



**LaSalle County 708
Mental Health Board**
Advocacy. Education. Funding. Awareness

LaSalle County Community Wellness Guide

Resources Related to Mental
Health, Addictions, Intellectual
and Developmental Disabilities,
and More

LaSalleCountyMentalHealth.org

October 2023

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Substance Abuse, Behavioral Disorder, and Mental Health Counselors

7th Fire Counseling

Outpatient services, including DUI services, for individuals struggling with mental health and substance abuse issues

218 W. Madison St.

Ottawa, IL 61350

Phone: 815-433-4829 or 815-433-4924

Email: 7thfirecounseling@gmail.com

Alcoholics Anonymous

Peer-led abstinence-based recovery from alcoholism through a 12-step program

1237 1st St.

LaSalle IL, 61301

Phone: 815-223-7374

Allied Counseling Group

Counseling for individuals struggling with mental health issues

146 Gooding St.

LaSalle, IL 61301

Phone: 815-224-4522

Arukah Institute

Behavioral health treatment, prevention, and wellness services

536 Elm Place

Princeton, IL 61356

Phone: 815-872-2943

Website: arukahinstitute.org

Substance Abuse, Behavioral Disorder, and Mental Health Counselors

Calhoun Consultants

Counseling and specialty services for children, adolescents, and adults

900 Hitt Street

Ottawa, IL 61350

Phone: 815-501-2888

Website: calhounconsultants.com

Court Appointed Special Advocates (CASA)

Advocates for abused and neglected children

707 Etna Rd, Lower Level

Ottawa, Illinois 61350,

Website: lasallecountycasa.org

Changes Counseling (OSF Saint Paul Medical Center)

Individual and family therapy services

1401 E 12th Street

Mendota, IL 61342

Phone: 815-501-2088

Website: changescounselingllc.com

Email: christine@changescounselingllc.com

Choices (OSF Behavioral Health)

