

# COUNSELING RESOURCES IN DEKALB

Revised 2/05

DeKalb and Northern Illinois University are fortunate in having several free or low-cost counseling services available to the community.

Student health insurance will cover 80% of eligible charges (after the deductible has been met) up to a maximum benefit of \$2,500 per plan year for outpatient treatment. The counselor must be licensed in the State of Illinois to provide mental health services (e.g. psychologist, psychiatrist, licensed clinical social worker, licensed clinical professional counselor, marriage and family therapist, etc.)

This list is intended to help you find timely and appropriate assistance. Sometimes one agency will have a high demand for services that necessitates a waiting period for new clients, or you may have personal reasons for choosing one agency over another. Counselors at any of these agencies will gladly assist you in making a final decision about where to seek help.

## CAMPUS SERVICES

### COUNSELING AND STUDENT DEVELOPMENT CENTER, NIU (*STUDENTS ONLY*)

Phone: 815/753-1206  
Address: Campus Life Building – 200  
Fees: None for counseling. Modest testing fees.  
Hours: 8:00 a.m. – 4:30 p.m. Monday – Friday  
Open whenever NIU is open, including breaks.  
After Hours: Assistance after hours available by calling – 815/753-1212

**Description of Services:** This service provides students with short-term, individual and group counseling for a broad range of personal concerns. Career counseling services include interest assessment, workshops, and use of computerized career counseling programs. Educational counseling services include assistance with test anxiety and study skills. Assessments of drug and alcohol abuse are also provided. First appointment scheduled within 3-7 days. (Handicapped Accessible)

### COUNSELING LABORATORY, NIU

Phone: 815/753-9312  
Address: 416 Graham Hall  
Fees: None for students, faculty, or staff.  
Hours: Call for available counseling hours

**Description of Services:** A wide range of services are offered by the counselors including both personal and vocational counseling. In general, the approach used is one that promotes growth and focuses on increasing emotional well-being and self-awareness. All counselors are either doctoral or masters level students who are being supervised by members of the counseling faculty. First appointments scheduled within 7 days. (Handicapped accessible)

### FAMILY CENTER, NIU

Phone: 815/753-1684  
Address: Wirtz Hall  
Fees: Faculty, staff, and community members charged on a sliding scale. No one will be denied services due to inability to pay.  
Hours: Tuesdays, Wednesdays, and Thursdays. Daytime and evening appointments are available. Open whenever NIU is open, including breaks.

**Description of Services:** Individual, couple, and family counseling. Services provided by graduate students under supervision of Marriage and Family Therapy faculty. First appointment scheduled within 7 days.

## **PSYCHOLOGICAL SERVICES CENTER, NIU**

Phone: 815/753-0591  
Address: Normal Rd and Lincoln Hwy.  
Fees: No fee for students. Faculty, staff, and community members charged on a sliding scale.  
Hours: Monday – 11:00 a.m. – 7:00 p.m.  
Tuesday – 12:00 noon – 8:00 p.m.  
Wednesday – Friday – 9:00 a.m. to 5:00 p.m. Open whenever NIU is open, including breaks.

**Description of Services:** Individual, couples, family, and group psychotherapy, Intellectual, personality, and academic assessments. Clients are generally seen by advanced level graduate student staff under faculty supervision. Services tailored to meet a client's specific needs. (Handicapped accessible.)

## **WOMEN'S RESOURCE CENTER**

Phone: 815/753-0320  
Address: 105 Normal Rd.  
Fees: No fee for students, faculty or staff.  
Hours: Monday – Friday - 8:00 a.m. – 4:30 p.m.  
Evening hours by appointment. Open whenever NIU is open, including breaks.

**Description of Services:** Short-term counseling to individuals about their academic progress, careers, personal development, and other special concerns. Offered also are support groups, information and referral, issues regarding workplace disputes, and issues involving sexual harassment. (This facility is handicapped accessible.)

## **COMMUNITY RESOURCES**

### **BEN GORDON COMMUNITY MENTAL HEALTH CENTER**

Phone: 815/756-4875  
Address: 12 Health Services Dr. - DeKalb  
Fees: Sliding fee scale based on income. Insurance accepted.  
Hours: Monday – Thursday - 8:00 a.m. – 8:30 p.m.  
Friday – 8:00 a.m. – 5:00 p.m.  
After Hours: BGC Response Line: 1-866-242-0111

**Description of Services:** Comprehensive counseling services to all residents of DeKalb County. Services to all persons affected by mental health problems, substance abuse, family/child welfare concerns. 24-hour sexual assault/abuse services can be accessed through the Crisis Line. First appointment scheduled within 7 days. (Handicapped accessible and on Campus Bus Route).

### **FAMILY SERVICE AGENCY, CENTER FOR COUNSELING**

Phone: 815/758-8636  
Address: 14 Health Services Dr. - DeKalb  
Fees: \$75.00 per visit. Insurance accepted, including NIU Student Insurance. Payment plans and scholarship funds available.  
Hours: Monday – Wednesday - 9:00 a.m. – 8:00 p.m.  
Thursday - Friday – 8:00 a.m. – 4:00 p.m. Additional hours available by appointment.

**Description of Services:** Individual, couple, group counseling for children, adults, senior citizens, and families. First appointment scheduled within 1-7 days. (Handicapped accessible and on Campus Bus Route).

*Private counselors, clinical social workers, and psychologists are available in the yellow pages of the phone book under "Psychologist" or "Mental Health Services" or "Social Services".*