

Counseling

While PPIL is pleased to refer you to any of these locations, we are not affiliated with any of the following providers nor can we guarantee prices or services.

Counselors (also called therapists) can go by many different names: Behavioral Health Clinician, Licensed Clinical Social Worker, Licensed Clinical Professional Counselor, License Clinical Psychologist, and License Marriage and Family Therapist, to name a few.

The Chicago Dept. of Public Health provides mental health services to city residents without insurance; see these listings on the last page of this document.

If you have private health insurance:

Call your insurance company (using the customer service # on your insurance card) before making an appointment. Ask your insurance company to verify and explain how your behavioral health benefits work. Helpful questions to ask:

- *I have the name of a counselor. Is the therapist “in network” with my insurance plan?*
- *I do not have a therapist. What therapists are “in network” with my insurance plan?*
- *How much will the insurance pay? How much will I have to pay?*
- *Do I have co-payments, deductibles, or co-insurance?*
- *Do I need a referral?*

Some insurance plans also require you to use a counselor/therapist from their network, which they can provide for you. Check with your insurer. HMO plans often require you to use the behavioral health department of your primary care practice. Check with your plan for approved therapists.

To search for a therapist that accepts private insurance:

Websites used by many therapists that provide information about themselves:

<https://Therapists.psychologytoday.com>

<https://Theravive.com>

<https://therapyforblackgirls.com/>

If you have a Medicaid Managed Care (MCO) plan:

Call the number on your Medicaid card how to locate an approved therapist. If you belong to a “medical home”, you may need to use a therapist through your medical home.

If you do not have insurance or Medicaid:

To search for therapists who offer reduced rates for people without insurance, high deductibles, and unable to afford full-fee therapy.

<https://Openpathcollective.org>

Network of private therapists providing sliding scale fees for individuals, Couples/family therapy. One-time lifetime membership. Insurance not accepted. Fees based on income and inability to pay for standard therapy fees.

Employee Assistance Programs (EAPs):

Many employers contract with outside agencies called Employee Assistance Programs. EAPS can be used voluntarily by employees who would like to talk with a counselor about a personal, relationship, or family problem. EAP services are free to employees and no confidential information is provided to the employer. To find out if your employer has an Employee Assistance Program, contact your Human Resources department, employee handbook, or employee bulletin board.

If you have questions about locating behavioral health services, please feel free to contact a PPIL social worker. Please call our main number at 1-877-200-PPIL to request to speak with a social worker. Our phone specialists will forward your name and number for a social worker to return your call.

