



Community Mental Health
and Counseling

**Community Resource
Handbook**

Sertoma Centre

4331 W. Lincoln Hwy. Matteson, IL

708-748-1951

- Mental health services
- Case management
- Community Support
- Crisis Stabilization
- Linkage to housing
- Access to food, clothing, and hygiene products
- Incentives for continued engagement

Sertoma Centre offers a variety of services that are inclusive and do not discriminate on the basis of race, color, religion, gender, gender expression, national origin, disability, marital status, sexual orientation, or military status.

We offer support to individuals struggling with homelessness, at risk of homelessness, who might be experiencing a mental health crisis, or have any mental health concerns.

Please reach out to one of our qualified and caring staff members today: 708-748-1951



Community Resources

South Cook and East Will County

HOTLINES



Homeless Prevention Hotline

(Alliance To End Homelessness):

877-426-6515

National Suicide Prevention

800-273-8255

HUB HELP Line: Immediate assistance
with basic needs

708-966-9HUB

Domestic Violence Hotline:

(Crisis Center for South Suburbia) **708-429-SAFE (7233)**

Sexual Violence Hotline (Pillars): 708-482-9600

Addiction Help Line

877-421-3038

BASIC NEEDS



■ **Respond Now**
1439 Emerald Ave.
Chicago Heights, IL
708-755-4357

- Food pantry
- Prescription assistance
- Utility and rent assistance

■ **Ford Heights Community**
Service Organization
999-971 Lincoln Hwy.
Ford Heights, IL
708- 758-2565

- Homeless Prevention
- Free Lunch Program
- Food Pantry
- Rent/Mortgage/Utility Assistance
- Vocational Training
- Short Term Motel Stays

■ **PADS: Chicago Heights Housing and Shelter Support Office**

414 W. Lincoln Hwy.

Chicago Heights, IL

708-332-7700

- Emergency shelter
- Supportive services
- Homeless prevention
- Housing

■ **Chicago Heights Public Library**

25 W. 15th St., Chicago Heights, IL

708-754-0323

- Homeless Initiative; daily resource presentations
- Warming and cooling center

■ **Together We Cope**

17010 Oak Park Ave.

Tinley Park, IL

708-633-5040

- Food, fresh produce, clothing, emergency shelter
- Linkage to housing
- Basic needs
- Back to school program

Open Access Free Clothing Closet:

Available in various locations

708-799-9190

■ **Immanuel Lutheran Church**
4800 Sauk Trail, Richton Park, IL

- First Saturday of every month,
9:00–11:00am
- Clothing, toys/books, toiletries

■ **Saint Irenaeus School**
78 Cherry St., Park Forest, IL

- Second Saturday of every month,
9:00–11:00am
- Clothing, toys/books, toiletries

■ **Shepherds Community Church**
10 W. 150th St., Harvey, IL

- Third Saturday of every month,
9:00–11:00am
- Clothing, toys/books, toiletries

■ **New Community Church**
14801 Lincoln Ave., Dolton, IL

- Fourth Wednesday of every month
2:00pm–4:00pm
- Clothing, toys/books, toiletries

■ **Chicago Heights Park District
with Chicago Miracle Temple**
1400 Chicago Rd., Chicago Heights, IL
708-209-0949

- Food Pantry Every 4th Friday
9:30–11:30am

■ **Pentecostal Church of Christ
Cathedral 3840 W. 216th St., Matteson,
IL**
708-757-7000

- Food Pantry Weds., 3:00–5:00pm

■ **St. John Lutheran Church Food
Pantry 2650 Plainfield Rd., Joliet, IL**
815-439-2320

- Food Pantry
Tuesdays 12:30–2:30pm
Thursdays 9:00–11:00am
Saturdays 9:00–11:00am

■ **Rich Township Food Pantry**
**22013 Governors Hwy.,
Richton Park, IL**
708-748-6722

- Food Pantry, Mon. through Fri.
1:30–3:30pm

■ **Blue Island Food Pantry**

2155 Broadway

Blue Island, IL

708-389- 6578

- Food Pantry

Tuesdays

9:30am–1:30pm

■ **The Salvation Army**

2900 Burr Oak Ave. (127th)

Blue Island, IL

708-332-0100

- Food Pantry

Wednesdays

9:00am–Noon, 1:00–3:30pm

- Shelter

Mondays (women and children)

■ **Helping Hands**

200 W. Crawford

Peotone, IL

708-258-9204

- Food Pantry

■ **Palos United Methodist**

12101 S. Harlem Ave.

Palos Heights, IL

708-878-9995

- Food Pantry

Tuesdays

9:00–11:00am, 4:00–6:00pm

■ **Society of St Vincent de Paul**

St. Christopher Conference

14641 S. Keeler Ave.

Midlothian, IL

708-371-4621

- Food Pantry

Monday–Thursday, 10:00am–Noon

■ **St. Mary Queen of Apostles Parish**

Food Pantry

14424 S. Wentworth Ave.

Riverdale, IL

708-849-4901

- Food Pantry

Tuesdays, 10:00am–Noon

EMERGENCY SHELTER



■ South Suburban PADS

**Chicago Heights Housing and Shelter
Support Office**

414 W. Lincoln Hwy.

Chicago Heights, IL

708-332-7700

- Transportation to shelter
- Case management
- Supportive living
- Meals provided

