

Community Resources for Mental Health Care

(This list is not intended to be exhaustive. It is intended as an overview of some of the sliding scale agencies and local crisis services within or close to the Harper College district area as well as some national resources. This contact information is subject to change.)

Community Agencies Providing Psychological Support Services:

- **Outpatient Services:**
 - Kenneth Young Center (Elk Grove Village) (847) 524-8800
 - Alexian Brothers Center for Mental Health (Arlington Heights) (847) 952-7460
 - The Salvation Army Family and Community Services Center (Arlington Heights) (847)-392-0274
 - Hoffman Estates Department of Health and Human Services (Hoffman Estates) (847)-781-4850
- **Substance Abuse Outpatient Counseling:**
 - Lutheran Social Services of Illinois – Behavioral Health Services (Arlington Heights) (847)-390-1458
- **Hospital-Based Mental Health Services:**
 - Northwest Community Hospital (Arlington Heights) (847) 618-1000
 - Alexian Brothers Behavioral Health Hospital (Hoffman Estates) (855) 383-2224
- **Other Services:**
 - Mental Health America of Illinois (312)-368-9070
Crisis line: (800)-273-TALK; Internet: www.mhai.org
 - The National Alliance on Mental Illness (NAMI) Illinois (800)-346-4572
TTD: (217)-522-1403; Internet: <http://www.namiillinois.org>
 - 24-Hour Crisis Hotline Services- (800) 273-8255
National Suicide Prevention, <http://suicidepreventionlifeline.org>

To Find a Psychologist:

- **Find a Psychologist Through The American Psychological Association**
<http://locator.apa.org/>
- **Listing of Therapists Searchable by City or Zip Code**
<http://psychologytoday.com/>

Websites for Coping with Job Loss:

- **Mental Health America of Colorado**
<http://www.mhacolorado.org/>
- **About.com: Career Planning**
http://careerplanning.about.com/od/jobloss/a/job_loss.htm

HARPER COLLEGE, PSYCHOLOGICAL SERVICES

Website resources for stress and mental health:

(This list is not intended to be exhaustive.)

- **The Mayo Clinic:** <http://www.mayoclinic.com>
Provides mental health information and tips on how to manage your health. Includes self-assessments and information on depression, anxiety, stress, alcoholism, and relaxation.
- **Medline Plus:** <http://medlineplus.gov>
A comprehensive list of resources for understanding, managing and treating a wide variety of health issues, including depression, anxiety, stress, and alcoholism. Interactive tutorials are also provided for stress management and depression.
- **American Psychological Association:** <http://www.apa.org>
Provides mental health information for understanding managing and treating depression, anxiety, stress, and alcoholism.

YouTube Relaxation Videos:

- **Mountain Stream Relaxation Video**
<http://www.youtube.com/watch?v=Qmt4qqB1Cps&feature=related>
- **Virtual Serenity: The Journey Within Video**
<http://www.youtube.com/watch?v=txTc3jmM5ZM&feature=related>