rt. 59 Suite 107

Plainfield, IL 60585

(800) 850-0535

Neurofeedback training (effective for ADHD, sleep disorders, anxiety, stress, headaches, learning difficulties, behavioral issues) for children and adults

Riveredge Hospital

8311 Roosevelt Rd.
Forest Park, IL 60130
(708) 771-7000

Inpatient, partial hospitalization for children, adolescents, and adults. Individual, group, and family therapy. Occupational, expressive art, yoga, and animal assisted therapy.

SamaraCare Counseling

(630) 357-2456

Counseling services for children, adolescents, adults, families, and couples. Psychological testing and assessments.

Sage Bodywork and Wellness

10 N Fairlane Dr. Suite 103
Joliet, IL 60435
(779) 205-8055

info@sage-bodywork.com

Sage Bodywork & Wellness is a small group of smart therapists and instructors dedicated to improving your well-being. We carefully apply principles of holistic healing to address a wide range of conditions and symptoms. Whether you are seeking bodywork, yoga, or meditation, our many years of combined experience will leave you balanced and better equipped to move through your day.

Stepping Stones Treatment Center

1621 Theodore St.
Joliet, IL 60435
(815) 744-4555

Assessments and referrals for substance abuse, individual/group counseling, treatment planning, continuing recovery planning, education, HIV/AIDS education and testing, support groups, life skills classes.

The Sykes Group

822 Infantry Dr. Suite 103

Joliet, IL 60435

(815) 823-8460

Individual, couples, and family counseling, divorce mediation, social skills groups for ages 3-13, drug and alcohol evaluations.

Timberline Knolls

40 Timberline Dr.

Lemont, IL 60439

(866) 517-0281

Treatment and recovery programs for females ages 12 and up specialized in eating disorders, substance abuse, mood disorders, trauma, and co-occurring disorders. Treatment includes programs such as the 12 Step Principles, Dialectical Behavioral Therapy (DBT), expressive therapies, and family systems.

Trinity Services, Inc.

(815) 485-6197

Residential and day services, home-based services, behavioral health, individual and family counseling, diagnostic services

United Way

(815) 723-2500

Will County Center for Community Concerns

2455 Glenwood Avenue

Joliet, IL 60435

Phone: (815) 722-0722

email: contactus@wcccc.net

LIHEAP helps income-eligible households with their utility bills and furnace assistance.

Westside Children's Therapy

19 Locations (Joliet Listed)

742 Essington Rd.

Joliet, IL 60435

(815) 469-1500

Westside is a children's therapy provider offering physical, occupational, speech, applied behavior analysis (ABA), feeding, and counseling therapies. Our-family-owned clinics are located throughout the Chicago suburbs. For over 25 years, Westside has built a reputation for achieving life-changing medical outcomes in family-friendly clinics. As a result, 800+ pediatricians choose Westside and [98% of families](#) refer us to friends and family.

Crisis Hotlines/Call Centers

Some call center and hotlines are listed. There are many others. Ask your healthcare provider or search online to find the one that's right for you.

Multiple Issues (General)

Boys Town National Hotline (24/7)

If you are in crisis or need immediate help, call the trained counselors at the Boys Town National Hotline.

(800) 448-3000

- Suicidal thoughts
- Self-harm
- Parenting issues
- Physical, sexual or emotional abuse
- Bullying and peer issues
- Relationships

Specific Issues/Groups

Alcohol Use/Abuse

800 Alcohol

(800) ALCOHOL (24/7)

Nationwide, 24-hour admission and referral line.

Alcoholics Anonymous

Crisis Text Line (24-hour), text only

Text HOME to 741741

NAMI Helpline (M-F 9 AM-5 PM)

(800) 950- NAMI. All issues.

Substance Abuse and Mental Health Services Administration National Helpline

(800) 662-4357

Upper Room Crisis Hotline

Call or Text (888-808-8724). All issues.

Al-Anon

Worldwide fellowship that offers a program of recovery for the families and friends of alcoholics, whether or not the alcoholic recognizes the existence of a drinking problem or seeks help.

al-anon.org (800) 356-9996 (800) 344-2666 (Families/Groups)

Center for Substance Abuse Treatment

The mission of the Center for Substance Abuse Treatment is to promote community-based substance abuse treatment and recovery services for individuals and families in every community.

samhsa.gov

(800) 662-HELP

Al-Anon for Families of Alcoholics

(800) 334-2666

Alcohol Hotline

(800) 331-2900

Alcohol and Drug Helpline

(800) 821-4357

Alcohol Treatment Referral Hotline

(800) 252-6465

Alcohol & Drug Abuse Hotline

(800) 729-6686

Families Anonymous

(800) 736-9805

National Council on Alcoholism and Drug Dependence

NCADD and its Affiliate Network is a voluntary health organization dedicated to fighting the Nation's #1 health problem – alcoholism, drug addiction and the devastating consequences of alcohol and other drugs on individuals, families and communities.

ncadd.org

(800) NCA-CALL (622-2255)

National Institute on Alcohol and Alcoholism

(301) 443-3860

Brain Injury (TBI)

Brain Injury Foundation

The Brain Injury Association of America (BIAA) is the country's oldest and largest nationwide brain injury advocacy organization.

biusa.org

(800) 444NHIF

Cancer

Cancer Information Service

Program of the National Institutes of Health (through the National Cancer Institute) that is provided to the United States of America public to provide personalized, confidential responses to specific questions about cancer.

cancer.gov

(800) 4-CANCER

Child Abuse/Children

Boys Town

Behavioral Health Services

(531) 355-3500 (M-F 8 AM - 5 PM)

Childhelp National Child Abuse Hotline

(800) 422-4453

Child Find of America, Inc.

Child Find of America Inc. is a national not-for-profit organization that provides outstanding professional services designed to prevent and resolve child abduction and the family conflicts that can lead to abduction and abuse.

childfindofamerica.org

(800) 426-5678

National Center for Missing and Exploited Children

The National Center for Missing & Exploited Children® is a group whose mission is to help find missing children, reduce child sexual exploitation, and prevent child victimization.

missingkids.com

(800) 843-5678 (24/7)

National Runaway Safeline

The mission of the National Runaway Safeline (NRS) is to help keep America's runaway, homeless and at-risk youth safe and off the streets.

1800runaway.org

(800) 786-2929

Disaster

Disaster Distress Helpline

(800) 985-5990 or

Text TalkWithUs to 66746

Domestic Violence

National Domestic Violence Hotline

(800) 799-7233

National US Child Abuse Hotline

(800) 422-4453

Drug Abuse/Addiction

Center on Addiction

(212) 841-5200

Helpline/Referral: (815) 378-4373

Cocaine Anonymous
(800) 347-8998

Narcotics Anonymous
<https://www.na.org/>

National Council on Alcoholism and Drug Dependence

NCADD and its Affiliate Network is a voluntary health organization dedicated to fighting the Nation's #1 health problem – alcoholism, drug addiction and the devastating consequences of alcohol and other drugs on individuals, families and communities.

ncadd.org

(800) NCA-CALL

National Help Line for Substance Abuse
(800) 262-2463

National Institute on Drug Abuse
(800) 662-4357

Eating Disorders

National Eating Disorders Helpline
(800) 931-2237

Hours: Monday-Thursday 9 AM-7 PM & Friday 10AM-4PM.

Helpline chat hours: Monday-Thursday 8 AM-8PM & Friday 8 AM-4 PM.

Helpline text hours: Monday-Thursday 2 PM-5 PM & Friday 12 PM-4 PM.

For 24/7 crisis support, text 'NEDA' to 741741

Families

Boys Town
Behavioral Health Services
(531) 355-3500 (M-F 8 AM - 5 PM)

Gambling

Compulsive Gambling Hotline

The National Council on Problem Gambling operates the National Problem Gambling Helpline Network (1-800-522-4700). The network is a single national access point to local resources for those seeking help for a gambling problem.

ncpgambling.org

(410) 332-1111 (24/7)

Gamblers Anonymous

Chicago Hotline Number:

(855) 2CALLGA (855-222-5542)

Peoria Hotline Number:

(855) 2CALLGA (855-222-5542)

Silvis Hotline Number: 855-2CALLGA (855-222-5542)

National Council on Problem Gambling

Referrals: (800) 522-4700

HIV/AIDS

CDC National HIV and AIDS Hotline

(800) 342-2437

Incest Survivors

Survivors of Incest Anonymous

This is intended to be a resource to survivors of child sexual abuse.

siawso.org

(401) 282-3400

LGTBQ

LGTBQ Suicide Prevention

(800) 273-8255 or

Text TALK to 741741

The Trevor Project

(866) 488-7386

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

Parenting

Boys Town

Behavioral Health Services

(531) 355-3500 (M-F 8 AM - 5 PM)

National Parenting Center

<http://www.tnpc.com>

National Parent Helpline: M-F 12 PM – 9 PM

(855) 4APARENT

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

Poison Control

Poison Control Hotline

(800) 222-1222

Post-Traumatic Stress Disorder

National Center for Post-Traumatic Stress Disorder Info Line

The National Center for PTSD is dedicated to research and education on trauma and PTSD. We work to assure that the latest research findings help those exposed to trauma.

ptsd.va.gov

(802) 296-6300

Self-Harm/Self-Injury

Self-Injury Foundation's 24/7

(800) 334-HELP

Self-Injury Line

(800) DONTCUT

Sexual Assault

National Sexual Assault Hotline

(800) 656-4673

Sex Addiction/Sexual Behavior

International Sex Addiction

(800) 477-8191

National Council on Sexual Addiction/Compulsivity

Nonprofit organization dedicated to promoting public and professional awareness and understanding of addictive/compulsive sexual behavior and its associated negative consequences.

sash.net

(800) 321-2066

Stalking

Stalking Resource Center

The mission of the Stalking Resource Center is to enhance the ability of professionals, organizations, and systems to effectively respond to stalking.

