LaSalle County
708 Mental Health Board
Advocacy. Education. Funding. Awareness.

LaSalle County COMMUNITY RESOURCE GUIDE

Connecting You to Mental Health, Wellness, and Community Support Services



Whether you need counseling, crisis support, housing, recovery, disability, food, veteran, or family services, this guide connects you with trusted resources.

Inside You'll Find:

- Mental Health Services
- Substance Use Recovery
- Crisis & Emergency Resources
- Youth & Family Services
- Veterans Resources
- Senior Services
- Disability Assistance
- Support Groups
- Housing & Basic Needs
- Community Programs

NEED IMMEDIATE HELP?

CALL OR TEXT **988**

24-hour confidential crisis support.

HELP STARTS HERE.

Visit

LaSalleCountyMentalHealth.org

to explore additional resources, screening tools, wellness information, and local services.

CHILD ADVOCACY

Child Abuse HOTLINE
Illinois residents who suspect a child is being abused or neglected should call the 24-hour Child Abuse Hotline: 800-25-ABUSE 800-252-2873

Court-Appointed Special Advocates (CASA)
Advocates for abused and neglected children
707 Etna Rd., Lower Level Ottawa, IL 61350
Website: lasallecountycasa.org

Youth Service Bureau of Illinois Valley
Child welfare, foster care, counseling, and parent services
424 W. Madison St. Ottawa, IL 61350
4231 Progress Blvd. Suites 1 & 2 Peru, IL 61354
205 Pratt St. Streator, IL 61364
703 Illinois Ave. Mendota, IL 61342
Website: ysbiv.org
Phone: 815-433-3953

The Centers for Disease Control and Prevention (CDC)
Provides science-based information on the basics of child development, screening, parenting, and the latest research
Website: cdc.gov/ncbddd/childdevelopment/



COUNSELING

7th Fire Counseling
Outpatient services, including DUI services, for individuals struggling with mental health and substance abuse issues
218 W. Madison St. Ottawa, IL 61350
Phone: 815-433-4829 or 815-433-4924
Email: 7thfirecounseling@gmail.com

Allied Counseling
Group Counseling for individuals struggling with mental health issues
146 Gooding St. LaSalle, IL 61301
Phone: 815-224-4522

Arukah Institute
Behavioral health treatment, prevention, and wellness services
536 Elm Place Princeton, IL 61356
Phone: 815-872-2943
Website: arukahinstitute.org

Calhoun Consultants
Counseling and specialty services for children, adolescents, and adults
900 Hitt Street Ottawa, IL 61350
Phone: 815-501-2888
Website: calhounconsultants.com

Changes Counseling (OSF Saint Paul Medical Center)
Individual and family therapy services
1401 E 12th Street Mendota, IL 61342
Phone: 815-501-2088
Website: changescounselingllc.com

Choices (OSF Behavioral Health)
Outpatient mental health counseling for individuals and families
1207 Starfire Dr. Ottawa, IL 61350
Phone: 815-434-4382

Clear Minds Counseling Therapy services for individuals and families
1964 Columbus Street Ottawa, IL 61350
Phone: 815-416-8103
Website: clearmindscounseling.org

Cornerstone Community Wellness
Mental health counseling
302 N Mason Street Sheffield, IL 61361
Phone: 815-408-0078
Website: ccwell.org

Creating Change Counseling Center
Behavioral health therapy
400 5th Street, Suite 197 Peru, IL 61354
Phone: 815-617-9420
Website: creatingchange.clientsecure.me

Crossroads Counseling Services
Mental health counseling and services, substance abuse counseling, and more
601 W. Norris Dr. Ottawa, IL 61350
Phone: 815-433-5101

Cynthia Ashley
Clinical psychologist
206 Marquette St. LaSalle, IL 61301
Phone: 815-223-4337

COUNSELING

Cultivate Behavioral Health & Education
Mental health counseling and community education
4413 Progress Blvd Peru, IL 61354
Phone: 888-476-8485
Website: cultivatebhe.com

Empowering Minds Counseling
Mental health counseling for individuals, couples, and groups
408 W Main Street Ottawa, IL 61350
Phone: 815-326-9502
Website: empoweringmindscounseling.com

