



Channahon Fire District Community Support Services Program

Resource Guide



CONTENTS

INTRODUCTION	5
Purpose	
Notes	
How to use this guide	
Behavioral issues	
Thriveworks	
IMPORTANT CONTACTS	7
SECONDARY RESOURCES	9
National	
Illinois State	
County (Will, Grundy, & Kendall)	
Clinical care seeking/Other	
Crisis lines/Call centers	
All issues	
Specific issues	
COPING	31
TIPS FOR HEALTH MANAGEMENT	33
THE FUTURE/EDUCATION, PREVENTION	45
HOSPITAL INFORMATION	47
FOOD PANTRIES	53
MISSIONS/SHELTERS	55
APPS	57
HOSPICE CARE	69
SPIRITUAL CARE	71
DISTRACTION ACTIVITIES	73
MEDICAL HISTORY & INFORMATION WALL HANGER	79
NOTES	81

The contents of this Guide are hyperlinked and specially tabbed on the right-hand side of the page for your convenience. This should make it easier to find what you are looking for.

INTRODUCTION

Purpose

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.

The Channahon 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 your 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 many resources as well as copious amounts of information about your issue.
3. **Ask for help.** The Channahon Fire Protection District is here for you. Call our non-emergency number at (815) 467-6767.

While this guide is being provided by the Channahon Fire Protection District, it is for information purposes and to provide potential options. The Channahon 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.

INTRODUCTION

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.

Contact

Channahon Fire Protection District, non-emergency (815) 467-6767

Suicidal?

Call 9-1-1 IMMEDIATELY!

IMPORTANT CONTACTS

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

Important
Contacts

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:

Secondary
Resources

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: 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.



National Institute
of Mental Health

SECONDARY RESOURCES

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/services/mental-health-services/#>

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/>



SECONDARY RESOURCES

County Health Departments

Will County Health Department

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



Kendall County Health Department

811 W. John Street
Yorkville, IL 60560
(630) 553-9100
<https://www.kendallhealth.org/mental-health/>

Grundy County Health Department

1320 Union St.
Morris, IL 60450
(815) 941-3113
<https://www.grundyco.org/health/>

Secondary
Resources

Clinical Care Seeking/Other Local Resources

Agape, NFP

840 Plainfield Rd.
Joliet, IL 60432
(815) 732-1548 ext. 21
<https://agapenfp.org/counseling>

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	1095 S. Water St. Wilmington, IL 60481 (815) 582-6383
---	---

<https://www.braidwoodcoalition.org/counseling-services/amt-counseling-management-services-inc>

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
<https://www.aquinoclinicalservicesinc.com/>

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
(815) 290-5260
aspiretherapy.request@gmail.com



SECONDARY RESOURCES

Clinical Care Seeking/Other Local Resources (Continued)

*Associates in Professional
Counseling and Coaching*
24118 Chicago Street, Suite 200
Plainfield, IL 60544

<https://counseling-apc.com/>

Counseling, coaching, anger
management.

Aunt Martha's Youth Service Center

409 W. Jefferson St.

Joliet, IL 60435

(815) 768-8750

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

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

(815) 609-1544

<https://www.bhes.us/>

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

<https://bbbswillgrundy.org/>

Community-based mentoring for ages 7-
12.



Bridges to a New Day

215 West Romeo Road

Romeoville, IL 60446

(815) 838-2690

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

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

Catholic Charities of Joliet

16555 Weber Rd.

Crest Hill, IL

(815) 723-0331

[https://catholiccharitiesjoliet.org/
services/counseling/](https://catholiccharitiesjoliet.org/services/counseling/)

Adult and adolescent counseling.



*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

SECONDARY RESOURCES

Clinical Care Seeking/Other Local Resources (Continued)

Cornerstone Services

800 Black Road

Joliet, IL 60435

(815) 727-6667

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

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



Domestic Violence Shelter Groundwork Hotline

(815) 729-1228

Emergency assistance, support & information available 24-hours a day, 365 days a year:

Family Behavioral Health

24821 W 135th St.

Plainfield, IL 60585

(815) 254-7400

<https://www.fbhchicago.com/>

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

<https://guidinglightcounseling.org/>

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

Legacy Clinical Consultants, LCC

3033 Ogden Ave.

Suite 210

Lisle, IL 60532

(877) 443-7030

<https://legacyclinical.com/services/therapy/>

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.