Victimsofcrime.org

(202) 467-9700

Student Resources

National Grad Crisis Line (Students)

(877) 472-3457

Suicide

Call 9-1-1 Immediately!

National Suicide Prevention Lifeline

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

(800) 273-TALK (24/7)

suicidepreventionlifeline.org

Girls & Boys Town National Hotline

(800) 448-3000

National Hopeline Network

(800) SUICIDE

National Suicide Prevention Lifeline

(800) 273-TALK (8255)

National Youth Crisis Hotline
(800) 442-HOPE (4673)

Teens

National Youth Crisis Hotline
(800) 442-HOPE (4673)

Real Help for Teens
(877) 332-7333

Veteran Resources

Veterans Crisis Line
(800) 273-8255, press 1 or Text 838255

Veteran Combat Call Center

24/7 confidential call center where combat Veterans and their families can call to talk about their military experience or any other issue they are facing in their readjustment to civilian life.

(877) 927-8387 Hours: 24/7

DoD's Defense Centers of Excellence (DCoE) Outreach Center for Psychological Health & Traumatic Brain Injury

Provides information on psychological health and traumatic brain injury issues. Individuals will speak to trained, professional health resource consultants.

(866) 966-1020 Hours: 24/7

The Homeless Veteran Hotline

Helps connect individuals with Veteran Administration services to overcome or prevent homelessness for the individual or a Veteran.

(877) 424-3838 Hours: 24/7

Military OneSource

Department of Defense-funded program providing comprehensive information on every aspect of military life at no cost to active duty, Guard and reserve service members, and their families. Information includes, but is not limited to, deployment, reunion, relationships, grief, spouse employment and education, and parenting and childcare.

(800) 342-9647

Spanish language assistance: (877) 888-0727 Hours: 24/7

Veteran's Assistance Commission of Will County

Veteran's financial assistance, employment assistance program, combat veteran counseling, homeless veteran prevention program, and Department of Veteran's affair Compensation/Pension.

2400 Glenwood Ave. Suite 110

Joliet, IL 60435

(815) 740-8389

Email: vacwc@willcountyillinois.com

Support Groups/Special Populations

Some support groups and resources for special populations are listed. There are many others. Search online to find support groups near you.

Caregivers for those with Disabilities

Easter Seals

Tuesdays

11 AM

212 Barney Drive, Joliet.

You are welcome to join us for a time of education, sharing, caregiver support, and to enjoy the company of other caregivers.

Bipolar Disorder/Depression Support

Depression and Bipolar Support Alliance (DBSA)

55 E Jackson Blvd, Suite 490

Chicago, IL 60604

P: (800) 826-3632

F: (312) 642-7243

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

The Depression and Bipolar Support Alliance - Greater Chicago (DBSA-GC) is a self-help organization offering support and education to those with mood disorders, their families, and friends.

Family Support Groups

NAMI Family Support Groups (Online)

The Family Support Group is for family and friends who support anyone with a mental health diagnosis or mental health concerns. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who have been there.

2nd and 4th Wednesday of the month at 7:00 PM

Note: Registration for Wednesday session ends at 4:30pm on day of the session.

Register Online:

<https://namiillinois.org/online-support-group-registration-information/>

Grief Support Group

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

Mental Illness Support Groups

NAMI Connection Support Groups (Online)

NAMI Connection Recovery Support Group is a free, peer-led support group for adults living with mental illness. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who have been there.

Every Monday and Thursday at 7 PM

Note: Registration ends at 4:30pm on the day of the session.

Register Online:

<https://namiillinois.org/online-support-group-registration-information/>

Parents Support Group

NAMI Parents Support Groups (Online)

The Parents Support Group is for parents of anyone with a mental health diagnosis or mental health concerns. You will gain insight from hearing the challenges and successes of others, and the groups are led by NAMI-trained facilitators who have been there.

Every First and Third Friday of the month at 7:00 PM

Note: Registration ends at 4:30pm on the day of the session.

LGTBQ Support Group

NAMI LGBTQ+ Connection Recovery Support Groups (Online)

LGBTQ+ NAMI Connection Recovery Support Group is a free, peer-led support group designed for any adult (18+) in the LGBTQ+ community who has a mental health condition. Members of the LGBTQ+ population face a set of challenges unique to us as a group specifically, which is why this particular NAMI Connection group demographic is being formed.

Tuesdays from 7 to 8:30 p.m.

Note: Zoom Online — Must register in advance

COPING

Coping skills are critical when managing stressful situations. There are two different types of coping skills, productive and nonproductive.

Productive coping strategies include:

Positive thinking: "Things will be ok."

Maintaining social support: Contact loved ones.

Compartmentalizing the problem: Putting it out of your mind

Humor: Laughter can be good medicine.

Spiritual support seeking: Religious leaders.

Seeking relaxing diversions: Anything healthy.

Nonproductive coping strategies include:

Negative thinking: "It won't work out."

Self-blame: "It's my fault."

Worry: Inability to stop thinking about the event.

Tension reduction: Drugs or alcohol.

Not coping to the point of illness

Productive coping strategies contribute more to good mental health than nonproductive coping strategies.

COPING SKILLS



MEDITATE



EXERCISE



WRITE JOURNAL



DRAW



LISTEN TO MUSIC



TAKE A BATH



PLAY WITH PET



ENJOY NATURE



CLEAN THE HOUSE



READ A BOOK



USE AROMATHERAPY



PLAY GAME



COOK A MEAL



KNITTING



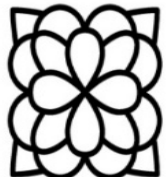
PRAY



FINDING HUMOR



MAKE A GRATITUDE LIST



COLORING



GARDENING



DO YOGA



GET ENOUGH SLEEP



ACCEPT A CHALLENGE



DRINK TEA



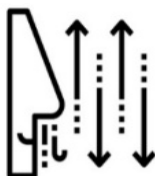
SQUEEZE A STRESS BALL



PLAY MUSICAL INSTRUMENT



ASK FOR HELP



PRACTICE DEEP/SLOW BREATHING



EAT HEALTHY FOOD



LIMIT CAFFEINE



SCHEDULE TIME FOR YOURSELF



CRY



SMILE



TAKE A WALK



DOODLE ON PAPER



GO SEE MOVIE



EAT A LITTLE CHOCOLATE

TIPS FOR HEALTH MANAGEMENT

General

Access social support:

Many people forget that there are individuals in their lives that may provide them with support during difficult times. Contact friends, family, neighbors, coworkers, and church/religious groups.

Sleep:

Try to ensure you get adequate sleep. It may be difficult for a time. Try usual routines before bed and reduce online activity and social media to help your mind turn off.

Eating:

Try to eat well-balanced meals avoiding too much sugar, fats, and caffeine. This not only helps the body, but also the mind.

Exercise:

If it is normal for you to do so, adhere to a light exercise routine. If this is not something you commonly do, consult your doctor.

Self-medication and substance use:

Do not overuse alcohol or resort to misusing prescription or over the counter drugs.

Establishing and maintaining a routine:

A routine with set times may enable you to cope better. Doing familiar things at familiar times can be comforting.

Help on Specific Issues

Note

If you feel as if your issue is severe, to the point where you just cannot manage, please see the previous section on clinical care, crisis lines, and support groups.

If you are suicidal (thinking of killing yourself) or homicidal (thinking of killing someone else) call 9-1-1 immediately.

This is not medical or behavioral clinical care advice; it is simply a collection of solutions and actions that have been cited in the literature as being potentially useful.

If you have questions, please contact your healthcare provider.

Anger (apa.org)

Relaxation

Simple relaxation tools, such as deep breathing and relaxing imagery, can help calm down angry feelings. There are books and courses that can teach you relaxation techniques, and once you learn the techniques, you can call upon them in any situation. If you are involved in a relationship where both partners are hot-tempered, it might be a good idea for both of you to learn these techniques.

Some simple steps you can try:

- Breathe deeply, from your diaphragm; breathing from your chest won't relax you. Picture your breath coming up from your "gut."
- Slowly repeat a calm word or phrase such as "relax," "take it easy." Repeat it to yourself while breathing deeply.
- Use imagery; visualize a relaxing experience, from either your memory or your imagination.
- Nonstrenuous, slow yoga-like exercises can relax your muscles and make you feel much calmer.

Practice these techniques daily. Learn to use them automatically when you're in a tense situation.

Cognitive Restructuring

Simply put, this means changing the way you think. Angry people tend to curse, swear, or speak in highly colorful terms that reflect their inner thoughts. When you're angry, your thinking can get very exaggerated and overly dramatic. Try replacing these thoughts with more rational ones. For instance, instead of telling yourself, "oh, it's awful, it's terrible, everything's ruined," tell yourself, "it's frustrating, and it's understandable that I'm upset about it, but it's not the end of the world and getting angry is not going to fix it anyhow."

Be careful of words like "never" or "always" when talking about yourself or someone else. "This !&*%@ machine never works," or "you're always forgetting things" are not just inaccurate, they also serve to make you feel that your anger is justified and that there's no way to solve the problem. They also alienate and humiliate people who might otherwise be willing to work with you on a solution.

Remind yourself that getting angry is not going to fix anything, and it won't make you feel better (and may actually make you feel worse).

