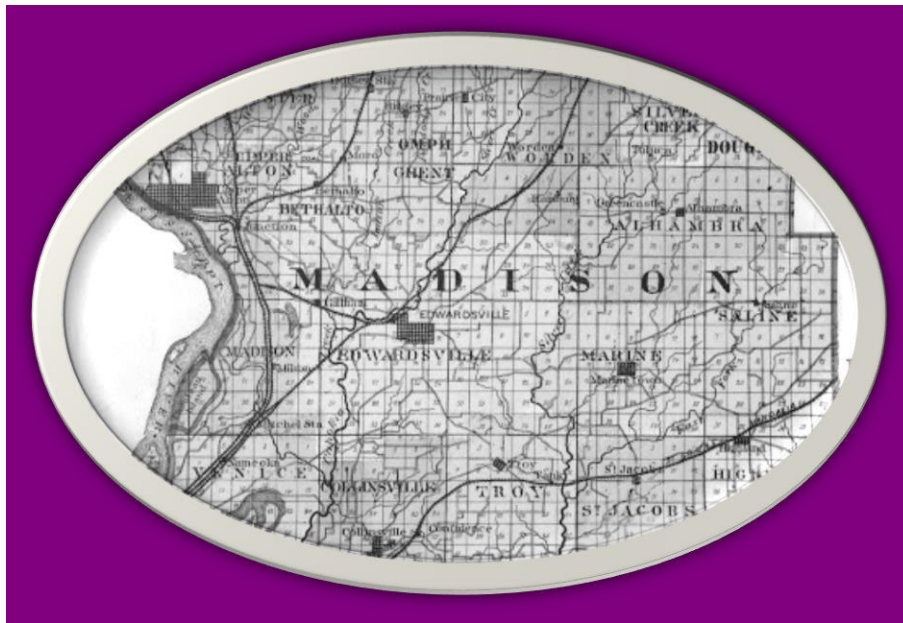




**MADISON COUNTY
MENTAL HEALTH BOARD**



2023-2024 Resource Directory



INTRODUCTION

Madison County Mental Health Board Mission Statement

"To assure the availability of a comprehensive system of community mental health services for residents of Madison County who are affected by mental illness, Intellectual/developmental disabilities or substance use disorder."

In 2022, the Madison County Mental Health Board completed a Community Needs Analysis. Interviews with local key informants revealed that one of the strengths of Madison Counties is that there are a wide array of behavioral health and other community support services. However, the key informants also addressed that the community at large continues to be unaware of the services that exist. It was an added concern that the lack of knowledge of local services impacts every aspect of an individual finding, navigating, accessing, and receiving appropriate behavioral health care.

With the findings of the Needs Analysis, the Mental Health Board established the 2023-2025 3-Year Strategic Plan to include a goal to increase public awareness of the behavioral health treatment and support services available to Madison County residents. Through the dedicated work of multiple Graduate Interns from Southern Illinois University, Edwardsville this Behavioral Health Resource Directory is being presented with the most recent revision having been completed by Emily McAteer. The Resource Directory will be distributed and followed by community presentations to further educate the public and consumers and their families to increase awareness about where they can turn when finding themselves in need of mental health, substance use disorder, or intellectual/developmental disability services and supports.

MADISON COUNTY EMERGENCY & CRISIS INFORMATION

If you are in immediate harm, **Call 911**

If you are experiencing suicidal thoughts or feelings, call the **National Suicide Prevention Hotline**: (qualified 24/7 responders confidentially serve all veterans as well)

Dial #1 for Veterans

Dial #2 for Spanish

TTY: 1-800-799-4889

If you are experiencing a mental health crisis, call one of two Madison County Mental Health Crisis Lines:

Centerstone of Illinois, Inc. 24 Hour Crisis Line: 855-608-3560

Chestnut Health Systems 24 Hour Crisis Line: 618-877-0316

Substance Abuse and Mental Health Services Administration (SAMSHA) provides immediate crisis counseling for anyone experiencing natural or human-caused disasters. Call the **Disaster Distress Hotline: 1-800-985-5990**

For more referrals to health and human services and other social assistance programs, call the **United Way of St. Louis & Metro East: 211 Line**

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MENTAL HEALTH

Crisis Services/Supports

Call BlackLine: 1-800-604-5841

Provides a space for peer support, counseling, reporting of mistreatment, witnessing, and affirming the lived experiences of BIPOC individuals.

Centerstone Crisis Line for Illinois: 855-608-3560

Crisis intervention services, 24 hours 7 days a week
2615 Edwards Street
Alton, IL 62002

Chestnut Health Systems-Crisis Hotline: 618-877-0316

Crisis intervention services, 24 hours 7 days a week

Two Locations:

50 Northgate Industrial Drive,
Granite City, IL 62040
618-877-4420

12 North 64th Street
Belleville, IL 62223
618-397-0900

Comprehensive Behavioral Health Center: 618-482-7330

505 South 8th Street, East Saint Louis, IL 62201

Crisis Text Line: Text "HOME" to 741741

Free 24/7 support- takes about 5 minutes to be connected to a Crisis Counselor and serves everyone in any type of crisis.