LifeStance Therapists & Psychiatrists Naperville

(Formerly Edgewood Clinical Services)

900 E. Diehl Rd.

Suite 101

Naperville, IL 60563

(331) 529-7404

<https://lifestance.com/>

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

Modify

(formerly—Busch & Lawm Clinical Services)

2272 95th St., Suite 305

Naperville, IL 60564

(630) 753 - 9800

<https://modifycounseling.com/>

Psychological treatment and support for children and adults.

SECONDARY RESOURCES

Clinical Care Seeking/Other Local Resources (Continued)



MorningStar Counseling Center

621 Rollingwood Dr.
Shorewood, IL 60404
(815) 725-5188

<https://morningstarmission.org/counseling/>

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

<https://morningstarmission.org/>

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



National Alliance on Mental Illness (NAMI)

Kane-South, DeKalb, and Kendall Counties

Programs Adult & Children, Support Group

NAMI KDK
400 Mercy Lane
Aurora, IL 60506
(630) 896-NAMI (6264)

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

Rago and Associates

5 Locations (Naperville Listed)
525 S. Washington St. # 10
Naperville, IL 60540
(630) 637-9300

<https://ragotherapy.com/counseling-services/>

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.

Restoring the Spirit

211 North Hammes Ave. #1A
Joliet, IL 60435
(815) 290-0902

<https://www.restoringthespirit.com/illinois/>

Individual/group counseling, assessments, consultation.

SECONDARY RESOURCES

Clinical Care Seeking/Other Local Resources (Continued)

Secondary Resources

Riveredge Hospital

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

<https://riveredgehospital.com/>

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

<https://samaracarecounseling.org/>

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

SAMHSA's National Helpline

(Substance Abuse & Mental Health Services Administration)

English & Español
(800) 662-HELP (4357)

<https://www.samhsa.gov/>

Referral Service: Mental Issues/
Substances

Sage Bodywork and Wellness

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

info@sage-bodywork.com

<https://www.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.

Silver Oaks Behavioral Hospital

1001 Pawlak Pkwy.
New Lenox, IL 60451
844-580-5000

<https://www.silveroaksbehavioralhospital.com/>

Silver Oaks Behavioral Hospital offers a full continuum of specialized, evidence-based behavioral health services to adolescents, adults and senior adults. Inpatient, day hospital and intensive outpatient programs are provided and as a community service, the hospital provides mental health assessments 24/7, at no charge.



SECONDARY RESOURCES

Clinical Care Seeking/Other Local Resources (Continued)

Stepping Stones Treatment Center

1621 Theodore St.

Joliet, IL 60435

(815) 744-4555

<https://steppingstonetreatment.com/>

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

<https://www.sykes-group.com/>

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

<https://www.timberlineknolls.com/>

Treatment and recovery programs for females ages 12 and up specialized in eating disorders, substance abuse, mood disorders, trauma, and cooccurring 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, homebased services, behavioral health, individual and family counseling, diagnostic services.



Trinity Services — The Living Room

2000 Glenwood Ave.

Joliet, IL 60435

(779) 341-5090

Hours: 24/7 365 days a year

<https://www.trinityservices.org/services-and-supports/crisis-support/the-living-room>

The Living Room is a free alternative to the Emergency Room. It gives the individuals in crisis a safe, calm environment to de-escalate from their mental health stressors. When a guest arrives they are assessed for risk by a clinician to determine if the Living Room is an appropriate level of care. After this, the guest will speak with a Recovery Support Specialist who has lived experience with mental health concerns.

United Way of Will County

54 N Ottawa St STE 300, Joliet, IL 60432

(815) 723-2500

<https://uwwill.org/>



United Way of Will County

SECONDARY RESOURCES

Clinical Care Seeking/Other Local Resources (Continued)

Secondary Resources

Will County Center for Community Concerns

2455 Glenwood Avenue

Joliet, IL 60435

(815) 722-0722

contactus@wcccc.net

<https://wcccc.net/>

Low Income Home Energy Assistance Program (LIHEAP) is designed to assist eligible households pay for winter energy services, including gas, electric and furnace repair assistance.

Homeless Services: If an individual or family is homeless on the streets or residing in an emergency shelter, transitional housing program, permanent supportive housing program, or rapid rehousing program they may be eligible for assistance through Homeless Services.

If an individual or family is about to be on the streets, in a place not meant for human habitation, or access emergency shelter services, limited services may be available to assist them to retain their rental unit or to be placed into a new rental unit.