Listings for the City of Chicago / Cook County

Advocate Illinois Masonic Medical Center Behavioral Health Services Wilton Building 938 W. Nelson Chicago, IL 60657 (773) 296.3220 24-Hr. Crisis Line: (773) 296.5380 www.advocatehealth.com/immc <i>Medicaid accepted. Services also available in Spanish and Sign Language.</i>	The Awakening Center 3523 N. Lincoln Ave. Chicago, IL 60657 (773) 929.6262 www.awakeningcenter.net <i>Individual psychotherapy for children, adolescents, and adults, as well as group therapy, family therapy, and couples therapy.</i> <i>Insurance accepted. Each therapist has a limited number of sliding scale fee appointments available. Also offers low-fee therapy from therapists-in-training for those without insurance.</i> Other locations in Downtown Chicago, Evanston, and Des Plaines, call.	C4: Community Counseling Centers of Chicago Area 4740 N. Clark St. Chicago, IL 60640 (773) 769.0205 www.c4chicago.org <i>Provides counseling for children, adolescents, and adults dealing with a variety of mental health concerns.</i> <i>Medicaid and insurance accepted</i> Other Chicago locations available, call.
Cathedral Counseling Center 50 E. Washington, Suite 301 Chicago, IL 60602 Intake line: (312) 252.9500 ext. 131 www.cathedralcounseling.org <i>Individual, couple, and group psychotherapy, psychiatry referrals, and premarital counseling available.</i> <i>Sliding scale fees available.</i> Other location in Hyde Park available.	Catholic Charities Intake line: (312) 655.7725 www.catholiccharities.net <i>Provides counseling for individuals, couples, and families.</i> <i>Sliding scale fees.</i> Locations include: Chicago, Cicero, Des Plaines, Mundelein, South Holland, and Waukegan, call.	The Center for Religion & Psychotherapy of Chicago 30 N. Michigan Ave., Suite 1920 Chicago, IL 60602 Intake line: (312) 263.4368 www.crpchicago.com <i>Psychotherapy and counseling for individuals and couples.</i> <i>Blue Cross/Blue Shield of Illinois PPO provider, others are client-submitted. Sliding scale fees available for those who qualify.</i> Additional locations in Evanston, Hyde Park, and LaGrange available, call.
Center on Halsted 3656 N. Halsted Chicago, IL 60613 (773) 472.6469, ext.460 www.centeronhalsted.org <i>Serves Chicago's LGBTQ community. Provides individual (youth, adults, and seniors), couples, family, and group counseling.</i> <i>Insurance accepted (including Blue Cross Blue Shield PPO). Sliding scale fees. Services may be free for those with low incomes and living with HIV or experiencing relationship violence. Se habla</i>	Chicago Women's Health Center 3435 N. Sheffield Ave. Chicago, IL 60657 (773) 935.6126 chicagowomenshealthcenter.org <i>Feminist-oriented, person-centered individual counseling,</i> <i>Blue Cross Blue Shield PPO, others are patient billed with receipt assistance. Sliding scale fees available.</i>	County Care Behavioral Health Consortium (County Care Members) Intake line: (312) 864.8200 Select „3“ for member options, then „1“ for behavioral health, then select „2“ for appointments. http://www.countycare.com/ <i>A variety of services are available, at multiple locations throughout Cook County, call.</i>

Cornerstone Counseling Center of Chicago 1111 N. Wells St. #400 Chicago, IL. 60610 (312) 573.9960 http://chicagocounseling.org/ <i>They offer a broad range of counseling services, including for adults, transgender, teens and children. They accept BCBS PPO, Magellan, Etna and others. (not Medicaid), and sliding fee scale is available based on combined household incomes.</i>	Gateway Foundation (877) 505.4673 recoverygateway.org <i>Specializes in addiction treatment. Insurance accepted, and Medicaid, Call for more information.</i> Several Chicago locations and suburban locations available in Aurora, Gurnee and Joliet, call.	Grand Prairie Services for Behavioral Health Intake line: (866) 477.8632 www.gpsbh.org <i>Serves those residing in Bloom, Bremen, Rich, and Thornton townships. Counseling and inpatient care for adults. Counseling and crisis intervention for all ages. Bilingual/Bicultural program for the Latino population.</i> Locations in Chicago Heights, East Hazel Crest, Flossmoor, and Tinley Park, call.
Hamdard Center 1542 W. Devon Ave. Chicago, IL. 60660 (773) 465.4600 Fax: (773) 465.4666 Domestic violence crisis line: (866) 305.3933 www.hamdardcenter.org Bi-lingual, bicultural therapists: Arabic, Bosnian, Hindi, Urdu, Gujarati, Farsi, Somali, and Spanish. (Polish and Spanish available at Addison office) <i>Psychiatric and Psychological services are available: Crisis, substance abuse, psychiatric evaluation for disability, individual & group therapy and more.</i>	Metropolitan Family Services 1). North Center: 3249 North Central Avenue Chicago, IL. 60634 (773) 371.3700 2). Southeast Chicago Center: 3062 East 91st Street Chicago, IL. 60617 (773) 371.2900 www.metrofamily.org <i>Counseling services for children, families, adults, and seniors offered at most centers. Psychiatric services available. Sliding scale fees available. Accepts Medicaid under specific circumstances. Locations in Chicago and the suburbs; call for the location nearest you.</i>	Psychotherapy Associates of Chicago 1954 W. Irving Park Chicago, IL 60613 (773) 414.4577 www.psychotherapychicago.com <i>Individual, couples and group therapy. Insurance accepted. Sliding scale fees may be available.</i>
The University of Chicago Department of Psychiatry & Behavioral Neuroscience 5841 S. Maryland Ave. Chicago, IL 60637 (773) 702.0789 psychiatry.uchicago.edu <i>Outpatient program for individual therapy, family therapy, group therapy, nutritional counseling, and support groups. There are a certain number of spaces available for patients with Medicaid. Insurance accepted.</i>	Trilogy Therapy Services tts.trilogyinc.org 2551 W. Peterson Chicago, IL 60659 773-382-4060 Email: intake@trilogyinc.org Medicaid only	Left Blank Intentionally

