

Healing. Caring. Educating.

Are you feeling sad or anxious?

Are you concerned about your alcohol or drug use?

Are you struggling to find affordable health care?

Have you been the victim of domestic violence or sexual assault?

## Keep this number:

## 708-PILLARS

(708-745-5277)

Pillars Community Health provides health, social, and educational services to build strong, healthy communities. We envision communities where all people have equal access to the care they need, when they need it.

We offer same day medical and dental appointments, and our staff are available if you are seeking help for mental health, addiction, or domestic/sexual violence.

Other services include Head Start, Early Head Start, and Child Care;

Prevention/Health Education and Outreach; and Benefits Assistance.

## Reach out for help today.

**24-hour domestic violence hotline:** 708-485-5254 **24-hour sexual assault hotline:** 708-482-9600

The Living Room, a peer run alternative to the ER for mental health: 708-582-6434 Learn more about Pillars Community Health online: www.PillarsCommunityHealth.org

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