

MENTAL HEALTH RESOURCES

Dakota School District has social workers, counselors, and administrators able to assist during this difficult time. Please do not hesitate to reach out. If you need further assistance, additional resources are listed below for your use.

Dakota School District contacts:

- Randy Bay, JH/HS Principal (844) 632-5682, rbay@dakota201.com
- Katie Ries, JH/HS Counselor (844) 632-5682, kries@dakota201.com
- Brittney Gerstner, Dakota CUSD School Psychologist (844) 632-5682, bgerstner@dakota201.com
- Greg Midgett, Elementary Principal (844) 632-5682, gmidgett@dakota201.com

Illinois Department of Human Services

Assistance with food, shelter, medical, mental health

- 1-833-2-FIND-HELP (1-833-234-6343)
- Call 4 Calm - free emotional support text line- speak with a mental health professional (Text TALK or HABLAR to 552020)
- <https://www.dhs.state.il.us/page.aspx?item=123529>

Mental Health

- NAMI- National Alliance on Mental Illness
(800) 273-TALK (800-273-8255)
<https://namiillinois.org/crisis-info/>
- Local Counseling Agencies:

FHN Family Counseling Center

(815) 599-7300
421 W. Exchange St.
Freeport IL 61032
<https://www.fhn.org/locations.asp?id=9>

New Horizons Counseling Center

(815) 235-6171
34 N. Whistler Ave.
Freeport IL 61032
<http://www.newhorizonscounselingcenter.com/>

Monroe Clinic Behavioral Health

(608) 324-2321
Freeport Clinic - 1301 S. Kiwanis Dr.
Freeport IL 61032
St. Clare Center - 515 22nd Ave.
Monroe, WI 53566
https://www.monroeclinic.org/behavioralhealth#location_reference

Amy Riehle, Clinical Social Worker/Therapist

(815) 235-0009
1120 S. Park Blvd
Freeport, IL 61032
<https://www.psychologytoday.com/us/therapists/amy-marie-riehle-freeport-il/260595>

New Directions Counseling Center

(815) 232-9050
773 Lincoln Blvd #105
Freeport IL 61032
<http://newdirectionsfreeport.com/>

Rosecrance-Rockford

Adult Mental Health 815-968-9300
Children/Adolescent Mental Health
815-332-8003
Rosecrance Berry Campus:
8616 Northern Ave
Rockford, IL
815-332-8001
<https://rosecrance.org/>
-Has "telahealth" for Adolescent Psychiatrists

Aspen Counseling and Consulting

(affiliate of Rosecrance)
8616 Northern Avenue
Rockford, IL 61107
815-399-9700
<https://www.aspenbh.com/>

KP Counseling-Rockford

779-368-0060
kpoky@kpcounseling.com
<https://www.kpcounseling.com/>

Counseling Associates of Rockford

6975 Redansa Dr. Rockford, IL

(815) 398-7000

<http://counselingassociatesofrockford.com/>

(Dr. Richard Jaconette- psychiatrist)

5758 Elaine Dr. Rockford, IL 61108

(815) 395-1008

Alliance Counseling, Coaching and Consultation

415 Mulford Rd. Rockford, IL 61108

(815) 399-5700

Connections Counseling -

Madison

5005 University Ave. Madison, WI

(608) 233-2101

<https://connections counseling.com/>

Rock River Family Psychiatric Center**Abuse:**

- Voices: Freeport, IL- Help for women and children in abusive relationships -- 815-232-7200 (Sexual Abuse Hotline) 815-235-1641 (Domestic Violence Crisis Line)
- Child Abuse Hotline 1-800-25-ABUSE (1-800-252-2873)

Illinois free helpline:

Free- text "**TALK**" to **552020** for English or "HABLAR" for Spanish. This service is free and available 24 hours a day, seven days a week.

Anonymous and will provide only their first name and zip code to link you to a counselor in your area who is knowledgeable about available local resources.

Suicide:

- National Suicide Hotline: 1-800-273-8255
Suicide.org
(800) SUICIDE (800-784-7433)

Crisis Textline

- Text HOME to 741741- it's free 24/7
<https://www.crisistextline.org/>

Non crisis but need to talk? Call: 1 (866) 359-7953 Monday through
Friday 8am-5pm