Farm and Rural Stress Hotline: 1-800-691-4336

Confidential and available 24/7

IL Warm Line: 866-359-7953

Free phone support for anyone living in IL- provides emotional support, recovery education, referrals, and is overall a source of support for mental health and/or substance use challenges.
Monday-Saturday 8:00AM-8:00PM

National Alliance on Mental Illness (NAMI) Helpline: 1-800-950-NAMI (6264), text "Helpline" to 62640, if you are a teen or young adult text "Friend" to 62640

SASS CARES for KIDS: 1-800-345-9049

Sexual Assault Crisis Line: 618-397-0975

Sexual assault crisis services, 24 hours 7 days a week

Suicide Prevention Lifeline: 988

Trans Lifeline: 877-565-8860

Offers direct emotional and financial support to trans people in crisis.

Trevor Lifeline: 1-866-488-7386 or text "START" to 678-678

For LGBTQ youth in crisis, feeling suicidal, or in need of a safe and judgement-free place to talk.

The National Domestic Violence Hotline: 1-800-799-SAFE (7233), TTY: 1-800-787-3224, text "START" to 88788

Veterans Crisis Line: 988 Press 1 or Text 838255

Caring, qualified 24/7 responders confidentially serve all veterans, service members, National Guard and reserve, and their family and friends. Do not have to be enrolled in VA benefits or health care.

Adult Inpatient and Outpatient Services

Alton Mental Health Center: 618-474-3800

Inpatient mental health rehab that focuses on helping individuals recover from various mental illnesses. Trained mental health professionals to understand and treat mental health issues, both in individual and group settings.

4500 College Avenue

Alton, IL 62002

Behavioral Health Alternatives: 618-251-4073

Therapy counseling and skill building

337 East Ferguson Avenue

Wood River, IL 62095

Catholic Charities:

Outpatient counseling services are provided to individuals, couples and families.

Two Locations:

3512 McArthur Blvd.

Alton, IL 62002

618-462-0634

1821 Edison Avenue

Granite City, IL 62040

618-877-1184

Centerstone of Illinois: 877-HOPE123 (877-467-3123)

Behavioral health services for children, adults, foster care, and families.

2615 Edwards Street

Alton, IL 62002

Monday-Friday 8:00AM-5:00PM

Chestnut Health Systems

Outpatient, psychiatric services, co-occurring disorders, adult group services, immediate access for those who want an assessment.

Two Locations:

50 Northgate Industrial Drive,
Granite City, IL 62040
618-877-4420

12 North 64th Street,
Belleville, IL 62223
618-397-0900

Gateway Regional Medical Center Behavioral Health Services: 618-798-3888 or 618-798-3000

Intensive outpatient services
2100 Madison Avenue
Granite City, IL 62040

Heartlinks Grief Center at Family Hospice: 618-277-1800

Services for grieving children, individuals, and families
5110 W Main Street
Belleville, IL 62226
Monday-Friday 8:30AM-4:30PM

Highland Area Christian Service Ministry (HACSM): 618-654-9295

Offers counseling to help individuals and families cope with stressful life situations.
900 Chestnut Street
Highland, IL 62249
Monday-Thursday 9:00AM-12:30PM

HSHS St. Joseph's Hospital Senior Renewal: 618-651-2940

Outpatient psychiatric services for seniors 65yrs+
12866 Troxler Ave
Highland, IL 62249
618-651-2600

Intensive Outpatient Care: 618-656-7064

Intensive outpatient services, individual, family, and educational classes
2 Club Centre Court, Ste 1
Edwardsville, IL 62025

Karla Smith Behavioral Health: 618-624-5771

Individual, couples, and family therapy, group support, intervention, life coaching, & other services
200 North Lincoln Avenue
O'Fallon, IL 62269
Monday-Friday 8:00AM-5:00PM

Medication Plus Program (Chestnut Health Systems)

Behavioral health services include psychiatric, medication, crisis intervention and more.

Two Locations: Monday-Friday 8:00AM-5:00PM

50 Northgate Industrial Drive
Granite City, IL 62040
618-877-4420

12 North 64th Street
Belleville, IL 62223
618-877-4420

NAMI Southwestern Illinois: 618-798-9788 | <https://namiswi.org/> |

Provides services for individuals and their families living with mental illness including support groups, education, and advocacy.
2100 Madison Avenue 4th Floor
Granite City, IL 62040
Monday-Friday 10:00AM-6:00PM

OSF Behavioral Health Navigators: 833-713-7100 or 309-308-8150

Behavioral Health Navigators are trained support staff who assist in understanding and connecting individuals to available resources. This service is free of charge, and you do not have to be an OSF Healthcare patient.

OSF Saint Anthony's Health Center Psychological Services: 618-474-6240 | [Behavioral & Mental Health | OSF HealthCare | Therapy | OSF HealthCare](#) |

Offers outpatient, individual, group and family therapy to seniors, adults, adolescents and children age 6+. Specializing in treatment for stress, anxiety, depression, family conflicts, trauma, and other life concerns.
1 Saint Anthony's Way, Fourth Floor
Alton, IL 62002

Owens & Associates Counseling & Therapy Center, LLC: 847-854-4333

Servicing ages 3-100* all mental health needs, life changes, relationship needs, and trauma. Individualized mental health services for many needs including individual, family, couples, and group counseling (tele-counseling offered).
850 Vandalia St, Suite 200,
Collinsville, IL 62234

Residential Options: 618-465-0044

Supervised residential services that assist individuals with mental illness and developmental disabilities to live, work, and participate in the community.
4 Emmie L. Klaus Ln.
Alton, IL 62002

Riverbend Family Ministries: 618-251-9790

Offers many holistic programs, healing therapy, parent education and training, and many other services available to families who have experienced trauma.
144 East Ferguson Avenue
Wood River, IL 62095

Southern Illinois Healthcare Foundation Behavioral Health

An array of individual, family, or group therapy are available, providers specialize in a variety of behavioral health conditions and concerns for patients of all ages.

