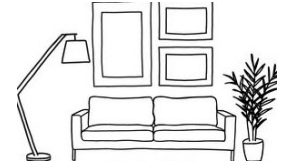


# The Living Room



**...Calm, Safe Space ...Practical Problem Solving ...Recovery Support**

The Human  
Resource Center of  
Edgar and Clark  
Counties.

Located at the  
Life Center

745 E. Court St.  
Paris, IL 61944  
(217)712-9766

**The Living Room is an adult (18+) mental health crisis respite program.**

**It is a comfortable, non-clinical space that offers support for anyone experiencing increased stress or mental health symptoms. The goal of the Living Room is to provide a calm and safe environment in which guests can engage in recovery support activities to improve overall wellness and reduce symptoms. You can call our confidential direct line at (217) 712-9766 or walk in during the Living Room's open hours: Monday/Wednesday/Friday/Saturday/Sunday 8a-5p, Tuesday/Thursday 8a-7p.**

## **The Living Room offers a wide array of resources:**

- **A safe, comfortable place to rest or relax while experiencing mental health symptoms**
- **Support from Recovery Support Specialists**
- **Linkage to services such as emergency housing, healthcare, food, and mental health services**
- **Recovery Support Services such as relaxation techniques, coping management skills, journaling**

## **What can you expect when you come to the Living room?**

**When you come to the Living Room as a guest, you will be greeted by a member of the Living Room staff.**

**A Qualified Mental Health Professional will conduct a preliminary screen. You will be paired with a Recovery Support Specialist who will orient you to the Living Room.**

**The Recovery Support Specialist will provide support throughout your stay in the Living Room and assist you with recovery activities that will help you reduce your acute symptoms. They will provide linkage and referral to additional services as needed.**