

## McHenry County Helping Numbers

A complete list of numbers can be found at:

<https://www.co.mchenry.il.us/county-government/departments-j-z/mental-health-board/resources/helping-numbers>

## Related Scripture

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Romans 12:2

“The King will reply, ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’

Matthew 25:40

His mercy extends to those who fear him,

From generation to generation.

Luke 1:50

## Immanuel Lutheran Web Site

All of the resources found in this booklet can be found at the following link:

<http://immanuelcl.org/resources/community-resource-listings/>



## From Hurt to Hope with Help

Meet today's panel representing levels of support.

### Friends & Family Support—Kimberley Schumacher

Kimberley Schumacher is a Communication Specialist and Author of the small group study, *“Yesterday's Tomorrows; A Search for my Place in God's Loving Legacy.”* The study was developed with oversight from Rev. Dr. Larry W. Tieman, Sr. Pastor at Immanuel Lutheran Church and School. Kimberley represents the first circle of support, ‘Friends and Family.’

### Church & Small Group Support—Laura Gilleland

Laura Gilleland is Immanuel Lutheran Church's Children and Family Ministry Director. She is passionate about bringing Christ and faith into the lives of children and families through opportunities here at Immanuel and in the home. Laura is here today representing the supports that families can find here at Immanuel.

### Support through the School—Missy Berg

Missy Berg is a Licensed Clinical Professional Counselor. She has worked in community crisis, at a behavioral health hospital, and in private practice. For the past 12 years, she has worked as a counselor in District 155. Missy represents the third circle of support, schools.

### Community Support—Brian McCallum

Brian McCallum is a counselor with Samaritan Counseling of the Northwest Suburbs. Samaritan provides hope, help, and healing through professional counseling for individuals, families, and faith-based organizations. Brian represents the fourth circle of support, ‘Community Resources’

## **From Hurt to Hope with Help: Resources**

### **McHenry County Crisis Line**

1-800-892-8900

<https://centegracrisisservices.org> Available 24/7

### **Text-A-Tip**

Text MCHelp to 274637, and you will receive an immediate text response from a trained, licensed clinician; for middle and high school students in McHenry County and Lake County.

More information: <https://centegracrisisservices.org/text-a-tip>

### **Illinois Warm Line**

1-800-359-7953

The Warm Line is an opportunity for individuals with mental health challenges (and their families) to receive support by phone. Available Monday-Friday, 8 a.m. -5 p.m.

### **National Suicide Prevention Lifeline**

(NSPL) 1-800-273-TALK

Available 365/24/7 for those in crisis.

### **Crisis Text Line**

Text HOME to 741741

[www.crisistextline.org](http://www.crisistextline.org)

### **People in Need Forum**

[www.mchenry.edu/peopleinneed](http://www.mchenry.edu/peopleinneed)

Be sure to view or download the Resources Directory (66 pages of listings)

### **New Life Ministries**

[www.newlife.com](http://www.newlife.com)

A national, faith-based, broadcasting and counseling non-profit organization that provides ministry via radio, TV, counseling network, workshops, support groups, and numerous written, audio, and video resources.

### **Samaritan Counseling of Northwest Suburbs**

[www.sccnw.org](http://www.sccnw.org) 847-382-HOPE (4673)

Provides hope, help, and healing of body, mind, and spirit.

### **National Alliance on Mental Illness (NAMI) McHenry County**

<http://namimchenrycounty.org>

815-308-0851 Provides support, education, and advocacy.