

I. MENTAL HEALTH PRACTITIONERS

Name:	Falguni Amin
Gender:	Female
Degree & License	M.Ed, LCSW
Certificates:	
Affiliated Organization:	AHS Family Health Center
Address:	2424 W. Peterson Ave., Chicago, IL, 60659
Email:	famin@ahschicago.org
Phone:	(773) 761-0300
Website:	www.ahschicago.org
Services Offered:	Individual Therapy
Other:	Domestic Violence
Payment Accepted:	Medicaid, Medicare, Private Insurance, Self Pay, Sliding Scale
Languages Served:	English, Hindi, Urdu, Gujarati

Name:	Edmund Arroyo
Gender:	Male
Degree & License	MS, LCSW
Certificates:	
Affiliated Organization:	Heartspeak Institute
Address:	2625 Butterfield Rd., Suite 103W, Oakbrook, IL 60523
Email:	admin@heartsspeak.org
Phone:	(630) 590-3976
Website:	www.heartsspeak.org
Services Offered:	Individual Therapy, Group Therapy, Marriage & Family Therapy
Other:	----
Payment Accepted:	Private Insurance, Self Pay, Sliding Scale
Languages Served:	English, Hindi

Name:	Naveeda Athar
Gender:	Female
Degree & License	MS, LCPC, CDVP, ACS, NCC, CADC
Certificates:	
Affiliated Organization:	Hamdard Center for Health and Human Services Director Mental Health
Address:	228 E. Lake St., Addison, IL 60101
Email:	naveeda2004@yahoo.com
Phone:	(630)-835-1432 ; Fax: 630-835-1433
Website:	www.hamdardcenter.org
Services Offered:	Individual Therapy, Couple & Family Therapy, Group Therapy
Other:	Depression, Anxiety, Anger management, Adjustment Issues (Work & Home), Acculturation Difficulties, Family Conflicts, Intergenerational Conflicts, Marital Issues, etc.
Payment Accepted:	Medicaid, Medicare, Private Insurance, Self Pay, Sliding Scale
Languages Served:	English, Chinese (Mandarin), Hindi, Gujarati

2009 Mental Health Directory
*Compiled by the Asian Health Coalition of Illinois and the
Asian American Suicide Prevention Initiative*

Name: Sue H. Bae
Gender: Female
Degrees/ License: PhD, PC
Certificates:
Affiliated Organization: Private Practice
Address: 405 N. Wabash, Suite 4507, Chicago, IL 60611
Email: suehyunbae@gmail.com
Phone: (773) 203-3727 ; Fax: 312-822-3604
Website: <http://drsuehbae.vpweb.com/>
Services Offered: Individual Therapy, Couple & Family Therapy
Other: Anxiety Related Disorders, Multicultural Counseling, Bilingual Psychological Testing, etc.
Payment Accepted: Private Insurance, Self Pay, Sliding Scale
Languages Served: English, Korean

Name: Ranjana Bhargawa
Gender: Female
Degrees/ License: MA, MS, LCPC
Certificates:
Affiliated Organization: Private Practice
Address: 6730 S. Euclid Ave., Chicago, IL 60649
Email: ranjana67@yahoo.com
Phone: (773) 355-9559
Website: ----
Services Offered: Individual Therapy, Group Therapy
Other: Incarceration, Domestic Violence, Cultural Adaptation, assimilation issues, Work-related Stress, Grief Counseling, Women's Issues, social services and school issues
Payment Accepted: Self Pay
Languages Served: English, Hindi, Urdu, Gujarati (listening/understanding only)

Name: Frances Chikahisa
Gender: Female
Degree & License: MSW, LCSW
Certificates:
Affiliated Organization: Japanese American Service Committee
Address: 4427 N. Clark St., Chicago, IL 60640
Email: council@jasc-chicago.org
Phone: (773) 275-7212
Website: www.jasc-chicago.org
Services Offered: Individual Therapy, Couple & Family Therapy, Group Therapy
Other: ----
Payment Accepted: Medicare, Private Insurance, Self Pay, Sliding Scale
Languages Served: English, Japanese