■ Flossmoor Community Church

2218 Hutchison Rd., Flossmoor, IL

708-798-2800

- Sundays (men only)
- 7:00pm-7:00am
- October–April

■ Hazel Crest Community Church

17050 S. California, Hazel Crest, IL

708-335-4500

- Sun. (men only), 6:30pm-6:30am
- October–April

■ **Restoration Ministries**

15331 S. Broadway, Harvey, IL

708-333-3370

- Sundays (women and children)
- 6:00pm-7:00am
- October–April

■ **Faith Lutheran Church**

18645 Dixie Hwy., Homewood, IL

708-799-1160

- Mondays (men only)
- 7:00pm-7:00am
- October–April

■ **The Salvation Army**

2900 Burr Oak Ave. (127th)

Blue Island, IL

708-332-0100

- Mondays (women and children)
- 7:00pm-7:00am

■ **Infant Jesus of Prague**

Leavitt & Flossmoor Rd, Flossmoor, IL

708-799-5400

- Tues. (men only), 7:00pm-7:00am
- October–April

■ **Church of the Holy Family**

102 Marquette St.

Park Forest, IL

708-748-1100

- Tuesdays (women and children)
- 7:00pm-7:00am
- October–April

■ **Bethel Community Facility**

1250 Portland Ave.

Chicago Heights, IL

708-758-5585

- Tuesday – Thursdays
- 6:00pm-8:00am

■ **St. Lawrence O’Toole**

4101 S. Saint Lawrence

Matteson, IL

708-747-3322

- Wednesday and Fridays (men only)
- 7:00pm-7:00am
- October–April
- ***SUMMER SHELTER AVAILABLE***

■ **St. Andrews Methodist Church**
18850 S. Riegel Rd., Homewood, IL
708-798-8904

- Wed. (women and children only)
- 7:00pm-7:00am
- October–April

■ **St. Irenaeus**
78 Cherry St., Park Forest, IL
08-748-6891

- Thursdays (co-ed)
- 7:00pm-7:00am
- October–April

■ **New Faith Baptist Int'l Church**
25 S. Central, Matteson, IL
708-720-1318

- Thursdays (co-ed)
- 7:00pm-7:00am
- October–April

■ **Zion Lutheran Church**
17100 69th Ave., Tinley Park, IL
708-532-1600

- Fridays (women and children only)
- 7:00pm-7:00am, October–April

■ Redeemer Lutheran Church
4955 W. 158th St., Oak Forest, IL
708-687-2432

- Saturdays (men only)
- 7:00pm-7:00am
- October–April

■ Living Springs Community Church
19051 S. Halsted St.
Glenwood, IL 708-709-0100

- Saturdays (women and family only)
- 7:00pm-7:00am
- October–April

■ Daybreak Shelter
611 E. Cass St., Joliet, IL
815-774-4663

- Open daily for shelter
- Daily soup kitchen
- Emergency and homeless prevention services

DOMESTIC VIOLENCE SHELTERS



■ South Suburban Family Shelter Homewood, IL

708-335-3028

- Counseling
- Court advocacy
- Emergency services
- Medical advocacy
- Abuser intervention program
- Sanctuary

■ Crisis Center for South Suburbia P.O. Box 39

Tinley Park, IL

708-429-7233

- Emergency shelter, interim housing,
and transitional housing
- Emergency services
- Counseling
- Court advocacy
- Child counseling

■ **Guardian Angel Community
Services Joliet, IL**

815-729-1228

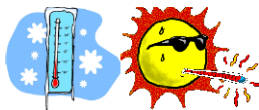
- Domestic violence counseling
and support

■ **Sarah's Inn Oak Park, IL**

708-286-4225

- Domestic violence shelter
- Emergency services

**WARMING
AND/OR
COOLING CENTERS**



■ **Bremen Township**
(warming center only)
16361 S. Kedzie, Markham, IL
708-333-9530
- 9:00am-5:00pm, M-F

■ **Lemont Community Center**
(warming center only)
16300 Alba St. Lemont, IL
630-257-2522
- 9:00am-4:00pm, M-F
- Transportation available

■ **Orland Park Township**
14807 Ravinia Ave.
Orland Park, IL
708-403-4222
- 8:00am-4:30pm, M/W/THUR/F
- Transportation available for
seniors 55 and older

■ **Palos Township**
10802 S. Roberts Rd.

