

Recommended Community Behavioral Health Providers



AT THE FOREFRONT
**UChicago
Medicine**
Ingalls Memorial

Ingalls Health System – Synergy Behavioral Health (708) 915-6411

Individual therapy, intensive outpatient program (weekly therapy, group therapy, and psychiatry). **Urgent assessments** available.

Locations: Harvey (1 Ingalls Dr), Tinley Park (6701 W. 159th St), Flossmoor (19550 Governors Highway)

Insurances Accepted: Medicaid, Medicare, most private insurances

Cathedral Counseling Center (312) 252-9500, ext. 130

Individual therapy, telepsychiatry at Loop location.

Spanish-speaking therapists available.

Locations: Kenwood (4945 S. Dorchester, 1st Floor),

Loop (50 E. Washington St, Suite 301)

Insurances Accepted: Medicare, BCBS, Aetna, United. Sliding scale offered to people with other insurances.

Claret Center (773) 643-6259

Psychotherapy (individual, couple, and family), body-centered therapy (massage therapy, acupuncture), spiritual counseling

Website: <https://www.claretcenter.org/contact-us/>

Location: Hyde Park (5536 S. Everett Ave)

Insurances Accepted: BCBS PPO, U-SHIP

Nurture Therapy (773) 274-0700

Individual therapy for women with reproductive mental health problems

Email: hello@nurture-therapy.com

Website: <http://nurture-therapy.com/contact-2>

Locations: Hyde Park (1525 E. 53rd Street, Suite 901), Lakeview (3759 N. Ravenswood, Suite 133)

Insurances Accepted: UCHP, USHIP, BCBS PPO, BCBS Choice

Compass Health Center (224) 306-1879

Intensive outpatient and partial hospitalization program for adults, young adults, adolescents, and children. **Urgent assessments** available

Website: <https://compasshealthcenter.net/>

Locations: North Center Chicago (2500 W Bradley Place), Northbrook (60 Revere Drive)

Insurances Accepted: UCHP, BCBS PPO, BlueChoice, HMOI, Humana, Cigna, ComPsych, Aetna PPO. Private insurances only



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Friend Health (773) 702-0660, Press 1

Individual therapy (8 sessions only), telepsychiatry, substance misuse.

Spanish-speaking therapists and **urgent appointments** available.

Locations: Hyde Park (800 E. 55th St, Walk-ins: W/F 9a-4p),

Woodlawn (1522 E. 63rd St, Walk-ins: M/W/Th/F 9a-4p),

West Elsdon (5635 S. Pulaski, Walk-ins: M/T/Th/F 9a-4p),

Back of the Yards (4802 S. Ashland Ave), Western (5843 S. Western)

Insurances Accepted: All insurances except commercial HMO plans.

If out of network, payment based on sliding scale.



In Home Counseling (847) 903-5604

Individual therapy services for adults, adolescents and children in their residence.

Services available for adults with pervasive developmental disorder.

Website: <https://www.inhomecounselingforseniors.com/contact-us/>

Locations served: Cook County, DuPage County, Kane County, Lake County,

McHenry County, Joliet Areas, Rockford Areas

Insurances Accepted: Most insurances except Illinicare/CountyCare.



Trinity Services (815) 485-6197

Individual and family therapy, intensive outpatient therapy. Residential services, employment services, and respite (temporary caregiver) services. Services available for all conditions, including intellectual/developmental disabilities.

Website: <https://www.trinityservices.org/>

Locations served: Southwest Suburbs (301 Veterans Pkwy, New Lenox),

Northwest & Western Suburbs, Central IL, Southern IL

Insurances Accepted: Sliding scale, Medicare, Medicaid, most private insurances



Cityscape Counseling (773) 340-2616

Individual, couples and family therapy for adults and adolescents

Website: <https://www.cityscapecounseling.com/>

Locations: Downtown (155 N Michigan Ave, Suite 380), Evanston (1609

Sherman Ave, Suite 207)

Insurances Accepted: BCBS PPO, Blue Choice, Cigna, United, Aetna, Optum BH



Roamers Therapy (312) 667-3884

Individual and couples therapy for 20-40-year-old Black, Latinx, and Asian clients. Spanish-speaking therapists available.

Website: <https://www.roamerstherapy.com/>

Location: South Loop (1136 S Delano Ct W, Suite B201)

Insurances Accepted: BCBS PPO, Blue Choice, Aetna, Cigna.

Private insurances only