Logic defeats anger because anger, even when it's justified, can quickly become irrational. So, use cold hard logic on yourself. Remind yourself that the world is "not out to get you," you're just experiencing some of the rough spots of daily life. Do this each time you feel anger getting the best of you, and it'll help you get a more balanced perspective. Angry people tend to demand things: fairness, appreciation, agreement, willingness to do things their way. Everyone wants these things, and we are all hurt and disappointed when we don't get them, but angry people demand them, and when their demands aren't met, their disappointment becomes anger. As part of their cognitive restructuring, angry people need to become aware of their demanding nature and translate their expectations into desires. In other words, saying, "I would like" something is healthier than saying, "I demand" or "I must have" something. When you're unable to get what you want, you will experience the normal reactions—

frustration, disappointment, hurt—but not anger. Some angry people use this anger as a way to avoid feeling hurt, but that doesn't mean the hurt goes away.

Problem Solving

Sometimes, our anger and frustration are caused by very real and inescapable problems in our lives. Not all anger is misplaced, and often it's a healthy, natural response to these difficulties. There is also a cultural belief that every problem has a solution, and it adds to our frustration to find out that this isn't always the case. The best attitude to bring to such a situation, then, is not to focus on finding the solution, but rather on how you handle and face the problem.

Plan and check your progress along the way. Resolve to give it your best, but also not to punish yourself if an answer doesn't come right away. If you can approach it with your best intentions and efforts and make a serious attempt to face it head-on, you will be less likely to lose patience and fall into all-or-nothing thinking, even if the problem does not get solved right away.

Better Communication

Angry people tend to jump to—and act on—conclusions, and some of those conclusions can be very inaccurate. The first thing to do if you're in a heated discussion is slow down and think through your responses. Don't say the first thing that comes into your head, but slow down and think carefully about what you want to say. At the same time, listen carefully to what the other person is saying and take your time before answering.

Listen, too, to what is underlying the anger. For instance, you like a certain amount of freedom and personal space, and your "significant other" wants more connection and closeness. If he or she starts complaining about your activities, don't retaliate by painting your partner as a jailer, a warden, or an albatross around your neck.

It's natural to get defensive when you're criticized, but don't fight back. Instead, listen to what's underlying the words: the message that this person might feel neglected and unloved. It may take a lot of patient questioning on your part, and it may require some breathing space, but don't let your anger—or a partner's—let a discussion spin out of control. Keeping your cool can keep the situation from becoming a disastrous one.

Using Humor

"Silly humor" can help defuse rage in a number of ways. For one thing, it can help you get a more balanced perspective. When you get angry and call someone a name or refer to them in some imaginative phrase, stop and picture what that word would literally look like. If you're at work and you think of a coworker as a "dirtbag" or a "single-cell life form," for example, picture a large bag full of dirt (or an amoeba) sitting at your colleague's desk, talking on the phone, going to meetings. Do this whenever a name comes into your head about another person. If you can, draw a picture of what the actual thing might look like. This will take a lot of the edge off your fury; and humor can always be relied on to help unknot a tense situation.

What these techniques have in common is a refusal to take yourself too seriously. Anger is a serious emotion, but it's often accompanied by ideas that, if examined, can make you laugh.

Changing Your Environment

Sometimes it's our immediate surroundings that give us cause for irritation and fury. Problems and responsibilities can weigh on you and make you feel angry at the "trap" you seem to have fallen into and all the people and things that form that trap.

Give yourself a break. Make sure you have some "personal time" scheduled for times of the day that you know are particularly stressful. One example is the working mother who has a standing rule that when she comes home from work,

for the first 15 minutes "nobody talks to Mom unless the house is on fire." After this brief quiet time, she feels better prepared to handle demands from her kids without blowing up at them.

Some Other Tips for Easing Up on Yourself

Timing: If you and your spouse tend to fight when you discuss things at night—perhaps you're tired, or distracted, or maybe it's just habit—try changing the times when you talk about important matters, so these talks don't turn into arguments.

Avoidance: If your child's chaotic room makes you furious every time you walk by it, shut the door. Don't make yourself look at what infuriates you. Don't say, "well, my child should clean up the room, so I won't have to be angry!" That's not the point. The point is to keep yourself calm.

Finding alternatives: If your daily commute through traffic leaves you in a state of rage and frustration, give yourself a project—learn or map out a different route, one that's less congested or more scenic. Or find another alternative, such as a bus or commuter train.

Anxiety (<https://adaa.org/>)

Take a time-out

Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from the problem helps clear your head.

Eat well-balanced meals

Do not skip any meals. Do keep healthful, energy-boosting snacks on hand.

Limit alcohol and caffeine

Both can aggravate anxiety and trigger panic attacks.

Get enough sleep

When stressed, your body needs additional sleep and rest.

Exercise daily

Helps you feel good and maintain your health.

Take deep breaths

Inhale and exhale slowly.

Count to 10 slowly

Repeat, and count to 20 if necessary.

Do your best

Instead of aiming for perfection, which isn't possible, be proud of however close you get.

Accept that you cannot control everything

Put your stress in perspective: Is it really as bad as you think?

Welcome humor

A good laugh goes a long way.

Maintain a positive attitude

Try to replace negative thoughts with positive ones.

Get involved

Volunteer or find another way to be active in your community, which creates a support network and gives you a break from everyday stress.

Learn what triggers your anxiety

Is it work, family, school, or something else you can identify? Write in a journal when you're feeling stressed or anxious and look for a pattern.

Talk to someone

Tell friends and family you're feeling overwhelmed and let them know how they can help you. Talk to a physician or therapist for professional help.

Depression (<https://adaa.org/>)

Take care of your physical health

Get active! It is important to get 30 minutes of physical activity daily. This can be anything from yoga, walking, jogging, walking stairs, a stroll around the block, gardening. If this is too daunting, start with 10-15 minutes a day and add 5 minutes to each day.

Nourish your body--make sure you eat well-balanced meals.

Sleep...getting adequate sleep is important for our physical wellbeing, mental acuity, and concentration

Take a closer look at your thoughts

Write down recurring thoughts...negative thoughts about oneself, one's future, and the world are common; these thoughts are often distortions that feel real and often perpetuate unhelpful behaviors. By writing down these thoughts, one can begin to see the distortions a bit more clearly.

Challenge the distortions- is it accurate? Or does it just feel real? Are you considering the evidence? Does it help to think this way?

Limit rumination- rumination and depression go hand in hand; rumination is a type of thinking where you rehash a moment over and over again; you can learn to limit rumination by being more aware of it and redirecting yourself towards doing something more helpful. For example, when you are aware that you are ruminating, take notice of you are doing and what is around you. And ask yourself "what is one thing that I can do right now that is good for me?"

Identify unhelpful behaviors and replace them with healthy, helpful behaviors

Build a sense of mastery-this involves setting realistic, achievable goals daily; rather than tackling big ticket items, break them down into smaller, more manageable units. This sense of mastery will also help to chip away at the unhelpful distortions.

Reduce avoidance/procrastination—this will also promote a sense of accomplishment and self-efficacy

Avoid making big decisions or contemplating major life decisions during this time

Engage in healthy joyful activities—this can involve something as small as brewing a nice cup of tea, listening to a favorite song, sending an email/text to a friend, dancing in your own space

Stay connected to friends and family- it might help to let them know what you are experiencing and how they can help.

Practice self-compassion--being harsh or overly critical is not helpful, give yourself some grace and kindness.

Review micro-successes daily—when feeling depressed, it is easy to overlook successes and accomplishments. Hence, being intentional in reviewing these moments can help offset the feelings of failure and hopelessness.

If you are experiencing severe depressive symptoms, it may be time to seek out professional help. Signs of severe depression include:

- Symptoms that are intense, paralyzing, and/or unrelenting (last months)
- Inability to care for yourself (basic needs) or attend to daily responsibilities or relationships
- Symptoms that are accompanied by substance abuse, self-harm, and/or thoughts of suicide

Grief

5 Stages: <https://www.helpguide.org/>

Denial: “This can’t be happening to me.”

Anger: “Why is this happening? Who is to blame?”

Bargaining: “Make this not happen, and in return I will”

Depression: “I’m too sad to do anything.”

Acceptance: “I’m at peace with what happened.”

Turn to friends and family members. Now is the time to lean on the people who care about you, even if you take pride in being strong and self-sufficient. Rather than avoiding them, draw friends and loved ones close, spend time together face

to face, and accept the assistance that's offered. Often, people want to help but don't know how, so tell them what you need—whether it's a shoulder to cry on, a listening ear, or just someone to hang out with. If you don't feel you have anyone you can regularly connect with in person, it's never too late to [build new friendships](#).

Grief

Management: <https://www.helpguide.org/>

Accept that many people feel awkward when trying to comfort someone who's grieving

Grief can be a confusing, sometimes frightening emotion for many people, especially if they haven't experienced a similar loss themselves. They may feel unsure about how to comfort you and end up saying or doing the wrong things. But don't use that as an excuse to retreat into your shell and avoid social contact. If a friend or loved one reaches out to you, it's because they care.

Draw comfort from your faith

If you follow a religious tradition, embrace the comfort its mourning rituals can provide. Spiritual activities that are meaningful to you—such as praying, meditating, or going to church—can offer solace. If you're questioning your faith in the wake of the loss, talk to a clergy member or others in your religious community.

Join a support group

Grief can feel very lonely, even when you have loved ones around. Sharing your sorrow with others who have experienced similar losses can help. To find a bereavement support group in your area, contact local hospitals, hospices, funeral homes, and counseling centers, or see the links below. See previous section on support groups.

