

## **Mental Health and Crisis Services**

### **If you need immediate support:**

- **Call 911**
- **Call CAREs line- 1-800-345-9049**
- **Go to your local hospital**

### Resources in Ottawa:

#### CHOICES

1100 East Norris Drive

Ottawa, IL 61350

Phone: 815-434-4382

Website: [www.saintelizabeth.org](http://www.saintelizabeth.org)

#### Empowering Minds Counseling

643 West Main Street

Ottawa, IL 61350

Phone: 866-541-5299

#### Illinois Valley Counseling Services

747 E. Etna Road

Ottawa, IL 61350

Phone: 815-993-1614

Website: [www.illinoisvalleycounseling.com](http://www.illinoisvalleycounseling.com)

#### North Central Behavioral Health Systems

727 Etna Road

Ottawa, IL 61350

Phone: 815-434-4727

#### United Way of Eastern LaSalle County

601 State Street

Ottawa, IL 61350

Phone: 815-434-4003

Website: [www.unitedwayelc.org](http://www.unitedwayelc.org)

### Resources in Morris:

#### Grundy County Health Department

1320 Union Street

Morris, IL 60450

Phone: 815-941-3419

Website: [www.grundyco.org/health](http://www.grundyco.org/health)

#### Institute for Personal Development (IPD)

1401 Lakewood Dr. STE A,

Morris, IL 60450  
Phone: 815-942-6323  
[www.ipdhealth.com](http://www.ipdhealth.com)

Locations in Ottawa and Morris:

Crossroads Counseling Services, LLC  
1802 N. Division St. STE 509  
Morris, IL  
60450 Phone: 815-941-3882

OR

601 West Norris Dr. STE B  
Ottawa, IL 61350  
Website: [www.crossroads-help.com](http://www.crossroads-help.com)