



The Living Room

The Living Room is a safe, comfortable, non-clinical space where you can talk with a peer if you are experiencing emotional stress or overwhelming symptoms due to life circumstances. Trained peer recovery support specialists use their personal experience to help others find and maintain recovery, identify obstacles, develop wellness action plans, and find ongoing support and education in the community.

The overarching goals of The Living Room are to decrease unnecessary hospitalizations, break the cycle of isolation, and develop a peer-based support network.

Who can visit The Living Room?

Anyone who is 18 and over who is feeling scared, anxious, angry, sad, or just needs someone to talk to. You can walk-in or call ahead.

When can I visit The Living Room?

Monday through Friday 8:30 a.m.-5:00 p.m.

The Living Room is housed within the Rosecrance Ware Center
2407 North Main Street
Rockford, IL 61103

More information on the back



rosecrance
life's waiting®

What can I expect?

Every individual who comes to The Living Room will be greeted by one of our peer recovery support specialists. A brief mental health screening is conducted by a clinician. Then a recovery support specialist (an individual living well in recovery, who has gone through extensive training) meets with the guests. Prior to leaving, a clinician conducts an exit screening to ensure the guest has received adequate assistance. Additional referrals will be provided when the individual's crisis cannot be resolved by The Living Room staff.

The Living Room offers:

- Crisis intervention
- Safety planning
- A safe non-judgmental space to rest
- Support from trained peer counselors (certified recovery support specialists) and program staff
- Assistance with problem solving
- Linkage with referrals for mental health services, emergency housing, healthcare, and other community resources
- Healthy refreshments

These services are provided on a walk-in basis.

**The Living Room staff can be reached during open hours
at 815-720-4881.**

Individuals experiencing a crisis outside of The Living Room hours can call the 24-hour number 815-391-1000 and follow the prompts to reach Triage staff.



There may be opportunities to connect virtually with staff and volunteers.