Counseling and Crisis Intervention Resources

In general, for people with disabilities, counseling can be helpful when having to cope with stresses in their lives. Most social service agencies provide in-house counseling services or contract out to counselors. If you need assistance finding appropriate services, contacting a referral source or PACT, Inc. is a good first step. We have listed some providers and individual counselors that have experience working specifically with people with disabilities. Other counseling services are available and you should consult one of the mentioned referral sources or directories for additional listings.

DuPage County Health Department-Mental Health Division
Crisis Unit 24-Hour Emergency
111 N County Farm Rd
Wheaton, IL 60187
Phone: (630) 682-7400
www.dupagehealth.org

- Serves chronically mentally ill adults, mentally ill and seriously emotionally disturbed children and adolescents, and substance abusing adults and adolescents.

Metropolitan Family Services of DuPage
229 E. Willow
Wheaton, IL
(630) 784-4800
www.metrofamily.org

- Counseling available on a sliding fee scale
- Bilingual therapists available

DuPage County Department of Human Resources-Human Service Division
421 North County Farm Road
Wheaton, IL
Phone: (630) 682-7000
TDD: (630) 682-6926
www.dupagecris.org

- Provides up to date information and referral to county residents on health and social services. Available social workers.
DuPage County Medical Society
498 Hillside Ave.
Glen Ellyn, IL
Phone: (630) 858-9603
www.dcmsdocs.org

- Referrals to medical doctors, no fee

DuPage Psychologists Referral Service
579 West North Avenue Suite 103
Elmhurst, IL 60126
Phone: (630) 279-5757

- Referral Service

DuPage Center for Independent Living
739 Roosevelt Rd. Building 8 Suite 109
Glen Ellyn, IL 60137
Phone: (630) 469-2300
www.dupagecil.org

- Provides information on counseling services. Provides education and advocacy for people with disabilities.

Lutheran Child and Family Services
333 W. Lake St.
Addison, IL  60101
(630) 628-6448
www.lcfs.org

- Counseling available on a sliding fee scale.

Catholic Charities
26 W. St. Charles Rd.
Lombard, IL
(630) 495-8005
www.catholiccharities.net

- Counseling available on a sliding fee scale.
Agencies and Individuals Specializing in Counseling Services for People with Disabilities

Mary Alice Povolny, Ph.D.
Licensed Clinical Psychologist
331 N. York Road
Elmhurst, IL 60126
Phone: (630) 415-0780

- Specializing in anxiety disorders, depression, stress and grief issues for people with disabilities. Family counseling for families who have a child with a disability.

SMS Career Counseling and Psychotherapy
Suzanne M. Sullivan, MS, LCPC, CRC
621 Plainfield Road
Willowbrook, IL 60521
Phone / Fax (630) 655-9457

Little Friends Inc.
140 N Wright
Naperville, IL
Phone: (630) 355-6533
www.littlefriendsinc.org

Self Help Groups

National Alliance for the Mentally Ill of DuPage County
1403 N Main, Suite 209
Wheaton, IL
Phone: (630) 752-0066
www.namidupage.org

West Suburban CHADD
(630) 961-0161
www.chaddonline.org

- Support group in the western suburbs for children and/or adults with ADD/ADHD