

For over 50 years, SamaraCare has been a trusted non-profit mental health provider. We offer both in-person and telehealth counseling, psychiatric, and autism services. We work with diverse populations across the lifespan from varied financial means.

At SamaraCare you'll find a team dedicated to improving your mental health. Our holistic approach considers the emotional, physical, spiritual, and social aspects of your life. No matter what challenges you may be facing, we can help you find real-world solutions that are right for you.

## Accreditation and Qualifications

SamaraCare is accredited by the Solihten Institute, a national network of non-profit mental health centers. Accreditation is based on organizational structure, financial management, personal accountability, and ethics.

Our care providers are licensed medical doctors, psychiatric nurse practitioners, clinical psychologists, social workers, counselors, and marriage and family therapists.

For office locations, more information, or to schedule an appointment call our Business Office at 630-357-2456, M-F 8am-4pm or email us at [info@samaracarecounseling.org](mailto:info@samaracarecounseling.org).

Visit us at [www.samaracarecounseling.org](http://www.samaracarecounseling.org).

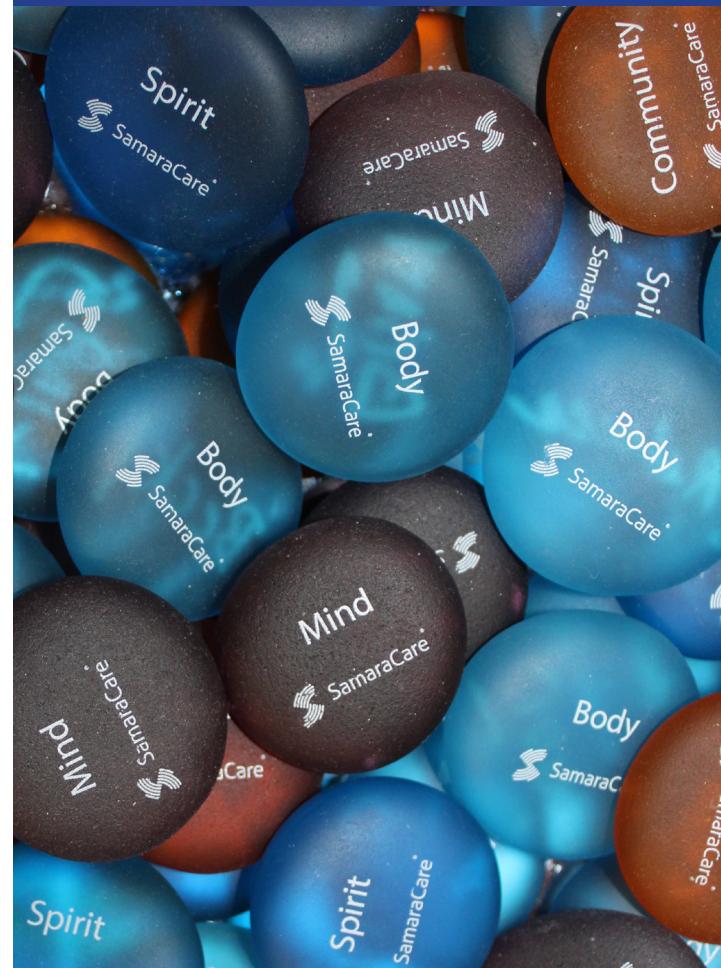


We serve all of Illinois!



## General Information

Our mission is to foster emotional, relational, and spiritual well-being through access to affordable, life-changing care.





## Counseling Services

Whether you're navigating a specific challenge or simply seeking greater clarity and fulfillment, professional counseling can make a meaningful difference. We offer goal-focused counseling in specialty areas including: stress, anxiety, depression, grief, marital and family conflict, life transitions, substance misuse, trauma recovery, and more. Counseling offers a space to explore your experiences, gain insight, and develop practical tools for lasting change. Our approach is confidential, nonjudgmental, and tailored to your unique needs.

## Spiritually Integrated Counseling

Spirituality can be a powerful source of strength, healing and hope. It's not limited to formal faith traditions but includes personal beliefs on ways to explore ultimate meaning, purpose, and connection. Spirituality can help repair broken relationships, reframe unhealthy thought patterns, increase resilience, and improve coping skills. Our care providers are equipped to integrate spirituality based on each person's preference.

## Psychiatric Services

SamaraCare's psychiatric team understands the physical, psychological, and social components of mental health along with the links between them. Their services address depression, anxiety, ADHD, bipolar, and other psychiatric issues. Psychiatric care often includes medication management which can help clients regain a level of functioning that may not be achievable with counseling alone.

## Autism Services

Autism Spectrum Disorder (ASD) affects how individuals interact with others, communicate, and learn. SamaraCare has experts in this field. Our services include: psychiatric diagnosis and medical management, counseling, groups, training, and school consultations. We prioritize support for families including therapy for parents and siblings.



## Reduced Cost Care

SamaraCare believes everyone deserves affordable access to mental health services. That's why we created the Mental Health Access Program ("MHAP") which provides reduced cost care to qualifying individuals, couples and families who are uninsured, underinsured or experiencing financial hardship. We strive to remove the financial barriers preventing people from getting the help they need – so healing, hope, and support are within reach.

## Educational & Wellness Programming

We believe education is key to reducing stigma and fostering a healthier, more informed community. Our programming is designed to raise awareness, promote acceptance, and equip participants with practical tools for wellbeing. We offer customized presentations and workshops - in-person and virtual – tailored to the unique needs of schools, workplaces, faith communities, and other organizations. They are preventative in nature, share valuable resources and actionable strategies to support mental health.



## Free Mental Health Screening

Taking the first step toward better mental health can feel overwhelming—but SamaraCare is here to help. We offer free, anonymous mental health screenings on our website. These brief assessments are designed to help you better understand your emotional well-being and determine whether connecting with a mental health professional might be beneficial.