Listings for the North and Northwest Suburbs

Alexian Brothers Center for Mental Health 3436 N. Kennicott Ave. Arlington Heights, IL 60004 (847) 952.7460 www.alexianbrothershealth.org <i>Offers a variety of different mental health services including: outpatient counseling (individual, group, and family), Partial Hospitalization Program (PHP), addiction services, and many more.</i> <i>Medicaid and insurance accepted. Sliding scale fees available for residents of Wheeling and Palatine townships.</i>	Ecker Center for Mental Health 1845 Grandstand Pl. Elgin, IL 60123-4983 (847) 695.0484 Fax: (847) 695.1265 www.eckercenter.org <i>Serves primarily adults with mental illness in Kane County, Illinois, from Geneva north plus Barrington and Hanover Townships. Services offered in English and Spanish.</i> <i>Medicaid and most major insurance and HMOs accepted. Sliding scale fees available.</i> <i>Other locations in St. Charles and Streamwood, call.</i>	Family Behavioral Health Clinic 1455 E. Golf Rd. Suite 210 Des Plaines, IL. 60016 (847) 390.3004 Fax: (847) 390.3016 familybehavioralhealthclinic.com <i>Services include a wide range of outpatient counseling for adults, children, transgender patients, and substance abuse.</i> <i>They accept most major insurance, some Medicaid MCOs, and offer sliding scale fees.</i>
Family Service 777 Central Ave. Highland Park, IL 60035 (847) 432.4981 www.famservice.org <i>Individual, couple, and family therapy for all ages.</i> <i>Sliding scale fees available.</i> <i>Spanish-speaking. Other locations available, call.</i>	Kenneth Young Community Mental Health Center 1001 Rohlwing Rd. Elk Grove Village, IL 60007 (847) 524.8800 www.kennethyoung.org <i>Mental health services for those of all ages and varying degrees of mental health concerns/illness.</i> <i>Medicaid and private insurance accepted.</i> <i>Sliding scale fees available for persons living in Schaumburg and Elk Grove Townships.</i>	Metropolitan Family Services Evanston /Skokie Valley Center 5210 Main Street Skokie, IL. 60077 (847) 425.7500 (Additional location in Evanston) www.metrofamily.org <i>Counseling services for children, families, adults, and seniors offered at most centers.</i> <i>Psychiatric services available.</i> <i>Sliding scale fees available. Accepts Medicaid under specific circumstances.</i>
Psychology Specialists (2 Locations) 1). 355 Burr Ridge Ave. CMHC Evanston, IL. 60202 2). 350 S. Northwest Hwy. Suite 300 Park Ridge, IL. 60068 (888) 706.3190 www.psychologyspecialists.com <i>They offer a full line of counseling services, including transgender, and accept most major insurance.</i> <i>Medicaid accepted. Sliding scale fees available.</i>	Youth & Family Counseling 1113 S. Milwaukee Ave., #104 Libertyville, IL 60048 (847) 367.5991 www.counselingforall.org <i>Counseling for all ages. Insurance accepted. Sliding scale fees may available depending on your eligibility.</i>	Josselyn Center 405 Central Ave. Northfield, IL 60093 415 Washington Ave., Suite 200, Waukegan, IL 60085 847-441-5600 (number for both locations) https://www.josselyn.org/ Counseling for individuals and families. Vocational support for area residents, no charge. Psychiatric services available to Josselyn center clients enrolled in any other Josselyn Center program.