Westside Children's Therapy

19 Locations (Joliet Listed)

742 Essington Rd.

Joliet, IL 60435

(815) 469-1500

<https://westsidechildrenstherapy.com/>

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.

Financial Resources for Treatment

Mental Health Matters Fund

Say "YES" to Help

815-274-9661

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

Mental Health Matters Fund is here to provide mental health education, awareness, prevention, and financial resources for mental health treatment for children, adults, and families in our local communities.



SECONDARY RESOURCES

Crisis Hotlines / Call Centers

Some of the call centers and hotlines are listed below. There are many others available. Ask your healthcare provider or search online to find the one that is right for you.

Multiple Issues (General)

Boys Town National Hotline (24/7)
(800) 448-3000

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

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

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.

Secondary
Resources

Specific Issues / Groups

Alcohol Use/Abuse

800 Alcohol (24/7)
(800) ALCOHOL (252-6465)
Nationwide, 24-hour admission and
referral line.

Alcoholics Anonymous
<https://aa.org/>

*Center for Substance Abuse
Treatment*

samhsa.gov
(800) 662-HELP

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.

SECONDARY RESOURCES

Crisis Hotlines / Call Centers

Alcohol Use/Abuse (continued)

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

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 Institute on Alcohol and Alcoholism

(301) 443-3860

Recovered

Formally— NCAAD (National Council on Alcoholism and Drug Dependence)

<https://recovered.org/>

(855) 648-7228

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.

Brain Injury

Brain Injury Foundation

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

(800) 444NHIF

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



Cancer

Cancer Information Service

<https://www.cancer.gov/>

(800) 4-CANCER

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.

SECONDARY RESOURCES

Crisis Hotlines / Call Centers

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.
<https://childfindofamerica.org/>
(800) 426-5678

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.

*National Center for Missing and
Exploited Children*
<https://www.missingkids.org/home>
(800) 843-5678 (24/7)

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

National Runaway Safeline
<https://www.1800runaway.org/>
(800) 786-2929

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.

National US Child Abuse Hotline
(800) 422-4453

Disaster

American Red Cross
<https://www.redcross.org/>
(800) RED-CROSS

Disaster Distress Helpline
(800) 985-5990
or
Text: TalkWithUs to 66746

Domestic Violence

National Domestic Violence Hotline
(800) 799-7233

Drug Abuse/Addiction

Center on Addiction
(212) 841-5200
Helpline/Referral: (815) 378-4373

Cocaine Anonymous
(800) 347-8998

Narcotics Anonymous
www.na.org

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

National Institute on Drug Abuse
(800) 662-4357

SECONDARY RESOURCES

Crisis Hotlines / Call Centers

Elderly Abuse

Illinois Department on Aging—Adult Protective Services (APS)

1-866-800-1409

To report suspected abuse, neglect, exploitation of and self-neglect of an older person, call the statewide 24-hour Adult Protective Services Hotline.



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

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

(410) 332-1111 (24/7)

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.

Gamblers Anonymous

Chicago/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

<https://siawso.org/>

(401) 282-3400

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

SECONDARY RESOURCES

Crisis Hotlines / Call Centers

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

<https://nationalparentingcenter.com/>

National Parent Helpline

M-F 12 PM – 9 PM

(855) 4APARENT

<https://nationalparentyouthhelpline.org/>

Poison Control

Poison Control Hotline

(800) 222-1222



Secondary
Resources

Post-Traumatic Stress Disorder

National Center for Post-Traumatic Stress Disorder Info Line

<https://ptsd.va.gov/>

(802) 296-6300

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.



SECONDARY RESOURCES

Crisis Hotlines / Call Centers

Self-Harm/Self-Injury

Self-Injury Foundation's 24/7
(800) 334-HELP

Self-Injury Line
(800)DONT CUT

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*

<https://sash.net/>

(800) 321-2066

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

Stalking

Stalking Resource Center

<https://victimsofcrime.org/>

(202) 467-9700

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

Student Resources

National Grad Crisis Line (Students)
(877) 472-3457

Suicide

Call 9-1-1 Immediately!

National Suicide Prevention Lifeline

<https://988lifeline.org/>

(800) 273-TALK (24/7)

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.

Girls & Boys Town National Hotline

(800) 448-3000

National Hopeline Network

(800) SUICIDE

National Suicide Prevention Lifeline

(800) 273-TALK (8255)

Teens

National Youth Crisis Hotline

(800) 442-HOPE (4673)

Real Help for Teens

(877) 332-7333

Secondary
Resources

SECONDARY RESOURCES

Crisis Hotlines / Call Centers

Veteran Resources

Veterans Crisis Line

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

Veteran Combat Call Center

(877) 927-8387 Hours: 24/7

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.

