

Illinois Valley Area Community Resources & Social Services*

(One can also dial 2-1-1 or visit <https://www.navigateresources.net/path/>)

MENDOTA HIGH SCHOOL 24/7 CRISIS RESOURCES (CLICK)

For MHS' **List of Area Mental Health Providers / Resources**, click [here](#).

Illinois Valley Area Community Resources & Social Services:

Safe Journeys (LaSalle County - a domestic violence & sexual assault service)
PO Box 593 Streator, IL 61364 Hotlines/Help Line (24/7) 800-892-3375 or 815-673-1555
Non-emergency numbers: 815-673-1552 or 815-672-2353

Freedom House (Bureau County - shelter & Counseling for Victims of Domestic Abuse)
440 Elm Place Princeton, IL 61356 800-474-6031

Youth Outlook (Support for LGBTQ youth & Tuesday evening support meetings)
910 Columbus St. Ottawa 815-433-0771 More great resources here: youth-outlook.org

Department of Children and Family Services (DCFS) 800-252-2873

Youth Service Bureau of the Illinois Valley
815-433-3953 ysbiv.org

NCBHS Mental Health Juvenile Justice Initiative
815-434-4727 Alex Ramirez ncbhs.org

Food Assistance Resources: Click [here](#).

Mendota Area Christian Food Pantry
918 Main St #1, Mendota 815-538-2211

Ottawa Food Basket
519 W. Madison Street Ottawa, IL 61350
815-431-0155 ottawafoodbasket.org

Illinois Valley Public Action to Deliver Shelter (PADS)
Homeless shelters in Peru and Ottawa
815-224-3047 ivpads.com

Mendota Lion's Club (funds/provides eye glasses) Contact: Greg Gromann 815-343-5988

Pathway to Hope (division of Salvation Army)
516 W Madison St Ottawa, IL 61350
815-433-0798 Fax 815-433-5890

Substance Abuse, Addiction and Recovery Resources: click [here](#).

OSF Healthcare Mental Health Resource Guide (as of Spring, 2024) [here](#).

Video Gaming Addiction Help/Recovery/Support: <https://www.gamingaddictsanonymous.org/>

The Perfectly Flawed Foundation 240 1st St LaSalle, IL 61301 815-830-8675
perfectlyflawed.org Grant program giving FREE counseling and other supports to youth who have been affected by addiction at any time in their lives. Provides a list of counseling services.

- [Food Insecurity Resources](#)
- [The Trojan Armory](#)
- [Behavioral Health Navigators](#)
- [Mental Health Resource Guide](#)
- [Psychiatry Resources](#)
- [The Tri-County Opportunities Council \(TCOC\)](#)

Horizon House of the Illinois Valley / Horizon Industries
2000 Plank Rd, Peru, IL 61354 815-223-4488 horizonhouseperu.org

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Hotlines: (more crisis resources available [here](#).)

National Suicide Prevention and Crisis Lifeline **CALL OR TEXT 988**
Help available 24/7. 1-800-273-TALK (8255)
Chat service at suicidepreventionlifeline.org

National Suicide Hotline **CALL OR TEXT 988** or 1-800-SUICIDE (784-2433)

Trevor Lifeline (For LGBTQ youth) Trained Counselors are available 24/7. 866-488-7386

National Domestic Violence Hotline (Resources, information & crisis response.)
800-779-SAFE (7233)

National Runaway Switchboard 800-RUNAWAY (786-2929)

CARES Hotline (Crisis, Suicide, & Referral Services: Illinois Valley) 800-345-9049.

Department of Children and Family Services (DCFS - report child abuse / neglect)
800-252-2873

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List of Illinois Agencies Providing Assistance to Immigrants

<https://www.dhs.state.il.us/page.aspx?item=117419> 1-800-843-6154

Resources Available Through The Illinois Department of Human Services

(housing, food, child care, medical care, rehabilitation, youth services, and more)

<https://www.dhs.state.il.us/page.aspx?item=27894> 1-800-843-6154

Cancer-related Information, services, and supports:

*All: American Cancer Society www.cancer.org 1-800-ACS-2345 (800-227-2345)

* Local Area: Cops 4 Cancer <https://cops4cancer.com/> & Facebook page [here](#).

* Mercy Medical Angels: Transportation or transportation cost supports for income-eligible families with a loved one needing to travel more than 50 miles from home (car, rail, bus, plane) for medical procedures and care. 1-888-675-1405 mercymedical.org

Support group / grief counseling for adults who have experienced a loss (Link is [here](#).)

Parent, Student, & School Safe Driving Resource: <https://www.impactteendrivers.org/>

Possible Free Internet Service for Eligible Students/Households, plus possible free tutoring & low-cost learning devices: <https://www.t-mobile.com/brand/project-10-million>

Resources for Special Populations, from Illinois Valley Community College:

<https://www.ivcc.edu/specialpopulations/resources.php>

Need help in regard to any bullying? Click [here](#).

There are numerous LGBTQ+ and other support resources available [here](#) and a very supportive community resource is PFLAG Sauk Valley:

PFLAG Sauk Valley is creating a caring, just, and affirming world for LGBTQ+ people and those who love them.

Website: <https://www.pflagsaukvalley.org/>

Facebook: <https://www.facebook.com/PFLAGSAUKVALLEY/>

Email address: pflagsaukvalley@gmail.com

Phone: (815) 408-0604

and another supportive, local area resource for age 13-18 LGBTQ+'s is Illinois Youth Outlook, which also has a "drop-in center" (support group) that meets weekly in Ottawa.

Website: <https://youth-outlook.org/>

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Have you been a victim of someone posting online a nude, partially nude, or sexually explicit photo or video that was taken before you were age 18, or is someone trying to financially or emotionally “blackmail” you with such? “Take It Down” can help you, and help get it removed. Here is information about “Take It Down”...

[Take It Down](#) is one step you can take to help remove online nude, partially nude, or sexually explicit photos and videos taken before you were 18. If you believe pictures have been or will be shared online, you can use this service. You must have the image or video on your device.

Q. Will someone be looking at my image or video as part of this service?

No, your image or video will remain on your device and will not be submitted as part of this process. The unique hash that was created from your image or video will be added to NCMEC’s hash list that will be available to online platforms.

Q. What do I do if someone is threatening to spread my image?

First, you should know that help is out there and you are not alone. NCMEC operates the [CyberTipline](#), an online reporting system for all types of online child sexual exploitation. If someone is threatening to spread your nude image or blackmailing you with it, you should create a [CyberTipline](#) report, even if you’ve already used this service to scan your image or video and submit a hash. You can make a report at www.cybertipline.org or by calling 1-800-THE-LOST (1-800-843-5678). [FAQs at this link.](#)

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***Disclaimer:** The agencies listed in this web document are of known providers of a particular service. The providers on the list are from a variety of sources. The information is being provided as a courtesy, for information only, and the user should understand that no assurances or guarantees regarding the providers on this list are being made by providing this list. Neither Mendota Township High School nor any member of the faculty or staff endorse, approve, nor recommend any specific provider. This list is not inclusive of all community agencies, services or organizations that provide the particular service, and the omission of an agency, service or organization from this list does not imply disapproval. It is the responsibility of the user of this list to determine whether any of the content is of value to them and whether or not the agency, service or organization meets their specific needs. It is the responsibility of the student and parent(s)/guardian(s) to interview outside professionals and to make their own decision in regard to choosing a service provider or source of assistance for the student and/or family.