The Family Institute: Locations in Chicago, Evanston, Northbrook, and Westchester. 847-733-4300 https://www.family-institute.org/ <i>Counseling services for individuals, families, and children. No Medicaid accepted but sliding scale available, and there is a no-fee counseling program as well.</i>	Youth Services of Glenview 3080 West Lake Avenue Glenview, IL 60026 847-724-2620	Left Blank Intentionally
--	---	--

Listings for the West, Southwest and South Suburbs

Association for Individual Development Main Office & Thompson Center 309 New Indian Trail Ct. Aurora, IL 60506 Phone: 630-966-4000 https://www.aidcares.org/ Multiple locations in the northwest, west, southwest suburbs <i>Individual counseling for adults, children and teens.</i> <i>Insurance and Medicaid accepted</i>	Family Counseling Service of Aurora 70 S. River St., Suite 2 Aurora, IL 60506 (630) 844.2662 https://aurorafcs.org/ <i>Behavioral health, crisis intervention, and substance abuse services.</i> <i>Parenting education/counseling.</i> <i>Insurance accepted.</i> <i>Sliding scale fees available. Services available in English and Spanish.</i>	Genesis Therapy Center 6006 W. 159 th St. Building C Oak Forest, IL. 60452 (708) 535.7320 www.genesistherapy.org (Additional offices in: Oak Lawn, Oak Park, Oak Brook and LaGrange) <i>They offer a wide range of counseling services including LGBTQ+.</i> <i>Major insurance accepted (no Medicare or Medicaid) Sliding scale through Community Care Program</i>
Hamdard Center 228 E. Lake Street Addison, IL. 60101 (630) 835.1430 Domestic violence crisis line: (866) 305.3933 www.hamdardcenter.org <i>Bi-lingual, bicultural therapists: Polish and Spanish available. (Arabic, Bosnian, Hindi, Urdu, Gujarati, Farsi, Somali, and Spanish available at the Chicago office)</i> <i>Accepts most private insurance, Medicare and Medicaid.</i>	Metropolitan Family Services 1). Southwest Center 10537 South Roberts Road Palos Hills, IL. 60465 (708) 974.2300 (Additional location in Blue Island) 2). Dupage Center 222 East Willow Avenue Wheaton, IL. 60187 (630) 784.4800 (Additional locations: Warrenville, Woodridge) www.metrofamily.org <i>Sliding scale fees available. Accepts Medicaid under specific circumstances.</i>	Orland Township Youth and Family Services 14807 S. Ravinia Ave. Orland Park, IL 60467 (708) 403.4001 www.orlandtwp.org <i>Provides counseling services to Orland Township residents only.</i> <i>Sliding scale fees based on income.</i>