Talk to a therapist or grief counselor

If your grief feels like too much to bear, [find a mental health professional](#) with experience in grief counseling. An experienced therapist can help you work through intense emotions and overcome obstacles to your grieving. See previous section on clinical care.

Medications

Take your medicine.

If you have been prescribed medication for a condition, especially one that is mental health related, please be sure to take it exactly as it is prescribed and do not stop without consulting your doctor.

Traumatic Stress (nami.org)

Breathe Slowly and Deeply

This is a free and portable tool to use anytime and anywhere. Make sure you inhale through your nose and exhale for longer than you inhale, either through your nose or through pursed lips. A suggested rhythm is to inhale for four counts, hold for two and exhale for six to eight counts. By doing this you are activating the part of your nervous system that helps your body calm itself. This can help you to think clearly and return to the present moment.

Validate Your Experience

What you have experienced is real and hurtful. Having the name or context of traumatic stress/PTSD lets you know you that how you feel is not your fault. There is nothing “wrong” with you. What you’re going through is actually a normal response to abnormal experiences. It’s important to remind yourself of this as you go through challenging symptoms because self-validation is an important piece of healing.

Focus on Your Five Senses (5-4-3-2-1)

Start with five different things you see (the trees outside the window), hear (the buzzing of the air conditioner), sense with your skin (my collar on my neck or a warm breeze on my arms), taste (the lingering of coffee on my tongue), and smell (stale air or perfume). Then notice four of each, then three of each, and so on. Be as specific about these items as you can to make you really concentrate on external factors and to get out of your head. Pay attention to things like shape, scent, texture and color. You will probably be back to the present moment before you even realize it.

Think Positively for 12 Seconds

Bring to mind something positive. Such as a beautiful flower, a sunset, a smile on someone's face or a compliment from a friend or colleague. And really focus on it for 12 seconds. Breathe and notice its impact on your body and emotions. According to neuropsychologist [Dr. Rick Hanson](#), it only takes 12 seconds for the creation of new neuron connections. These positive experiences have the ability to replace stress/fear-based thinking and coping.

Use a Gravity or Weighted Blanket

A symptom of PTSD is sleep disturbances (which includes insomnia), nightmares, flashbacks and high anxiety. Not getting enough of the type of sleep you need can cause you to have problems concentrating, leading to difficulties at work and/or school. It can lead to irritability, negatively impacting important relationships. There is [research](#) to show that using a [weighted blanket](#), which simulates being held or hugged safely and firmly, can assist in reducing anxiety and insomnia.

Laugh

According to recent research [laughter](#) really is medicine and is now being used more commonly as a therapeutic method. It is proven to reduce stress by releasing specific hormones that boost your immune system and rewire your brain. So, have a go-to funny video to watch when you're feeling stressed or anxious.

THE FUTURE/EDUCATION, PREVENTION

When you recover from this event, please understand the opportunity to improve in preparation for the possibility of another stressful life event or complications in your current condition.

If you already have a counselor or other health professional, please discuss this topic with them and create a plan in advance in case another event occurs. It is always easier to be prepared to manage an event rather than dealing with it as it comes.

Helpful ideas include:

Assess your current situation after the event

What helped you get through it?

Example: Family interaction.

What made things more challenging?

Example: Alcohol use.

How can you improve?

Example: Get closer to my family and reduce alcohol use.

Protective strategies

How can you protect yourself from it happening again?

Example: Understand trigger events.

Do you know as much as you can about protecting yourself from the issue? If not, where can you find more information?

Example: Research your condition or issue.

Coping Strategies

If another event occurs, how will you manage it?

Example: Talking to my religious leader.

Social Support

Do you have important people in your social circle to turn to? If not, how do you get them?

Do you know how to contact them?

Example: Mother, Father, Siblings, Friends.

The National Institutes of Mental Health (NIMH) is an excellent source of information. They provide free information regarding all sorts of mental health challenges. Visit <https://www.nimh.nih.gov/>.

Improvement Plan

Assess your current situation (how are you now?)

Protective Strategies (prevent another issue)

Coping Strategies (have more than one)

Social Support (who can I call for help?)