DoD's Defense Centers of Excellence (DCoE)

Outreach Center for Psychological Health & Traumatic Brain Injury

(866) 966-1020 Hours: 24/7

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

The Homeless Veteran Hotline

(877) 424-3838 Hours: 24/7

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

Military OneSource

(800) 342-9647

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

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.

Secondary
Resources



SECONDARY RESOURCES

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.

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.

Caregivers for those with Disabilities

Easter Seals

Tuesdays 11AM

212 Barney Dr., Joliet

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



Divorce

DivorceCare

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

DivorceCare's life-changing support groups welcome people and guide them on the path of recovery after separation or divorce.

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 22 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

GriefShare

<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/>

SECONDARY RESOURCES

Support Groups / Special Populations

Parent 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 23 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.

Register Online:

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

LGBTQ 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

Register Online:

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





Will County
Health Department &
Community Health Center

590 CRISIS CARE SERVICES

Our Objectives

- ✓ Help link individuals to social services that will address their needs.
- ✓ Reduce the number of unneeded hospitalizations.
- ✓ Increase the number of individuals that receive crisis services.



Our Crisis Care Services are available to all Will County residents including those without insurance or Medicaid. Our Crisis Response Team is available 7 days a week, 24 hours a day to provide face-to-face help with individuals dealing with a mental health crisis. Our team will help stabilize individuals in crisis and connect them with resources in their community, including treatment, hospitals and community support.

Contact Us



815-274-2423



willcountyhealth.org



Will County
Health Department &
Community Health Center

SERVICIOS DE ATENCIÓN DE CRISIS 590

Nuestros Objetivos

- ✓ Ayudar a vincular a las personas con los servicios sociales que aborden sus necesidades.
- ✓ Reducir la cantidad de hospitalizaciones innecesarias.
- ✓ Aumentar la cantidad de personas que reciben servicios de crisis.



Nuestros Servicios de Atención de Crisis están disponibles para todos los residentes del Condado de Will, incluidos aquellos que no tienen seguro médico ni Medicaid. Nuestro Equipo de Respuesta ante Crisis está disponible los 7 días de la semana durante las 24 horas del día para brindar ayuda en persona a quienes enfrentan una crisis de salud mental. Nuestro equipo ayudará a estabilizar a las personas en crisis y a conectarlas con los recursos de su comunidad, incluidos el tratamiento, los hospitales y el apoyo comunitario.

Comunícate con nosotros



815-274-2423



willcountyhealth.org

COPING SKILLS

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 IN A JOURNAL



USE AROMATHERAPY



PLAY WITH A PET



EXERCISE



PLAY A GAME



COOK A MEAL



READ A BOOK



LIMIT CAFFEINE



LISTEN TO MUSIC



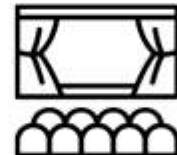
ENJOY NATURE



TAKE A BATH



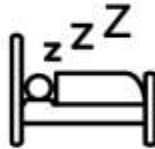
DRAW OR COLOR



GO TO A MOVIE



CLEAN HOUSE



GET ENOUGH SLEEP



GARDEN



PRAY



GO FOR A WALK



SQUEEZE A STRESS BALL



PLAY A MUSICAL INSTRUMENT



PRACTICE SLOW/ DEEP BREATHING



MAKE A GRATITUDE LIST



EAT HEALTHY FOOD



KNITTING



SCHEDULE TIME FOR YOURSELF



ASK FOR HELP



YOGA



ACCEPT A CHALLENGE



LAUGH / CRY / SMILE



TAKE A WALK



DRINK TEA

Coping Skills

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.

Self Care

Take time to do things that fill your emotional tank.

TIPS FOR HEALTH & MANAGEMENT

HELP ON SPECIFIC ISSUES

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 as 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.

TIPS FOR HEALTH & MANAGEMENT

ANGER (continued)

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, that 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.

TIPS FOR HEALTH & MANAGEMENT

ANGER (continued)

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.

TIPS FOR HEALTH & MANAGEMENT

ANGER (continued)

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.

TIPS FOR HEALTH & MANAGEMENT

ANGER (continued)

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 (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.

TIPS FOR HEALTH & MANAGEMENT

ANXIETY (continued)

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 (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.

