

Recommended Community Behavioral Health Providers - UCHP



Ashé Counseling & Coaching (773) 377-5577

Black-owned, women-led group practice.

Therapy (individual, family, couples) for age 12+. Spanish available.

Anxiety, ADHD, depression, PTSD, phobias, grief, family and relationship issues, postpartum, self-esteem.

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

Tele-health and in-person (South Loop, Logan Square)



Centers for Cognitive Wellness (773) 345-3495

Group specializing in cognitive challenges, as well as ADHD, depression, PTSD

Individual therapy for age 17+.

Anxiety, ADHD, depression, PTSD, dementia, stroke, brain injury, epilepsy, multiple sclerosis, age-related memory changes, chemo-brain, Parkinson's disease.

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

Tele-health and in-person (Loop)



Chicago Counseling Services (773) 345-8330

Culturally-sensitive counseling located in Hyde Park.

Therapy (individual, family, couples, group) for age 7+. Spanish available.

Anxiety, ADHD, depression, PTSD, sexuality, self-harm, substance use, domestic violence, foster care.

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

Tele-health and in-person (Hyde Park and Albany Park)



Chinese American Service League (312) 791-0418

Group focused on Asian mental health and children with autism or intellectual disability

Therapy (individual, couples, family support) for ages 6+. Mandarin, Cantonese, and interpretive services available. Adaptive behavioral service program for ages 0-6.

<https://casl.org/>

Tele-health or in-person (Chinatown)



Cityscape Counseling (773) 340-2616

Women-owned large group practice (>50 therapists).

Therapy (individual, family, couples, group) for age 12+.

Anxiety, eating disorders, panic, depression, bipolar, trauma, relationships

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

Tele-health or in-person (Loop)



Claret Center (773) 643-6259

Spiritual, holistic focused for age 18+

Individual therapy, body-centered therapy (massage therapy, acupuncture)

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

Location: Tele-health or in-person (Hyde Park)



Clearwater Counseling (312) 880-9913

Therapy (individual, family, couples) for age 7+. Psychiatry for age 18+. Spanish available. Anxiety, depression, PTSD.

Website: <https://clearwatercounselingchicago.com/>

Tele-health and in-person (Gold Coast)



Compass Health Center (877) 552-6672

Intensive outpatient programs for age 5+.

Anxiety, depression, bipolar, trauma, PTSD, OCD, panic, phobias, chronic pain, substance use, school refusal, child dysregulation.

Website: <https://compasshealthcenter.net>

Tele-health and in-person (North Center, Oak Brook, Northbrook)



Depression and Anxiety Specialty Clinic of Chicago (773) 494-5505

Evidence-based individual and group therapy (DBT, CBT, SPACE) (individual, group) for age 7+. Hindi and Gujarati available.

<https://www.dascchicago.com/>

Location: Tele-health and in-person (Lakeview)



Geode Wellness (630) 560-4329

Large group providing therapy and psychiatry for wide range of mental health issues. Therapy (individual, family, couples, group) and psychiatry for age 5+. Polish, Spanish, Urdu available.

Anxiety, ADHD, depression, eating disorder, PTSD, substance use, OCD, psychosis.

Website: <https://geodehealth.com/>

Tele-health and in-person (Evergreen Park, Hyde Park, Lakeview, West Loop, West Town; North, West, and Southwest Suburbs, St. Charles)



Healing, Empowering, & Learning Professionals (H.E.L.P.) (773) 840-0855

Culturally responsive mental health counseling for age 15+ in Hyde Park.

Therapy (individual, family, couples) for age 15+.

Depression, bipolar disorder, anxiety, PTSD, ADHD.

Website: <https://www.help-llc.org/>

Tele-health only



Kathy Sexton-Radek, PhD (630) 789-9785

Solo general psychologist and sleep medicine expert for age 3+

Individual therapy for age 3+.

Sleep, insomnia, anxiety, ADHD, neurodegenerative disorder, substance use.

Email: ksrsleep@aol.com

Tele-health only



KP Counseling (779) 368-0060

Large group with addiction medicine therapy .

Therapy (individual, family, couples) and psychiatry for age 10+. Spanish and Tagalog available.