Four Locations:

2 Terminal Dr. Suite 8
Bethalto, IL 62024
618-259-0365
Monday-Friday 7:00AM-5:00PM

2166 Madison Avenue
Granite City, IL 62040
618-452-4969
Monday-Friday 7:00AM-5:00PM

4 Memorial Drive Building B Suite 210
Alton, IL 62002
618-463-5905
Monday - Friday 8:00AM-4:00PM

7210 W Main Street, Ste 200 & 204
Belleville, IL 62223
618-398-9850
Monday-Friday 7:30AM-5:00PM

Touchette Regional Hospital Behavioral Health Center: 618-332-4038 (intake 24/7)
618-332-5374 (main office)
Outpatient and inpatient care, medical stabilization, and an electroconvulsive therapy program
5900 Bond Avenue
Centreville, IL 62207

Treatment Alternatives for Safe Communities (TASC): 618-656-7672
Helps connect individuals who have substance use issues, family issues, and other concerns to treatment and services. Specializes in assessment and case management for people referred by legal systems and family services.
340 S Fillmore Street
Edwardsville, IL 62025

Psychology Today: | [Find the Best Therapists and Psychologists in Madison County, IL - Psychology Today](#) |
For a list of local Therapists, Psychologists, Psychiatrist and Counselors use the website listed.

Child & Family Services

SASS CARES for KIDS: 1-800-345-9049, TTY: 1-773-523-4504
Screening, Assessment and Support Services (SASS) is a crisis mental health service program for children and adolescents, who are experiencing a mental health emergency.

Centerstone of Illinois: 1-877-HOPE123 (1-877-467-3123)
Counseling services are available for all ages, including foster children, individual and family.
2615 Edwards Street
Alton, IL 62002

Chestnut Health Systems
A full array of outpatient child & adolescent mental health and substance abuse, family, school, and juvenile justice mental health services.

Two Locations:
50 Northgate Industrial Drive,
Granite City, IL 62040
618-877-4420
Monday-Friday 8:00AM-5:00PM

12 North 64th Street,
Belleville, IL 62223
618-397-0900
Monday-Friday 8:00AM-5:00PM

Brightpoint (formally Children's Home and Aid)

Counseling and treatment for children and their families who are experiencing conflicts. Offers transitional, juvenile justice, and youth violence prevention services.

Two Locations:

2133 Johnson Road Suite 1101
Granite City, IL 62040
618-452-8900

6 Crossroads Court
Alton, IL 62002
618-462-2714

Hoyleton Youth and Family Services: 618-688-4727 or 618-398-0557 (for Puentes De Esperanza)

Offers youth counseling, community-based counseling, and helps with foster care and placement services. Also offers Puentes De Esperanza- a resource for Spanish speaking residents that helps establish citizenship, care for their family, find employment, and more.

228 N 6th Street
Wood River, Illinois 62095

Lincoln Prairie Behavioral Health Center: 217-585-1180

Outpatient and inpatient youth behavioral health treatment with a broad range of psychiatric and behavioral concerns for ages 3-17.

5230 South 6th Street Frontage Rd E,
Springfield, IL 62703
Open 24 hours/7days a week

Madison County Child Advocacy Center: 618-296-5390 | www.madco-cac.org |

Provides professional counseling for children to help them find their voice in response to child abuse.

101 East Edwardsville Road
Wood River, IL 62095

Monday-Friday 8:30AM-4:00PM

Mental Health Juvenile Justice (Chestnut Health Systems): 618-397-0900

The Mental Health Juvenile Justice program (MHJJ) for ages 10-18, provides support to families addressing significant mental health issues to avoid re-arrest and further detention.

NAMI Southwestern Illinois: 618-798-9788 | <https://namiswi.org/> |

Mental health recovery services including support groups, education, and advocacy for individuals with mental illness and their families.

2100 Madison Avenue 4th Floor
Granite City, IL 62040

National Parent Helpline: 1-855-4A PARENT (1-855-427-2736)

Emotional support from a trained advocate to become empowered and a stronger parent.

National Runaway Safeline: 1-800-RUNAWAY (1-800-786-2929)

24/7 availability to support runaway and homeless youth and youth who are thinking of running away. NRS will listen to your story and give reliable, confidential support. Offers resource referrals, mediation, and message services, and provides The Home Free Program which helps reunite youth with their families.

Refuge: 618-251-9790 ext. 205

Offers healing, hope, and safety through a holistic, collaborative, and trauma-informed care model of treatment. Receives referrals from many community resources.

144 East Ferguson Avenue
Wood River, IL 62095

Riverbend Family Ministries SOAR Program: 618-251-9790

S.O.A.R. (Students learning the Ongoing Approach to Resilience) is designed to be a 10-session weekly psychoeducation group for ages 12-17.

144 East Ferguson Avenue
Wood River, IL 62095

SIHF Healthcare: Behavioral Health: 618-463-5905

Works directly with each individual patient to create a customized treatment plan for the best quality of life. Services include individual, family, or group therapy, and play therapy and attachment-based therapy for children at various health centers.

4 Memorial Drive, Building B, Ste. 210
Alton, IL 62002

Counseling Services

Alternatives Counseling

Counseling, therapy, and evaluations to individuals, groups, and families dealing with a wide variety of mental healthcare needs.

