COUNSELING RESOURCES IN DEKALB

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

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: 8:00am – 4:30pm 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.

FAMILY CENTER, NIU
   Phone: 815-753-1684
   Address: 429 Garden Road
   Fees: $5.00 per session fee for students. Faculty, staff, and community members charged on a sliding scale. No one will be denied services due to inability to pay.
   Hours: Wednesday – 2:00 pm – 10:00pm
          Thursday – 10:00 am – 10:00 pm
       By appointment Monday through Friday. Open whenever NIU is open, including breaks.

Description of Services: Individual, couple, and family counseling. Services provided by graduate students under the supervision of Marriage and Family Therapy faculty. First appointment scheduled within 4 days.
PSYCHOLOGICAL SERVICES CENTER, NIU
Phone: 815-753-0591
Address: Normal Road and Lincoln Hwy.
Fees: No fee for students. Faculty, staff, and community members charged on a sliding scale.
Hours: Monday – 12:00 noon – 8:00 pm
Tuesday – 11:00 a.m. – 7:00 p.m.
Wednesday–Friday 9:00am to 5:00 pm. 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.)

UNIVERSITY RESOURCES FOR WOMEN
Phone: 815-753-0320
Address: 105 Normal Road
Fee: No fee for students, faculty or staff
Hours: Monday – Friday 8:00am – 4:30pm
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 Drive – DeKalb
Fees: Sliding fee scale based on income. Insurance accepted.
Hours: Monday-Thursday: 8:00am – 8:30pm
Friday: 8:00am–5:00pm
After Hours: 1-866-242-0111 Crisis Line

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 30 days. (Handicapped accessible and on Campus Bus Route).

FAMILY SERVICE AGENCY, CENTER FOR COUNSELING
Phone: 815-758-8636
Address: 14 Health Services Drive – DeKalb
Fees: $75.00 per visit. Insurance accepted, including NIU Student Insurance. Payment plans and scholarship funds available.
Hours: Monday–Wednesday: 9:00am–8:00 pm
Thursday–Friday: 8:00am–4:00pm 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”.