



# CRISIS HELPLINES

Many local and national helplines can support you or a loved one in crisis.



## Call 211 for Help

☎ 211

🌐 [211dupage.gov](http://211dupage.gov) or [211metrochicago.org](http://211metrochicago.org)

211 connects you to expert, caring help. 211 is the number to call when you don't know who to call. Connect to health and social service resources in DuPage or Chicago/Suburban Cook County. Examples include paying my bills, finding food, housing, immigrants, mental health, and persons with disabilities.

## Crisis Text Line

✉ Text HOME to 741-741

🌐 [crisistextline.org](http://crisistextline.org)

A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

## Dating & Domestic Violence / Adolescent Dating

☎ 866-331-9474

✉ Text LOVEIS to 22522

🌐 [loveisrespect.org](http://loveisrespect.org)

A project of the National Domestic Violence Hotline, Love Is Respect offers 24/7 information, support, and advocacy to young people between the ages of 13 and 26 who have questions or concerns about their romantic relationships. Provide support to concerned friends, family members, teachers, and helpers.

## Domestic Violence Hotline

☎ 800-799-7233

✉ Text START to 88788

🌐 [thehotline.org](http://thehotline.org)

24 hours a day, seven days a week, 365 days a year, the National Domestic Violence Hotline provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse.

## DuPage County Crisis Line

☎ 630-627-1700

🌐 [dupagehealth.org/183/Crisis-Services](http://dupagehealth.org/183/Crisis-Services)

Available 24/7, 365 days per year for individuals experiencing emotional distress, suicidal thoughts or seeking connection to DuPage County Crisis Services. Staff provide support and guidance to manage the crisis, explore options, and provide resources.

## Mental Illness Hotline

☎ 630-752-0066

✉ Text HELPLINE to 62640

🌐 [namidupage.org](http://namidupage.org)

Free, nationwide peer-support service providing information, resource referrals, and support to people living with a mental health condition, their family members and caregivers, mental health providers, and the public.

## Safe School Helpline

☎ 800-418-6423

✉ Text TIPS to 614-426-0240

🌐 [safeschoolhelpline.com](http://safeschoolhelpline.com)

Confidential way for anyone to report information about situations that might affect safety at our school. You can call the number any time of the day or night to report concerns about unsafe or potentially disruptive activities or situations, including drug or alcohol abuse, weapons, harassment, bullying or threats. All calls are completely confidential.

## Suicide Prevention Lifeline

☎ 988

✉ 988

🌐 [988lifeline.org](http://988lifeline.org)

This is a crisis hotline that can help with many issues, not just suicide - anyone who feels sad, hopeless, or suicidal; family and friends who are concerned about a loved one; or anyone interested in mental health treatment referrals.

## Veterans Crisis Line / Suicide Prevention

☎ 988 press 1

✉ Text 838255

🌐 [mentalhealth.va.gov/suicide\\_prevention](http://mentalhealth.va.gov/suicide_prevention)

Are you a Veteran in crisis or concerned about one? VA's top clinical priority is preventing suicide among all Veterans



**HOPE CENTER**  
A CONTINUUM OF SUPPORT TO HELP YOU TAKE A NEXT STEP



260 Glen Ellyn Road, Bloomingdale IL  
✉ [hope@bloomingdalechurch.org](mailto:hope@bloomingdalechurch.org)

☎ 630-894-0126

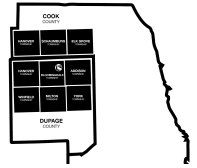
🌐 [hopecenterbloomingdale.org](http://hopecenterbloomingdale.org)

Updated 02/2023



# HOUSING & DAY CENTERS

Numerous community agencies and organizations are available to offer support.  
For additional resources, go to [211dupage.gov](http://211dupage.gov) or [211metrochicago.org](http://211metrochicago.org)



## Addison Township - Warming & Cooling Centers

📞 Call 630-530-8161 for location

🌐 [addisontownship.com/general-assistance](http://addisontownship.com/general-assistance)

## Bridge Communities

📞 630-545-0610 ext 20

🌐 [bridgecommunities.org](http://bridgecommunities.org)

Monday - Friday 9:00am- 5pm

Housing Eligibility Criteria: 1) Be homeless or at-risk 2) Have a work or residence connection to DuPage County 3) Be an adult(s) over the age of 21 with one or more children under the age of 18 4) Have a valid driver's license 5) Pass criminal background check 6) Have some form of income that is reported to the IRS.