Two Locations:

88 South Main Street
Glen Carbon, IL 62034
618-288-8085 ext. 101

200 West 3rd St. Ste 705 & 706
Alton, IL 62002
618-288-8085 ext. 201

Bethalto Health Center (at SIHF): Behavioral Health: 618-259-0365

Counseling services for a variety of behavioral health concerns and conditions

2 Terminal Drive Suite 8
Bethalto, IL 62024

Monday-Thursday 7:00AM-5:00PM

Centerstone of Illinois: 1-877-HOPE123 (1-877-467-3123) or 877-467-3123

Offers a full suite of outpatient mental health and addictions services including counseling services for all ages including individual and family.

2615 Edwards Street
Alton, IL 62002

Monday –Friday 8:00AM-5:00PM

Chestnut Health Systems:

Provides individual, family, children (ages 13-18), and domestic violence counseling.

Two Locations:

50 Northgate Industrial Drive,

Granite City, IL 62040

618-877-4420
Monday-Friday 8:00AM-5:00PM
12 North 64th Street,

Belleville, IL 62223
618-397-0900
Monday-Friday 8:00AM-5:00PM

Family Life Consultants: 618-345-9536

Offers personalized comprehensive therapy and psychoeducational services to children, adolescents, adults, families, couples, and the community.
2014 Vandalia Street
Collinsville, IL 62234

Highland Area Christian Service Ministry (HACSM): 618-654-9295

Counseling services to help families and/or individuals cope with stressful life situations.
900 Chestnut Street
Highland, IL 62249
Monday-Thursday 8:30AM-12:30PM

Madison County Catholic Charities: | www.cc.dio.org |

Professional Counseling Solutions Program which delivers professional and confidential therapy services to individuals, couples, and families regardless of their ability to pay. Uses a "fee forgiveness" policy, whereby a portion of counseling fees may be waived for clients with limited resources.

Two Locations:

3512 McArthur Boulevard
Alton, IL 62002
618-462-0634

1821 Edison Avenue
Granite City, IL 62040
618-877-1184

New Leaf Counseling Services: 618-980-2358

Teletherapy counseling services with in-person sessions occurring on Thursdays. Services Maryville, Edwardsville, and Glen Carbon.
3 Oak Drive, Suite B
Maryville, IL 62062

OSF Saint Anthony's Health Center Psychological Services: 618-474-6240

Offers support through counseling, evaluation and consultation to teens and children seeking diagnosis through short-term or long-term management of mental and emotional health issues.
1 Saint Anthony's Way, Floor 3
Alton, IL 62002

Refuge: 618-251-9790

Provides services through their Trauma-Informed Child-Focused Therapy program which uses evidence-based therapeutic interventions, including creative expression through play and art, to help children better understand, cope with and process emotions and memories tied to traumatic experiences, as well as build skills for coping and resilience.
144 East Ferguson Avenue
Wood River, IL 62095

SIHF Healthcare: Behavioral Health: | [Find a Location - SIHF Healthcare](#) |

Specializes in a variety of behavioral health conditions and concerns for all ages and provides individual, family, and group therapy.

Two Locations: (others on their website)

2900 Frank Scott Parkway W Suite 950

Belleville, IL 62223

Monday-Friday 8:30AM-5:00PM

618-233-3205

4 Memorial Drive, Building B, Ste. 210

Alton, IL 62002

Monday-Friday 8:30AM-5:00PM

618-463-5905

Windsor Health Center: 618-271-0130 or 618-274-9105

Provides behavioral health therapy services.

100 North 8th Street, Ste 256

East Saint Louis, IL 62201

Monday-Friday 8:00AM-5:00PM

Court/Legal Services

Alternative Court Program (Chestnut Health Systems): 618-877-4420

A diversionary program for first time offenders who have alcohol and/or other drug, or mental health problems.

50 Northgate Industrial Drive

Granite City, IL 62040

Monday-Friday 8:00AM-5:00PM

CASA-Court Appointed Special Advocates, Southwestern Illinois: 618-234-4278

Supports and promotes court-appointed volunteer advocacy for children who have experienced abuse or neglect to reduce the physical, emotional, and/or social child mistreatment.

1801 North Belt West

Belleville, IL 62226

Guardianship and Advocacy Commission: 1-866-274-8023, TTY: 1-866-333-3362, After Hours: 1-866-503-9078

The Office of State Guardian handles the personal, financial, and legal affairs of developmentally disabled, mentally ill and elderly persons with disabilities.

2125 S. 1st Street

Champaign, IL 61820

217-278-5577 (office number)

Mental Health Juvenile Justice (Chestnut Health Systems): 618-397-0900

Acknowledges the unique challenges children and families face in the event of juvenile justice involvement. Has goals that address significant mental health issues and thus avoid re-arrest and further detention for ages 10-18.

Mental Health Court: 618-692-8961

Assists individuals with mental illness become and remain law-abiding citizens by helping them access mental health treatment and other support services. (Call or go online to find eligibility criteria)

509 Ramey Street, Suite 304

Edwardsville, IL 62025
Monday-Friday 8:30AM-4:30PM

Support Services/Groups

Calvary Baptist Church-Calvary Cares: 618-465-4357

Offers grief support groups and provides a program called Celebrate Recovery, which is a 12-step Christ centered program for anyone struggling with any hurt, hangups, or habits.

1426 Washington Avenue
Alton, IL 62002

Community Hope Center: 618-259-0959

Please call to schedule your appointment for services. Guests may receive food, spiritual care, and shop in the free store every other week along with many additional amenities.

