

Resources for McHenry County Residents

People in Need Directories

Resources: [English](#) and [Español](#)

Mental Health Resources

- Alexian Brothers Behavioral Health
 - 1650 Moon Lake Blvd, Hoffman Estates, IL 60169
 - 847-882-1600

- Arbor Counseling Center
 - 850 S McHenry Ave, Suite A, Crystal Lake, IL 60014
 - 815-356-5050

- Association for Individual Development (AID) [Association for Individual Development](#)
 - Woodstock Behavioral Health Services (Located in Woodstock Assembly of God)
 - 1201 Dean Street, Woodstock, IL 60098 - 877-243-0001
 - 5342 W Elm St, McHenry, IL 60050 - 847- 931-2340
 - --Alejandra Lopez 847-931-2351
 - Intake Coordinator (Sara) 815-391-3379

- Aunt Martha's Health Center
 - Woodstock Community Health Center 3703 Doty Rd, Medical Office Building 1, Suite 1
 - (877)-692-8686
 - Medical care and mental health services (sliding scale)

- **BREAKFAST CLUB** – Saturdays, 10:00 am Dialectical Behavioral Therapy Group for High School ages 14 - 18 Some of the things covered in this group are help with external and internal triggers to stress, learn how to manage overwhelming emotions, and education on coping strategies. Please contact admin@owenscounseling.com for more information. Group meets at Owens Counseling 9241 S. Route 31, Lake in the Hills, 60156

- Chicago Behavioral Hospital
 - 555 Wilson Ln, Des Plaines, IL 60016
 - (844) 756-8600

- Child Care Resource & Referral (4-C)
 - 667 Ridgeview Drive, McHenry, IL 60050
 - Phone: (866) 347-2277 Fax: (815) 344-5520 Local: (815) 344-5510
 - Assists with finding a licensed home or a childcare facility. Community Coordinated Child Care (4-C) McHenry
 - <https://www.four-c.org/>

- Family Alliance
 - 2028 N Seminary Ave, Woodstock, IL 60098
 - (815) 338-3590

- Find a Therapist
 - [Find Therapists and Psychologists in Woodstock, IL - Psychology Today](#)

- Horizons Behavioral Health [Horizons Behavioral Health](#)
 - 500 Coventry Ln #205, Crystal Lake, IL 60014
 - (815) 455-7100
 - Services include psychiatric diagnostic evaluations along with medication management and therapeutic injections, psychotherapy, family therapy, group therapy, and psychological testing.

- Independence Health and Therapy
 - 815-382-5877
 - 708 Washington St Woodstock, IL 60098

- The LodeStone Center for Behavioral Health
 - (815) 527-6267
 - 111 Dean Street Woodstock, IL 60098

- Mathers Community Mental Health Center [The Mathers Clinic](#)
 - (815) 444-9999
 - 145 S Virginia St, Crystal Lake, IL 60014

- McHenry Community Health Center
 - 815-363-9900
 - 3901 Mercy Dr, Mchenry
 - Medical and psychiatric care (sliding scale and same day/next day appts)

- McHenry County Department of Health
 - 815-334-4510
 - 2200 N. Seminary Rd, Woodstock
 - Early intervention, parent training, home health care, WIC Nutrition Program, well child-immunization, communicable disease program, HIV testing, TB outpatient program, prenatal program, adult free clinic and maternity counseling.

- NextStep Adolescent Treatment Group
 - (224) 769-1978
 - 101 North Virginia St Suite 110, Crystal Lake, IL 60014

- Northern Illinois Recovery Center
 - (855) 786-1978
 - 620 N State Route 31, Crystal Lake, IL 60012

- Northwest Treatment Associates Inc. Counseling
 - 815-575-1200 (Carol Fetzner)
 - 645 McHenry Ave, Woodstock

- Northwestern Medicine Behavioral Health
 - (815) 334-5090
 - 3707 Doty Rd Suite D, Woodstock, IL 60098

- Pioneer Center For Human Services
 - (815) 344-1230
 - 4031 W Dayton St, McHenry, IL 60050

- Pivotal Counseling Center
 - (815) 507-8407
 - 224 W. Judd Woodstock, IL 60098

- Rosecrance
 - 815-276-0058 (Melissa Loesch)

- Stableway Counseling Services
 - 847-847-1911
- www.stablewaycounseling.com
 - 5400 West Elm Street, Suite 104, McHenry, IL 60050
 - 444 South Rand Road, Suite 302, Lake Zurich, IL 60047
 - In-person and telehealth services for individuals, couples, parenting, etc.
 - Group therapy (topics added as needed including LGBTQIA+)
 - Openings for clients with primary insurance plans (i.e. Aetna, BCBS HMO Advocate Site ONLY BCBS PPO, Cigna, Huana, Multiplan and Optum/United Healthcare) as well as out-of-network, sliding scale and self-pay options

