

The Gold File

OFF-CAMPUS/ONLINE RESOURCES

Suicide Prevention

Suicide Hotline (24/7) 800-273-8255

Suicide Text Line
Text "Life" to 61222

Crisis Text Line
Text "HOME" or "START" to 741-741

Thrive Counseling Center (local)
24/7 Hotline 708-383-7500
Crisis Walk-in Hours: M-Th 9 a.m. - 8 p.m.;
F 9 a.m. - 5 p.m.; Sat 9 a.m. - 2 p.m.

National Suicide Prevention Lifeline
[suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org)

Mental Health

Thrive Counseling Center
120 S. Marion St., Oak Park
708-383-7500
M-Th 9 a.m. - 8 p.m.; F 9 a.m. - 5 p.m.; Sat 9 a.m. - 2 p.m.

Begin Within Counseling
115 Marion St #6, Oak Park
708-870-6255
Sliding scale fee available; Sat. appointments available

Chicago Christian Counseling Center
400 Lathrop Ave., Suite LL95,
River Forest 800-361-6880
Some financial assistance options

Innovative Counseling Partners
715 Lake St, Suites #720 & #800, Oak Park
773-312-3612
Sliding scale fee available; Sat. appointments available;
Late evening hours

Multicultural Counseling Associates
137 Oak Park Ave, Suite 402, Oak Park
708-689-9814
Sat. and late evening appointments available

**Psychologytoday.com -
Nationwide Resource**
Directory of Mental Health Providers
Type zip code and local providers will list additional info

Health Services

**Loyola Center for Health
at River Forest**
7617 W. North Ave., River Forest
708-771-1300
M-F 8 a.m. - 8 p.m.; Sat & Sun 8 a.m. - 3 p.m.

Take Care Health Clinic (Walgreens)
7251 Lake St., River Forest
866-825-3227
M-F 9 a.m. - 7 p.m.; Sat & Sun 9 a.m. - 4 p.m.

Jewel-Osco Walk-in Clinic
7525 Lake St., River Forest
630-527-3645
M-F 8 a.m. - 7:30 p.m.; Sat & Sun 9 a.m. - 4:30 p.m.

**PCC Walk-in Wellness Center at
West Suburban Medical Center**
3 Erie Ct., Suite 1300, Oak Park
708-406-3929
[pccwellness.org](https://www.pccwellness.org)
24/7/365: 9 a.m. - 10 p.m.

Substance Use

**Rosecrance: Substance Abuse and
Mental Health Treatment**
120 S. Marion St., Oak Park
815-391-1000
Provides free assessment in person (call ahead) or over
the phone, if needed.

**SAMHSA - Substance Abuse and
Mental Health Service Administration**
[findtreatment.samhsa.gov](https://www.findtreatment.samhsa.gov)
800-662-HELP (4357)
24-hour free and confidential referrals and information
about mental and/or substance use disorders, prevention,
treatment, and recovery in English and Spanish.

Alcoholics Anonymous [aa.org](https://www.aa.org)

Narcotics Anonymous [na.org](https://www.na.org)

Sexual Assault / Domestic Violence

Porchlight Counseling Services
Confidential Helpline: 773-750-7077
20 free sessions of counseling with a local
provider for sexual assault survivors either during
college or prior in high school
[porchlightcounseling.org](https://www.porchlightcounseling.org)

Pillars Social Services
708-PILLARS (745-5277)
24-hr Domestic Violence Hotline: (708)485-5254
24-hr Sexual Assault Hotline: (708)482-9600
[pillarscommunityhealth.org](https://www.pillarscommunityhealth.org)

Love is Respect
Call: 866-331-8453
Text: "loveis" to 22522
[loveisrespect.org](https://www.loveisrespect.org)

Sarah's Inn
24-hr Crisis Hotline: 708-386-4225
Text: 708-792-3120
[sarahsinn.org](https://www.sarahsinn.org)

National Domestic Violence Hotline
24/7 Call: 800-799-7233
TDD: 800-787-3224
[thehotline.org](https://www.thehotline.org)

**Rape, Abuse & Incest National
Network (RAINN)**
24/7 Call: 800-656-4673
[rainn.org](https://www.rainn.org) (Live chat option)

College Student Resources

Ulifeline [ulifeline.org](https://www.ulifeline.org)

Campus Blues
[campusblues.wordpress.com](https://www.campusblues.wordpress.com)

**On
Campus
Resources**
Monday-Friday
(during business hours)

Dean of Students
708-209-3444

Public Safety
708-209-3039

Counseling Center
708-209-3229

Title IX Coordinator
708-488-4112

Campus Pastor
708-209-3470

**Academic Center
for Excellence**
708-209-3042

Health Services (limited hours)
Health.Clinic@CUChicago.edu