



Better Mental Health Care, Closer to Home

Northwestern Medicine Behavioral Health Services Sycamore offers outpatient mental health programs in DeKalb County, close to where you live and work.

We provide personalized care to help patients with mental health conditions, such as depression, anxiety, mood disorders and bipolar disorder.

The following programs are now accepting new patients:

- **Mental Health Intensive Outpatient Treatment Program (IOP)**
Three hours a day, three to four days a week, Monday through Friday
- **Mental Health Partial Hospitalization Program (PHP)**
Six hours a day, five days a week, Monday through Friday

If you need more than a weekly therapy session to help manage your mental health symptoms, these programs may be right for you.

Both programs are outpatient so you can stay active with your family and in your community. They may include individual therapy, group therapy, family therapy, expressive/art therapy, psychiatry and other services.

In March 2023, both programs will be available to teens aged 13 to 18.

Additional Behavioral Health Services include:

Evaluations for outpatient mental health treatment

Psychological testing services for children

Outpatient individual, group and family therapy

Outpatient psychiatry

**Northwestern Medicine
Behavioral Services Sycamore**
760 Foxpointe Drive
Sycamore, Illinois 60178

**Please call 815.748.8334
(TTY: 711) to make an
appointment or referral.**

If you are in distress and need immediate assistance, our Behavioral Health hotline is available 24 hour-a-day, 7-days-a-week at 800.373.3327. For emergencies, please dial 911 or visit the nearest Emergency Department.

Learn more at:
www.nm.org/sycamore