- Tabor Therapy Group
 - 815-331-8768
 - 5404 W. Elm St., Ste H, McHenry

- Thriving Sparrow Counseling
 - 815-529-5933 (Jennifer Rochon)
 - 1165 Central Park Dr Unit 107 , Crystal Lake, Illinois

- Transformation Behavioral Health
 - (815) 575-9675
 - 1090 McConnell Rd PO Box 1861, Woodstock, IL 60098

- Within Holistic Counseling
 - 815-283-4596
- withinholisticcounseling.com
 - 665 W Jackson St, Ste 2, Woodstock, IL 60098
 - One-on-one and group therapy sessions for adolescents and teens
 - Reduced rate and low fee sliding scale
 - Our practice combines traditional talk therapy with meditation-based therapy
 - Treating depression, anxiety, trauma and PTSD

Emergency financial assistance for one-time needs or monthly “General Assistance”

- GREENWOOD Township
 - ◆ 815-648-4653
 - 5211 Miller Rd, Wonder Lake

- DORR Township
 - ◆ 815-338-0125
 - 1039 Lake Av, Woodstock

- SENECA Township
 - ◆ 815-923-2288
 - 16506 Garden Valley Rd, Woodstock

- MCHENRY Township
 - ◆ 815-385-5605
 - 3703 Richmond Rd, McHenry

Food Pantries

- Loaves and Fishes Food Mobile Pantry call for sites & times in McHenry County
 - 815-459-5907
- F.I.S.H Food Pantry OPEN Tues & Thurs 9:30am-11:30am
3703 N. Richmond Rd. McHenry
 - 815-344-4717
 - serves 60050, 60051, and 60072

- Wonder Lake, Ringwood, Greenwood, McCullom Lake, Bull Valley & Woodstock
 - Nativity Lutheran Church OPEN Wed 9:00am-11:45am; Thurs 8:00am-10:45am
3506 E. Wonder Lake Rd, Wonder Lake
 - 815-355-5459

- Woodstock/Greenwood
 - Woodstock Food Pantry OPEN Mon, Wed, & Fri 9:00am- 3:00pm
1033 Lake Av. Woodstock
 - 815-337-0375

Salvation Army Services Extensions- provides emergency crisis services such as food, shelter, clothing, utilities, gas and medicine. After hours call Salvation Army's District Headquarters at 773-725-1100

- Crystal Lake, West Side of Wonder Lake, Fox River Grove, Algonquin, Cary, Bull Valley, Lake in the Hills, Greenwood, Lakewood, Oakwood Hills, Prairie Grove, & Island Lake
 - Crystal Lake Salvation Army 290 W. Crystal Lake Avenue, Crystal Lake
 - 815-455-2769
- McHenry, Johnsburg, Ringwood, McCullom Lake, & Lakemoore
 - McHenry Township Office 3703 Richmond Rd. McHenry
 - 815-385-5605

Various Sources of Assistance

- Adult and Child Rehab Center 815-338-1707
 - 708 Washington St. Woodstock
 - Physical, Occupational, Speech and Lymphedema therapy, home health care for children and adults living and/or working in McHenry County.
- Big Brothers, Big sisters new program- Big Futures 18y+ career and adulting guidance
 - <https://bbbsmchenry.org/bigfutures/>
- DCFS (Illinois Department of Child and Family Services) 815-338-1068
 - 113 Newell St. Woodstock
 - Investigates and services child abuse and neglect cases, provides emergency services, adoption, day care, and foster family care
 - 24 hr abuse/neglect reporting hotline, 800-252-2873
- McHenry County Housing Authority 815-338-7752
 - 1108 N. Seminary (RTE 47), Woodstock
 - Services include but are not limited to: Section 8 housing vouchers, public housing, apartments for seniors or the disabled, other types of subsidized housing, utility assistance, homelessness prevention services, home rehabilitation and weatherization programs, information, referral and advocacy, emergency dental voucher program, emergency shelter after a disaster, assistance and outreach for the chronically homeless.

- Illinois Migrant Council 815-943-6851
 - 62 N. Ayer Street, Suite D, Harvard
 - ESL classes, job information, training placement, emergency crisis assistance for Latinos and others.

- PADS division of Pioneer Center 815-344-1230 Press 1
 - 14411 Kishwaukee Valley Rd, Woodstock
 - Limited emergency shelter & transitional shelter, social support services, day services program, & transportation to emergency seasonal church shelters.

