



## Crisis · Support · Care

### What is the Living Room?

The Living Room is a safe and supportive place to work through difficult feelings, a personal crisis, or intense symptoms that are hard to manage. Life can be overwhelming and the Living Room is an alternative to using emergency services or going to the emergency room to receive help. **Walk in...be our guest.**

### Hours of Operation

The Living Room will generally be open Monday through Friday from 4pm to 8pm. Updates to hours and availability for visits will be posted on our entrance door. Please also check our website for updates on hours of operation as we intend to extend availability where possible.

### What is the cost?

There is no cost for visiting the Living Room or receiving services while at the Living Room. Insurance may be billed if appropriate and available, but is not required.

### Length of Stay

The average length of stay is usually no more than 2-3 hours but guests may leave at any time they feel ready.

### What will you find at the Living Room?

A *Peer Support Specialist* will greet guests and welcome them to our space. A Peer Support Specialist has lived experience and receives training in how to share their experiences by offering hope, understanding and guidance.

A *Mental Health Professional* will complete a brief assessment to determine any need for immediate services. The Mental Health Professional will also identify other appropriate resources and offer suggestions and recommendations as needed.

A *comfortable space* to feel calm and safe, to explore options and resources, and to manage significant challenges.

### What to expect after your visit?

Guests will receive a follow-up call within 24-48 hours as a check-in. Staff may set-up follow up appointment for other services during visit.

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