

**Lyons Township High School**  
**Community Mental Health & Wellness Resource Guide**  
**2023-2024 School Year**

**Community Agencies**

<p><b><u>Associates in Behavioral Science</u></b> Berwyn  (708)627-2710  <a href="http://www.ABSpsych.com">www.ABSpsych.com</a></p>	<p><b><u>The Loft @ Eight Corners</u></b>  Brookfield  (708)883-3300  <a href="https://loft8corners.org/">https://loft8corners.org/</a></p>	<p><b><u>Community House</u></b>  Hinsdale  (630)323-7500  <a href="http://www.communityhouse.org">www.communityhouse.org</a></p>
<p><b><u>Centers for Family Change</u></b>  <small>(some sliding scale may be available)</small>  Oak Brook  (630)586-0900  <a href="https://centersforfamilychange.com/">https://centersforfamilychange.com/</a></p>	<p><b><u>Compass</u></b>  In person and Virtual PHP/IOP  (877)552-6672  <a href="http://www.compasshealth.net">www.compasshealth.net</a></p>	<p><b><u>Cypress Professional Group</u></b>  Burr Ridge  (630)325-4899  <a href="https://doctor.webmd.com/practice/cypress-professional-group-llc-ec8d6342-7bbb-e311-8fc0-001f29e3bb64">https://doctor.webmd.com/practice/cypress-professional-group-llc-ec8d6342-7bbb-e311-8fc0-001f29e3bb64</a></p>
<p><b><u>The Family Institute</u></b> (through Northwestern University)  La Grange Park  (847)733-4300  <a href="http://www.family-institute.org">www.family-institute.org</a></p>	<p><b><u>Heritage Professional Associates</u></b>  Hinsdale  (630)325-5300  <a href="https://www.heritageprofessional.com">https://www.heritageprofessional.com</a></p>	<p><b><u>Hinsdale Behavioral Health Clinic</u></b>  Hinsdale  (630)920-1795  <a href="https://hinsdalebhc.com/">https://hinsdalebhc.com/</a></p>
<p><b><u>LifeStance Health</u></b>  Western Springs  (630)428-7890  <a href="https://lifestance.com/location/western-springs-il-4471-lawn-ave/?utm_source=listing&amp;utm_medium=organic&amp;utm_campaign=locations">https://lifestance.com/location/western-springs-il-4471-lawn-ave/?utm_source=listing&amp;utm_medium=organic&amp;utm_campaign=locations</a></p>	<p><b><u>Life Insight</u></b>  Hinsdale  (630)563-0044  <a href="https://life-insight.com/">https://life-insight.com/</a></p>	<p><b><u>Authentic Growth Wellness Group</u></b> Hinsdale  (630)796-0884  <a href="mailto:intake@authenticgrowthwellness.com">intake@authenticgrowthwellness.com</a></p>
<p><b><u>Shared Vision Psychological Services</u></b> OakBrook  (630)571-5750  <a href="https://sharedvision.org/">https://sharedvision.org/</a></p>	<p><b><u>Life Counseling Institute</u></b>  Willowbrook  (630)348-9293  <a href="https://lifecounselinginstitute.com/">https://lifecounselinginstitute.com/</a></p>	<p><b><u>Oak Brook Behavioral Health</u></b>  Oak Brook  (630)424-9204  <a href="https://www.obbh.org/">https://www.obbh.org/</a></p>
<p><b><u>Institute for Stress Control</u></b>  Sandra Seigel, PhD; Elizabeth Hletko, PhD  Hinsdale  (630)920-0900  <a href="https://6sense.com/company/the-institute-for-stress-control/5d9dff94a7537b35bb570b16">https://6sense.com/company/the-institute-for-stress-control/5d9dff94a7537b35bb570b16</a></p>	<p><b><u>Stillpath Therapy &amp; Assoc.</u></b>  La Grange  (708)921-3639  <a href="https://www.stillpaththerapy.com/">https://www.stillpaththerapy.com/</a></p>	<p><b><u>Stillpoint Mental Health</u></b>  Hinsdale  (630)325-8893  <a href="https://www.stillpointmentalhealth.com/">https://www.stillpointmentalhealth.com/</a></p>
<p><b><u>Elevate Counseling &amp; Wellness</u></b>  Westmont  (630)580-8080  <a href="https://www.elevatecounseling.com/">https://www.elevatecounseling.com/</a></p>	<p><b><u>The Gynko Psychology Group</u></b>  Westchester  (312)718-3336  <a href="https://www.ginkgopsychology.com/">https://www.ginkgopsychology.com/</a></p>	<p><b><u>CARESLINE</u></b>  1-800-345-9049  <a href="https://www.carescrisisline.com/">https://www.carescrisisline.com/</a></p>

