

Teen Resource Guide



Purpose



This resource guide will serve as a helpful tool to connect teens with important services, support systems, and information that promotes their well-being. It will provide teens with easy access to resources related to mental health, education, health services, and social issues, empowering them to make informed decisions and navigate challenges more effectively. By consolidating key resources in one place, this guide will help teens find assistance and guidance when they need it most.

Mental Health & Counseling



NAMI DuPage (National Alliance on Mental Illness)

- Services: Mental health support, educational programs, and advocacy.
- Website: www.namidupage.org
- Phone: (630) 752-0066

Lutheran Social Services of Illinois (LSSI)

- Services: Counseling and mental health services for teens and families.
- Website: www.lssi.org
- Phone: (630) 682-1892

Youth Support



DuPage Township Youth Services

- Services: Provides educational and recreational programs designed to guide and encourage healthy decision-making among youth, aiming to prevent juvenile delinquency.
- Website: dupagetownship.com/youth-services
- Phone: (630) 759-1317

The DuPage County Health Department

- Services: Various health services including teen counseling, family planning, and substance abuse programs.
- Website: www.dupagehealth.org
- Phone: (630) 682-7400



Education & Career

DuPage Workforce Development

- Services: Career exploration, job training, internships, and resume building for teens.
- Website: www.ides.illinois.gov
- Phone: (630) 955-2000

College of DuPage – TRiO Student Support Services

- Services: Educational support for first-generation college students, including mentoring and tutoring.
- Website: www.cod.edu
- Phone: (630) 942-3933

KidsMatter

- Services: Teen mental health first aid training, teen philanthropy, leadership academy, career pathways, and more.
- Website: kidsmatter2us.org
- Phone: (331) 249-6838



Health & Wellness



Advocate Health Care - Pediatric Services

- Services: Comprehensive healthcare, including mental health and wellness for teens.
- Website: www.advocatehealth.com
- Phone: (630) 575-7222

DuPage County Health Department - Teen Services

- Services: Health education, immunizations, and teen wellness programs.
- Website: www.dupagehealth.org
- Phone: (630) 682-7400

Endeavor Health Linden Oaks Hospital

- Services: Adolescent programs, addiction services, behavioral health, and more.
- Website: www.eehealth.org/locations/naperville/linden-oaks-behavioral-health/
- Phone: (630) 305-5027



LGBTQ+ Services



Youth Outlook

- Services: Drop-in centers, support groups, and educational workshops are offered in various locations, including Naperville, Downers Grove, and Elmhurst.
- Website: youth-outlook.org
- Phone: (815) 754-5331

360 Youth Services

- Services: LGBTQ+ affirming housing and support services tailored to the needs of LGBTQ+ youth.
- Website: 360youthservices.org
- Phone: (630) 961-2992



Substance Use & Prevention



Rosecrance DuPage

- Services: Substance abuse prevention, counseling, and recovery services for teens.
- Website: www.rosecrance.org
- Phone: (630) 653-1400



Gateway Foundation

- Services: Substance abuse treatment, counseling, and prevention services.
- Website: www.gatewayfoundation.org
- Phone: (877) 505-4673



Harm Reduction

Free Narcan Pick-Up Sites in DuPage County

- Community members can access and pick up Narcan from various locations in DuPage County. Some sites are open 24 hours, including:
 - Abraxas Woodridge Interventions
 - Address: 2221 64th St, Woodridge, IL 60517
 - Hours: Open 24 hours
 - Bartlett Police Department
 - Address: 228 S Main Street, Bartlett, IL 60103
 - Hours: Open 24 hours
 - Glendale Heights Police Department
 - Address: 300 E Fullerton Ave, Glendale Heights, IL 60139
 - Hours: Open 24 hours
 - Wheaton Police Department
 - Address: 900 W Liberty Drive, Wheaton, IL 60187
 - Hours: Open 24 hours
- Website: hopedupage.org/213/Narcan-Pick-Up-Locations
- Phone: (630) 682-7400



Crisis & Emergency Support



Crisis Text Line

- Services: 24/7 support for emotional crises through text messaging.
- Text: REACH to 741741

Teen Lifeline

- Services: A free 24/7 crisis intervention helpline for teens in DuPage County.
- Phone: 1-800-248-8336

