

Care & Support Guide

Mental Health *resources*

Alliance Clinical Associates

7 Blanchard Circle, Suite 201
Wheaton, IL 60189
(630) 653-2300 | allianceclinical.com

Associates in Professional Counseling

24402 W. Lockport Street, Suite 218
Plainfield, IL
(331) 226-1705 | counseling-apc.com

Breeze Counseling - Dr. Anne Adrian

3550 Hobson Road #201
Woodridge, IL 60517
(630) 506-1491 | breezecounseling.com

Centennial Counseling Center

110 E Countryside Parkway
Yorkville IL 60560
(630) 553-1600 | centennialcounseling.com

Clove Counseling - Candace Love, LCSW

clovecounselingpllc.com

Duly Healthcare - Shelley M Egeland, MS LCPC

1239 Windham Parkway
Romeoville, Illinois 60446
(815) 942-6323 | dulyhealthandcare.com

Fox Valley Institute

640 N River Rd STE 108
Naperville, IL 60563
(630) 718-0717 | fvinstitute.com

Harris Clinical Group

155 N Michigan Avenue, Suite #734
Chicago, IL 60601
(312) 729-5099 | harrisclinicalgroup.com

Heritage Counseling Center

24020 W Riverwalk Court
Plainfield, IL
(815) 577-8970 | heritagecounseling.com

Unbroken Family Counseling, locations:

Downers Grove, Evanston, Geneva, Plainfield,
Telehealth, Phone: (630) 300-8928,
www.unbrokenfamilycounseling.com/

Millenium Counseling Center

65 East Wacker Place, Suite 2200
Chicago, IL 60601
(312) 460-8001 | millenniumhope.com

English Meadows Counseling Services

1315 Macom Drive Suite 207
Naperville, IL, 60564
(331) 305-5100 | englishmeadows.org

Family Counseling Services - Aurora

70 S River Street
Aurora, IL 60506
(630) 844-2662 | aurorafcs.org

Family Counseling Services - Oswego

84 Templeton Drive
Oswego, IL 60543
(331) 999-3810 | aurorafcs.org

Mom Therapy Chicago

2735 Hassert Blvd., Suite 135
Naperville, IL
(630) 538-8361 | amybraunlcpc.com

SamaraCare

1819 Bay Scott Circle # 109
Naperville, IL 60540
(630) 357-2456 | samaracarecounseling.org

TLC Counseling

691 N. Bridge Street, Suite 200
Yorkville, IL
(630) 229-5139 | tlccounselingllc.com

Get Help!
porn addiction resources

Pure Desire Ministries - puredesire.org

They have an awesome podcast, online and in-person groups for both men and women and the spouses, and a ton of books/materials on their site.

Authentic Intimacy - authenticintimacy.com

The "Java with Juli" podcast is fantastic, and her books/resources are gracious and encouraging

Unfiltered: Real Talk About Sex & Love Podcast

This is specifically for spouses of men who struggle.

"Unwanted" by Jay Stringer

This book is great for men and women who want to understand and experience freedom from sexual sin.

"Porn Free Radio" Podcast

Matt Dobschuetz is from chicagoland, and a believer, has written a book and has a very practical approach to recovery. This is a down-to-earth, easy to understand recovery podcast.

Recovery Groups**Sunday Night Recovery Group**

Sundays, 7pm-9pm
Village Bible Church
1111 W South Street, Plano IL
Brian Grossart, 630-217-1611

Monday Night Recovery Group

Mondays, 7:30pm-9:30pm
Downers Grove
Steve Enison / Nathan Roberts
312-810-0977 / 309-472-0156

Men's Purity Group

Saturday Mornings
freechristianmen@gmail.com
630-974-0074

Additional resources

Hotlines Available 24/7
call, text, or chat online

National Suicide Prevention Lifeline: (800) 273-8255

National Alliance On Mental Health: (800) 950-6264 or text “helpline” to 62640

Suicide & Crisis Lifeline: call or text 988

Crisis Text Line: 741-741

Linden Oaks Helpline: (630) 305-5500

National Sexual Assault Hotline: (800) 931-2237

Regional and Nationwide Resources

Benevolence <https://rock.communitychristian.org/benevolence>

Food Pantry - Loaves and Fishes - <https://www.loaves-fishes.org>

Phone: 630-355-3663

Shelter - Dupage Pads - 705 W Liberty Dr, Wheaton, IL 60187

Phone: 630-682-3846

AA - <http://chicagoaa.org>

Domestic Violence Hotline - 800-799.7233

Divorce Care - divorcecare.org

GriefShare - griefshare.org