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Resource Guide



Suicidal? Call 911 Immediately!

Joliet Fire Department Resource Guide: Short Form

For an Appointment with a Mental Health Provider



<https://thriveworks.com/>

(855) 511-0149

Will County Health Department

Mental Health Programs

501 Ella Ave., Joliet, IL 60433

willcountyhealth.org

(815) 727-8480

Kendall County Health Department

Mental Health Programs

811 W. John St., Yorkville, IL 60560

www.kendallhealth.org

(630) 553-9100



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Scheduling



For More Mental Health Information

National Institute of Mental Health

Phone: 1-866-615-6464

Email: nimhinfo@nih.gov

Hours: 8:30 a.m. – 5 p.m. ET, M-F

www.nimh.nih.gov/health

Mental Issues/Substances:

SAMHSA Referral Service (24/7)

TEXT: 435748 (HELP4U)

TTY: 1-800-487-4889

English & Español

1-800-662-HELP (4357)

Crisis Lines

National Suicide Prevention Line

1-800--273-8255 (24/7)

Crisis Text Line

Text HOME to 741741 (24/7)

Illinois Warm Line (8 A-8 P, M-Sa)

1-866-359-7953

The Upper Room Crisis Hotline

1-888-808-8724

Emergency: 911

Joliet Fire Department 1-815-724-3500

Joliet Police Department 1-815-724-3400



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HELPING YOU COPE

SOCIAL SUPPORT

People may forget that others in their lives may support them during challenging times. Contact friends, family, neighbors, coworkers, and church/religious groups.

SLEEP

Try to ensure you get adequate sleep. It may be difficult for a time. Try usual routines before bed and reduce online activity and social media to help your mind relax.

EATING

Try to eat well-balanced meals avoiding too much sugar, fats, and caffeine. Watching what you eat and drink helps the body and the mind recover.

EXERCISE

If it is normal for you to do so, adhere to a light exercise routine. If this is not something you commonly do, consult your doctor.

SELF-MEDICATION & SUBSTANCE ABUSE

Do not overuse alcohol or resort to misusing prescription, illegal, or over-the-counter drugs.

ROUTINE

A routine with set times may enable you to cope better.

PRESCRIPTION HELP

Visit the sites below:

www.needymeds.org
www.rxassist.org
www.pparx.org
www.rxhope.org
www.illinoisrxcard.com
GoodRx.com

Google the drug name plus
'assistance.'
Ask your doctor for samples.

MISSIONS & SHELTERS

Daybreak Shelter

611 E. Cass St.
Joliet, IL 60432
(815) 774-4663

MorningStar Mission Ministries

Mission, Shelter, Job Search
350 East Washington Street
Joliet, IL 60433
(815) 722-5780

HOSPITALS

St. Joseph Medical Center
333 N. Madison St.
Joliet, IL 60435
(815) 741-7133

Silver Cross Hospital
1900 Silver Cross Blvd.
New Lenox, IL 60451
(815) 300-1100

CONTACTS

Emergency Contact

Physician/Phone

Mental Health Provider/Phone



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