Name: Olivia Chui
Gender: Female
Degree & License: MSW, LCSW
Certificates:
Affiliated Organization: Private Practice
Address: 5301 Dempster St., Suite 205, Skokie, IL 60077
Email: chuio@comcast.net
Phone: (847) 251-6198
Website: ----
Services Offered: Individual Therapy, Couple & Family Therapy
Other: ----
Payment Accepted: Self Pay
Languages Served: English, Chinese (Cantonese), Chinese (Mandarin)

Name: Archawee Dhamavasi
Gender: Female
Degree & License: MS in Communications
Certificates:
Affiliated Organization: AD Consultants Inc., Thai Community Center, Thai Illinois Association of Illinois
Address: 233 E. Erie St., Suite 612, Chicago, IL 60611
Email: archawee@adconsultantsinc.net
Phone: (312) 397- 9703 ; Fax : (312)397-9704
Website: www.adconsultantsinc.net
Services Offered: Individual Therapy, Couple & Family Therapy, Group Therapy
Other: Family Crisis Resolution, Marital Counseling, Divorce & Custody Mediation, Family Crisis Mediation, New Immigrant Advocacy, etc.
Payment Accepted: Self Pay, Sliding Scale
Languages Served: English, Laotian, Thai

Name: Edward Fajardo
Gender: Male
Degree & License: PsyD
Certificates:
Affiliated Organization: Private Practice
Address: 4633 N. Western, Suite 203, Chicago, IL 60625
Email: EJFajardo@aol.com
Phone: (312) 623-0502
Website: ----
Services Offered: Individual Therapy, Couple & Family Therapy, Consultation
Other: assimilation/ acculturation issues, intergenerational conflicts, communication barriers, depression and anxiety, sexual minority identity issues, and multiple minority identity issues
Payment Accepted: Private Insurance (Blue Cross Blue Shield PPO and Cigna), Self Pay, Sliding Scale

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Languages Served: English, Tagalog

Name: Norwil Frial
Gender: Male
Degree & License: Psy.D., M.H.S., NCC, LCPC, CADC
Certificates:
Affiliated Organization: Dr. Norwil C. Frial & Associates, Ltd.
Address: 2530 Crawford Ave., Suite 206, Evanston, IL 60201
233 E. Erie St., Suite 409, Chicago, IL 60611
Email: noyfrial@yahoo.com
Phone: (312) 339-6208
Website: www.nfrial.com
Services Offered: Individual Therapy, Couple & Family Therapy, Group Therapy
Other: Asian American & college student demographics, GLBT issues, Anxiety & Depressive Disorders, Substance Abuse & Addiction, Clinical Hypnosis
Payment Accepted: Private Insurance, Self Pay, Sliding Scale
Languages Served: English Only

Name: Karlene Goodman
Gender: Female
Degree & License: MD
Certificates:
Affiliated Organization: Private Practice
Address: 4753 N. Broadway, Suite 720, Chicago, IL 60640
Email: bacsig@msc.com
Phone: (773) 371-8345
Website: ----
Services Offered: Individual Therapy, Group Therapy
Other: ----
Payment Accepted: Medicaid, Medicare, Private Insurance, Self Pay, Sliding Scale
Languages Served: English, Thai, Vietnamese

ASIAN HEALTH
COALITION OF ILLINOIS

Name: Denise Hagerla
Gender: Female
Degree & License: LCSW
Certificates:
Affiliated Organization: Center on Halsted
Address: 3656 N. Halsted, Chicago, IL, 60613
Email: creid@centeronhalsted.org
Phone: (773) 472-6469
Website: www.centeronhalsted.org
Services Offered: Individual Therapy, Couple & Family Therapy, Group Therapy
Other: ----
Payment Accepted: Private Insurance, Self Pay, Sliding Scale
Languages Served: English Only

