

Mental Health Resources for Southern Illinois

**For the complete Mental Health Resource Guide
or for additional information, visit: HSIDN.org**

Scan the QR code below using your mobile device.



Emergency Resources

National Suicide Prevention Lifeline: 1-800-273-8255 (24 hours a day)

Crisis Text Line: Text "HOME" to 741-741 (24 hours a day)

Illinois Warm Line: 1-866-359-7953 (Mon-Sat 8am-8pm, no holidays)

Suicidepreventionlifeline.org: Online chat option for crisis

The Trevor Project: Text "START" to 678-678 (24 hours a day)

United Way 2-1-1: 1-888-865-9903 (24 hours a day)

Have updates or edits? Email emma.rea@sih.net

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Phone: 618-658-3079
24/7 Crisis Line: 618-658-2611

Website:
www.myarrowleaf.org

Provides youth and adult outpatient services, crisis response and intervention, as well as psychiatric and nursing services. Please see website for additional services.



Phone: 618-997-2129

Website:
www.ccmrocks.com

Provides all types of counseling services.



Phone: 618-213-8700

Website:
www.caritasfamilysolutions.org

Provides individual, marital, and family therapy.



Phone: 1-877-467-3123

Website:
www.centerstone.org

Provides child, adolescent, and adult individual, group, and family counseling, and adult psychiatric services. Crisis services available in various counties.



Phone: 1-833-209-0498

Website: www.crhpc.org

Provides family medicine, pediatrics, behavioral health, dental, nutritional services, internal medicine, pharmacy



Phone: 618-273-3326

Website:
www.egyptian.org

Provides adult and child outpatient individual and family services as well as adult group and psychiatric services.



Phone: 217-585-1180

Website: www.lincolnprairiebhc.com

Provides inpatient services, LGBTQ inpatient treatment, dual diagnosis/MISA, partial hospitalization program and outpatient services.



Phone: 618-997-9196

Website:
www.lssi.org

Provides a variety of mental health services: Individual therapy and family therapy to those ages 3+ yearsold, as well as foster care and adoption services.



Phone: 618-524-9368
Toll Free: 1-800-851-1251
After Hour Crisis Line: 618-524-9368

Website:
www.mcmhc.com

Provides all types of counseling services.

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Phone: 618-542-5357

Website:

www.perrycountycounseling.com

Provides adult outpatient treatment and crisis intervention.



RURAL HEALTH, Inc.
We specialize in you

Phone: 618-833-4471

Website:

www.ruralhealthinc.org

Provides behavioral health services in Anna, Vienna, Goreville, and Metropolis locations.



Phone: 618-519-9200

Website:

www.shawneehealth.com

Provides individual counseling and psychiatric services. Short-term counseling; must already be an established patient.



Phone: 618-457-5200

Website:

www.sih.net/services/behavioral-health

Provides child, adolescent, and adult outpatient mental health treatment and adult psychiatric services.



Outpatient Counseling for Seniors

Phone: 618-684-3156 ext. 55130

Website:

www.sih.net/services/senior-renewal



Phone: 618-453-2361

Website:

www.clinicalcenter.siu.edu

Provides psychotherapy services, such as individual, group, couples, adults, children, and adolescent to SIU students and community members.



Phone: 618-453-5371

Website:

www.shc.siu.edu/counseling/

Provides individual, crisis, group, and couples counseling, along with dialectical behavior therapy (DBT), alcohol and other drug counseling, and eating disorder treatment for SIU students.



SIU SCHOOL of MEDICINE

Phone: 618-536-6621

Website:

www.siuemed.org

Provides individual counseling.



SPERO FAMILY SERVICES

Phone: 618-242-1070

Website:

www.sperofs.org

Provides a variety of mental health services such as diagnosis, stress and marriage counseling, trauma focused cognitive behavioral therapy and family, youth and grief counseling.

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Stress & Trauma Treatment Center, Inc.



Phone: 618-252-9036

Website:
www.stressandtrauma.org

Specializes in treatment and therapy to young children and families through an Early Childhood Mental Health approach, trauma focused behavioral therapy and child-parent psychotherapy.



Survivor Empowerment Center

Phone: 618-549-4807
24-Hour Hotline: 1-800-334-2094

Website:
<https://www.empoweringsurvivors.org/>

Provides outpatient and residential counseling specializing in domestic violence and sexual assault/abuse survivors to children and adults.



Phone: 618-932-6400

Website:
www.thenightsshield.org

Provides shelter to those ages 11-23 years old. Other services include life skills/coaching, case management, client advocacy, transitional living, and community outreach.



Seniors Emotional Health
Phone: 618-833-4505

Website:
www.unioncountyhospital.com/senior-emotional-health

Provides a re-establishment of healthy communication. Program participants receive health assessments, counseling and patient and family education.



Phone: 618-997-5311

Website:
www.marion.va.gov

Provides individual outpatient counseling and psychiatric services for veterans.



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