

Behavioral Health at Northwestern Medicine Central DuPage Hospital **NEW! Young Adult Mental Health Track**

One in four young adults has a diagnosable mental illness. Many do not seek the care that they need to recover because they worry about stigma, or that taking “time out” for mental health care will interfere with work, school or friendships. These young adults struggle to meet the demands of adulthood, and progress towards their goals “stalls” along the way.

The Behavioral Health team at Northwestern Medicine Central DuPage Hospital offers a program specifically designed to meet the unique needs of young adults, ages 18 to 25, who may not be reaching their full potential. Our treatment approach explores all of the issues that may be involved: mental health, substance abuse, interpersonal challenges, executive functioning skills and taking on responsibility for oneself.

Our program uses evidence-based therapies and interventions aimed at improving motivation, life skills, problem-solving and social relationships.

Elements of the Young Adult Mental Health Track

- Psychiatrists and therapists who specialize in working with emerging adults
- Resource coaches who meet with patients to take steps toward goals, such as applying for jobs or college, volunteering, choosing classes, learning organizational and time management techniques and taking responsibility for basic self-care needs
- Group cohort experiences to provide support and destigmatize common struggles
- Family therapy to address potential conflict when a young adult lives at home and is learning to become independent for the first time

About Northwestern Medicine Behavioral Health:

Northwestern Medicine provides a full range of behavioral health services for teens and adults challenged with psychiatric or mental health problems, and adults with substance abuse/addiction disorders. Our specialists provide research-based, best-practice, trauma-informed inpatient and outpatient care to meet the patient’s specific treatment needs.

To schedule an assessment appointment or inquire about services, please call 630.933.4000.

**Northwestern Medicine
Central DuPage Hospital
Behavioral Health**
27W350 High Lake Road
Winfield, IL 60190

TTY for the hearing impaired 630.933.4833

[nm.org/behavioralhealth](https://www.nm.org/behavioralhealth)

Phone assistance is available 24 hours a day, seven days a week. Assessments are by appointment only.