All conditions except for eating disorder.

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

Tele-health and in-person (Rockford, Huntley, Uptown, Evanston)



Lackey Counseling Group (312) 585-7409

Multidisciplinary group focused on underresourced individuals

Therapy (individual, family, couples) for age 5+. Spanish available. Teen group counseling for sports-focused mental health

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

Tele-health and in-person (Evanston)



Latinx Talk Therapy (312) 620-7551

Hispanic-centered, woman-owned therapy group.

Therapy (individual, family, couples, group) and immigration services for Latinx clients age 4+. Spanish available.

Website: <https://latinxtalktherapy.com/>

Tele-health and in-person (Loop)



Life Path Therapy (312) 940-3655

Therapy (individual, family, couples, group) and for age 12+. Spanish available.

All conditions except specific phobias

Website: <https://www.lifepaththerapy.org/about-our-team>

Tele-health and in-person (Loop)



Meridian Psychiatric Partners (312) 640-7740

Large psychiatry and therapy group practice.

Therapy (individual, family, couples) and psychiatry for age 3+. Spanish available.

Anxiety, ADHD, depression, eating disorder, psychosis, PTSD, alcohol, substance use.

Website: <https://meridianpsychiatricpartners.com/>

Tele-health and in-person (Streeterville, Evanston, Lake Forest, Oak Park, Oakbrook Terrace)



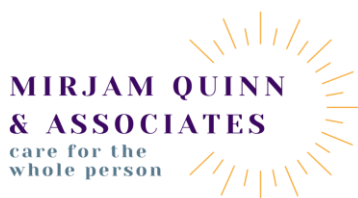
Mobile Wellness (866) 413-1988

Therapy (individual) for ages 5+. Spanish available.

Anxiety, ADHD, depression, PTSD, bipolar, schizoaffective.

Website: <https://mwiservices.org/>

Tele-health (IL and IN patients only)



Mirjam Quinn and Associates (708) 586-7357

Neuropsychological assessments and therapy (individual, family, couples, and group) for age 4+. Greek, German, Japanese, and Spanish available.

Anxiety, ADHD, depression, eating disorder, phobia, PTSD, OCD, alcohol, substance use.

Website: www.mirjamquinnandassociates.com

Tele-health only



Pillars of Wellness (219) 323-3311

Indiana-based, large therapy group.

Therapy (individual, family, couples, group) for age 7+.

Anxiety, ADHD, depression, PTSD, substance use, OCD, grief, faith, anger, family.

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

Tele-health (Indiana residents only, first appt always telehealth) and in-person (Hobart, Merrillville, and Valparaiso, IN)



Roamers Therapy (312) 667-3884

Latinx, woman-owned therapy group focused on young adults from minoritized groups.

Individual therapy for Black, Latinx, and Asian clients ages 5-85. Spanish available.

Anxiety, depression, trauma, substance use, racial/ethnic identity, relationships.

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

Tele-health and in-person (South Loop, Lakeview)



Rula (323) 205-7088

Tele-health therapy (individual, family, couples, group) and psychiatry for ages 5+.

Many languages.

ADHD, depression, trauma/PTSD, substance use, OCD, bipolar, eating disorder.

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

Tele-health only



True Space (312) 248-3481

Therapy group focused on Black young women and professionals with life stressors, chronic health problems, depression, anxiety, and/or trauma.

Individual, group, couples, family therapy for age 21-64.

Anxiety, ADHD, PTSD, health psychology, poor self-care, psychosocial stressors.

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

Tele-health and in-person (Olympia Fields)



UCM Ingalls (708) 333-2300 or (888) 824-0200

Psychiatry, group therapy, and intensive outpatient programs for ages 12+.

Website: <https://www.uchicagomedicine.org/conditions-services/psychiatry-and-psychology>

Tele-health and in-person (Calumet City, Harvey, Tinley Park, Flossmoor)



Uniquely You (779) 707-3737

Group focused on neurodivergent population with additional conditions

Therapy (individual, group, family, and couples) for ages 15 months+.

<https://uniquelyyoubehavioralhealth.com/>

Tele-health and in-person (New Lenox)