Suicide and Crisis Lifeline

- Services: Available 24/7 to offer free and confidential support.
- Phone or Text: 988

IL Helpline for Opioids and Other Substances

- Services: 24/7 substance use support and connections to local resources.
- Phone: (833) 234-6343
- Text: HELP to 833234

Recreational Activities

Alive Center

- Services: A teen center offering various programs, workshops, and events aimed at empowering teens. They provide a safe space for teens to engage in creative activities, leadership opportunities, and social events.
- Website: www.alivecenter.org
- Phone: (630) 778-6093

DuPage County Forest Preserve District

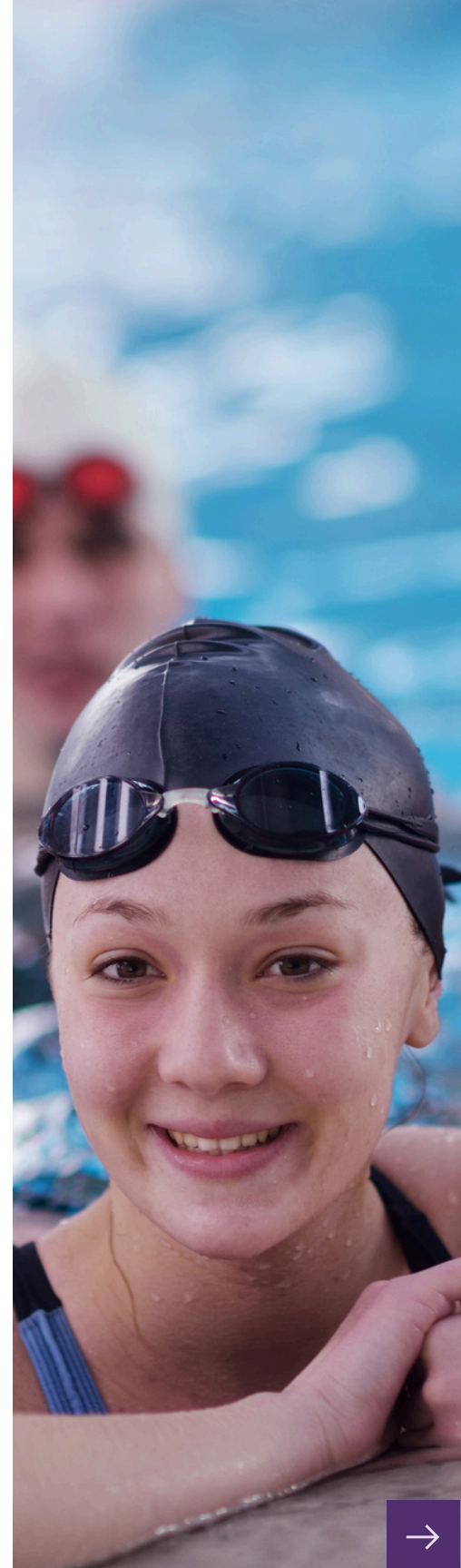
- Services: A free 24/7 crisis intervention helpline for teens in DuPage County.
- Website: www.dupageforest.org
- Phone: 1-800-248-8336

YMCA Locations

- B.R. Ryall YMCA of Northwestern DuPage County
 - Website: www.brriallymca.org
 - Phone: (630) 858-0100
- Indian Boundary YMCA
 - Website: www.ymcachicago.org/indian-boundary
 - Phone: (630) 968-8400
- Fry Family YMCA
 - Website: www.ymcachicago.org/fry-family
 - Phone: (630) 904-9595

Public Libraries

- Wheaton Public Library
 - Website: wheatonlibrary.org
 - Phone: (630) 668-1374
- Downers Grove Public Library
 - Website: dglibrary.org
 - Phone: (630) 960-1200
- Carol Stream Public Library
 - Website: cslibrary.org
 - Phone: (630) 653-0755
- Warrenville Public Library District
 - Website: www.warrenville.com
 - Phone: (630) 393-1171



Teen Resource Guide

This guide brings together a variety of resources available in DuPage County to support the community. The information provided is intended to be helpful, current, and relevant to teens seeking support and services.