TIPS FOR HEALTH & MANAGEMENT

DEPRESSION (continued)

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.

TIPS FOR HEALTH & MANAGEMENT

DEPRESSION (continued)

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."

TIPS FOR HEALTH & MANAGEMENT

GRIEF (continued)

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. 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.

TIPS FOR HEALTH & MANAGEMENT

GRIEF (continued)

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 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.

TIPS FOR HEALTH & MANAGEMENT

TRAUMATIC STRESS (continued)

Think Positively for 12 Seconds

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:

1. **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.

2. **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.

3. **Coping Strategies If another event occurs, how will you manage it?**

Example: Talking to my religious leader.

4. **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/>.

THE FUTURE/EDUCATION, PREVENTION

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?)

Future/Education,
Prevention

HOSPITAL INFORMATION

If transport to the hospital is required, this guide will help answer some of the questions you may have.

.....

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 & charger
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 and/or provide you with information.

On the next pages, you will find maps to the hospitals that Channahon Fire District transports to for emergencies and mental health crises:

AMITA St. Joseph Medical Center (page 40)

Silver Cross Hospital (page 41)

For emergencies and non-mental health crises:

Morris Hospital (page 42)

HOSPITAL INFORMATION

AMTA St. Joseph Medical Center

333 N. Madison St.

Joliet, IL 60435

(815) 741-7133



The emergency entrance is on Springfield Avenue on the west side of the hospital. Park and check-in are clearly marked. Look for the signs.



HOSPITAL INFORMATION

Silver Cross Hospital

1900 Silver Cross Blvd.

New Lenox, IL 60451

(815) 300-1100



The emergency entrance is on Silver Cross Blvd. on the west side of the hospital. Park and check-in are clearly marked. Look for the signs.



Hospital Information

HOSPITAL INFORMATION

Morris Hospital

150 W. High St.
Morris, IL 60450
(815) 942-2932



The emergency entrance is on Lisbon Street, south of Rt. 6 on the west side of the hospital. Park and check-in are clearly marked. Look for the signs.

****Please note:** Morris Hospital is not equipped to handle psychiatric/mental health crises. They will handle traumas and any other medical emergencies.



HOSPITAL INFORMATION



Hospital Information

FOOD PANTRIES

(foodpantries.org)

Local - Channahon/Minooka

Living Manna Resource Center
25124 S. Fryer St.
Channahon, IL 60410

*Grocery pickup only

Tuesdays & Saturday: 11:30a-12:30p

Mission Bible Church— Minooka
412 N Wabena Ave.

Minooka, IL 60447

*Grocery pickup only

First & Third Wednesday of the month at
11:00am.

Other Food Pantries - Grocery Pick Up Only

*Blessing Bench Pantry - First &
Santa Cruz Lutheran Church*

55 W. Benton St., Joliet, IL 60432
(815) 722-4800

Tuesday: 12-1:30 p.m.

Christ Temple Food Pantry

212 Richard St., Joliet, IL 60433
(815) 722-3505

4th Friday of the month: 2-4 p.m.

Glory Tabernacle-Food Pantry

459 N. Ottawa St., Joliet, IL 60432
(815) 722-1350

Wednesday: 3-6 p.m.

H.E.A.L. River Walk Food Pantry

350 N. Broadway St., Joliet, IL
60435
(815) 770-5672

Must be a resident of Will County.

Thursday: 3-6 p.m. & Friday: 10 a.m.-12
p.m.

Life Line Food Pantry

503 S. Water St., Joliet, IL 60436
(815) 722-2570

Sunday: 10-11a.m. & Wednesday:
10 a.m.-12 p.m.

New Testament Fellowship

515 N. Scott St., Joliet, IL 60432
(815) 774-0662

Friday: 12-2 p.m.

Northern Illinois Food Bank - Joliet

171 S Larkin Ave Joliet, IL 60436
Phone: (815) 846-1041

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.

Salvation Army Joliet Food Pantry

300 Third Ave Joliet, IL 60433
Phone: (815) 726-4834

You do not need an appointment for your first visit and every visit after will be only once a month. We require a Will county photo ID, a piece of mail that verifies that address for every member of the family other than children under the age of 18. We require a birth certificate for children under the age of 18 or a medical card that shows the children's date of birth for the first visit only. Hours: Monday 12-3 p.m.