Thrive Counseling Center 120 South Marion Street Oak Park, IL. 60302 (708) 383.7500 thrivecc.org <i>Psychiatric and psychological counseling for youth & family, substance abuse and more.</i> <i>Most major insurance accepted, most Medicaid, sliding scale fees available for Oak Park and River Forest residents without insurance coverage.</i>	Trinity Services Family Counseling Center 301 Veterans, Parkway New Lenox, IL. 60451 (815) 485.6197 Intake line: (815) 462.4273 www.trinity-services.org <i>Offers psychotherapy for children, adolescents, adults, and couples in individual and group formats.</i> <i>Medicaid and insurance accepted. Sliding scale fees available.</i>	Waterford Counseling & Psychological Services LTD 1256 Waterford Dr. Suite 140 Aurora, IL. 60504 (Additional location in Oswego) (630) 898.5322 www.waterfordcounselingservices.com <i>Offers a full line of counseling services, including transgender.</i> <i>They accept Medicare, BCBS PPO, and most major insurance.</i>
360 Youth Services 1548 Bond Street Suite 114 Naperville, IL. 60563 Intake line: (630) 717.9408 ext. 1180 www.360youthservices.org <i>Counseling for children, teen and adults includes substance abuse, family crisis, PTSD, ADHD and LGBTQ+ questioning.</i> <i>Insurance accepted: BCBS, Cigna Healthcare/Behavioral health, Humana, BCBS HMOAdvocate- Magellan</i>	Iroquois Mental Health Center Locations in Kankakee (815) 269-GROW [4769] Manhattan (815) 432-5241 Monee (815) 432-5241 https://www.iroquoismhc.com/ Medicaid only	TriCity Family Services 1120 Randall Ct. Geneva, IL 60134 (630) 232.1070 www.tricityfamilyservices.org <i>Serves the central Kane County community. Family oriented counseling for children, adolescents and their families, as well as offering specific ADHD services and adult counseling services.</i> <i>Insurance and Medicaid accepted. Sliding scale fees available.</i>

Counseling & Mental Health Resources - CDPH

The Chicago Department of Public Health operates 6 Mental Health Centers throughout the city of Chicago for the uninsured.

Counselors at these centers provide a range of mental health services to residents who experience everyday problems in living i.e. stress, divorce, death, loss of a job, as well as those who are at risk of a first psychiatric hospitalization. Early intervention/prevention services are available to children, adolescents and their families, schools, churches, agencies and community groups.

Englewood MHC 641 W. 63 rd Street (312) 747- 7496 www.Chicago.gov (Chicago South)	Greater Grand/Mid- South MHC 4314 S. Cottage Grove (312) 747- 0036 www.Chicago.gov (Chicago South)	Greater Lawn MHC 4150 W. 55 th Street (312) 747- 1020 www.Chicago.gov (Chicago South)	Lawndale MHC 1201 S. Campbell Street (312) 746- 5905 www.Chicago.gov (Chicago South)
North River MHC 5801 N. Pulaski (312) 744- 1906 www.Chicago.gov (Chicago North)	Human Resources Development Institute- Community Triage Center 200 E. 115 th Street (773) 291- 2500 www.HRDI.org (Chicago South) *This center is not affiliated with CDPH, however provides outpatient community and mental health services for children & adolescents ages 6- 17 and adults ages 18 & older.*		
Must be a confirmed resident of the city of Chicago (valid government ID needed) and 18 years of age or older to receive services from these centers, unless otherwise noted.			

Additional Resources

Al-Anon/Alateen (for families of alcoholics)	(888) 425.2666 <i>www.al-anon.alateen.org or www.niafg.org</i>
Alcoholics Anonymous (AA)	(312) 346.1475 <i>www.chicagoaa.org</i>
Cocaine Anonymous	(773) 202.8898 <i>www.illinoisca.org</i>
Co-Dependents Anonymous	(888) 444.2359 <i>www.coda.org</i>
Debtors Anonymous	(800) 421.2383 <i>www.debtorsanonymous.org or www.glada.org</i>
DuPage Mental Health Crisis Line	(630) 627.1700
Emotions Anonymous	(708) 383.0200 <i>www.emotionsanonymous.org</i>
Families Anonymous	(773) 777.4442 <i>www.familiesanonymous.org</i>
Gamblers Anonymous	(888) 424.3577 <i>www.gamblersanonymous.org</i>
Lake County Health Department 24-Hr. Line	(847) 377.8088
Narcotics Anonymous	(708) 848.4884 <i>www.chicagona.org</i>
Overeaters Anonymous	(708) 346.0000 <i>www.oa.org</i>
Sex and Love Addicts Anonymous	(312) 409.0771 <i>www.slaafws.org or www.slaachicago.org</i>
Will and Grundy Counties Crisis Line	(815) 722.3344 <i>www.crisisline247.org</i>
National Eating Disorder Hotline	(800) 931.2237 <i>www.nationaleatingdisorders.org</i>