1201 Hope Center Ln
Cottage Hills, IL 62018
Monday, Wednesday, Friday between 9AM-1PM, Tuesdays 9AM-12PM

Gift of Voice | Recovery Resource Center: | office@giftofvoice.com |

Supportive services surrounding education, advocacy, and spirituality in understanding mental health and trauma recovery. Email to request an appointment.

903 N. 2nd St., Ste. B
Edwardsville, IL 62025

Heartlinks Grief Center at Family Hospice: 618-277-1800

Individual, child, and family counseling, group support and community education programs for grieving individuals before, during, or after loss. Phone consultations available.

5110 W Main Street
Belleville, IL 62226

Karla Smith: Behavioral Health: 618-624-5771 | www.karlasmithbehavioralhealth.org |

Mental Illness Family Support Group: Focus on nine strategies for coping with the mental health problems of a loved one. Suicide Survivor Family Support Group: Help in coping with common grief emotions to help identify current feelings of the suicide loss of a loved one. Meeting times on website.

200 North Lincoln
O'Fallon, IL 62269
Monday-Friday 8:00AM-5:00PM

NAMI Support Groups: 618-798-9788

Mental health support groups for individuals and their families living with mental illness.

Family Support Group

For any adult with a loved one who has experienced symptoms of a mental health condition (registration required).

1st Thursday every month, 7:00-8:30 PM
ZOOM Only Meeting.
For the Zoom link email Kelly Jefferson.
Contact: kelly.nami.swi@gmail.com

4th Thursday of every Month, 7:00-8:30 PM
ZOOM Only Meeting. For the Zoom link
email Kelly Jefferson.
Contact: kelly.nami.swi@gmail.com

Connections Recovery Support Group

Peer-led support group for any adult who has experienced symptoms of a mental health condition (registration not required).

1st Saturday of every month, 1:00-2:30 PM
In-Person Only Meeting. The address for
this meeting is:
Linc, Inc. Office
#15 Emerald Terrace
Swansea, IL 62226
Contact: kelly.nami.swi@gmail.com

2nd Wednesday every month, 7:00-8:30 PM
In-Person and on ZOOM. The address for
this meeting is:
Heights Community Church
231 South Bluff Road
Collinsville, IL 62234

Every Tuesday, 6:30PM-8:00 PM
ZOOM Only Meeting.
Contact: Kelly Jefferson, kelly.nami.swi@gmail.com
Via ZOOM: Use the link below to join.
<https://us02web.zoom.us/j/3914844542>

SUBSTANCE USE-ADDICTION/RECOVERY SERVICES

Crisis Services/Hotlines

Addiction Hotline (IL): 633-210-1303

Alcoholics Anonymous 24-Hour Help Line: 877-640-2220 or 618-251-4000

Bethany Place: 618-234-0921

Bethany Place is the largest non-profit, community based ASO (AIDS Service Organization) in the Metro East area of St. Louis. They are also a bridge between patients and treatment centers for those suffering from opioid addiction.

Drug Rehabs.org: 877-882-9275

National Non-Profit Helpline is a 24/7, 365-day-a-year treatment referral and information service for individuals and families faced with mental and/or substance use disorders.

IL Helpline for Opioids and other substances: 833-FINDHELP, text "HELP" to 833234 | www.helplineil.org |
Help for individuals or family members of individuals who are struggling with substance use.

Narcan Help: | [Illinois Helpline \(helplineil.org\)](http://Illinois Helpline (helplineil.org)) |

Provides overdose education and naloxone distribution (OEND) service sites that offer overdose prevention training and distribute naloxone free of charge.

The Substance Use and Mental Health Services Administration (SAMHSA): 1-800-662-4357
National helpline (in English and Spanish) to find substance use treatment and information for individuals and families facing mental and/or substance use disorders.

Touchette Hospital Addiction Hotline: 618-332-4038 (24/7)

Counseling/Detox, Residential Treatment Services

Alcoholic Rehabilitation Community Home (ARCH): 618-877-4987

Extended residential treatment
1313 21st Street
Granite City, IL 62040
Monday-Friday 8:00AM-4:30PM

Alton Memorial Hospital, Center for Behavioral & Addiction Medicine: 618-463-7780

Inpatient/Outpatient services that are open 24/7 for medically monitored detoxification for individuals with substance and alcohol use disorders.
1 Memorial Drive
Alton, IL 62002

Amare, NFP: 618-331-5905

Provides services and education to help and support adults, families, and communities impacted by substance abuse. Services include recovery coaching, resource navigation, treatment placement, family support, support and skills groups, and education and awareness.
144 E Ferguson Avenue
Wood River, IL 62095

Aviary Recovery Center: 888-727-1231 (24-hr admissions line)

Services include intensive outpatient, a residential program, telehealth, and a tactical recovery program for veterans.
22933 Hwy. 61
Eolia, MO 63344

Centerstone of Illinois: 1-877-HOPE123 (1-877-467-3123)

Substance use services include outpatient intervention, an intensive outpatient program, medication assisted treatment, inpatient detox services, residential treatment programs, and support groups.
2615 Edwards Street
Alton, IL 62002

Fellowship House Campus: 1-618-833-4456 and 1-877-HOPE123 (1-877-467-3123)

Medically monitored detox, residential treatment, inpatient rehabilitation, youth and family outpatient services, and aftercare services.
800 North Main Street
Anna, IL 62906

Chestnut Health Systems: 618-877-4420

Addiction treatment services are designed to help individuals simultaneously work through addiction issues and mental health conditions. Services include residential, intensive outpatient, and outpatient programs.