FOOD PANTRIES

(foodpantries.org)

Second Baptist Food Pantry

156 S. Joliet Street Joliet, IL 60436

Phone: (815) 726-3731

Pantry hours: Thurs 2:30 p.m. - 4 p.m.

Soul Food Pantry

2800 Black Road Joliet, IL 60435

Phone: (815) 725-6835

Pantry Hours: 1st and 3rd Monday of the month 4:30 p.m. – 6 p.m.

Spanish Community Center

309 N. Eastern Ave Joliet, IL 60432

Phone: (815) 727-3683

Fax Number: (815) 727-9459

Hours: Tuesday 11 a.m.- 2 p.m.

St John The Baptist Food Pantry

2650 Plainfield Rd., Joliet, IL 60435

Phone: (815) 439-2320

Must be a resident of 60435 or 60436 zip codes

Pantry Hours: Monday 9 a.m. – 12 p.m.

St Patrick's Pantry

710 W. Marion Street Joliet, IL 60436

Phone: (815) 727-4746

Pantry Hours: Monday 9 a.m. – 11:30 a.m.

True Tabernacle Christian

1220 Pawnee St. Joliet, IL 60433

Phone: 815-726-3688

Pantry hours: 4th Saturday of the month, 11a.m.-2 p.m.

Warren Sharpe Community Center - Food Pantry

454 S. Joliet Street Joliet, IL 60436

Phone: (815) 722-2727

Fax Number: (815) 722-0801

Pantry Hours: Tuesday 10:30 a.m. – 2 p.m.

Summer Hours: June & July: Tuesdays 3 p.m. – 5 p.m.

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.

Meal Service

MorningStar Mission-East Side Cafe

350 E. Washington St. Joliet, IL 60433

Phone: 815-722-5780

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.

Monday to Saturday: 7–8 a.m., 12–1 p.m., 5–6 p.m. Sunday: 7–8 a.m., 5–6 p.m.

Sacred Heart - Family Table Soup Kitchen

329 S. Ottawa St. Joliet, IL 60436

Phone: (815) 722-0295

Tuesday lunch 12-2 PM serving time, closed every July

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.

Guardian Angel Community Services

Main office:

168 N. Ottawa St., Joliet, Illinois 60432

Phone: 815-729-0930

24-Hr. Sexual Assault Hotline
815-730-8984



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

(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.)

MISSIONS, SHELTERS, JOB SEARCH

Daybreak Center (continued)

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

Shepard'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

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

There are many apps available for smartphones and tablets to help with mental health issues. Most of the apps are FREE and some require payment. Remember, the Channahon Fire Protection District does not endorse these apps. It is simply a sample of potential useful apps. Contact your healthcare provider for more information.

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.

USEFUL APPS

ANXIETY (continued)

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)

USEFUL APPS

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



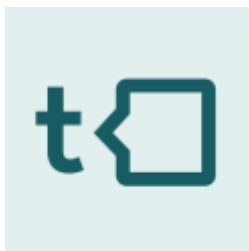
eMoods is a mood tracking app designed specifically for people with bipolar disorder. Throughout the day, users can track depressive and psychotic symptoms, elevated mood, and irritability and give an indication of the severity of their symptoms. Users can then see their mood changes on a color-coded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

USEFUL APPS

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).

USEFUL APPS

EATING DISORDER

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: Eating Disorder Help



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 & Android)

USEFUL APPS

MINDFULNESS, MEDITATION, AND PRAYER

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).

USEFUL APPS

MINDFULNESS, MEDITATION, AND PRAYER (continued)

Hallow



Hallow is a Christian prayer app that offers audio-guided meditation sessions to help us grow in our faith & spiritual lives and find peace in God. Explore over 10,000 different sessions on contemplative prayer, meditation, Catholic Bible readings, music, and more.

YouVersion-Bible App



Take God's Word with you wherever you go by downloading the free Bible App. Listen to audio Bibles, create Prayers, study with Friends, and much more—all for free. Choose from more than 2,400 Bible versions in over 1,600 languages on your computer, phone, or tablet.

USEFUL APPS

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).

USEFUL APPS

POST-TRAUMATIC STRESS DISORDER (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).

USEFUL APPS

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.

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).

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).

USEFUL APPS

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).

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 All Grief Support is provided at no charge.

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.

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.

HOSPICE CARE

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

The resources below are in the Channahon & Minooka areas. Visit churchfinder.com to find your faith's meeting place.

CHANNAHON

United Methodist Church
of Channahon
24751 W. Eames St.