Palos Hills, IL

708-598-4449

- 8:30am-4:30pm, M-F

■ **Worth Township**

11601 S. Pulaski Rd., Alsip, IL

708-371-2900

■ **City of Harvey**

15301 Dixie Hwy., Harvey, IL
(Police Department)

708-331-3030

- 7:00am-7:00pm, (masks and
social distancing required)

■ **Hazel Crest Police Department**

3000 W 170th Pl, Hazel Crest, IL

708-335-9640

- Open until midnight

MEDICAL



■ Aunt Martha's Health and Wellness Center

877-692-8686

- Various locations
- Primary care, dental, psychiatry,
- OB/GYN and family planning
- Free COVID tests
- Free Flu shots

■ Cottage Grove Health Clinic

1645 Cottage Grove Ave.

Ford Heights, IL

708-753-5800

- Primary Care, pediatricians,
nutritionist, dental, HIV
Treatment, WIC

■ University of St. Francis Health and Wellness Center

311 N. Ottawa St. Joliet, IL

815-768-8750

- Sliding fee scale health and
wellness center

■ **Will Grundy Medical Clinic**

213 E. Cass St., Joliet, IL

815-726-3377

- Medical and dental services for those with no insurance benefits

■ **Oak Street Health**

1401 Western Ave.

Chicago Heights, IL

708-292-7000

- Medical/Medicare/sliding scale health center

■ **Family Christian Health Center**

708-596-5977

- 3 locations:
 - 31 W. 155th St., Harvey, IL
 - 713 E. 142nd St., Dolton, IL
 - 19767 Torrence Ave., Lynwood, IL
- Medical, dental and behavioral health
- Medicaid/Medicare/sliding scale services

RECOVERY



■ **Sertoma Centre**
4331 W. Lincoln Hwy.,
Matteson, IL
708-748-1951

- Mental health services
- MISA (mental illness substance abuse) groups
- Case management
- Access to food, clothing and hygiene products, and linkage to housing

■ **Affordable Recovery Housing**
13811 S. Western Ave.
Blue Island, IL 708-299-0758

- Faith based, safe and sober living environment

■ **Elite Treatment Center**
395 W. 14th Place, Chicago Heights, IL
708-755- 5117

- Substance use treatment

■ **Existential Counselor Society**
2319 Manhattan Rd., Joliet, IL
708-223-2698

- Recovery House

■ **Guildhaus**
2413 Canal St., Blue Island, IL
708-385-3228

- 12-step drug and alcohol recovery program
- Warm and supportive environment
- Recovery house

■ **Morningstar Mission**
350 E. Washington St., Joliet, IL
815-722-5780

- Men's Residential Recovery Program
- Christian counseling
- Addictions counseling
- East Side Café-3 free meals a day for the homeless population

■ **NAMI South Suburbs of Chicago**
708-335-4008

- Education and Support groups
- Advocacy

■ **South Suburban Council**

1909 Cheker Square

Hazel Crest, IL

708-647-3333

- Substance use treatment
- TB testing and HIV counseling

■ **Restoration Ministries**

253 E. 159th St., Harvey, IL

708-333-3370

- Emergency Shelter
Sunday 7:00-7:00
- Harvey House, men's recovery house
- Tabitha House, women's recovery house

■ **Together We Cope**

17010 Oak Park Ave.

Tinley Park, IL 708-633-5040

- Families First Program (permanent supportive housing)
- Skill building
- Housing assistance
- Case Management

SUICIDE SUPPORT



Group Resources

Please call the organization directly for specific details such as start dates, any associated costs, and meeting format

■ Coping After Suicide

Online Meetings

Joanne Harpel

joanneharpel@icloud.com

(917) 584-1200

■ Coping After Suicide:

Men's Group

Online Meetings

Franklin Cook

franklin@personalgriefcoach.com

(605) 209-0292

■ **Family Support Group**

Online Meetings

Gloria Vinson gloriavinson@comcast.net
(904) 509-2749

■ **Peer to Peer Support Group**

Online Meetings

Allison Spears or Brooke Anderson
Thehealingconnectionsosl@gmail.com

■ **Teen Group**

Online Meetings

Steven J. Karaiskos
stevenjkaraiskos@gmail.com

■ **Survivor's Circle**

Online Meetings

Donna Barnes at
dhb@dhbwellnessllc.com
(301) 529-4699

- **St. Paul Lutheran Church**
6201 Vollmer Rd
Matteson, IL 60443
Online Meetings
(708) 720-0880

- **South Suburban Christian Center**
4200 West Maple Avenue
Matteson, IL 60443
Online Meetings
STARTING MAY 2021
(708) 748-0327

- **The Lighthouse Church of All Nations**
4501 W 127th St
Alsip, IL 60803
Online Meetings
(708) 385-6020 ext 567

- **Parkview Christian Church**
11100 Orland Pkwy
Orland Park, IL 60467
Online Meetings
(708) 478-7477 ext 261

- **Moraine Valley Church**
6300 West 127th Street
Palos Heights, IL 60463
(708) 385-8604
- **Trinity Lutheran Church**
6850 West 159th Street
Tinley Park, IL 60477
Online Meetings
(708) 532-9395
- **Christian Life Center-Tinley Park**
6363 183rd St
Tinley Park, IL 60477
Online Meetings
(708) 864-4575



Community Mental Health
and Counseling

**If you or a loved one is
struggling with homelessness,
unstable living conditions, or
mental health concerns - please
reach out to Sertoma Centre
*today.***

***4331 West Lincoln Highway
Matteson, IL 60443***

708-748-1951

sertomacentre.org