HOSPITAL INFORMATION

Franciscan Health Olympia Fields

20201 South Crawford Ave.

Olympia Fields, IL 60461

(708) 747-4000

www.franciscanhealth.org



Franciscan St. Margaret Health Dyer

24 Joliet St.

Dyer, IN 46311

(219)865-2141

www.franciscanhealth.org



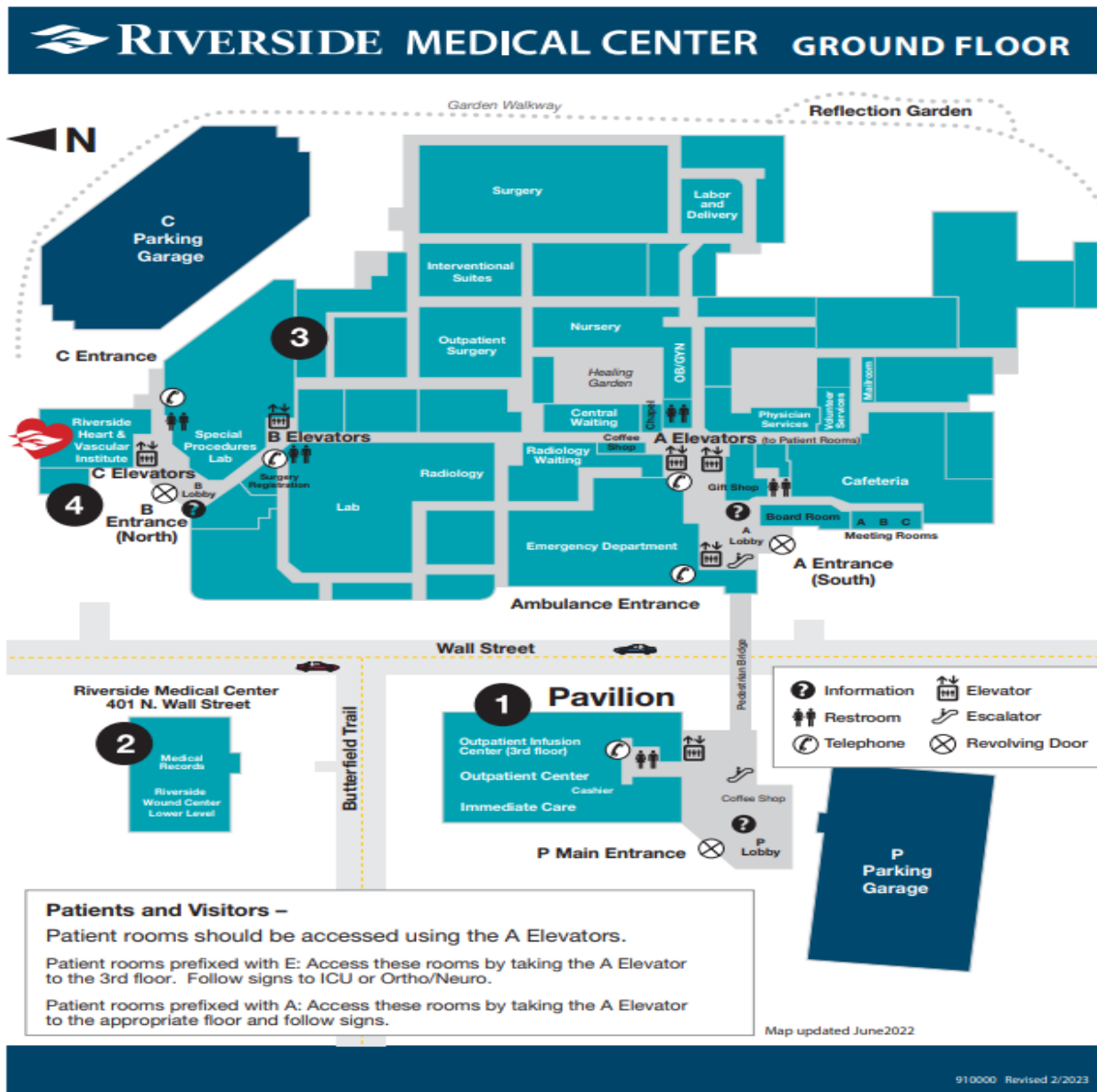
Riverside Medical Center

350 N. Wall St.

Kankakee, IL 60901

(815) 933-1671

www.riversidehealthcare.org



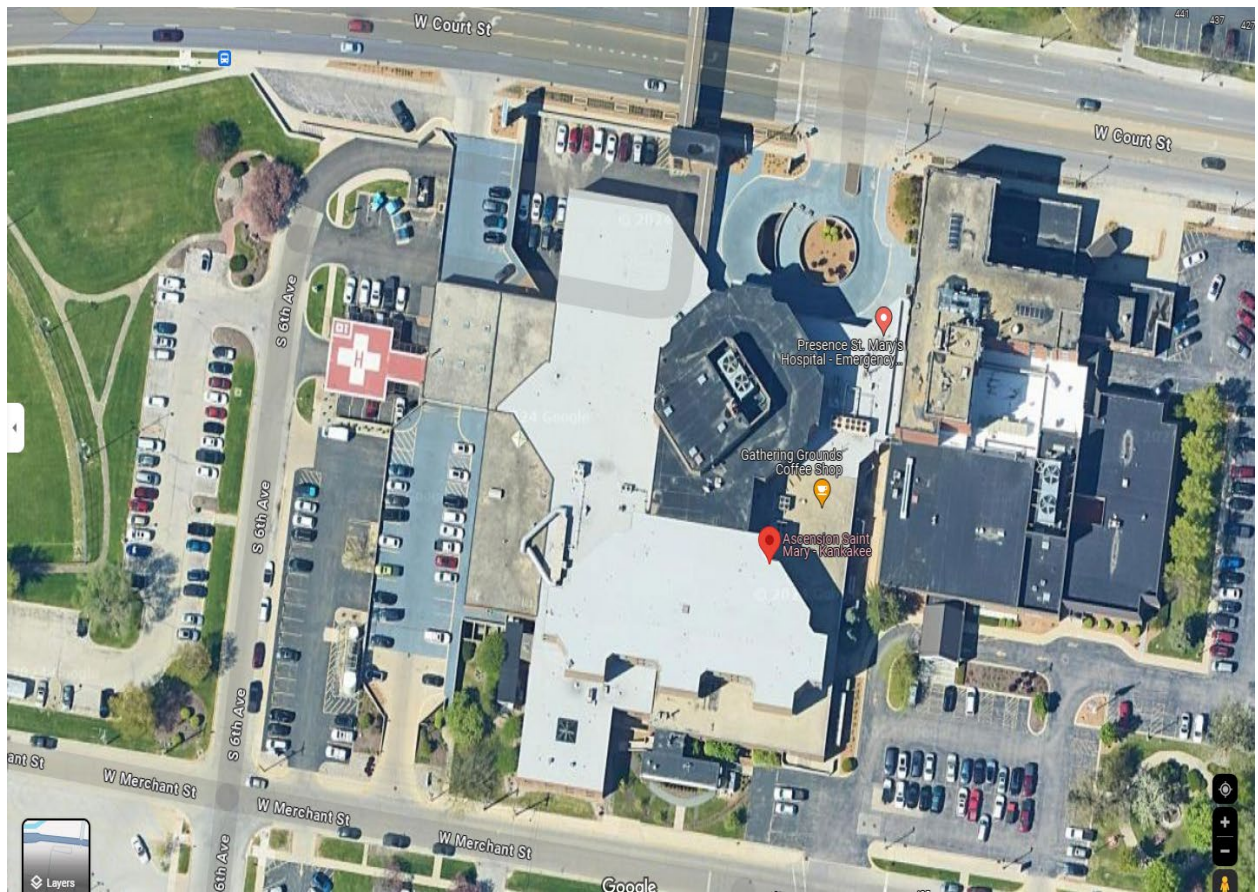
Ascension St. Mary's Hospital

500 W. Court St.

Kankakee, IL 60901

(815) 937-2400

www.healthcare.ascension.org



Bring these items:

- 1.** Insurance/Medicare Information
- 2.** Photo Identification
- 3.** Medication Lists
- 4.** Advance Health Care Directives
- 5.** Medical History
- 6.** Physician information
- 7.** Money for food, etc.
- 8.** Cell Phone
- 9.** Wallet/Purse
- 10.** Paper & Pen
- 11.** Phone numbers for Support Contacts
- 12.** Phone/Laptop/Tablet

In most instances, family will enter through the Emergency Department entrance. They will check in at the front desk with the receptionist. It may be necessary to wait until someone comes to get you provide you with information.

FOOD PANTRIES

(foodpantries.org)

Northern Illinois Food Bank - Joliet

Contact Information

171 S Larkin Ave

Joliet, IL 60436

Phone: (815) 846-1041

Fax Number: (815) 730-3831

Northern Illinois Food Bank is a non-profit organization that engages the community in a commitment to feed our hungry neighbors. Across 13 counties, food manufacturers, local groceries, corporations, foundations, and individuals come together to donate food and funds, and evaluate and repack food for distribution to our more than 600 network partners - the food pantries, soup kitchens, shelters and youth and senior feeding programs that serve more than 60,000 different people each week.

Warren Sharpe Community Center - Food Pantry

Contact Information

454 S. Joliet Street

Joliet, IL 60436

Phone: (815) 722-2727

Fax Number: (815) 722-0801

Pantry Hours:

Tuesday 10:30AM – 2 PM

Summer Hours: June & July: Tuesdays 3 PM – 5 PM

You may visit the food pantry once per month. Please bring your ID or other document showing your address in Will County.

Please bring your own bags or boxes to pack up your food.

Note: If you need assistance carrying boxes or bags to your vehicle it is best to bring someone with you.



Alicia's House

Alicia's House

17 Paulsen Ave.

South Chicago Heights, IL 60411

Hours of operation:

9 AM – 11 AM Every Tuesday (Except Holidays)

Contact Us:

Alicia's House

P.O. Box 1232

Beecher, IL 60401 Phone: 708-946-3002

E-mail: aliciashousepantry@sbcglobal.net



WASHINGTON TOWNSHIP FOOD PANTRY

The Washington Township Food Pantry was established to help residents who are in need or experiencing financial hardships. Food is provided through the generosity of our residents and from the many caring businesses and organizations within our township. Donations are always welcome and can be dropped off at the Washington Township Center on Monday thru Friday from 9 am - 3 pm.

Please note the Food Pantry will also accept paper products, personal hygiene products and pet food.

The pantry is open on the 2nd & 4th Wednesday of each month from 9 am - 11 am and available by appointment.

Please call Tim at (815) 953-7067 for additional details or if you need assistance.



Faith Church Food Pantry

BEECHER

4th Tuesday of the month 4:30PM

Mobile food pantry distributing food and supplies

201 E. Church Rd.

Beecher, IL 60401 (708) 946-2545



St. Luke's Food Pantry

2nd and 4th Saturday of the month 9am-11am

725 Penfield St.

Beecher, IL 60401 (708) 946-6688

Beecher Fellowship Baptist Church

3rd Saturday of the month 9am-11am

1160 Romans Rd.

Beecher, IL 60401 (708) 946-6020



Sharing Our Talents - Changing Lives - Paying It Forward!

THE KICKING IT BACK CENTER (Another great local resource)

522 Gould St.

Beecher, IL 60401 (708) 231-6289 or (224) 688-1191

www.thekickingitbackcenter.org

The Kicking it Back Center is a non-profit organization that offers local residents senior programs, youth programs, exercise programs, karate, guitar lessons (call for availability and details) and other activities at no cost.

The Kicking it Back Center encourages residents to join them for a little social time. You choose what you would like to do. Workout on the machines, play a game, do a puzzle, sit and chat, have a cup of coffee, or watch TV.

They also encourage residents to stop by during their scheduled activities to learn what they are all about.



WASHINGTON TOWNSHIP

Services available to our Residents:

General Assistance

Emergency assistance &

General Assistance Advocacy for those in need with governmental and social service agencies

Washington Township Dial-A-Ride Transportation

Call our office at (708) 946-2026 to learn about our free transportation programs for our *seniors and disabled residents*.

Food Pantry

Our Food Pantry is open on the 2nd & 4th Wednesday of each month from 9 am - 11 am and available by appointment. Please call Tim at (815) 953-7067 for additional details or if you need assistance.

Temporary & Permanent Disability Parking Placards & Medical Closet

Call our office for details.

(708) 946-2026

MISSIONS, SHELTERS, JOB SEARCH

MorningStar Mission Ministries Inc.

350 East Washington Street
Joliet, IL 60433

Contact

(815) 722-5780

EMERGENCY SHELTER

The Emergency Shelter provides emergency, overnight shelter for men 18 years old and older, 7 days a week, 365 days a year. Provides a warm, clean, safe place to sleep. Our facility holds 22 bunk beds; showers, laundry service, meals and chapel services are provided.

Address: 360 E. Washington St., Joliet, IL 60433

Requirements: Must be 18 years or older and have a current ID

Hours of Operation: 6 PM–7 AM

Hope House

Hope House provides transitional housing for graduates of the 180 Men's Residential Recovery Program who need additional time for recovery. For more information, please contact us.

Requirements: Must be employed or attending school full-time

Cafe:

At MorningStar Mission's East Side Café, we serve an ever-increasing number of homeless and at-risk guests in the Joliet community. We offer three warm meals six days a week and two meals on Sundays. MorningStar is the only agency in Will County to do so. Every year, the East Side Café serves more than 150,000 meals.

Open to the public:

Monday -Saturday: 7 AM-8 AM, 12 PM-1 PM, 5 PM-6 PM.
Sunday: 7 AM-8 AM, 5 PM-6 PM

Groundwork Domestic Violence Program

DOMESTIC VIOLENCE

24-HOUR HOTLINE:

(815) 729-1228

Groundwork Provides:

24-hour Confidential Hotline Emergency Shelter

Individual Counseling for Adults & Children *English & Spanish

Group Counseling for Adults & Children

*English & Spanish

Domestic Violence Education Program (for survivors referred from child welfare or legal system) *English & Spanish

Legal Advocacy

Will and Grundy Courthouses

Medical Advocacy

Will and Grundy area hospitals and emergency departments

Prevention Education

Community Presentations

Catholic Charities Daybreak Center

611 East Cass Street

Joliet, IL 60432

Contact

(815) 774-4663

Daybreak Center operates 24-hours a day, 365 days a year and provides emergency housing, and supportive services to individuals and families who are homeless.

Some participants in the program need short-term housing, as a result of a situational crisis. Others need support services as they work to reestablish permanent housing.

Homelessness prevention services are also provided to individuals and families who are at risk of losing their homes.

(Youth under the age of 18 are not admitted except when accompanied by a parent or legal guardian.)

At Daybreak Center We Offer...

