

## Resources for Substance Use

[Above and Beyond](#) - Family Recovery Center

[Addiction Hope](#)

[Chicago Behavioral Hospital](#)

[Center for Substance Abuse Treatment](#)

[National Council on Alcoholism and Drug Dependence](#)

[SMART Recovery](#) – “Self-Management and Recovery Training”

[Shatterproof](#)

[Thresholds, Chicago](#)

## Resources for Domestic Abuse



[Women's Advocates for Abuse](#)  
24/7 Crisis Line: 651-227-8284.

[Community Action - Stand Up to Silence](#)

[Women's Law Assistance](#) - advocates and shelters

[Selah Freedom](#) - sex trafficking support

[Woman's Law.org](#) - Chats and Message Boards for support  
[Tips for staying safe](#)

## What's WRONG with Beauty



Jean Kilbourne

- [The Dangerous Ways Ads See Women](#)
- [Killing Us Softly](#)

Lindsay and Lexi Kite, Ph.D.

- [More Than a Body](#)
- [Body Positivity or Body Obsession? Learning to See More & Be More](#)
- [Beauty Redefined](#)

Sonya Renee Taylor

- [The Body is Not an Apology: The Power of Radical Self-Love](#)
- [Brene Brown, Unlocking Us Podcast, featuring Sonya Renee Taylor](#)

Renee Engeln

- [An Epidemic of Beauty Sickness](#)

Kelly Corrigan

- [Accepting Our Bodies as they Are](#)

Jameela Jamil

- [I Weigh Community](#)

Darryl Roberts

- [America the Beautiful](#), Documentary Series

Elizabeth Melendez Fisher, author

- [Groomed: Overcoming the Messages That Shaped Our Past and Limit Our Future](#)
- [Detox Your Feed](#), guide for parents of teens

# Path to Self Discovery and Recovery



## Help is Just an Ask Away!



CREATED BY MARY S. ALLEN  
IN MEMORY OF VERONICA

## Chicago-Area Programs

Out-patient & In-Patient

[AMITA Health](#)

[Compass, Northbrook](#)

[Eating Recovery Center, Northbrook](#)

[Equip Health – new virtual model](#)

[Linden Oaks Behavioral Health – Naperville](#)

[Monde Nido & Affiliates](#)  
Naperville & Chicago

[Renfrew Center, Northbrook](#)

[Rodgers Behavioral Health, Skokie](#)

[Selah House, IN](#)

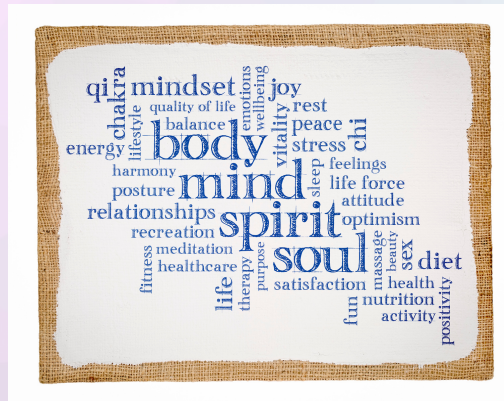
[Yellow Brick, Evanston](#)

[University of Chicago](#)

The Maudsley approach is a very unique hands-on, family-based six-month program for adolescents



Contact Mary at [MLSA3725@yahoo.com](mailto:MLSA3725@yahoo.com) for resources to add.



## Resources

[National Alliance for Mental Illness \(NAMI\)](#)

[National Eating Disorder Association \(NEDA\)](#)  
NEDA Hotline - 800-931-2237

[The Grace Holland Cozine Resource Center](#)

[The Academy for Eating Disorders](#)

[Bring Change 2 Mind](#)

[Butterfly Foundation, AU](#)

[Child Mind Institute](#)

[Healing from Trauma, Carolyn Spring](#)

[How to Deal with Emotions, Susan David](#)

[FEAST - global support for parents](#)

[Soulful Prairies, Woodstock, IL](#)  
Equine Gestalt Therapy,  
Groups, Retreats, Yoga, Gong, and more

## Support

[Eating Disorder Hope - Specialists, Therapists and Nutritionist in Illinois](#)

[Eating Disorder Hope - Support Groups in Illinois](#)

[Eating Disorder Hope - Articles - Family Involvement](#)

[The Project Heal – helps with navigating insurance, treatment and provides funding for low-income individuals](#)



## Mental Wellness Resources

[The Kennedy Forum](#)

[National Mental Health Association](#)

[National Suicide Prevention](#)  
Hotline - 1-800-273-8255  
Text - 988

[How to Support Youth Mental Health, by Sandy Hook Promise](#)