Name: Asako Hoichi
Gender: Female
Degree & License: MS, NCC, LCPC
Certificates:
Affiliated Organization: Mindful Professional Counseling
Address: 1900 E. Golf Rd., Suite 950, Schaumburg, IL 60173
Email: asakohoichi@mindfulprofessionalcounseling.com
Phone: (847) 899-3329 ; Fax 847.398.2317
Website: <http://www.mindfulprofessionalcounseling.com>
Services Offered: Individual Therapy, Couple & Family Therapy, Group Therapy
Other: Depression, Anxiety, Self-Injury, PTSD, Family & Relationship Issues, etc.
Payment Accepted: Private Insurance, Self Pay, Sliding Scale
Languages Served: English, Japanese

Name: Shabad Kaur Khalsa
Gender: Female
Degree & License: MA, LMFT, LCPC, E-RYT 500
Certificates:
Affiliated Organization: Private Practice
Address: 4256 N. Ravenswood Ave., Suite 219
Chicago, IL 60613
Email: shabadkaur@shabadkaur.com
Phone: (773) 480-3273
Website: www.shabadkaur.com
Services Offered: Individual Therapy, Couple & Family Therapy
Other: Yoga-Based Psychotherapy, Asian American demographics
acculturation issues, intergenerational conflict
Payment Accepted: Insurance Plans including Blue Cross/Blue Shield, UBH, CIGNA;
Self-Pay; Sliding Scale
Languages Served: English Only

Name: Kin Kong
Gender: Female
Degree & License: Ph.D., LCP
Certificates:
Affiliated Organization: Private Practice
Address: 2835 N. Sheffield, Suite 403, Chicago, IL 60657
Email: kck32@cornell.edu
Phone: (773) 391-8209
Website: ----
Services Offered: Individual Therapy, Couple & Family Therapy
Other: ----
Payment Accepted: Private Insurance, Self Pay, Sliding Scale
Languages Served: English, Chinese (Cantonese)

Name: Kuanwu Lin
Gender: Male
Degree & License: PsyD, Licensed Clinical Psychologist
Certificates:
Affiliated Organization: University of Illinois and Private Practice
Address: Chicago & Urbana-Champaign
Email: drkuanwulin@gmail.com
Phone: (773) 551-1688
Website: www.couns.uiuc.edu
Services Offered: Individual Therapy, Couples/Family Therapy, Group Therapy
Other: ----
Payment Accepted: Self Pay & Insurance
Languages Served: English, Mandarin, Taiwanese

Name: Sayaka Machizawa
Gender: Female
Degree & License: PsyD, LCP
Certificates:
Affiliated Organization: Georgemiller, Whyte, and Associates
Address: 950 Lee St., Suite 202, Des Plaines, IL 60016
Email: smachizawa@gmail.com, sayaka_21@yahoo.com
Phone: (847) 696-1100
Website: www.georgemillerwhyte.com
Services Offered: Individual Therapy, Consultation
Other: Psychological, Neuropsychological, & Psychoeducational Testing
Payment Accepted: Medicare, Self Pay, Private Insurance
Languages Served: English, Japanese

Name: Sharmili Majmudar
Gender: Female
Degree & License: MSW, LCSW
Certificates:
Affiliated Organization: Rape Victim Advocates
Address: 180 N. Michigan Ave., Suite 600, Chicago, IL 60601
Email: info@rapevictimadvocates.org
Phone: (312)- 443-9603
Website: www.rapevictimadvocates.org
Services Offered: Individual Therapy, Couple & Family Therapy, Group Therapy
Other: Sexual Assault, Childhood Sexual Abuse, Incest, etc.
Payment Accepted: Sliding Scale
Languages Served: English, Gujarati, Japanese

Name: Noriko Ishibashi Martinez
Gender: Female
Degree & License: LCSW
Certificates:
Affiliated Organization: Private Practice
Address: 636 Church St., Suite 515, Evanston, IL 60201
Email: n.i.martinez@comcast.net
Phone: (847) 372-8134
Website: ----
Services Offered: Individual Therapy, Child Therapy
Other: ----
Payment Accepted: Self Pay
Languages Served: English Only

