

Mental Health Referral Information

The following resource and referral information has been compiled for your assistance. This is not an all-inclusive list. Although efforts are made to keep this list updated, we do not warrant the accuracy of this information nor does this information imply CSHS endorsement of these resources.

Private Counseling Services

Anxiety & Stress Center	708-349-5433
Benchmark Psychiatric Services	800-461-9533
Burkhardt Services	708-364-7046
Centers for Family Change	630-586-0900
Kris Maynard, LCSW	708-361-5110
Fran Mendelsohn, LCSW	773-997-2136
Fraser Vaselakos & Associates	708-645-9041
Palos Behavioral Health Professionals	708-671-8440
Rago & Associates, Eating Disorders Therapy Center	815-474-1990
V & R Behavioral Health Services	708-460-2111
Bremen Youth Services (Public Aid accepted)	708-226-0010
Grand Prairie Services (Public Aid accepted)	708-687-9200
Metropolitan Family Services (Public Aid accepted)	866-477-8632
	708-974-2300

Psychiatrists

Dr. Charles Burda, Hinsdale	630-986-0599
Dr. Karen Taylor Crawford, Palos Heights	708-671-8440
Dr. Jorge Fernald, Palos Heights	708-448-8470
Dr. Beth Ledvora, Palos Heights	708-361-5110
Dr. Angela Mahome, Oak Lawn	708-572-6263
Dr. Harshad Mehta, Evergreen Park	708-425-8900
Dr. Clara Perez, Flossmoor	708-206-1300
Dr. Rian Rowles, Palos Heights	708-361-5110
Dr. Harcharan Sandhu, Oak Lawn	708-636-2211
Dr. James Smedegard, Palos Heights	708-923-7878

Hospitals with Adolescent Behavioral Health Care - (PHP - Partial Hospital Program)

Advocate Christ Medical Center, Oak Lawn (PHP only)	708-684-5855
Alexian Brothers Behavioral Health, Hoffman Estates (PHP and in patient)	800-432-5005
Childrens Memorial @Silver Cross Hospital, New Lenox	312-227-6650
Chicago Lakeshore, Chicago (PHP and in patient. Public Aid accepted)	773-878-9700
Ingalls Behavioral Health, Harvey (PHP and in patient. Public Aid accepted)	708-915-2273
Linden Oaks @Edwards Hospital, Naperville (PHP and in patient)	630-305-5500
Northwest Community, Arlington Heights	847-618-4110
Palos Behavioral Health, Palos Heights (PHP only)	708-671-8440

Mental Health Resources

Catholic Charities	312-655-7700
Gamblers Anonymous	312-346-1588
Grief/Loss	708-229-5480
L.O.S.S. suicide loss group	815-485-0688
A.N.A.D.(anorexia nervosa & associated disorders)	630-577-1330
National Eating Disorders Association	800-931-2237
Rape/Sexual Assault(24 hours)	888-293-2080
Domestic Violence	708-429-7233
Self Injury(cutting)	800-366-8288
Suicide(24 hours)	800-784-2433
Runaway(24hour)	800-786-2929
Alateen Chicago(ages 13 and up)	312-409-7245
Pregnancy	
• The Cradle	800-272-3534
• PASS	708-614-9777
• Planned Parenthood	708-349-2227
• Aunt Martha's	877-692-8686