Outpatient mental health counseling for individuals and families

1207 Starfire Dr.

Ottawa, IL 61350

Phone: 815-434-4382

Substance Abuse, Behavioral Disorder, and Mental Health Counselors

Clear Minds Counseling

Therapy services for individuals and families

1964 Columbus Street

Ottawa, IL 61350

Phone: 815-416-8103

Website: clearmindscounseling.org

Email: clearmindscounselingpllc@gmail.com

Cornerstone Community Wellness

Mental health counseling

302 N Mason Street

Sheffield, IL 61361

Phone: 815-408-0078

Website: ccwell.org

Email: epratt@ccwell.org

Creating Change Counseling Center

Behavioral health therapy

400 5th Street, Suite 197

Peru, IL 61354

Phone: 815-617-9420

Website: creatingchange.clientsecure.me

Crossroads Counseling Services

Mental health counseling and services, substance abuse counseling, and more

601 W. Norris Dr.

Ottawa, IL 61350

Phone: 815-433-5101

Substance Abuse, Behavioral Disorder, and Mental Health Counselors

Cynthia Ashley

Clinical psychologist

206 Marquette St.

LaSalle, IL 61301

Phone: 815-223-4337

Cultivate Behavioral Health & Education

Mental health counseling and community education

4413 Progress Blvd

Peru, IL 61354

Phone: 888-476-8485

Website: cultivatebhe.com

Email: hello@cultivatebhe.com

Empowering Minds Counseling

Mental health counseling for individuals, couples, and groups

408 W Main Street

Ottawa, IL 61350

Phone: 815-326-9502

Website: empoweringmindscounseling.com

Email: info@empoweringmindscounseling.com

Gorenz Counseling & Consulting

Mental health counseling for individuals and families

1009 South Main Street

Princeton, IL 61356

Phone: 815-872-2273

Website: gorenzcounseling.com

Substance Abuse, Behavioral Disorder, and Mental Health Counselors

Great Heights

Opioid treatment intervention and counseling

315 E Mckinley Road

Ottawa, IL 61350

Phone: 815-434-0228

Website: great-heights.com

Freedom House

Resources and counseling for survivors of domestic violence/sexual assault

440 Elm St.

Princeton, IL 61356

Phone: 800-474-6031

Website: freedomhouseillinos.org

Gage & Associates

DUI services and treatment for alcohol and substance use disorder

601 2nd St. LaSalle, IL 61301

1017 Clinton St. Ottawa, IL 61350

Phone: 815-434-0034 or 815-434-0034

Website: gageandassociates.org

Email: gageandassociatesllc@yahoo.com

Integrated Therapy & Health Coaching

Mental health therapy and coaching

120 E Walnut Street

Oglesby, IL 61348

Phone: 815-830-2470

Website: itahc.com

Email: it.hc.recovery@gmail.com

Substance Abuse, Behavioral Disorder, and Mental Health Counselors

Illinois Valley Counseling Services

Mental health counseling and substance abuse services

747 E. Etna Rd. Ottawa, IL 61350

901 Main St. Mendota, IL 61342

Phone: 815-993-1614

Website: illinoisvalleycounseling.com

Email: ivcounselingservices@gmail.com

Life Balance Counseling & Wellness

Mental health counseling

2428 Chartres Street

LaSalle, IL 61301

Phone: 815-780-8765

Website: lifebalancecounselingandwellness.com

Email: admin@lifebalancecounselingandwellness.com

Maitri Path to Wellness

Mental health therapy for individuals, couples, and families

Website: maitripathtowellness.com

Phone: 815-780-0690

Email: info@maitripathtowellness.com

Marriage Resource Center for IL Valley

Therapy and resources for marriage

1518 Peoria St.

Peru, IL 61354

Phone: 815-326-9576

Website: mrciv.com

Email: bob@mrciv.com

Substance Abuse, Behavioral Disorder, and Mental Health Counselors

North Central Behavioral Health Systems

Mental health and substance use counseling and community education

2960 Chartres St. LaSalle, IL 61301

727 E. Etna Rd. Ottawa, IL 61350

526 S. Bureau Valley Pkwy Princeton, IL 61356

111 Spring St. Streator, IL 61364

Phone: 815-224-1610 or 815-434-4727

Website: ncbhs.org

New Life Options Counseling Services, LLC

Mental health counseling, coaching, and group therapy

205 S. Park St., Ste 3

Streator, IL 61364

Phone: 815-672-1802

Safe Journeys

Resources and counseling for survivors of domestic violence/sexual assault

PO Box 593

Streator, IL 61364

Phone: 815-672-2353

Website: safejourneysillinois.org

Sonlight Counseling

Mental health counseling with a Christian perspective

417 Madison Street, Suite 201A

Ottawa, Illinois 61350

Phone: 815-258-1320

Website: sonlightcounseling.com

Substance Abuse, Behavioral Disorder, and Mental Health Counselors

The Center for Youth & Family Solutions

Counseling, parenting, foster, and adoption services

815 2nd St.

LaSalle, IL 61301

Phone: 815-223-4007

The Perfectly Flawed Foundation

Substance use services and education for individuals and affected families

240 1st St.

LaSalle, IL 61301

Website: perfectlyflawed.org

Phone: 815-830-8675

Email: team@perfectlyflawed.org

Thrive Collective

Individual and family therapy

1400 State Street

Ottawa, IL 61350

Phone: 815-421-9010

Website: mythrivecollective.com

VA Mental Health

Mental health counseling for veterans

4461 North Progress Village

Peru, IL 61354

Phone: 815-223-9678

Substance Abuse, Behavioral Disorder, and Mental Health Counselors

Youth Service Bureau

Child welfare, foster care, counseling, and parent services

424 W. Madison St. Ottawa, IL 61350

12 Gunia Dr., #3 LaSalle, IL 61301

202 S. Vermillion St., #100 Streator, IL 61364

1702 1/2 E. Peru St. Princeton, IL 61356

Equine Empowered Counseling Center

*Experiential counseling utilizing animals and experiences for
youth, adults, and families*

5220 Hattons Rd

Hennepin, IL 61327

Phone: 8150797-2202

Intellectual & Developmental Disabilities (IDD)

Ottawa Friendship House

1718 N. 2525th Rd.

Ottawa, IL 61350

Email: friends@ottawafriendship.com

Phone: 815-434-0737

Gateway Services

511 School St. Henry, IL 61537

406 S. Gosse Blvd. Princeton, IL 61356

535 Elm Place, Suite 8 Princeton, IL 61356

Website: gateway-services.org

Email: info@gateway-services.org

Phone: 815-875-4548

Horizon House of Illinois Valley

2000 Plank Rd.

Peru, IL 61354

Phone: 815-223-4488

Website: horizonhouseperu.org

Illinois Valley Center for Independent Living

18 Gunia Dr.

LaSalle, IL 61301

Website: ivcil.com

Phone: 815-224-3126

Intellectual & Developmental Disabilities (IDD)

LaSalle County Special Education (LEASE)

1009 Boyce Memorial Drive
Ottawa, IL 61350
Phone: 815-433-6433
Website: lease-sped.org

Office of Rehabilitation Services

905 2nd St.
LaSalle, IL 61301
Phone: 815-224-1314

Streator Unlimited

305 N. Sterling St.
Streator, IL 61364
Phone: 815-673-5574
Website: streatorunlimited.org

Basic Needs: Clothing, Housing, & Income-Based Resources

2-1-1

Crisis/emergency/essential needs

www.211.org

Dial 2-1-1

A Servant's Heart

Community kitchen/crisis intervention for the homeless and needy

610 W. Jefferson St.

Ottawa, IL 61350

Phone: 815-434-3470

Website: ashottawa.org

Email: info@ashottawa.org

Catholic Charities: Guardian Angel Outreach for Mothers

Pre & postnatal education, parenting classes, diapers

OSF Healthcare Center for Health

111 Spring St.

Streator, IL 61364

Phone: 815-673-3966 or 815-257-5520

Website: cdop.org

Child Care Assistance Program IDHS

Phone: 800-843-6154

Department of Human Services

SNAP, medical assistance, cash benefits

1560 1st Ave.