- Second Bridge
 - (815) 322-3428
 - <https://secondbridge.org/>
 - Can give families household items (furniture, clothes, shoes).

- Thresholds of McHenry County 815-338-8324
 - 109 S. Jefferson, Woodstock
 - Assists the mentally ill with case management, group homes, medication management, and life skills

- Turning Point 815-338-8081
 - 11023 Route 14, Woodstock
 - Emergency shelter for women fleeing abuse. Anger management & counseling for men & women.

- **Warp Corps**- Funded through their own screen printing shop, Warp Corps provides a safe space for those combating substance use, mental health issues and homelessness. They offer several outreach programs as well as a place to hang out, play music, dabble in art, learn from guest speakers and have positive, healthy adult interactions. Located on the Woodstock Square. Oftentimes, they are given perishable food donations from local bakeries that they can't use. Warp Corps invited us to call anytime to see if they have fresh bread and such for our students in need.

- 211 Call Center
 - 211
 - Provides information and referral 24 hrs a day everyday

- 4 Cs Community Coordinated Child Care
 - 866-347-2277
 - 667 Ridgeview Rd, McHenry
 - Assists in locating child care providers and child care subsidies
- Crisis Line 800-892-8900
 - Emergency mental health services for McHenry County residents 24 hrs a day
- Safe Stays
 - Hotel stays under alias
 - jmaslanka@reloshare.com

The Society of Saint Vincent dePaul provides assistance with rent, utilities, food clothing, furniture, and other needs

- Christ the King Serves Wonder Lake
 - 779-302-6259
- St. Mary serves Woodstock
 - 815-334-7711

St. Paul Diaper Bank all diapers are distributed through their partners.

- Salvation Army -Diaper Bank 815-455-2769
 - 290 W. Crystal Lake Ave, Crystal Lake
- The Vine -Diaper Bank 815-206-3880
 - 610-1 Crystal Point Dr, Crystal Lake
- Turning Point -Diaper Bank 815-338-8010
 - 11019 Rt 14 Woodstock

Pet related services for low-income households

- ASAP Animal Services & Assistance Programs 815-568-2921
 - Located in Marengo and serves ALL of McHenry
 - Guardian Angel Program, provides vet care & pet food
- Helping Paws Animal Shelter 815-388-4400
 - 2500 Harding Lane, Woodstock
 - Provides free cat or dog food once a week

Grief Support Services

PEER SUPPORT – Tuesdays 12:15-1:15 pm Provides a comfortable and safe environment for peers to discuss issues of the week and share insight and feedback with other peers for support. AID Drop In at 1201 Dean St. in Woodstock (located in Woodstock Assembly of God building). Contact Donna Buss, MHP/CRSS: (630) 777-7721 - Individual peer support sessions are available by appointment.

TEENS TALK GRIEF – 1st Tuesday of the month 6-7:30pm Meets at The Break in The Commons of Crystal Lake, 6292 Northwest Hwy, Crystal Lake. For additional information please contact Lisa Orris mygriefguide.org. orris.lisa@gmail.com **PARENTING THROUGH GRIEF GROUP** – 3rd Tuesday of the month, 6:30 to 8 pm A monthly support group for parents of bereaved children. Meets at 227 W Lake Shore Dr, Oakwood Hills, IL 60013. Sponsored by Grief Guide. Lisa Orris/mygriefguide.org. orris.lisa@gmail.com

HOPEFUL HEARTS GRIEF SUPPORT GROUP – last Wednesday of the month, 4:00 pm Monthly Grief Support Group at White Oaks in McHenry. All are welcome to join us, regardless of age or circumstances. The group is intended to create a supportive environment for all attendees and is not specific to our Memory Care. This is a community wide event. Feel free to share the flier with others who would benefit. The group leader is Laura, and she is a Bereavement Specialist. She is handling the RSVPs. Please reach out to her by phone or text 224-361-9848.

NEW DIRECTIONS FAMILY SUPPORT GROUP – Wednesdays, 7:00 to 8:00 pm. Join this free Family Support Group at The Other Side, 135 Beardsley, Crystal Lake. For more information, reach out to Christy at Christyh@ndars.org. Appropriate for families who have lost a member through an opioid overdose or have a loved one struggling with substance abuse.

ONE MILLION MONARCHS – Helping bereaved teens and their families thrive, One Million Monarchs offers a healing path for bereaved adolescents by encouraging expression and offering engaging programs that foster personal growth.

P. O. Box 756

Cary, IL 60013

847-295-0024

<https://www.onemillionmonarchs.org/>