Two Locations for Adults:

50 Northgate Industrial Drive
Granite City, IL 62040
Monday-Friday 8:00AM-5:00PM

Maryville HUB: 618-288-3100
2148 Vadalabene Drive
Maryville, IL 62062

For Adolescent Addiction Treatment:

12 N. 64th St.
Belleville, IL 62223
618-397-0900

Comprehensive Behavioral Health Care: 618-482-7330

Methadone services, intensive outpatient, inpatient, and residential services.
505 South 8th Street
East Saint Louis, IL 62201

Continuing Recovery Center: 217-533-4441

Long term residential recovery service
202 West Central Street
Irving, IL 62051

Gateway Foundation: 618-350-5338

Drug rehab treatment center that provides a positive environment for addiction care including therapy, support groups, medical detox, and medication assisted treatment. There are 16 locations in total, check services for each location.

600 W Lincoln Avenue
Caseyville, IL 62232

Harris House: 314-789-3649

Inpatient, outpatient, transitional housing program, partial hospitalization and offers continuum care.
2706 South River Road
Saint Charles, MO 63303
Open 24/7

Heritage Behavioral Health Center: 217-362-6262

Services include withdrawal management, outpatient and residential treatments, and medically assisted recovery.

151 North Main Street
Decatur, IL 62523
Monday-Friday 8:00AM-5:00PM

Illinois Recovery Center: 877-472-0785 or 636-266-8684

Offers comprehensive support through a variety of evidence-based treatment programs and resources including medical detox, residential treatment, group therapy and more.

1450 Caseyville Avenue

Swansea, IL 62226

Intensive Outpatient Care Centers: 618-656-7064

Intensive outpatient services specializing in treatment of alcoholism, drug addiction, dual diagnosis, opioid addiction, and substance abuse.

2 Club Centre Court

Edwardsville, IL 62025

Monday-Tuesday: 9AM-5PM, Wednesday-Thursday: 9AM-5PM & 6-9PM, Friday: 9AM-1PM

Mission Teens: First Fruits MBTC: 618-212-8366

A non-denominational faith-based rehabilitation center

28251 IL-16

Jerseyville, IL 62052

Missouri Network for Opiate Reform and Recovery: 844-732-3587

Assists those struggling with substance abuse through education, legislative reform, harm reduction, community support, resources for detox and treatment placement, and continued support through the recovery process.

4022 South Broadway

Saint Louis, MO 63118

New Vision at Gateway Regional Medical Center: 618-358-0200

Services exclusive to 3–5-day inpatient detoxification and discharge planning which may include resources and/or rehabilitation.

2100 Madison Avenue

Granite City, IL 62040

Monday-Friday 8:00AM-5:00PM

Oxford House: 301-587-2916 or 800-689-6411 | [Oxford House](#) |

Provides housing lead by peer governed homes for individuals in recovery from substance use disorders. Houses women with children, men, and women.

To check for locations and vacancies, look at the website.

Partnership for Drug-Free Communities: | [PartnershipDrugFree.org](#) |

Works to address the evolving challenges of community substance use with a website that has resources for treatment, recovery, prevention and education, and more. Individuals can find a comprehensive list of substance use resources at the Partnership website.

PreventEd: 314-962-3456

Works to prevent the harms of alcohol and other drug use through education, intervention, and advocacy.

9355 Olive Boulevard

Saint Louis, MO 63132

Monday-Friday 9:00AM-5:00PM

Preferred Family Healthcare: 314-835-0226 | [Our Locations | Preferred Family Healthcare \(pfh.org\)](#) |

Addresses substance use with services including group therapy, individual counseling, alcohol and drug education, recreational therapy, relapse prevention, and an introduction to support groups.

Rehabilitation residential services are also available in 27 locations for adults and 21 locations for adolescents in Illinois and Missouri.

7020 Chippewa Street

St. Louis, MO 63119

Recovery 360: 314-435-4274

Array of services including making a recovery plan, intervention, treatment coordination, education, and more.

13610 Barrett Office Drive, Suite 104

Ballwin, MO 63021

St. Louis Metro Treatment Center New Season: 314-423-7030

Provides opioid addiction treatment and recovery including medication assisted treatment.

9733 Saint Charles Rock Road

Breckenridge Hills, MO 63114

Salvation Army Midtown: 314-652-3310

Provides holistic treatment and rehabilitation services to individuals battling substance abuse.

2900 Washington Avenue

Saint Louis, MO 63103

Salvation Army: Saint Louis Adult Rehabilitation Center: 314-535-0057

Provides spiritual, social, and emotional assistance for men and women who have lost the ability to cope with their problems and provide for themselves. Each center offers residential housing, work, and group and individual therapy.

3949 Forest Park Avenue

Saint Louis, MO 63108

SSM Health Stabilization Service: 888-949-7150

Helps individuals 18+ medically manage their withdrawal symptoms from alcohol and opiates.

SIHF Health Center: 618-274-9105 or 618-271-0130

Substance abuse services available

100 N 8th Street Ste. 256

East Saint Louis, IL 62201

Monday-Friday 8:30AM-5:00PM

Touchette Regional Hospital: 618-332-3060

Medical stabilization services for withdrawal symptoms from alcohol or drugs, open 24hrs.

5900 Bond Avenue

Centreville, IL 62207

Court/Legal Services

Madison County Assessment and Treatment Alternative Court (Drug Court): 618-877-4420 or 618-692-8961

A diversionary program to divert non-violent drug users who have an alcohol and/or other drug, or mental health problem away from a criminal record and toward treatment. Partnered with Chestnut Health Systems for substance abuse treatment.