A safe and clean environment

Comprehensive case management, coordination and assisted access of community resources

Educational assessments, services and assistance enrolling in educational classes (GED and ESL – English as a second language)

Employment assessments, programs and access to employment search office equipment

Healthy living workshops

Group support meetings

Depending on limited available resources, individuals and families may also apply for financial assistance for rent or a mortgage, temporary housing, food, utilities, prescriptions, transportation and other miscellaneous needs

Referrals and access to HELP Food Pantry

Closed A.A. meetings at 4 PM Friday, non-smoking, open to the public

N.A. meetings at 8 PM Wednesday, non-smoking, open to the public

Shepherd's Table

Feeding members of the community who are hungry and unable to provide for themselves by offering a free mid-day meal.

Shepherd's Table is also used as a warming and cooling center during extreme weather.

New Beginnings Permanent Supportive Housing

New Beginnings is a permanent housing program that provides a safe living environment to chronically homeless and disabled men. Clients reside in an independent living setting. All tenants must meet eligibility criteria. This program is limited to availability of housing.

Criteria:

- At least 18 years-old
- Have an income (tenants pay 30% for rent)
- Fit the HUD definition of "chronically homeless"
- Must have a documented disability

New Day Drop-In Center

364 E. Washington St
Joliet, IL - 60433

Contact

(815) 722-5780

Hours of operation: 8 AM - 11:45 AM., 1 PM - 4:45 PM

The New Day Drop-In Center offers a wide variety of services for men, women and children who are low-income or are experiencing homelessness. The center's mission is to give guests a safe place to be during the day with heating and cooling and provide services that preserve human dignity and promote positive direction.

Available services include:

Computer Learning Center, including access to computers, email, phones, word processing and a copier

Referrals to community resources, and case management to provide advocacy.

Job search assistance. This includes help writing, typing, editing and printing resumes; assistance with online job searches and applications; and assistance with interviewing skills and job development through Will County's Job Force Development Council, IDES and Illinois Skill Match.

Individual training on navigating the internet and using email

Education on adult daily living skills

Housing information and assistance with rental applications. Specialized intakes are available for veterans and people with disabilities

Medical and social referrals to medical facilities and social service agencies

Access to Bibles and Christian materials, as well as Christian movies and other movies suitable for the family

Emergency vouchers for clothing and furniture are redeemable at our Treasure Chest Thrift Stores

USEFUL APPS

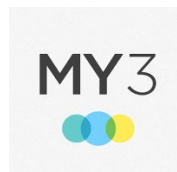
(<https://www.psycom.net/>)

There are many apps available for smartphones and tablets to help with mental help issues. Most of the apps listed are FREE and some require payment.

Remember, the Beecher Fire Protection District does not endorse these apps, it is simply a sample of potential useful apps. Contact your healthcare provider for more information.

Suicide Prevention

MY3



Designed to help those stay safe while having thoughts of suicide, [MY3](#) is free and lets you customize your own personal safety plan by noting your warning signs, listing coping strategies, and connecting you to helpful resources to reach out to when you need them most. At your fingertips is a button that puts you in direct contact (24 hours a day, 7 days a week) with a trained counselor from the National Suicide Prevention Lifeline as well as a 911 alert. Additionally, you can choose three people to contact in the event you're having thoughts of suicide. (Free; [iOS](#) and [Android](#)).

notOK



Not OK is a free app developed by a struggling teenager (and her teen brother) for teenagers. The app features a large, red button that can be activated to let close friends, family and their support network know help is needed. Users can add up to five trusted contacts as part of their support group so when they hit the digital panic button, a message along with their current GPS location is sent to their contacts. The message reads: “Hey, I’m not OK! Please call, text, or come find me.” (Free; iOS and Android).

What’s Up



What’s up is an amazing free app that uses [Cognitive Behavioral Therapy \(CBT\)](#) and Acceptance Commitment Therapy (ACT) methods to help you cope with Depression, Anxiety, Stress, and more. Use the positive and negative habit tracker to maintain your good habits, and break those that are counterproductive. We particularly love the “Get Grounded” page, which contains over 100 different questions to pinpoint what you’re feeling, and the “Thinking Patterns” page, which teaches you how to stop negative internal monologues. Try it out for yourself. (Free; [iOS](#) and [Android](#)).

Addiction

Twenty-Four Hours a Day



Based on the best-selling book of the same name, *Twenty-Four Hours a Day* offers 366 meditations from the book, making it easier for people in recovery from addiction to focus on sobriety wherever they are. (Free iOS and Android).

Quit That! – Habit Tracker



Quit That! is a completely free app that helps users beat their habits or addictions. Whether you're looking to stop drinking alcohol, quit smoking, or stop taking drugs, it's the perfect recovery tool to track and monitor your progress. Track as many vices as you want and find out how many minutes, hours, days, weeks, or years it's been since you quit. (Free; iOS)

Anxiety

Those with chronic anxiety know the feeling: The angst is always there—lurking around like a stage-five clinger. It's the kind of condition that, for the 40 million adults in the United States age 18 and older who have an anxiety disorder, can be all-consuming when left to its own devices. But anxiety can also be manageable once you learn how to work through all that worry. Seeking help from a mental health professional is the best way to manage anxiety, but the following apps are great tools to use along the way—like reminding you to focus on your breathing to get out of a vicious thought cycle.

MindShift



MindShift is one of the best mental health apps designed specifically for teens and young adults with anxiety. Rather than trying to avoid anxious feelings, Mind Shift stresses the importance of changing how you think about anxiety. Think of this app as the cheerleader in your pocket, encouraging you to take charge of your life, ride out intense emotions, and face challenging situations. (Free; iOS and Android).

Self-Help for Anxiety Management (SAM)



SAM might be perfect for you if you're interested in self-help, but meditation isn't your thing. Users are prompted to build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behavior over time and learn 25 different self-help techniques. You can also use SAM's "Social Cloud" feature to confidentially connect with other users in an online community for additional support. (Free; iOS and Android)

CBT Thought Record Diary



The centerpiece of cognitive-behavioral therapy is changing your emotions by identifying negative and distorted thinking patterns. You can use CBT Thought Record Diary to document negative emotions, analyze flaws in your thinking, and reevaluate your thoughts. This is a great app for gradually changing your approach to anxiety-inducing situations and your thinking patterns for future situations. (Free; iOS and Android)

Bipolar Disorder

Just like its name suggests, bipolar disorder is characterized by polar opposite mood swings that go from extreme highs to the lowest of lows. It's a largely genetic condition that affects up to 5.7 million adults. While bipolar disorder is a serious mental health condition that requires medication and psychotherapy, along with those treatments, apps can be a useful tool to help those with the condition understand and track their moods, identify triggers, and get a handle on the severity of their symptoms. For more help and information about the condition, contact the Depression and Bipolar Support Alliance (DBSA), which offers online and in-person support groups, or the International Bipolar Association Crisis Line at 1-800-273-TALK (8255).

IMoodJournal



Part personal journal and part mood tracker, IMoodJournal can be used to record everything from mood and symptoms, to sleep, medications, and energy cycles. By tracking these various factors, you're able to analyze your daily feelings through summary charts that indicate where your stress levels rise and fall. (\$2.99; iOS and Android)

eMoods



eMoods is a mood tracking app designed specifically for people with bipolar disorder. Throughout the day, users can track depressive and psychotic symptoms, elevated mood, and irritability and give an indication of the severity of their symptoms. Users can then see their mood changes on a color-coded monthly calendar and even export a monthly summary report to identify specific triggers and better understand their fluctuating mood. (Free; iOS and Android)

Depression

If you have depression, life can seem like a giant pit of quicksand that's constantly pulling you under with no way out. Let's just say, it's a heavy state of being. And it's also one of the most common mental health conditions, affecting about 350 million people. If left alone, depression can continue to linger and linger, taking a toll on your quality of life. But there is a bright side: It's treatable. Seeking help from a mental health professional is the first step. And for those in therapy, there are also some good apps that can do everything from helping to boost your mood to connecting you with a trained professional who can offer virtual counseling. If you are struggling or in crisis, call the National Suicide Prevention Lifeline 1-800-273-TALK (8255).

Talkspace Online Therapy



Can't afford to visit a therapist but still wish you had one to talk to? Talkspace makes that possible. Starting at \$65 per week, you can text message a trained professional as often as you need and receive responses daily. They also offer services for individuals and couples, so if your significant other wants to learn how to support you through your depression, they can download the app too. (Various plans available ranging from \$65 to \$99/week; iOS and Android).

Happify



Need a happy fix? With its psychologist-approved mood-training program, the Happify app is your fast-track to a good mood. Try various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts. The best part? Its free! (Free; iOS and Android).

MoodTools



MoodTools aims to support people with clinical depression by aiding the path to recovery. Discover helpful videos that can improve your mood and behavior, log and analyze your thoughts using Cognitive Behavioral Therapy (CBT) principles, develop a suicide safety plan and more with this free app. (Free; iOS and Android).

Eating Disorders

Thinking about food, weight, and body image is a constant battle for the millions of Americans with an eating disorder. In fact, it can consume so much of their waking hours that it often gets in the way of daily functioning. For referrals to treatment options, general concerns, or support, call the National Association of Anorexia Nervosa and Associated Disorders Helpline at 630-577-1330. And while you're recovering, the below apps can help foster a better body image and encourage a healthier relationship with food.

Recovery Record



Recovery Record is a great app for anyone recovering from an eating disorder and wanting to develop a more positive body image. Keep a record of the meals you eat and how they make you feel using the app and complete questionnaires that'll help you track your progress over time (Free; iOS and Android).

Rise Up and Recover



Rise Up + Recover is a unique app as it not only allows you to track your meals and how you feel when you eat them, but you can also transcribe your progress into a PDF printout. Pull up the Rise + Recover app on your mobile when you feel the urge to binge or skip a meal and need quick coping strategies. (Free; iOS and Android).

