

Name of Organization	Services	Address	Phone #	Website	Hours
Addictions Treatment Program	The Addictions Treatment Program (ATP) is a 24-hour chemical dependency program providing inpatient detoxification and rehabilitation services, as well as continuing care.	3002 Grand Avenue Waukegan, IL 60085	(847) 377-8200	https://www.lakecountylil.gov/689/Addictions-Treatment-Program-ATP	Staff is available to take calls 24 hours a day
Assertive Community Treatment	The program focuses on reducing hospitalizations, ensuring basic needs are met, and maintaining engagement in treatment while promoting harm reduction.	3010 Grand Avenue Waukegan, IL 60085	(847) 377-4650	https://www.lakecountylil.gov/692/Assertive-Community-Treatment-ACT	Everyday from 8:00 AM to 4:00 PM
Child and Adolescent Behavior Health	CABS provides individual, family, group, respite and crisis counseling.	3010 Grand Avenue Waukegan, IL 60085	(847) 377-8950	https://www.lakecountylil.gov/698/Child-Adolescent-Behavioral-Health-CABS	Everyday from 8:30 AM to 5:00 PM
Mental Health Group Home	The program provides individuals with assistance in improving interpersonal skills and daily living skills, which will lead to living in a less-structured environment.	2410 Belvidere Road Waukegan, IL 60085	(847) 377-8686	https://www.lakecountylil.gov/707/Mental-Health-Group-Home	Open for 24 hours everyday
Socialization Group	The primary focus of this group is on learning social skills and developing healthy ways to relate to other people.	18698 Peterson Road Libertyville, IL 60048	(847) 377-8855	https://www.lakecountylil.gov/728/Outpatient-Mental-Health-Libertyville-Gr	Monday, Wednesday from 8:00 AM to 5:00 PM, Tuesday, Thursday from 8:00 AM to 8:00 PM, Friday from 8:00 AM to 4:30 PM
Wellness Group	Adults who want to focus on stress-reduction, relaxation techniques, and learn new ways to advance their health, are welcome to join us.	18698 Peterson Road Libertyville, IL 6004	(847) 377-8855	https://www.lakecountylil.gov/728/Outpatient-Mental-Health-Libertyville-Gr	Monday, Wednesday from 8:00 AM to 5:00 PM, Tuesday, Thursday from 8:00 AM to 8:00 PM, Friday from 8:00 AM to 4:30 PM
Developing Healthier Relationships	The primary focus of this group is on setting boundaries in relationships and on improving self-care.	18698 Peterson Road Libertyville, IL 60048	(847) 377-8855	https://www.lakecountylil.gov/728/Outpatient-Mental-Health-Libertyville-Gr	Monday, Wednesday from 8:00 AM to 5:00 PM, Tuesday, Thursday from 8:00 AM to 8:00 PM, Friday from 8:00 AM to 4:30 PM
Depression/Anxiety Group(s) for Spanish Speakers	These groups are conducted only in Spanish, and they focus on the problems, losses and changes that lead clients to become depressed/anxious, including but not limited to isolation, financial struggles, medical concerns, past trauma, relationship difficulties, and acculturation.	18698 Peterson Road Libertyville, IL 60048	(847) 377-8855	https://www.lakecountylil.gov/728/Outpatient-Mental-Health-Libertyville-Gr	Monday, Wednesday from 8:00 AM to 5:00 PM, Tuesday, Thursday from 8:00 AM to 8:00 PM, Friday from 8:00 AM to 4:30 PM
Coping Skills Group	This group will help you develop skill-building and awareness of need for self care skills, such as assertiveness, limit and boundary setting and improving self esteem.	3010 Grand Avenue 1st Floor Waukegan, IL 60085	(847) 377-8180	https://www.lakecountylil.gov/731/Outpatient-Mental-Health-Waukegan-Groups	Monday, Tuesday, and Thursday from 8:30 AM to 8:00 PM, Wednesday, Friday from 8:30 AM to 5:00 PM
DBT (Dialectical Behavioral Therapy) Group	The group uses instructional lecture, group discussion, behavioral rehearsal with modeling and role-play, written handouts, and homework assignments to help you decrease unmanageable issues in your life.	3010 Grand Avenue 1st Floor Waukegan, IL 60085	(847) 377-8180	https://www.lakecountylil.gov/731/Outpatient-Mental-Health-Waukegan-Groups	Monday, Tuesday, and Thursday from 8:30 AM to 8:00 PM, Wednesday, Friday from 8:30 AM to 5:00 PM
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Dual Diagnosis Group	The central task of this group is to help clients learn more about the interaction between addiction and mental illness, and to help them increase stability in adult functioning through the establishment of sustained sobriety and continued recovery from mental illness.	3010 Grand Avenue 1st Floor Waukegan, IL 60085	(847) 377-8180	https://www.lakecountylil.gov/731/Outpatient-Mental-Health-Waukegan-Groups	Monday, Tuesday, and Thursday from 8:30 AM to 8:00 PM, Wednesday, Friday from 8:30 AM to 5:00 PM
Outpatient Substance Abuse Program (SAP)	This outpatient alcoholism and drug abuse treatment program provides a variety of drug-free treatment modalities and medication assisted addiction treatment using methadone and Suboxone to treat opioid addiction. Services include individual and group counseling, 12-step modalities of Alcoholics Anonymous and Narcotics Anonymous, and aftercare programming.	3004 Grand Avenue Waukegan, IL 60085	(847) 377-8120	https://www.lakecountylil.gov/749/Outpatient-Substance-Abuse-Program-SAP	Monday to Thursday from 8:30 AM to 5:00 PM, Friday from 8:30 AM to 4:00 PM
Anxiety and Depression Association of America (ADAA)	Online resources for anxiety, depression, OCD, PTSD, etc.	Online Services		https://adaa.org/living-with-anxiety/ask-and-learn/resources	
Turn2Me	We are a community of fully qualified and accredited mental health professionals working online to provide a high quality, safe, anonymous and confidential space for you to gain support - wherever you are, whenever you need us, for whatever you are going through.	Online Services		https://turn2me.ie/	
7 Cups	Get support from an online therapist, Chat online with caring listeners and meet people who understand. You can find support and friendship in chat rooms and forums for many issues, like depression, anxiety, relationships, LGBTQ+ and more.	Online Services		https://www.7cups.com/	
The Tribe	Peer-to-peer support group for those coping with fear and stress associated with various anxiety disorders.	Online Services		https://support.therapytribe.com/anxiety-support-group/	
Daily Strength	Most active Anxiety forum where the community and those affected by anxiety can come together	Online Services		https://www.dailystrength.org/group/anxiety	
The Jed Foundation	Youth, teen, school, and college students mental health and suicide prevention resource	Online Services		https://www.jedfoundation.org/	

National Council on Aging- Behavioral Health	Promotes programs to aid seniors cope with mental health issues such as anxiety, stress, depression, addiction, etc.	Online Services	https://www.ncoa.org/center-for-healthy-aging/behavioral-health/	
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