Ottawa, IL 61350

Phone: 815-433-1572

Basic Needs: Clothing, Housing, & Income-Based Resources

Habitat for Humanity

Habitat Homes for low-income families in need

628 Columbus St., Ste 405

Ottawa, IL 61350

Website: localhabitat.org

Phone: 815-434-2041

ReStore

Habitat for Humanity bargain store

1011 Shooting Park Rd.

Peru, IL 61354

Head Start

Promotes school readiness of children from birth to age five for low-income families

Phone: 800-323-5434

Website: tcohelps.org/head-start

Housing Authority for LaSalle County

526 E. Norris Dr.

PO Box 782

LaSalle, IL 61301

Website: halc.org

Phone: 815-434-0380

Faithful Inspirations

Women & children's clothing & supplies

307 W. Minnesota St.

Spring Valley, IL 61362

Basic Needs: Clothing, Housing, & Income-Based Resources

IVPADS Homeless Shelter

1120 Canal St. Ottawa, IL 61350

1320 Menards Dr. Peru, IL 61354

Phone: 815-433-1292 or 815-224-3047

Website: ivpads.com

Salvation Army

126 Bloomington St. Streator, IL 61364

516 W. Madison St. Ottawa, IL 61350

Phone: 815-672-2746 or 815-433-0789

Website: satruck.org

Social Security Administration

Social Security or supplemental Social Security income

915 Wenzel Rd.

Peru, IL 61354

Website: ssa.gov

Phone: 815-223-5422

St. Vincent De Paul Society

Provides Streator residents education about poverty, making good choices, and skills to be successful in the workforce

405 S. Illinois St.

Streator, IL 61364

Phone: 815-672-3687

Tri-County Opportunities Council

Resources for energy assistance, emergency vehicle/housing repairs, scholarships, etc

Phone: 800-323-5434

Website: tcochelps.org

Basic Needs: Clothing, Housing, & Income-Based Resources

WIC (Women's, Infants, & Children)

68 3rd St. RT 6 LaSalle, IL 61301

Phone: 815-224-3405

1806 Seneca Dr. Ottawa, IL 61350

Phone: 815-431-9389

1007 Main St. Mendota, IL 61342

Phone: 815-539-9458

111 Spring St. Streator, IL 61364

Phone: 815-510-9701

Valley Immigrant Advocates

1400 N. LaSalle St.

Ottawa, IL 61350

Website: valleyimmigrant.org

Clothing

A Servant's Heart

610 W. Jefferson Street

Ottawa, IL 61350

Phone: 815-434-4849

Lilly Pads Resale

4471 Progress Blvd

Peru, IL 61354

Phone: 815-224-7970

Closet of Hope

Tonica Methodist Church

423 E. Wauponis Street

Tonica, IL 61370

Lilly Pads Too

411 N. 3059th Road

Ottawa, IL 61350

Phone: 815-313-5776

Shepard's Closet

1119 8th Street

LaSalle, IL 61301

Phone: 815-488-2077

Website: servantsheartfellowship.com

Food Pantries

Bureau County Food Pantry

1019 N. Main St.
Princeton, IL 61356
Phone: 815-875-6064

Community Food Basket

519 Madison St.
Ottawa, IL 61350
Website: ottawafoodbasket.org
Phone: 815-431-0155

Five Loaves and Two Fish

235 E. Lundy Lane
Leland, IL 60531
Phone: 815-224-4522

Grace Community Church Food Pantry

1634 N. IL RT 23
Streator, IL 61364
Website: streatorgrace.church
Phone: 815-672-7700

Hall Township Food Pantry

500 N. Terry St.
Spring Valley, IL 61362
Website: halltwpfoodpantry.org
Phone: 815-663-2085

Illinois Valley Food Pantry

122 Wright St.
LaSalle, IL 61301
Website: ivfoodpantry.com
Phone: 815-224-3658

Food Pantries

Marseilles Food Pantry (St. Joseph's Church)

2000 Broadway St.
Marseilles, IL 61341
Phone: 815-795-2614

Mendota Area Christian Pantry

918 Main St.
Mendota, IL 61341
Phone: 815-538-2211

Putnam County Food Pantry

103 N. Church St.
Granville, IL 61326
Phone: 815-339-6480

Shepherd's Food Pantry (Servant's Heart Fellowship)

2901 N. Peoria St., Ste #2
Peru, IL 61354
Phone: 815-220-0914

Streatorland Food Pantry

210 N. Wasson St.
Streator, IL 61364
Phone: 815-673-3688

Walnut Community Food Pantry

111 E. Liberty St.
Walnut, IL 61376
Phone: 815-379-2494

Veteran's Resources

Acres of Peace

Offers Veterans affected by PTSD a quiet retreat, FREE riding lessons, and knowledge of horse care.

Woodland Meadows L.L.C.

2582 N. 28th Rd.

Marseilles, IL 61341

815-795-6596

Veterans Assistance Commission of LaSalle County

4231 Progress Blvd

Peru, IL. 61354

Phone: 815-433-1761

LaSalle VA Clinic

Main Phone: 815-223-9678

Mental health care: 708-202-2002

4461 North Progress Village

Peru, IL 61354

LaSalle Veterans Home

Phone: 815-410-8375

1015 O'Conor Avenue

LaSalle, Illinois 61301