Lifesum



Unlike the other apps featured in this list, Lifesum is a broader resource for all things healthy living. The app allows you to set personal goals, from eating healthier, to building more muscle and getting in more steps each day. You can also enter your own personal data and let Lifesum generate a “Life Score” to get a personalized roadmap to better health. With reminders to drink water and eat regularly throughout the day, Lifesum is a great option for anyone trying to live healthier, but for people with eating disorders, this app can be used to help you redefine how you think about healthy body image. (Free; iOS and Android)

Obsessive Compulsive Disorder (OCD)

Who hasn't left the house only to turn right back again because you're worried you left the iron or the stove or the curling iron on? We're all guilty as charged. But for someone tormented by obsessive-compulsive disorder (OCD), that same worry can persist all day—even after they've gone home to turn off their appliances. OCD, experienced by 2.2 million adults, is characterized by repetitive, unstoppable, intrusive, or obsessive thoughts and irrational urges (compulsions) to do repetitive acts to relieve the anxiety of the obsessions. The obsessions and compulsions can vary greatly. But, with a first-line treatment plan of cognitive-behavioral therapy (CBT) and/ or medication, OCD can be effectively managed. To ease the angst on the regular, the following apps identify triggers, help to navigate a bout of OCD when it strikes and provide easy ways to turn around negative thoughts.

nOCD



nOCD was designed with the help of OCD specialists and patients to incorporate two treatments: mindfulness and Exposure Response Prevention Treatment. You can receive immediate, clinically supported guidance when an OCD episode strikes, take weekly tests to assess the severity of your OCD, and have motivational support along the way. One user calls nOCD “a free therapist in your pocket!” (Free; iOS)

Worry Watch



One of the most frustrating parts of living with Obsessive-Compulsive Disorder can be dealing with intense anxiety despite the fact you know your worries are irrational. Worry Watch aims to help users identify their trigger points for anxiety, note trends in their feelings, reflect on when the outcomes were harmless, and change their thinking patterns for the future. Think of it as your personal, password-protect, worry diary. (\$3.99; iOS).

GG OCD



GG OCD aims to improve OCD symptoms by increasing the user's awareness of negative thoughts and training the brain to push those aside to embrace a more positive outset. The app takes the users through various levels, each consisting of short games around a specific theme. From how to automatically replace negative self-talk with positive thoughts, to belief in change, building self-esteem and more, this app takes its user on a journey towards a healthier thinking pattern. (Free; iOS and Android).

PTSD

Post-Traumatic Stress Disorder (PTSD) is a mental health condition that's triggered by a traumatic event and affects roughly 8 million adults a year. Symptoms can include flashbacks, nightmares, severe anxiety, and uncontrollable thoughts about the event. Left untreated, PTSD can impact daily functioning, which is why getting help from a mental health provider is crucial. If you are suffering from PTSD and need help, call the National Center for PTSD at 1-800-273-8255. Though not a substitute for treatment, the following apps can be useful for those with PTSD to cope with anxiety and anger and find support.

PTSD Coach



Created by the VA's National Center for Post-Traumatic Stress Disorder (PTSD), PTSD Coach offers everything from a self-assessment for PTSD, to opportunities to find support, positive self-talk, and anger management. What's great about this app is that you can customize tools based on your own individual needs and preferences, and integrate your own contacts, photos, and music (Free; iOS and Android).

Breathe2Relax



Sometimes you just need to breathe and remind yourself you are okay. Breathe2Relax is made for just that. Created by the National Center for Telehealth and Technology, this app is a portable stress management tool that teaches users a skill called diaphragmatic breathing. Breathe2Relax works by decreasing the body's 'fight-or-flight' stress response, making it a great option for people suffering from PTSD. (Free; iOS and Android).

Schizophrenia

Schizophrenia is a complex brain disorder that's marked by hallucinations, delusions, bizarre thoughts, and perceptual challenges. Symptoms can vary widely, and it can be very difficult for the person who has it to maintain normal functioning. There's no cure for the disease, and symptoms can come and go—and often require lifelong treatment with medication. To help keep track of symptoms and get a handle on daily life, these apps are great resources.

UCSF PRIME



Schizophrenia patients are prone to social isolation even when their condition is treated. The PRIME app, created by psychiatry professor Danielle Shlosser, connects people with schizophrenia to their peers through a social network style interface. It also lets users track “challenge goals,” things they’d like to accomplish or improve about themselves. (Free; iOS and Android).

Schizophrenia HealthStorylines



Developed in partnership with the Schizophrenia and Related Disorders Alliance of America (SARDAA), the Schizophrenia HealthStorylines app makes it easier for those with schizophrenia to monitor their condition by keeping track of symptoms, medication, and moods. You can set medication and appointment reminders, record questions for your clinician, take note of symptoms, and connect with a support system. (Free; iOS and Android).

Mindfulness & Meditation

From guided meditations, breathing exercises and videos to stories and soothing music, mindfulness and meditation apps are basically the answer to your angsty prayers. Experts believe regular meditation can actually change aspects of brain functioning. And for long-term changes, studies show that it takes about eight weeks of practice to make a real difference. Whether you have five minutes or an entire afternoon, these apps are guaranteed to create a sense of calm in your anxious brain—and all from the comfort of your couch.

Headspace



The Headspace app makes meditation simple. Learn the skills of mindfulness and meditation by using this app for just a few minutes per day. You gain access to hundreds of meditations on everything from stress and anxiety to sleep and focus. The app also has a handy “get some headspace” reminder to encourage you to keep practicing each day. (\$12.99/Month or \$9.99/Year for students; iOS and Android)

Calm



Named by Apple as the 2017 iPhone App of the Year, Calm is quickly becoming regarded as one of the best mental health apps available. Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music. This app is truly universal; whether you’ve never tried meditation before or regularly practice, you’ll find the perfect program for you. (\$12.99/Month; iOS and Android).

Ten Percent Happier



Want to sleep better, find relaxation, be more mindful and, well, ten percent happier? This is the app for you. Ten Percent Happier has a library of 500+ guided meditations on topics ranging from anxiety and stress to parenting and sleep, as well as videos, bite-sized stories, and inspiration you can listen to on the go. New content is added weekly, so you’ll never tire of having to do the same meditative practice again and again (\$12.99/Month; iOS and Android).

HOSPICE CARE

Lightways Hospice

50 Water Stone Circle
Joliet, IL 60431
(815) 740-4104

Founded in 1982 as Joliet Area Community Hospice, Lightways Hospice and Serious Illness Care is an independent, nonprofit healthcare provider licensed in 11 counties in Illinois. We provide exceptional serious illness care, hospice care and grief support for adults and children.

Serious Illness Care

Our serious illness care program serves people who have advanced, chronic or life-limiting illnesses. We provide pain and symptom management, care coordination and most importantly, clear-headed, practical and kind counsel to patient and family.

Patients seek our care when they've received a tough diagnosis and there is much to navigate. Curative treatment continues if the patient desires.

Serious Illness Care is provided by nurse practitioners and social workers in full consult with the established medical team. We come to the patient—be it at home, in a skilled nursing facility or an assisted living facility. Medicare and most insurance companies cover our services.

Hospice Care

Hospice care provides physical, emotional and spiritual support for patients with a terminal illness.

An interdisciplinary team consisting of a nurse case manager, a certified nursing assistant, a social worker and a chaplain, partners with the patient and family to determine a care plan that incorporates the patient's wishes.

Care is provided in the home or care facility.

For patients who require 24-hour nursing care to control pain and symptoms, we have a 20-bed hospice inpatient unit in Joliet. This newly expanded facility is designed to optimize comfort for both patient and family.

Grief Support

Compassionate care at Lightways continues after a death. Grief support is offered to all

Lightways families and extends to anyone in the community in need of our services.

Our Grief Support program offers a wide range of options tailored to our clients' needs. Licensed grief counselors provide individual and family counseling.

Additionally, we offer a slate of workshops, support groups and special programs aimed at grief education, self-care during intense grief reactions, and developing coping skills that assist in working through the grief process.

All Grief Support is provided at no charge.

Pediatric Program

Children who have medically complex, chronic or life-limiting illnesses receive pain and symptom management and care coordination through our Pediatric Program.

Our team is exceptionally trained in pediatric serious illness and hospice care. In collaboration with the patient's medical team, registered nurses, physicians and social workers provide regular assessment of the child's condition and teach, support, and assist in whatever way will help to lighten the load for the child and family.

VITAS Healthcare
(844) 468-1515

Hospice Home Care

VITAS offers several key services that support patients and their families as they provide hospice care at home. Our Telecare clinicians are available via phone 24/7/365 to answer questions and dispatch someone to the bedside, if necessary. Medical equipment and medications are delivered to the home as well, and respite care provides up to 5 days of Medicare-certified inpatient care for a hospice patient so that family members can take a break from their caregiving duties to relax, unwind, recharge, travel, recover from an illness or attend other events.

Inpatient Hospice Care

Most of the time, hospice care is brought to the patient at home, since home is where most seriously ill people want to be: in familiar surroundings with familiar routines and familiar faces.

All hospices also must offer inpatient care for help in the assessment and management of acute, complex, or uncontrolled symptoms such as pain or shortness of breath that cannot be provided at home or in other settings.

