

FAMILY SERVICE ASSOCIATION

Our Crisis, Psychiatric, and Therapy Teams are here to help!

Mood Checklist:

- Unusual irritability
- Frustrated
- Overwhelmed
- Intense worry
- Sadness, feeling down
- Over or under eating
- Trouble sleeping

We can HELP!

How do we practice 'Social Distancing'?

FSA's therapy teams can utilize common video platforms to connect with your family via video at home or in the hospital. FSA will help your family get connected via computer, phone, or tablet.

How to Contact us?

*For Therapy Services:847.695.3680

*For Psychiatric Services:847.695.3680

*For 24hr Crisis Services, please contact the CARES Hotline at 800.345.9049

CARES Hotline (TTY) 773-523-4504

How can I help my child's mental health?

Parents are a key ingredient to helping their family manage emotions during difficult times. Below are some tangible ideas to consider:

-Stick with household routines as much as possible.

-Make time to socialize together & play games
-Talk about feelings & normalize that its okay to be concerned, nervous, down, or overwhelmed.

-If the family is feeling isolated, find creative ways to connect with friends & positive people in your life.

-Use activities like yoga to unwind, eat healthy meals/ snacks, get adequate sleep, and look out for one another.

Our Mission:

Family Service Association of Greater Elgin Area is dedicated to quality, accessible, client-centered and holistic behavioral health services.

