

Grundy County Health Department
Project Help4U
1320 Union St.
Morris, IL 60450
815-941-3138

Are you a
Youth Mental Health
First Aider?
Scan here!



Adolescent Community Resource Guide

Making connections,
changing lives



Life's challenges can feel overwhelming.
Don't hesitate. Get started feeling better today.

Look inside for information on:

- Addiction and mental health services
- Health and medical services
- Community resources

Feeling sad, frustrated, anxious?
Are drugs or alcohol a problem?
You're not alone.



Recent statistics from Grundy County:

- 33% of 10th graders and 24% of 12th graders reported experiencing a time in the previous 12 months when they felt so sad or hopeless almost every day for two weeks or more in a row, that they stopped doing some usual activities
- 21% of 10th graders and 13% of 12th graders report considering suicide in the past year
- 50% of 8th graders and 38% of 10th graders report being bullied at least once in the past year
- 35% of 10th graders and 52% of 12th graders reported alcohol use in the previous 30 days
- 16% of 10th graders and 24% of 12th graders reported marijuana use in the previous 30 days
 - Marijuana use by youth in Grundy County is statistically higher than tobacco use

Partners in Project Help4U



Public Health
Prevent. Promote. Protect.

Information provided is designed for general information purposes only and is not intended to replace the advice of a professional healthcare provider, diagnosis, or treatment. You are encouraged to consult with a medical professional or mental health care provider if you have questions and before making any decisions based on this information. If you think you may be experiencing a medical or mental health emergency, you should immediately contact your doctor or your local emergency service number.

Disclaimer: This brochure is developed as part of Project Help4U under grant number 1H79SM062817-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the author and do not necessarily reflect those of SAMHSA or HHS.



Help and support
are a phone call
away!



Additional Resources

Sexual Health/STD Testing

Grundy County Health Dept.
Pregnancy Testing
1320 Union St.
Morris, IL 60450
815-941-3411

Will County Health Dept.
501 Ella Ave.
Joliet, IL 60433
815-727-8670

LaSalle Planned Parenthood
612 Court St.
Ottawa, IL 61350
www.ppil.org
815-433-4111

LaSalle County Health Dept.
Rapid HIV testing—ONLY
717 Etna Rd.
Ottawa, IL 61350
815-433-3366

Sliding Scale Medical Clinics

Will-Grundy Medical Clinic
213 E. Cass St.
Joliet, IL 60432
815-726-3377

Aunt Martha's Health Center
1301 Copperfield Av.
Joliet, IL 60432
877-692-8686

LaSalle County Health Dept.
727 Etna Rd.
Ottawa, IL 61350
815-433-3366
800-247-5243

Will County Health Dept.
501 Ella Av.
Joliet, IL 60433
815-727-8670

Project Help4U Addictions & Mental Health Resources



Grundy County Health Department
Division of Mental Health & Substance Abuse
1320 Union St.
Morris, IL 60450
Phone: 815-941-3138
Fax: 815-941-2389

www.grundyco.org/health/



Breaking Free

120 Gale St.
Aurora, IL 60506
Phone: 630-897-1003
Fax: 630-897-1042

www.breakingfreeinc.org



Chestnut Health Systems

Intake: 888-924-3786

www.chestnut.org



Crisis Line of Grundy County

815-942-6611

www.crisisline247.org/

*Offering information and referral, telephone counseling and support, and suicide prevention and intervention



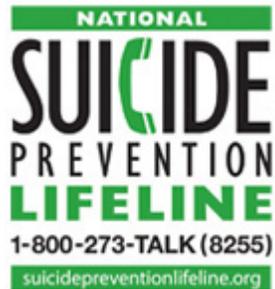
Crossroads Counseling
1802 N. Division St., Ste. 509
Morris, IL 60450
815-941-3882



Lighthouse Counseling
200 W. 1st St.
Coal City, IL 60416
815-634-3994

Linden Oaks | *Healthy Driven*
BEHAVIORAL HEALTH

Main Campus
852 South West Street
Naperville, IL 60540
Office Phone: 630-305-5500
Health Assessment Line: 630-305-5027



No matter what problems you are dealing with, we want to help you find a reason to keep living.

By calling [1-800-273-TALK](tel:1-800-273-TALK) (8255) you'll be connected to a skilled, trained counselor at a crisis center in your area, **anytime 24/7.**

Help is available. Treatment works.
Recovery is possible.



Rosecrance
Addiction services in Chicago and Rockford
888-928-5278

Mental Health Services
815-391-1000