**ASIAN HEALTH**
COALITION OF ILLINOIS

Name: Tracy Leung
Gender: Female
Degree & License: Clinical Psychologist
Certificates:
Affiliated Organization: Private Practice
Address: 1555 Naperville-Wheaton Road Suite #104, Naperville, IL 60563
Address #2: 412 N. Lake St. Aurora, IL 60506
Email: tracyleung@comcast.net
Phone: (630) 640-6501
Website: ----
Services Offered: Individual Therapy, Couple & Family Therapy
Other: ----
Payment Accepted: Private Insurance, Self Pay, Sliding Scale:
Languages Served: English, Chinese (Mandarin), Chinese (Taiwanese)

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Name: Teresa Mok
Gender: Female
Degree & License: PhD
Certificates:
Affiliated Organization: Private Practice
Address: 306 W. Green St., Urbana, IL 61801
Email: teresamok1@yahoo.com
Phone: (217) 649-5433
Website: ----
Services Offered: Individual Therapy
Other: anxiety and depression, acculturation issues, intergenerational conflict, communication, eating disorders and body image, gender and sexual orientation issues
Payment Accepted: Self Pay, Sliding Scale
Languages Served: English Only

Name: Masa Nakata
Gender: Male
Degree & License: MA, MAPS, LCPC
Certificates:
Affiliated Organization: Private Practice
Address: Chicago, IL 60659 & Lake County, IL
Email: route66mn@yahoo.com
Phone: (312) 375-4184
Website: ----
Services Offered: Individual Therapy, Couple & Family Therapy, Group Therapy
Other: Pastoral Counseling & Care, Existential Psychotherapy, Morita Psychotherapy, Grief/Bereavement Counseling
Payment Accepted: Self Pay, Sliding Scale
Languages Served: English, Japanese, Tagalog

Name: Mayumi Nakamura
Gender: Female
Degree & License: MA, PsyD.
Certificates:
Affiliated Organization: Adler School of Professional Psychology
Address: 65 E. Wacker Place Chicago, IL 60601
Email: mnakamura@adler.edu
Phone: (312-201-5900
Website: ----
Services Offered: Individual Therapy, Group Therapy
Other: anxiety disorders, acculturation issues, biofeedback, and chronic pain
Payment Accepted: Sliding Scale
Languages Served: English, Japanese

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Asian American Suicide Prevention Initiative*

Name: Harumi Nishida
Gender: Female
Degree & License: MA, LCPC
Certificates:
Affiliated Organization: Asian Human Services
Address: 4753 N. Broadway, Suite 700, Chicago, IL 60640
Email: hnishida@ahschicago.org
Phone: (773) 293-8430
Website: www.asianhumanservices.org
Services Offered: Individual Therapy, Couple & Family Therapy, Group Therapy
Other: ----
Payment Accepted: Medicaid, Medicare, Private Insurance, Self Pay, Sliding Scale
Languages Served: English, Chinese (Cantonese), Chinese (Mandarin), Gujarati, Hindi, Japanese, Khmer (Cambodian), Thai, Tagalog, Vietnamese

Name: Prem K. Pahwa
Gender: Male
Degree & License: LCSW
Certificates:
Affiliated Organization: Private Practice
Address: 307 N. Michigan Ave., Suite 312, Chicago, IL 60601
5209 N. Clark St., 2nd Floor, Chicago, IL 60640
Email: prempahwa@hotmail.com
Phone: (773) 919-2919
Website: ----
Services Offered: Individual Therapy, general psychotherapy
Other: anxiety, depression, substance use/abuse, relationships, sexual orientation and gender identity issues
Payment Accepted: Medicare, Private Insurance, Self Pay, Sliding Scale
Languages Served: English Only

**ASIAN HEALTH**
COALITION OF ILLINOIS

Name: Thad Rydberg
Gender: Male
Degree & License: MA, LCPC
Certificates:
Affiliated Organization: Heartland Health Outreach- International FACES Program (Refugee Mental Health Program)
Address: 4750 N. Sheridan Rd., Suite 500, Chicago, IL 60618
Email: trydberg@heartlandalliance.org
Phone: (773) 751-4188
Website: www.heartlandalliance.org
Services Offered: Individual Therapy, Couple & Family Therapy, Group Therapy
Other: ----
Payment Accepted: Medicaid, Private Insurance, Self Pay, Sliding Scale
Languages Served: English, Chinese (Mandarin), Hindi, Hmong, Khmer (Cambodian), Korean, Laotian, Vietnamese through interpreters