Freedom House
Resources and counseling for survivors of domestic violence/sexual assault
440 Elm St. Princeton, IL 61356
Phone: 800-474-6031
Website: freedomhouseillinos.org

Gorenz Counseling & Consulting
Mental health counseling for individuals and families
1009 South Main Street Princeton, IL 61356
Phone: 815-872-2273
Website: gorenzcounseling.com

Great Heights
Opioid treatment intervention and counseling
315 E Mckinley Road Ottawa, IL 61350
Phone: 815-434-0228
Website: great-heights.com

Gage & Associates
DUI services and treatment for alcohol and substance use disorder
601 2nd St. LaSalle, IL 61301
1017 Clinton St. Ottawa, IL 61350
Phone: 815-434-0034 or 815-434-0034
Website: gageandassociates.org

Integrated Therapy & Health Coaching
Mental health therapy and coaching
120 E Walnut Street Oglesby, IL 61348
Phone: 815-830-2470
Website: itahc.com

Illinois Valley Counseling Services
Counseling and substance abuse services
747 E. Etna Rd. Ottawa, IL 61350
901 Main St. Mendota, IL 61342
Phone: 815-993-1614
Website: illinoisvalleycounseling.com

Life Balance Counseling & Wellness
Mental health counseling
2218 Marquette Rd, Peru, IL 61354
Phone: 815-780-8765
Website: lifebalancecounselingandwellness.com

Maitri Path to Wellness
Mental health therapy for individuals, couples, and families
710 Peoria St, Peru, IL 61354
Website: maitripathtowellness.com
Phone: 815-780-0690

COUNSELING

Marriage Resource Center for IL Valley
Therapy and resources for marriage
1518 Peoria St. Peru, Il 61354
Phone: 815-326-9576
Website: mrciv.com

North Central Behavioral Health Systems
Mental health and substance use counseling and community education
2960 Chartres St. LaSalle, IL 61301
727 E. Etna Rd. Ottawa, IL 61350
111 Spring St. Streator, IL 61364
Phone: 815-224-1610 or 815-434-4727
Website: ncbhs.org

New Life Options Counseling Services, LLC
Mental health counseling, coaching, and group therapy
205 S. Park St., Ste 3 Streator, IL 61364
Phone: 815-672-1802

Safe Journeys
Resources and counseling for survivors of domestic violence/sexual assault
Phone: 815-672-2353
Website: safejourneysillinois.org

Sonlight Counseling
Mental health counseling with a Christian perspective
417 Madison Street, Suite 201A Ottawa, Illinois 61350
Phone: 815-258-1320
Website: sonlightcounseling.com

The Center for Youth & Family Solutions
Counseling, parenting, foster, and adoption services
815 2nd St. LaSalle, IL 61301
Phone: 815-223-4007

The Perfectly Flawed Foundation Substance use services and education for individuals and affected families
240 1st St. LaSalle, IL 61301
Website: perfectlyflawed.org
Phone: 815-830-8675

Thrive Collective
Individual and family therapy
1400 State Street Ottawa, IL 61350 Phone: 815-421-9010
Website: mythrivecollective.com

VA Mental Health
Mental health counseling for veterans
4461 North Progress Village Peru, IL 61354
Phone: 815-223-9678

Youth Service Bureau of Illinois Valley
Child welfare, foster care, counseling, and parent services
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Phone: 815-258-1320
Website: sonlightcounseling.com

Starved Rock Family Psychiatry
Experience treating psychiatric disorders
325 S. Clark Street, Ste 1C, Utica, IL 61373
Phone: 815-200-8580
Website: srfamilypsych.com

The Center for Youth & Family Solutions
Counseling, parenting, foster, and adoption services
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In an emergency, La Salle County residents should dial 9-1-1 The non-emergency number is 815-433-2161.

Illinois Elder Abuse Hotline: **1-866-800-1409**

Resources for Veterans:
The National Veterans Foundation offers an extensive online Resource Directory designed to assist veterans in many different kinds of situations: nvf.org/veteran-resources/

Alcoholics Anonymous Peer-led abstinence-based recovery from alcoholism through a 12-step program
1237 1st St. LaSalle IL, 61301 Phone: 815-223-7374

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LaSalleCountyMentalHealth.org