509 Ramey Street, Ste. 302
Edwardsville, IL 62025

Support-Recovery Groups

Addiction Loss Group: 618-277-1800

Grief group for adults dealing with the loss of a loved one to addiction-related causes. Meetings are held at Heartlinks on the 2nd Tuesday of the month from 6:30-8:00PM put on by Heartlinks Grief Center. Call for registration questions.

5110 Main St.
Belleville, IL 62226.

Al-Anon Family Groups: 618-463-2429 (Alton Area) | [Find an Al-Anon or Alateen Face-to-Face, Phone, or Online Meeting](#) |

Support for family and friends of alcoholics. Phone and Zoom meeting information can be found on their website.

Alcoholics Anonymous: 618-251-4000 (24 hour hotline)

District 18 Madison County- 12 step meetings

[Meetings Archive - Alcoholics Anonymous District 18 Southern Illinois \(aa-district18.org\)](http://aa-district18.org)

409 Broadway Unit C-1,
South Roxana, IL 62084

Alton Memorial Hospital, Center for Behavioral and Addiction Medicine: 618-463-7780

Provides Recovery Specialists, linkage to treatment, other community resources, and medication assisted treatment (MAT). Patient-centered treatment planning includes supports.

1 Memorial Drive,
Alton, IL 62002

Amare, NFP: 618-331-5905

Employment coaching, transitional support, family support, peer recovery support specialist and coaches, and more.

144 E. Ferguson Avenue Ste. B
Wood River, IL 62095

Celebrate Recovery at Calvary Baptist Church: 618-462-8816

Christ centered 12-Step recovery program for addiction and compulsive behaviors.

Calvary Baptist Church

1422 Washington Avenue
Alton, IL 62002

NAR-ANON: | [Find a Meeting — Nar-Anon Family Groups](#) |

A 12-step program for family and friends of addicts

Narcotics Anonymous: Helpline for Metro East: 618-398-9409 | <https://www.na.org/meetingsearch/> |

Smart Recovery: 866-601-3539

SMART Recovery is a charitable company based in the United States that aids people in overcoming their dependencies. If you or someone you know is currently attempting to quit using alcohol, help is only a phone call away. They can answer questions and share more information about treatment options.

INTELLECTUAL/DEVELOPMENTAL DISABILITIES

Crisis Services/Supports

24-Hour Adult Protective Services Hotline: 1-866-800-1409 or dial Illinois Relay at 711 for individuals who are deaf or speech impaired

To report suspected abuse, neglect, or financial exploitation of a person with disabilities age 18-59

Prairieland Service Coordination: 618-288-1897 or 1-800-866-8779

PUNS specific for Madison County and the Pre-Admission Service (PAS agency). Directs caller to local service information and assists current and future needs of a person with a developmental disability. Also provides service coordination for individuals with developmental disabilities.

2130 Vadalabene Drive, Ste. A
Maryville, IL 62062

PUNS (Prioritization of Urgency of Need for Services): 1-800-843-6154, TTY: 1-866-324-5553

Number directs callers to their local Independent Service Coordination agency.

PUNS is a database that registers individuals who want or need Developmental Disability Waiver services (like Community Integrated Living Arrangements, Home Based Supports, Child Group Homes) funded by the Illinois Department of Human Services/Division of Developmental Disabilities.

General Support Services

The Autism Clinic at Hope: 217-525-8332

Is leading the development of new methods to educate, treat and care for children with autism spectrum disorders and other developmental disabilities. The Autism Clinic offers a full spectrum of services from birth to age 22.

115 Rottingham Court A
Edwardsville, IL 62025

217-585-5123

Beverly Farms: 618-466-0367

Cottages, group homes, apartments and community-based options and training center for adults with developmental disabilities. Also runs an equestrian center to blend the therapeutic benefits of horsemanship with fun and engaging activities.

6301 Humbert Road

Godfrey, IL 62035

Monday-Friday 8:00AM-4:00PM & Equestrian hours: M-F 8AM-6PM, Saturday: 8AM-5PM

Cerebral Palsy of Southwestern Illinois: 618-233-0210

Non-profit organization that provides residential CILA (community integrated living arrangements) and home-based services for individuals diagnosed with cerebral palsy and other developmental disabilities.

10200 Old Lincoln Trail

Fairview Heights, IL 62208

Monday-Friday 8:30AM-4:30PM

Challenge Unlimited: 618-465-0044

Their Community Day Service (CDS) Program, provided through their Skills Training Program, serves Individuals with Developmental Disabilities 21 years or older (typically). Their goal is to help individuals develop functional skills for daily living through learning and work activities as well as community inclusion. They also provide Employment services and Residential housing options.

4 Emmie L Kaus Lane

Alton, IL 62002

Collinsville Faith in Action: 618-344-8080

Provides services to community members over the age of 60 and adults with disabilities (at no charge) to help clients remain as independent as possible. Services offered include transportation, grocery shopping, companionship, respite for the family, minor home repairs, seasonal yard maintenance, social outings with other care receivers, Medicare enrollment assistance, Benefits Access (license plate discount and bus passes), and information about other possible benefits that are available.

233 N Seminary Street

Collinsville, IL 62234

Monday-Friday 8:30AM-5:00PM

DD Homes Network: 866-363-7909

Supports those at least 18 years old, diagnosed with an Intellectual Disability (ID), Developmental Disability (DD), or other related/qualifying conditions due to a medical condition, brain damage, a genetic condition, or psychiatric condition (examples: autism, cerebral palsy, epilepsy, etc.) through residential and community-based supports. There are multiple group homes throughout the area.