## DuPage Pads

📞 630-682-3846

🌐 [dupagepads.org](http://dupagepads.org)

📍 703 W. Liberty Dr., Wheaton (walk ups)

Intake hours are Monday – Friday from 8:30-4pm, Saturday (and holidays) from 8am – 4pm

*If you are concerned for someone who is unsheltered, please call 630-682-3846, option 2.*

## DuPage Pads - Supportive Housing Program

📞 630-682-3846

🌐 [dupagepads.org](http://dupagepads.org)

📍 Offices located in Downer's Grove, Naperville, Wheaton

Affordable apartments and support services to individuals and families. Criteria required to be a resident of Supportive Housing: 1) A permanent documented disability due to a physical or mental condition or addiction 2) Documented homelessness of one current year or longer or four separate episodes within the past three years 3) The ability to live independently in the community without medical supervision 4) Willingness to pay 30% of income towards rent.

## DuPage County Department of Community Services

📞 630-407-6500

🌐 [dupagecounty.gov/government/departments/community\\_services](http://dupagecounty.gov/government/departments/community_services)

*If you do not meet criteria for any of the above programs, please call for additional resources.*

## Fellowship Housing

📞 847-882-2511

🌐 [fhcmoms.org](http://fhcmoms.org)

Fellowship Housing offers two years of transitional housing and financial literacy training, focusing on accountability and a path to independence.

## Wayside Cross Ministries - Day Center

📞 847-695-4405

🌐 [waysidecross.org/elgin-wayside-center-ministry](http://waysidecross.org/elgin-wayside-center-ministry)

📍 453 Fremont St, Elgin, IL 60120

Like a temporary home, the center offers what most people take for granted – free meals, safe daytime shelter, laundry services, showers, and individual lockers to keep personal items secure. Computers to connect with loved ones, apply for work, or collaborative services.



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✉ [hope@bloomingdalechurch.org](mailto:hope@bloomingdalechurch.org)

📞 630-894-0126

🌐 [hopecenterbloomingdale.org](http://hopecenterbloomingdale.org)

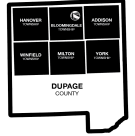
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# FOOD PANTRIES (NORTHERN DUPAGE COUNTY)

Many food pantries require a valid ID and a utility bill with name and address.

For additional resources, go to [211dupage.gov](http://211dupage.gov)



## Addison Township Food Pantry

Wednesday 9:30am-10:30am

📍 50 East Oak Street, Addison

Pre-packed box pickup. Must be an Addison Township resident.

📞 630-530-8161

🌐 [atcares.org](http://atcares.org)

## Bloomingtondale Township Food Pantry

Wednesday & Friday 9-11am

📍 123 Rosedale Ave, Bloomingtondale

🌐 [bloomingtondale.com/services/general-assistance-department](http://bloomingtondale.com/services/general-assistance-department)

Pre-packed box pickup.

📞 630-529-9993

## Carol Stream Neighborhood Food Pantry at Lutheran Church of the Master

Monday 12:30-3:15 pm Tuesday-Thursday 10am-12:45pm

📍 580 N. Kuhn Rd, Carol Stream

📞 630-665-5188

🌐 [neighborhoodfp.org/our-pantry-locations](http://neighborhoodfp.org/our-pantry-locations)

## Glendale Heights Neighborhood Food Pantry at Family in Faith Church

Wednesday 4-7pm Saturday 9am-12pm

📍 1480 Bloomingdale Rd, Glendale Heights

Client choice shopping. Online ordering available.

🌐 [fifcc.org/next-food-pantry-reg-9am-distribution-10-am](http://fifcc.org/next-food-pantry-reg-9am-distribution-10-am)

📞 630-315-4012

## Glen House Food Pantry

Monday & Thursday 11:30am-12:30pm (client choice); Tuesday 5-6:30pm (pre-packed pickup) 📞 630-469-8668

📍 55 North Park Ave., Glen Ellyn

Clients can also shop once a month for a more robust assortment (by appointment only)

🌐 [glenhousefoodpantry.org](http://glenhousefoodpantry.org)

## Hanover Park Hands of Hope Food Pantry at Evangel Church

Tuesday 3-6pm

📍 5700 Bartels Road, Hanover Park

Client choice shopping. Welcomes immigrants. Habla español

📞 630-671-1570

🌐 [evangelchurch.cc/hands-of-hope](http://evangelchurch.cc/hands-of-hope)