SouthField Church
24557 W. Eames St.

Resurrection Lutheran Church
25050 W. Eames St.

St. Ann Catholic Church
24500 S. Navajo Dr.

Families of Faith Church
24466 W. Eames St.

River of Life Lutheran Church
24901 S. Sage St.

MINOOKA

The Village Christian Church
8965 Bell Rd

Mission Bible Church
412 N Wabena Ave

The Pentecostal Church
Sunday: Village Hall: 121 McEvilly Rd,
Tuesday: 5517 Sand Ridge Rd, Morris, IL,
60450

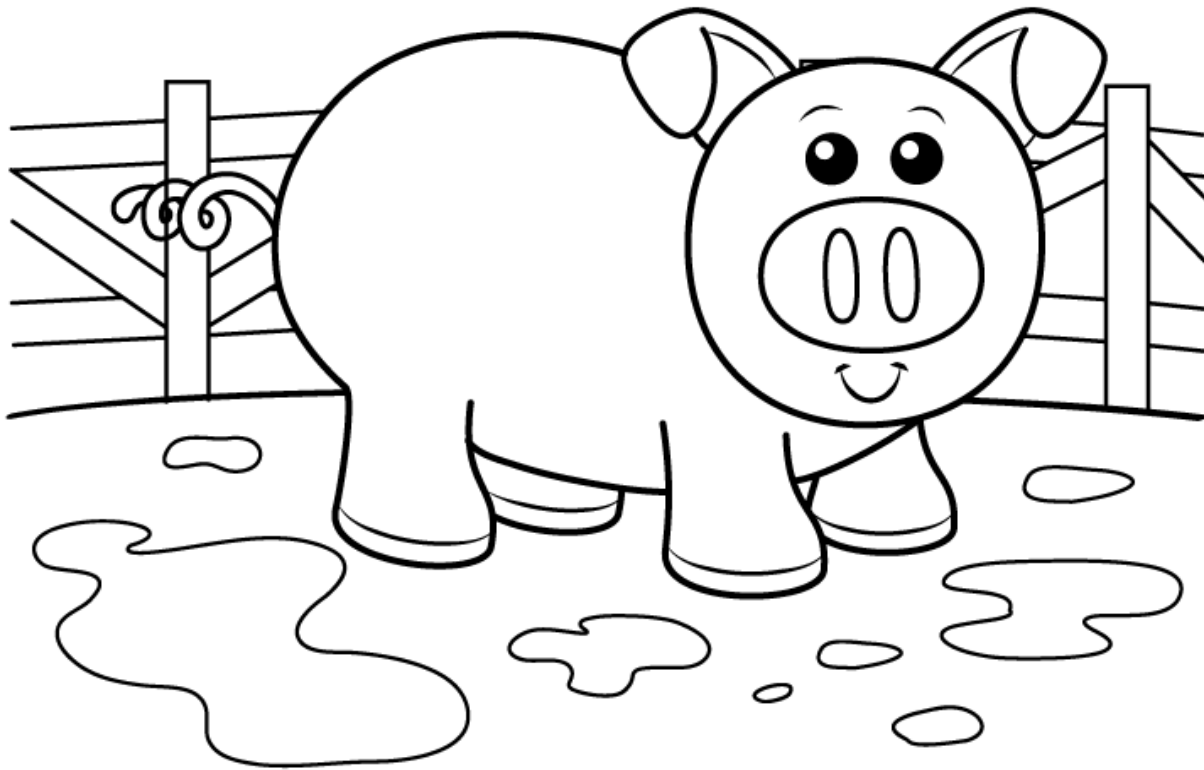
United Methodist Church of
Minooka
1210 Ridge Rd.

St. Mary's Catholic Church
303 W St Mary's St

Apostolic Church International
(Rehoboh Assembly)
205 W. Church St.