## Hospitals / Intensive Outpatient Programs

<p><b><u>Alexian Brothers Hospital</u></b>          (school refusal/avoidance program)          Hoffman Estates          1-800-432-5005</p>	<p><b><u>AMITA Health OPTIONS</u></b>          Outpatient Adolescent Program          Westmont          Phone: (630)856-7717</p>	<p><b><u>Compass Health Center</u></b>          Oakbrook          (877)552-6672</p>
<p><b><u>Eating Recovery Center</u></b>          OakBrook          (630)426-1014</p>	<p><b><u>Hinsdale Hospital</u></b>          Hinsdale          (630) 856-9000</p>	<p><b><u>Linden Oaks Hospital</u></b>          (free assessments)          Naperville (630)305-5027</p>
<p><b><u>Linden Oaks Medical Group</u></b>-outpatient, PHP          Hinsdale          (331)221-2500</p>	<p><b><u>Pathlight Mood &amp; Anxiety Center</u></b>          Chicago          (312)540-9955</p>	<p><b><u>Rogers Behavioral Health</u></b>          Hinsdale          (630)686-4544</p>
<p><b><u>SunCloud Health Outpatient Treatment Center</u></b>          Naperville 630)407-1896</p>		

## School Avoidance Resources

<p><b><u>Compass Health Center</u></b>          Oak Brook          (877)552-6672</p>	<p><b><u>Ascension Alexian Brothers Hospital</u></b>          Hoffman Estates          (855)383-2224</p>	<p><b><u>Linden Oaks Behavioral Health</u></b>          Naperville          (630)305-5027</p>
<p><b><u>Amita-Hinsdale Hospital</u></b>          Options Program          Westmont          (630)856-7717</p>	<p><b><u>Rogers Behavioral Health</u></b>          Hinsdale          (630)686-4544</p>	
<p><b><u>Laura Foster, MA</u></b>          Melrose Park          (773)576-7032</p>	<p><b><u>Alefiyah Lindo, LCSW</u></b>          La Grange          (630)479-3002</p>	<p><b><u>Harvey Martin, PhD</u></b>          Frankfort          (815)464-8577</p>
<p><b><u>Donna Ulanowski, PhD</u></b>          Olympia Fields          (708)503-9400</p>	<p><b><u>Larry Wiczorek, LCSW</u></b>          Western Springs          (630)969-2810</p>	

## Therapists and Programs Specializing in Eating Disorders

<p><b><u>Ascension Alexian Brothers Behavioral Health Hospital</u></b> Hoffman Estates (855)383-2224</p>	<p><b><u>Lin Bresnahan, LCSW</u></b> Western Springs (708)246-2650</p>	<p><b><u>Julie Barkauskas, LCSW</u></b> Yorkville (630)373-4927</p>
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<p><b><u>Diane Dean</u></b> LaGrange (708)354-4251</p>	<p><b><u>Maria Rago and Associates</u></b> Naperville (630)637-9300</p>	
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### Psychiatrists

<p><b><u>Dr. Ralph Cusick</u></b> Hinsdale (630)325-8893</p>	<p><b><u>Dr. Osama ElShafie</u></b> Oakbrook (630)424-9204</p>	<p><b><u>Dr. Abdullah Sallaj</u></b> Oakbrook (630)986-0599</p>
<p><b><u>Dr. Stacyann York</u></b> Westmont (630)850-2120</p>	<p><b><u>Dr. Talat Ghaus</u></b> Oakbrook (847)306-5813</p>	<p><b><u>Dr. Tahir Sheikh</u></b> Downers Grove (630)719-5454</p>
<p><b><u>Dr. Rajitha Avva</u></b> Burr Ridge (630)325-4899</p>	<p><b><u>Dr. Astrid Herard</u></b> Westmont (630)850-2120</p>	

### Therapists

<p><b><u>Alefiyah Lindo, LCSW</u></b> LaGrange (630)479-3002</p>	<p><b><u>Thomas Cahill, PhD.</u></b> La Grange (708)245-8940</p>	<p><b><u>Myriah Vargo, PsyD.</u></b> Hinsdale (312)659-4580</p>
<p><b><u>Sarah Rogers, PsyD.</u></b> Hinsdale (630)325-5300</p>	<p><b><u>Jamie Kuzniar, LCPC</u></b> Hinsdale (630)492-1422</p>	<p><b><u>Kim Habel, PsyD.</u></b> OakBrooke (630)571-5716</p>
<p><b><u>Asma Halim, LCSW.</u></b> Hinsdale (630)920-1795</p>	<p><b><u>Greg Eaton, LCPC</u></b> Hinsdale (630)986-4260</p>	<p><b><u>Guy Oberwise, LCSW</u></b> Hinsdale (630)789-7800</p>
<p><b><u>Brian Drelicharz, LCSW</u></b> La Grange (708)505-5480</p>	<p><b><u>Diane Leamy, Ph.D., LCSW</u></b> Countryside (708)341-1627</p>	<p><b><u>Kristen Hall, LCPC</u></b> Westmont (312)576-0444</p>