## People's Resource Center

1st/3rd Saturday 8-10am

📍 St. Andrew Lutheran Church - 155 N Prince Crossing Rd, West Chicago

Tuesday 4-6pm

📍 Leman Middle School - 238 E. Hazel Street, West Chicago, IL, Door #7

Tuesday / Thursday (appointment); Wednesday / Saturday (curbside)

📍 201 S. Naperville Road, Wheaton

📞 630-682-5402

🌐 [peoplesrc.org](http://peoplesrc.org)

Must bring proof of a current DuPage address

## Roselle Community Food Pantry at Roselle Methodist Church

Saturday 9:30-11am (appointment)

📍 206 Rush St., Roselle

Client choice shopping. Must be a current resident of Roselle, Bloomingtondale or Medinah with proof of residency.

📞 630-529-1309, ext 5

🌐 [rosellecommunityfoodpantry.com](http://rosellecommunityfoodpantry.com)



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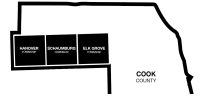
📞 630-894-0126

🌐 [hopecenterbloomingtondale.org](http://hopecenterbloomingtondale.org)

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# FOOD PANTRIES (NORTHERN COOK COUNTY)



Many food pantries require a valid ID and a utility bill with name and address.  
For additional resources, go to [211metrochicago.org](http://211metrochicago.org)

## Hanover Township Food Pantry

**Monday/Wednesday/Thursday/Friday 9:30am-3pm, Tuesday 1-6pm, Saturday 9-11:30am** ☎ 630-540-9085

📍 7431 Astor Ave, Hanover Park 🌐 [hanover-township.org/departments/human-services/food-pantry](http://hanover-township.org/departments/human-services/food-pantry)

Hanover Township residents: Bring an ID and a current utility bill with your application.

## Church of the Holy Spirit

**Thursday 2-5pm**

☎ (847) 882-7580

📍 1451 Bode Road, Schaumburg

🌐 [churchoftheholyspirit.org/food-pantry](http://churchoftheholyspirit.org/food-pantry)

The pantry may be used once a month by each family. Picture identification is required for each visit. The Food Pantry is located in the lower level of the Kane Center. The entrance is between the Kane Center and the garages.

## Schaumburg Township

**Monday/Friday 10-3pm, Tuesday/Wednesday 9-2pm, Thursday 11-5pm**

☎ 847-285-4503

📍 One Illinois Boulevard, Hoffman Estates

🌐 [schaumburgtownship.org](http://schaumburgtownship.org)

Residents must bring a current piece of mail that has been issued within the last 30 days as proof of residency, to each appointment. Residents live in parts of Schaumburg, Hoffman Estates, Hanover Park, Streamwood, Roselle, Elk Grove Village and Rolling Meadows.

## Trinity Charities

**Thursdays 4-6pm, Saturdays 10am-1pm**

☎ 847-264-4660

📍 927 N Plum Grove Road, Schaumburg

🌐 [trinitycharitiesinc.org/food-pantry](http://trinitycharitiesinc.org/food-pantry)

## Living Pantry / Living Hope Church

**Thursdays 4-6pm, Saturdays 10am-1pm**

☎ 847-985-6446

📍 777 Meacham Grove Road, Elk Grove Village

## Willow Creek - Care Center

**Tuesday/Wednesday/Thursday 10am-12pm & 6:30-7:30pm, Saturdays 10am-1pm**

☎ 224-512-2600

📍 67 E Algonquin Road, South Barrington

🌐 [willowcreekcarecenter.org](http://willowcreekcarecenter.org)

Park, walk into the entrance G lobby, and check in with a volunteer. Doors open 30 minutes prior to start time. A photo ID and proof of address are required every time you visit the Care Center. Digital or printed documents are accepted



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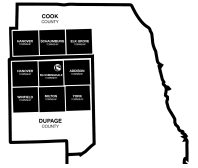
🌐 [hopecenterbloomingdale.org](http://hopecenterbloomingdale.org)

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# GENERAL ASSISTANCE

Numerous community agencies and organizations are available to offer support.  
For additional resources, go to [211dupage.gov](http://211dupage.gov) or [211metrochicago.org](http://211metrochicago.org)



## Addison Township - General Assistance

📞 630-530-8161 Ext. 180.