Name: Achara Raz
Gender: Female
Degree & License: MSW, LCSW
Certificates:
Affiliated Organization: Private Practice
Address: Chicago, IL 60615
Email: achararaz@sbcglobal.net
Phone: (312) 607-1482
Website: ----
Services Offered: Individual Therapy, Couple & Family Therapy, Group Therapy
Other: ----
Payment Accepted: Medicaid, Medicare, Private Insurance, Self Pay, Sliding Scale
Languages Served: English, Laotian, Thai

Name: Shaifali Sandhya
Gender: Female
Degree & License: Ph.D., LCP
Certificates:
Affiliated Organization: Care Psychotherapy Services
Address: 233 E. Erie St., Suite 409, Chicago, IL 60610
Email: sandhyaphd@gmail.com
Phone: (773) 818-6717
Website: www.therapy-chicago.com
Services Offered: Individual Therapy, Couple & Family Therapy
Other: Depression, Anxiety, Anger Management, Life Coaching, Women's Health, Addictions & Recovery, Self-esteem Issues, Work Issues, etc.
Payment Accepted: Private Insurance, Self Pay
Languages Served: English, Hindi, Punjabi

Name: Yukiko Shiraishi
Gender: Female
Degree & License: Ph. D., LCP
Certificates:
Affiliated Organization: Private Practice
Address: 6601 W. North Ave., Oak Park, IL 60302
Email: shiraishi.y@gmail.com
Phone: (708) 415-7513
Website: ----
Services Offered: Individual Therapy, Couples Therapy
Other: Depression, Anxiety, Chronic Illness & Medical Trauma, Stress Management, Loss & Grief Counseling, Intercultural & International Issues
Payment Accepted: Individual Therapy, Couples Therapy
Private Insurance, Self Pay
Languages Served: English, Japanese

Name: Jaslyn Singh
Gender: Female
Degree & License: MS, LCPC
Certificates:
Affiliated Organization: Jaslyn Singh, LCPC, CH, CPM, P.C.
Address: 2272 95th Street, Suite 215, Naperville, Illinois 60564
Email: jazlynsingh@aol.com
Phone: (630) 913-0080
Website: www.jaslynsingh.com
Services Offered: Individual Therapy, Couple & Family Therapy
Other: Self-injury, Depression, Anxiety, Insomnia, Eating Disorders, PTSD, Pre & Post Divorce Issues, OCD, Employment Issues, etc.
Payment Accepted: Private Insurance, Self Pay, Sliding Scale
Languages Served: English, Hindi, Punjabi

Name: John Sykes
Gender: Male
Degree & License: MSW, LCSW
Certificates:
Affiliated Organization: Counseling Center of Lake View
Address: 3225 N. Sheffield, Chicago, IL 60657
Email: jsykes@cclakeview.org
Phone: (773) 549-5886
Website: www.cclakeview.org
Services Offered: Individual Therapy, Couple & Family Therapy, Group Therapy
Other: Substance Abuse Counseling, Psychiatry & Medications, Immigration Services, Homeless Youth Services, Family Violence, etc.
Payment Accepted: Medicaid, Medicare, Private Insurance, Self Pay, Sliding Scale
Languages Served: English, Various Other (Heartland Interpreting Services)

Name: Grace Tomas-Tolentino
Gender: Female
Degree & License: MSW, LCSW
Certificates:
Affiliated Organization: Core Therapy Associates, Ltd.
Address: 800 E. Woodfield Rd., Suite 106, Schaumburg, IL 60173
Email: gtolentino@coretherapyassoc.com
Phone: (847) 240-5080 ; Fax 847.240.1977
Website: www.coretherapyassoc.com
Services Offered: Individual Therapy, Couple & Family Therapy, Group Therapy, Wellness Seminars
Other: PTSD, Marital Issues, Mood & Anxiety Disorders, Eating Disorders, Self-Injury, Personality Issues, Parenting Issues, Impulse Control, Grief & Loss, etc.
Payment Accepted: Private Insurance, Self Pay, Sliding Scale
Languages Served: English, Tagalog, Japanese, Korean