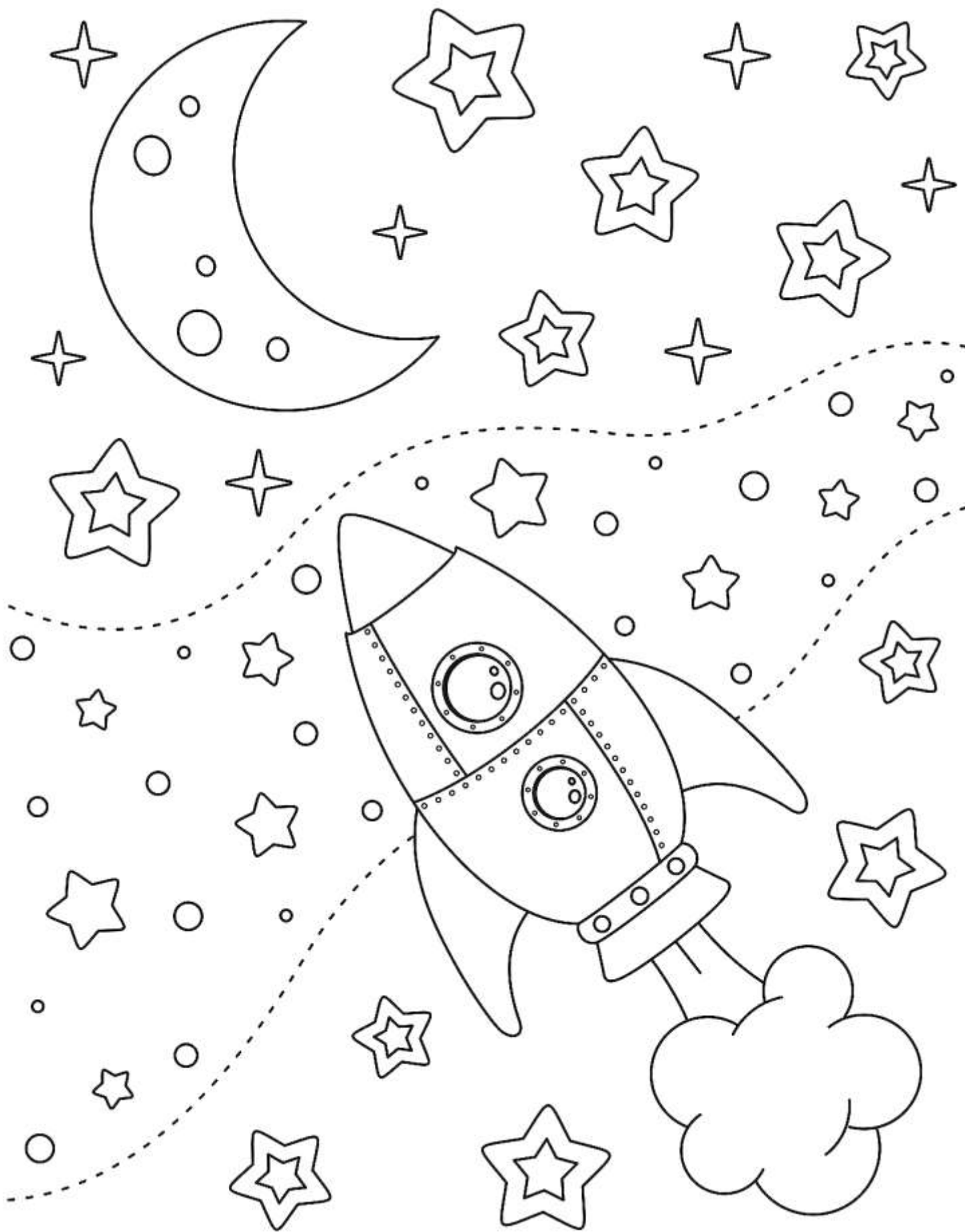
DISTRACTION ACTIVITIES

Distraction activities can be a wonderful stress reducers for both children and adults. There are a few examples on the following pages. Give them a try.



Distraction
Activities







MEDICAL HISTORY & INFORMATION

Medical Information: Please remove this page from the guide, fill it out, and put on your refrigerator or other visible place that is easily accessible.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (home) _____ (cell) _____

Date of Birth: _____

Emergency Contacts

Name: _____

Phone: _____

Relation: _____

Name: _____

Phone: _____

Relation: _____

Advanced Directives

☐ DNR:
Where is it located? _____

☐ Living Will:
Where is it located? _____

☐ Power of Attorney:
Where is it located? _____

Other Information

Physician Name & Number:

Mental Healthcare Provider:

Spiritual Care Provider:

Medical Conditions

☐ Cardiac ☐ Hypertension

☐ Asthma ☐ Seizures

☐ Diabetes ☐ Stroke

☐ Other (please explain) _____

Medications

Use pencil in this section and update every 6 months.

Name of Medication	Dosage	Directions (example: 1 daily)

Allergies

Please use other side if you need to add more information.

MEDICAL HISTORY & INFORMATION

(Continued from other side)

Medical History
& Information

[illegible]