🌐 [addisontownship.com/general-assistance](http://addisontownship.com/general-assistance)

## Bloomington Township - General Assistance

📞 630-529-9993

📍 123 Rosedale Ave, Bloomington

🌐 [bloomingtontownship.com](http://bloomingtontownship.com)

General Assistance is a monthly grant program for individuals in need who meet certain eligibility requirements. Assistance programs include: rental assistance, utility assistance (LIHEAP applications), emergency assistance, food pantry. Additional services include: Senior Center and Youth Service Bureau. Available to qualified individuals living in Bloomington; Glendale Heights; parts of Roselle, Medinah, Hanover Park.

## DuPage County Community Services

📞 630-407-6500

🌐 [dupageco.org/community](http://dupageco.org/community)

Monday - Friday 8am-4pm

Provide services to assist: clothing vouchers, electric service payments, gas service payment assistance, household goods vouchers and water service payment assistance. Provide information regarding Medicaid and Prescription Expenses assistance. Adult protective services and response to senior abuse (Senior abuse hotline: 866-800-1409)

## DuPage Health Coalition

📞 630-510-8720

🌐 [accessdupage.org](http://accessdupage.org)

Connects low-income and uninsured DuPage County Residents to low-cost health services, including primary care, specialty care, testing, and medication. Silver Access provides financial help to lower-income families purchasing health insurance on the Affordable Care Act marketplace. DuPage Dispensary of Hope offers qualifying uninsured patients certain medications at no cost. Medical Debt Care DuPage helps residents apply for financial assistance programs.

## Family Shelter Service

📞 24/7 Hotline: 630-469-5650 📞 630-221-8290 (office)

🌐 [metrofamily.org/fssofmfds](http://metrofamily.org/fssofmfds)

📍 605 E Roosevelt, Wheaton (Walk-in hours Tuesday 12-2pm)

Offering help to those affected by domestic violence. Programming includes emergency shelter, court services and orders of protection, supportive services for children and adults, community-based services and prevention services.

## Hanover Township - General Assistance

📞 630-540-9085

🌐 [hanover-township.org](http://hanover-township.org)

## NAMI DuPage

📞 630-752-0066

🌐 [namidupage.org](http://namidupage.org)

NAMI DuPage provides a wide variety of mental health programs and services for all ages. Our services are free or low-cost and help not only those with mental illness but also their families. Most of our programs are facilitated by "peers, who are people living in recovery of mental illness and have been specially trained for their roles.

## Milton Township - General Assistance

📞 630-668-1616

🌐 [miltontownship.net](http://miltontownship.net)



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📧 [hope@bloomingtonchurch.org](mailto:hope@bloomingtonchurch.org)

📞 630-894-0126

🌐 [hopecenterbloomington.org](http://hopecenterbloomington.org)

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## GENERAL ASSISTANCE - CONTINUED

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### Outreach (also known as Outreach Community Services)

📞 630-260-7600

🌐 [weareoutreach.org](http://weareoutreach.org)

📍 345 S President, Carol Stream 📍 Additional locations in Lombard, West Chicago, and Wheaton,

Restoring hope and providing opportunities for people to become all that God intends them to be. Counseling, youth development, and case management services to assist people in a wide variety of concerns including financial issues, housing needs, legal matters, child care needs, emergency food navigating government services such as public aid and social security, classes in English as a second language, referrals for community services, employment and job training needs.

### People's Resource Center

📞 630-682-5402

🌐 [peoplesrc.org](http://peoplesrc.org)

📍 Locations in Wheaton, West Chicago, and Westmont

Programs: Food pantry, social services, job assistance, art programs, adult learning and literacy, clothes closets, computer access. Must be a DuPage County resident.

### Repeat Boutique

📞 630-462-7341

📍 191 South Gary Ave, Suite 140, Carol Stream

🌐 [repeatboutiquecenter.com](http://repeatboutiquecenter.com)

Not a resale shop, Repeat Boutique's, mission is to demonstrate the love and compassion of Jesus Christ by providing material goods free of charge to people in need. Repeat Boutique does not charge for its services and welcomes people in need who bring referrals from charitable organizations, churches, and governmental agencies such as DuPage County Community Services.

### Serenity House Counseling Services

📞 630-620-6616

📍 891 S. Rohlwing Road, Addison

🌐 [serenityhouse.com](http://serenityhouse.com)

Serenity House has expanded substance abuse service and serves hundreds of men and women each year in extended residential, outpatient, intensive outpatient, DUI services, special adolescent programs, and recovery home programs. These programs also provide a holistic approach that focuses on integrating men and women back into their surroundings as self-sufficient, productive members of their communities while improving the quality of life for their families.