Name: Suresh Unni
Gender: Male
Degree & License: MSW, LCSW
Certificates:
Affiliated Organization: Private Practice
Address: 2526 N. Lincoln Ave., Suite 218, Chicago, IL 60614
Email: seshu98@hotmail.com
Phone: (312) 560-2454
Website: ----
Services Offered: Individual Therapy, Couple & Family Therapy
Other: Asian American demographic
Payment Accepted: Private Insurance, Self Pay, Sliding Scale
Languages Served: English Only

Name: Chandra Vedak
Gender: Male
Degree & License: MD, DFAPA
Certificates:
Affiliated Organization: Horizons Behavioral Health, LLC
Address: 970 S. McHenry Ave., Crystal Lake, IL, 60014
Email: cvedak@centegra.com
Phone: (800) 765-9999
Website: www.centegra.com
Services Offered: Individual Therapy, Couple & Family Therapy, Group Therapy
Other: ----
Payment Accepted: Private Insurance, Self Pay
Languages Served: English, Hindi, Gujarati

II. CULTURALLY AND LINGUISTICALLY APPROPRIATE RESOURCES FOR REFUGEES AND IMMIGRANTS

The following is a list of linguistically and culturally competent services available at various Community based organizations in Chicago that can provide relief and support to limited English proficient Asian American clients with certain mental health needs.

1. Cambodian Association of Illinois (CAI)

<http://www.cambodian-association.org>

*2831 W. Lawrence Ave.
Chicago, IL 60625
773-878-7090*

- Senior Health, Advocacy, Recreation and Enrichment (SHARE) Program (The program offers counseling, health screenings & intervention, meditation, nutrition, and social supports for the elderly)
- Family Health Outreach (This program provides educational workshops, health fairs, home visits, and bi-lingual interpretation for 8-12 adults each week)
- Strengthening families (counseling, support groups, and after-school enrichment for 24 at-risk youth & parents to promote self-confidence and alternatives to truancy and poor academic performance)
- CAI also led efforts to establish the National Cambodian American Health Initiative (NCAHI), which now involves a 12 state effort to address trauma, depression, post-traumatic stress disorder, as well as diabetes and health disease that have reached epidemic proportions in the Cambodian-American community

2. Hamdard Center

<http://www.hamdardcenter.org>

Main office:

*1542 W. Devon Ave.
Chicago, IL 60660
773-465-4600*

Suburb office:

*228 E. Lake St.
Addison, IL 60101
630-835-1432*

- Offers services from mental health counselors, social workers, clinical psychologists, and psychiatric consultants
- Senior program for elderly who feel lost and abandoned
- Family intervention programs and other services for victims of domestic violence and sexual assault
- Hamdard Center also provides assessment and brief and intermediate crisis intervention, assurance, support, information and referral through their 24-hour Crisis Line (1-866-305-3933)

3. Chinese Mutual Aid Association (CMAA)

<http://www.chinesemutualaid.org>

*1016 W. Argyle St.
Chicago, IL 60640
773-784-2900, ext.116*

- Provides several youth programs aimed at increasing self-esteem and self confidence, improving interpersonal communication skills, and building support networks
- Provides health education, senior services, community care, and outreach & interpretation services to connect clients with culturally and linguistically appropriate social services.

4. Korean American Community Services

www.kacschgo.org

*4300 N. California Ave.
Chicago, IL 60618
773-583-5501, ext. 202*

- Provides Crisis Intervention Services, Individual & Group Counseling for abuse, neglect, addiction, and cultural adjustment
- Offers parenting education classes, Anger Management classes
- Offers housing and services for seniors (Moogoong Senior Housing & Koram Senior Housing)

5. Chinese American Services League

www.caslservice.org

*2141 S. Tan Court
Chicago, IL 60616
312-791-0418*

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- Has several youth programs, such as Teen REACH (Responsibility, Education, Achievement, Care & Hope), SCY (Service for Chinese Youth) High, which provides academic assistance, life skills training, recreational activities, and mentoring for recently immigrated Chinese youth
- Offers services for seniors, such as Adult Day Services , which provides daily care for the elderly.
- Provides family and community services through available case management and counseling.

