



metropolitan
family services
SOUTHWEST
families **m**powered

THE LIVING ROOM

Are you experiencing a mental health crisis or symptoms of mental illness and need a place to calm down and relax? Metropolitan Family Services has an alternative to seeking emergency room services in a safe, non-judgmental environment. Guests will be seen with minimal to no wait times.

We welcome anyone over the age of 18 to visit us at our Palos location.

- ▶ No insurance required
- ▶ Services are free
- ▶ Get help with connecting to resources in your area



- Guests are greeted by peers to provide one on one recovery support in a non-clinical setting
- A licensed therapist is on staff to provide additional support
- We provide an empathetic, supportive and quiet environment
- Free mental health screenings are available

NO APPOINTMENT NEEDED. PLEASE CONTACT US FOR MORE INFORMATION

MONDAY: 1:00-4:00pm
TUESDAY: 1:00-7:00pm

WEDNESDAY: 1:00-7:00pm
THURSDAY: 1:00-7:00pm

FRIDAY: 1:00-4:00pm
SAT/SUN: Closed

PALOS CENTER | 10537 SOUTH ROBERTS ROAD, PALOS HILLS, IL 60465 | 708-974-2300