### Schaumburg Township - General Assistance

📞 847-285-4503

📍 One Illinois Boulevard, Hoffman Estates

🌐 [schaumburgtownship.org](http://schaumburgtownship.org)

### The Outreach House

📞 630-693-0185

📍 805 S. Main St., Lombard, IL 60148

🌐 [theoutreachhouse.org](http://theoutreachhouse.org)

Mon, Wed, Fri, 9-11:45 am; Wed. 5:45 pm; 3rd Sat each month 9-11:45am

Programs: Food Pantry, First Things First (infant needs), Walk-In Assistance (emergency expenses,) and Clothes Closet. Helping families in York Township (Elmhurst, Lombard, Villa Park, Oak Brook, Oakbrook Terrace, Glendale Heights, Addison, and sections of Downers Grove, Glen Ellyn, Hinsdale, and Westmont). Need to bring ID and proof of residency.

### York Township - General Assistance

📞 630-620-2400

📍 1502 S. Meyers Road, Lombard IL 60148

🌐 [yorktwsp.com](http://yorktwsp.com)

### YWCA Metropolitan Chicago

📞 630.790.6600

📍 2055 Army Trail Road, Suite 140, Addison

🌐 [ywcachicago.org](http://ywcachicago.org)

Free assistance to survivors of sexual trauma and their loved ones, and promotes general health and wellness through our Sexual Violence Support Services (SVSS). Current programs include 24/7 medical and legal advocacy, 24/7 rape crisis hotline, counseling and case management services, groups and workshops. **To receive SVSS counseling services, call 630-790-6600, x1407, and leave your name and phone number. Trained staff will return the call and complete a 15-20 screening.**



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# LEGAL AID

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## Administer Justice

☎ 855-818-4554

🌐 [administerjustice.org/gethelp](http://administerjustice.org/gethelp)

No one should face confusing legal circumstances alone. With the help of a lawyer and a team, you can gain confidence and freedom from your legal circumstances. We provide affordable legal guidance and counsel for neighbors in need. Our justice centers provide legal help and coaching on your situation for only \$30. We serve all case types, including divorce/custody, landlord/tenant, debt/collections, estate planning, immigration, and criminal records.

## DuPage Legal Aid

☎ 630-653-6212

🌐 [dupagelegalaid.org](http://dupagelegalaid.org)

Providing free legal services and other resources to those in need. Most of our volunteer attorneys are available for cases involving family issues such as divorce, custody, and child support. We also provide some free legal services in other areas of law as well.

## The Lilac Tree

☎ 847.328.0313

🌐 [thelilactree.org](http://thelilactree.org)

The Lilac Tree provides support, education, and access to resources for individuals and families at any stage of the separation or divorce process. We help you build resilience to move through the process of being informed, supported, and empowered.

## Prairie State Legal Services

☎ 815-965-2134

🌐 [pslegal.org](http://pslegal.org)

Provides free legal help in certain civil proceedings. Assists in appeals for public benefits (SSDI, SSI).



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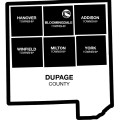
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# MENTAL HEALTH

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## Mental Health Services Navigator

- Do you have health insurance with an affordable, accessible option for mental health services?  
If yes, consider narrowing down your selection to your preferred counseling point of view.  
(i.e. Christian counseling, marriage/family counseling, in-person, etc)
- (or) Do you have an Employee Assistance Program (EAP) that can get you started with (typically six) counseling sessions?
- (if not) Can you use a self-pay option (typically a reduced rate with no insurance being applied)?
- (if not) Where do you live? (or) Are you a parent, or do you have children who need these services?

The following are free/reduced fee options based on residency or ability to access youth and family services:

### Bloomington Township - Youth Service Bureau

📞 630-529-9993

📍 123 Rosedale Ave, Bloomington

🌐 [bloomingtontownship.com](http://bloomingtontownship.com)

Available to qualified individuals living in Bloomington; Glendale Heights; parts of Roselle, Medinah, Hanover Park.

### NEDFYS (Northeast DuPage Youth Family Services)

📞 630-260-7600

📍 777 Army Trail Blvd FL 2, Addison

🌐 [nedfys.org](http://nedfys.org)

A community-based, nonprofit that provides high-quality, accessible mental health and social services. NEDFYS works with children, adolescents, adults, and families from diverse backgrounds.

### Outreach Counseling Centers

📞 630-260-7600

🌐 [weareoutreach.org/counseling](http://weareoutreach.org/counseling)

📍 Locations in Carol Stream, Lombard, West Chicago, and Wheaton,  
Counseling services are collaborative, strengths-based, and faith-based.



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