6. Vietnamese Association of Illinois

<http://www.hnvi.org>

*5110 N. Broadway Ave.
Chicago, IL 60640
773-989-6158*

- Offers Youth Life Skills Education focused on educating youth on HIV/AIDS, substance abuse, teenage pregnancy prevention, and health careers.
- Provides an Elderly Program, case management, and health education workshops to the community.

7. Asian Human Services

<http://www.ahschicago.org>

Main office:

*4753 N. Broadway Ave., Suite 700
Chicago, IL 60640
773-728-2235*

Chinatown office:

*211 W. 22nd Place, 2nd Floor
Chicago, IL 60616
312-225-7268*

AHS Family Health Center:

*2424 W. Peterson
Chicago, IL 60659
773-761-0300*

- Provides culturally and linguistically appropriate mental health services for seniors, adults, and children through individual counseling, case management, and crisis management including domestic violence counseling. AHS Services are offered in Khmer, Vietnamese, Korean, Mandarin, Cantonese, Bosnian, Thai, Hindi, Lao and more.
- Bi-lingual and bi-cultural weekly groups are offered for elderly clients to help ease depression and isolation, linking them with other needed services and educate the community about problems of untreated depression.
- Women, Infant, & Children Program (WIC) provides nutrition counseling, and yearly health care visits
- Open Doors Women's Group focuses on stress reduction, empowerment, and enhancing women's general well-being.

8. Community Counseling Centers of Chicago (C4)

www.c4chicago.org

Uptown location:

*4740 N. Clark
Chicago, IL 60640*

Recovery Point:

*4007 N. Broadway Ave.
Chicago, IL 60613*

- C4 provides an array of services for children, youth, adults, victims of sexual assault, etc through various outpatient services including: parenting classes, art therapy, crisis intervention, counseling, intensive care, screenings & assessments, and referrals.
- Recovery point services include comprehensive assessment and referral services, early intervention, supportive outpatient, intensive outpatient, psychiatric evaluation and ongoing medication monitoring services, individualized treatment plans, case management, and referrals to Twelve-Step/self-help support groups. Special services are also designed to meet the needs of the dually diagnosed (substance abuse and mental illness).

9. Southeast Asia Center

<http://www.se-asiacenter.org/>

5120 N. Broadway St.
Chicago, IL 60640
773-989-6927

1124-1134 W. Ainslie St.
Chicago, IL 60640
773-989-7433

1112-1118 W. Foster Ave.
Chicago, IL 60640
773-907-4990

- Immigrant Parenting Classes
- Crime & Abuse Help for youth, adults, and seniors
- Services for seniors: The Senior Club promotes the independence, as well as the physical and emotional wellbeing of senior citizens aged 60 and older. It provides daily activities, nutritious meals, nursing assistance and free transportation.
- Cross Cultural Bridge Building Program, which targets problems of destructive interethnic rivalry, violence, gangs, drugs, and family breakdown by focusing on cooperation, social and emotional skills, and academic success for students aged 6-13.

10. International Family, Adult, and Child Enhancement Services (FACES)

<http://www.heartlandalliance.org>

4750 N. Sheridan Rd., Suite 500
Chicago, IL 60640
773-751-4188

ASIAN HEALTH
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- Provides comprehensive, community-based mental health services for refugee, asylee and asylum-seeking children, adults, and families suffering from trauma or emotional disorders.
- Services include individual and family counseling, assistance accessing benefits and entitlements, expressive therapies, linkages to primary and dental health care, and case management.

11. Heartland Alliance Marjorie Kovler Center

<http://www.heartlandalliance.org>

1331 W. Albion Ave.
Chicago, IL 60626
773-381-4070

- Devoted to the recovery and healing of individuals, families, and communities affected by torture. The comprehensive model of care includes, but is not limited to: mental health, medical care, case management, and interpretation and translation services.
- Services offered: mental health counseling, medical care, forensic evaluation, body-based therapies, occupational therapy, case management, interpretation and translation for services delivered, legal referrals.