SPIRITUAL CARE

Peace Lutheran Church
540 Oak Park Ave.
(708) 946-2271

Mighty Fortress Lutheran Church
546 Elliot St.
(708) 322-7076

St. Luke United Church of Christ
725 Penfield Ave.
(708) 946-6688

Beecher Fellowship Baptist Church
1160 Romans Rd.
(708) 946-6020

Faith Church Beecher
201 E. Church Rd.
(708) 946-2545

Faith United Reformed Church
130 W. Corning Rd.
(708) 946-3210

St. John United Church-Christ
536 E. Corning Rd
(708) 946-6214

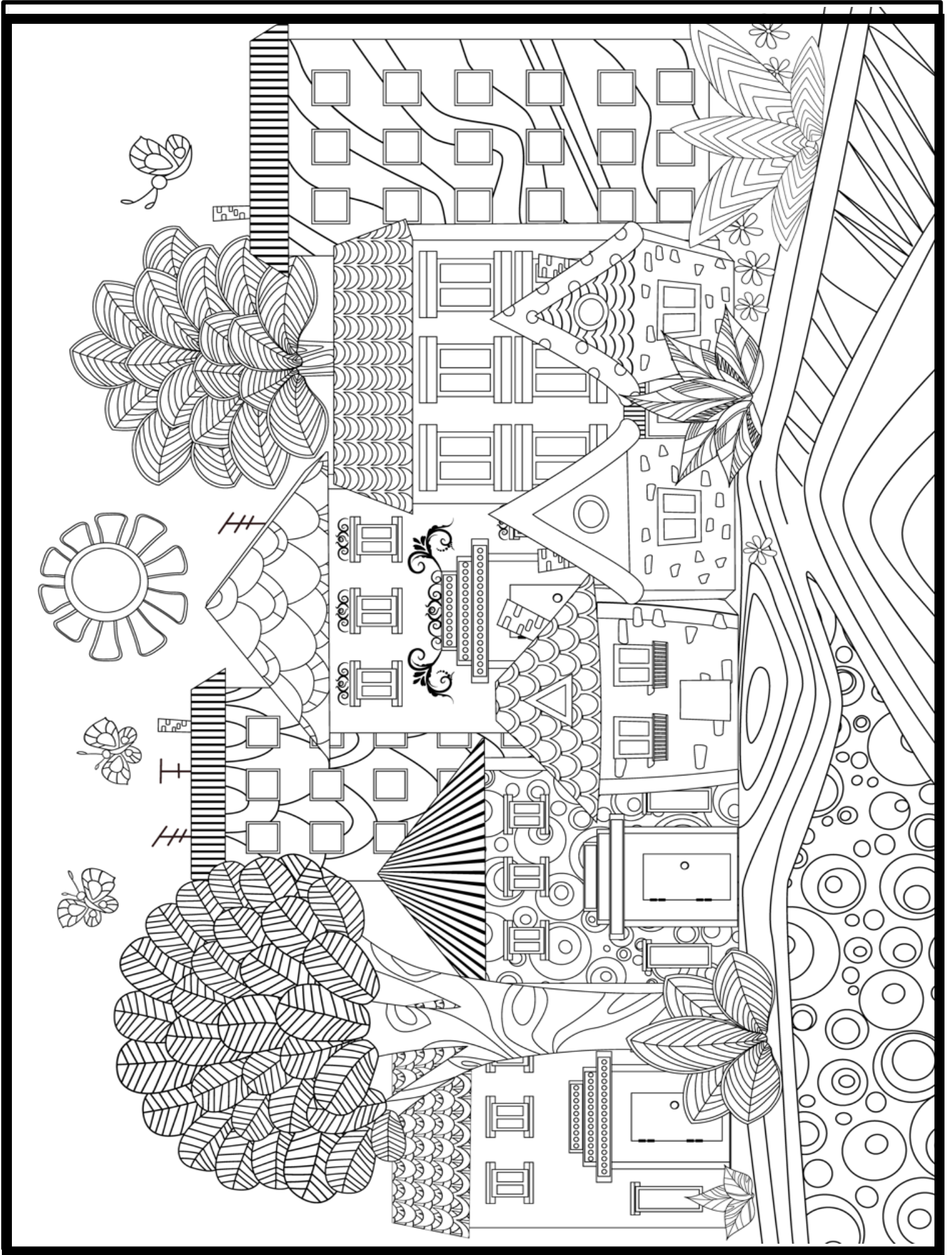
Peace Lutheran Church
28054 S. Yates Ave.
(708) 946-2561

St. Liborious Catholic Church
71 W. 35th St.
Steger, IL 60475

Distraction Activities for Kids and Adults

Believe it or not, distracting activities can be wonderful stress reducers for children and adults. There are a few examples of the following pages. Give them a try.





ANIMALS WORD SEARCH

MONKEY

CAMEL

DOG

ELEPHANT

FROG

CAT

HORSE

DUCK

PIG

MOUSE

CHAMELEON

PANTHER

K R A S U P O T C O K M V B F
O I G R E L T A K U N G A C I L E P U
P U X C E J A Y D O F L E P Q T E N
L E R N H O H C O Z E B R O H
J B O U M T A W G U Q N O R V E
M A I S N I C E G P H E T I A E
L E F H U K E L E X I F J I G A S
O C Z Q E Y L F M A L B O A F D X
P A R S I O P H A C A X O A F D X
D E Z N O C W B R O T F W O L E

OCTOPUS

LION

WHALE

COW

LEOPARD

PELICAN

WOLF

ZEBRA

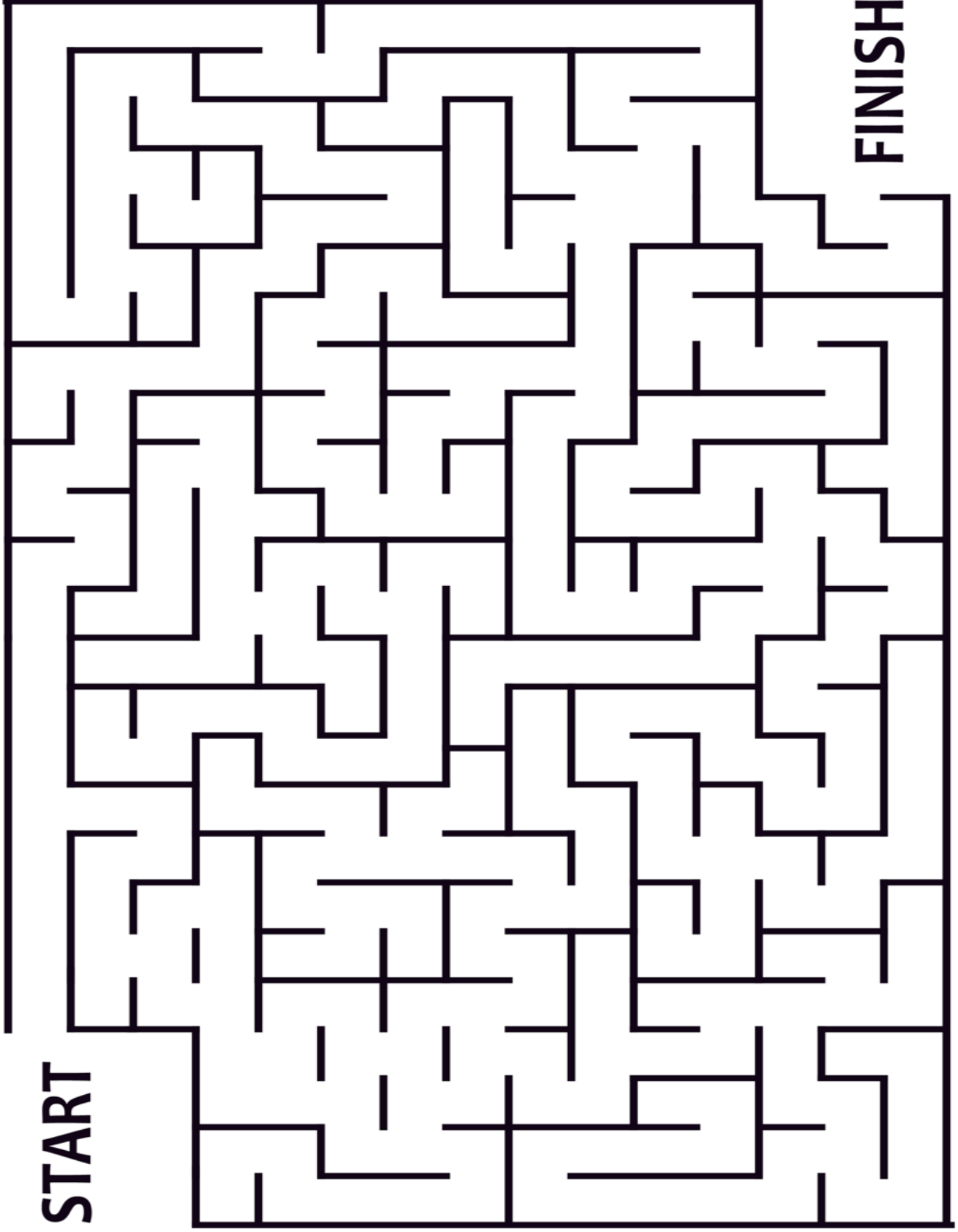
EAGLE

DOLPHIN

CROW

BEAR

START



FINISH

MEDICAL HISTORY & INFORMATION

Medical Information: Please cut along the dotted line to remove this page from guide, fill it out, and put on your refrigerator or other visible place.

Name: _____

Address _____

City _____ State _____ ZIP _____

Phone _____

Date of Birth _____

Medical History _____

Allergies _____

Emergency Contacts _____

Advance Directives Location (DNR, Power of Attorney)

Physician _____

Mental Healthcare Provider _____

Spiritual Care Provider _____

Other Important Information
