Center for Community Engagement at Chestnut Health Systems

THE LIVING ROOM PROGRAM

What is The Living Room Program?

The Living Room Program are locations that offer a space to receive mental health support, substance use support, or crisis intervention help, and are designed to help break the cycle of psychiatric hospitalization. Anyone experiencing mental health or substance use crises can use Living Rooms. People can talk and work through any issues they are having and learn helpful skills to use in the future. Living Rooms are alternatives to using an Emergency Room for those services. Individuals may decide to visit a Living Room themselves or be referred by emergency responders such as police or an emergency department. The services provided at Living Rooms are typically free of charge.

Who staffs a Living Room?

Depending on the Living Room, they will be staffed by either Peer Recovery Support Specialists or Licensed counselors. No matter who is staffing the Living room, there will be somebody there that can help. Check with your local Living Room to see hours of operation. Current Living Room Programs can be found HERE

What services are available?

At Living Rooms, one can get crisis assessment and counseling, supportive services, safety planning, problem solving, and referrals and linkages to needed resources. Some also offer refreshments or calming activities like art, gaming, or reading.

WHERE CAN I FIND A LIVING ROOM NEAR ME AND LEARN MORE?

Please visit HERE for more information and to see a list of Living Rooms in the State of Illinois. There are also links to each Living Room program with hours of operation, services, and crisis numbers.

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