12. Interfaith Refugee and Immigration Services

<http://www.irim.org>

4753 N. Broadway Ave., Suite 401
Chicago, IL 60640
773-989-5647

- Provides case management, comprehensive needs assessment, and individualized care plan for seniors
- Women's Empowerment Program which includes: mentorship & friendship, English classes, educational workshops (includes domestic violence prevention), fieldtrips, and the New Hope Women's Sewing Cooperative.
- Parenting Classes
- Mental health counseling referrals and summer learning program for Youth

13. Interfaith Refugee and Immigration Services

<http://www.irim.org>

4753 N. Broadway Ave., Suite 401
Chicago, IL 60640
773-989-5647

- Provides case management, comprehensive needs assessment, and individualized care plan for seniors
- Women's Empowerment Program which includes: mentorship & friendship, English classes, educational workshops (includes domestic violence prevention), fieldtrips, and the New Hope Women's Sewing Cooperative.
- Parenting Classes
- Mental health counseling referrals and summer learning program for Youth


ASIAN HEALTH
COALITION OF ILLINOIS

III. ACTION STEPS FOR REACTING TO A MENTAL HEALTH CRISIS

Mental health crises can happen. The important thing to remember is how to address a situation and provide a person with proper beneficial assistance until appropriate professional treatment is received or until the crisis is resolved. The following steps can be provided to a person developing a mental health problem or in a mental health crisis.

Action Plan, when reacting to a Mental Health Crisis Situation:

1. Assess the risk of suicide or harm
 - Do they have a detailed plan for their suicide?
 - Have they tried committing suicide before?
 - Do you notice any warning signs in their behavior or mood?
2. Listen Non-Judgmentally
 - Don't be judgmental about what the person is saying
 - Don't try to give advice or physically help them in that moment
 - Try to distract them by asking how they are feeling
3. Give Reassurance and information

2009 Mental Health Directory
*Compiled by the Asian Health Coalition of Illinois and the
Asian American Suicide Prevention Initiative*

- Try to make them feel that what they are feeling is okay
 - Validate the person's feelings and lived experience
 - Help them feel hopeful and positive
 - Reassure them that this is a common illness
 - Remind them that help is available and treatment can help them
4. Encourage the person to get appropriate professional help
- Call 911 if necessary
 - Visit a primary care physician
 - Consider counselors or clinical psychologists for therapy
 - Visit a psychiatrist if referred to by a doctor or therapist
 - Look into other mental health providers as needed
5. Encourage Self-help and support strategies
- Try different relaxation techniques
 - Read self-help books
 - Get involved in exercising or a personal hobby
 - Try massage therapy
 - Join a support group
 - Take folic acid & vitamin B12 pills

(Mental Health First Aid, National Council for Community & Behavioral Healthcare)



ASIAN HEALTH
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IV. ADDITIONAL RESOURCES

Toll- Free Crisis Hot Line Numbers:

1. National Suicide Prevention Hotline
1-800-273-8255
2. Youth Crisis Hotline
1-800-448-4663
3. National Alliance for Mental Illness Helpline
1-800-950-6264
4. National Center for Victims of Crime
1- 800-394-2255
5. National Alcohol and Substance Abuse Information Center
1-800-784-6776
6. National Domestic Violence Hotline
1-800-799-7233

Web Resources:

1. National Institute of Mental Health (NIMH)
www.nimh.nih.gov
2. Substance Abuse and Mental Health Services Administration (SAMHSA)
www.samhsa.gov
3. National Alliance for Mental Illness (NAMI)
www.mani.org
4. Mental Health America (MHA)
www.nmha.org
5. Depression and Bipolar Support Alliance (DBSA)
www.dbsalliance.org
6. Anxiety Disorders Association of America (ADAA)
www.adaa.org
7. National Institute on Drug Abuse (NIDA)
www.nida.nih.gov