Epilepsy Foundation of Greater Southern Illinois: 618-236-2181

Client and family support services, home based services, and intermittent and comprehensive residential services. They also run Camp Roehr which is a seven-day residential camp in June for children with epilepsy.

3515 N Belt W

Belleville, IL 62226
Monday-Friday 8:30AM-4:30PM

Family Matters Parent Training and Information Center: 1-866-436-7842

Assists parents of kids with disabilities, assists students, and helps supply information through the special education process. Also provides information, referrals, linkages, and training to parents, students with disabilities, and special education professionals.

1901 South 4th Street Suite 209
Effingham, IL 62401
Monday-Friday 8:00AM-4:30PM

Illinois Center for Autism: 618-398-7500

Offers year-round educational programming for individuals ages 3-21 who are diagnosed with autism, cognitive disabilities, specific learning disabilities, speech language impairments, emotional disabilities, health impairments, and other developmental delays.

Two Locations:

548 South Ruby Lane
Fairview Heights, IL 62208
Monday-Friday 9:00AM-5:00PM

1306 Wabash Avenue
Belleville, IL 62220
618-416-710

Pasta Fare (Illinois Center for Autism): 618-632-9077

Specifically designed to provide training, vocational skills training and employment opportunities for individuals with autism spectrum disorder (ASD).

5900 N. Illinois St.
Fairview Heights, IL 62208

Illinois Department of Human Services: Helpline: 1-800-843-6154, TTY: 1-866-324-5553

Provides assistance with case status, benefits, services, and eligibility.
Monday-Friday 8:00AM-5:00PM

Division of Developmental Disability Services

600 East Ash, Building 400, Mail Stop 1 South
Springfield, IL 62703
Phone: (217) 782-3075

IMPACT CIL: 618-462-1411

Services and programs for various disabilities to help achieve independence in school, home, work, and housing.

2735 E Broadway
Alton, IL 62002
Monday-Friday 8:00AM-12:00PM, 1:00PM-4:00PM

New Opportunities: 618-452-8165

Provides educational and work training opportunities for adults with developmental disabilities.

1510 West Seventh Street
Granite City, IL 62040

Residential Options: 618-465-0044

Supervised residential services that assist persons with developmental disabilities to live, work, and participate in the community. Residential support includes group homes, CILA-DD (Community integrated living arrangement- developmental disability), and ICF-DD (intermediate care family).

4 Emmie L. Klaus Ln.

Alton, IL 62002

Saint John's Community Care for Aging and Disabled People

Adult Day Services, support groups for family caregivers, training for caregivers of individuals with Alzheimer's or related dementia, programs for individuals with early memory loss

Two Locations:

222 Goethe Avenue

Collinsville, IL 62234

618-344-5008

1015 B Century Drive University Pointe II
Center

Edwardsville, IL 62025

618-656-7090

The Secondary Transition Experience Program (STEP): 877-761-9780, TTY: 866-264-2149

Helps prepare students with disabilities through the transition from high school to employment and community participation.

Illinois Department of Human Services

Division of Rehabilitation Services

P.O. Box 19429

Springfield, IL 62704

Victorious Missionaries: 618-397-6700

Spiritual organization that provides spiritual support for those with disabilities.

442 S. DeMazenod Drive,

Belleville, IL 62221-1023

William BeDell Achievement and Resource Center (ARC) 618-251-2175

Serving Individuals with a Developmental Disability mainly in Madison County.

Family Support Program: Case Coordination, Residential, Medical, Financial, Day Programs, and ongoing Family Support Services

Residential Program: Community Integrated Living Arrangement (CILA) available for those with Intellectual Disabilities.

School Program: Community-based educational service to individuals with multiple disabilities who are 3 through 21 years of age.

Community Day Program: For adults 21 and older with developmental disabilities, the service trains individuals to develop functional skills for daily living through repetitive learning activities.

Main Office:

400 South Main Street

Wood River, IL 62095

Monday-Friday 8:30-4:00PM

Court/Legal Services

Illinois Guardianship and Advocacy Commission: 618-474-5503

The Office of State Guardian handles the personal, financial, and legal affairs of developmentally disabled, mentally ill, and elderly persons with disabilities. Also protects the rights and promotes to welfare of people with disabilities.

4500 College Avenue Suite 100
Alton, IL 62002-5051

Human Rights Authority of Metro East: 618-474-5503

Conducts investigations of complaints of violations of the rights of persons with disabilities. Based on early models of a singular regional grassroots program, the Human Rights Authority serves as a statewide framework providing direction and standards.

4500 College Avenue Suite 100
Alton, IL 62002

Support Services/Groups

Equestrian Center at Beverly Farm: 618-466-0367 ext. 787 or 618-530-5987

Developmental training, Equine Assisted Activities (EAA) provide a way to blend the therapeutic benefits of horsemanship into a fun and engaging activity.

6301 Humbert Road
Godfrey, IL 62035

William BeDell Achievement and Resource Center (ARC): 618-251-2175

Serving Individuals with a Developmental Disability mainly in Madison County.

Family Support Program: Case Coordination, Residential, Medical, Financial, Day Programs, and ongoing Family Support Services

400 South Main Street
Wood River, IL 62095

SPECIALIZED COUNSELING & TREATMENT SERVICES

Children's Neglect & Abuse

Children's First Foundation: 618-235-6192

Help children and caregivers effectively adapt to divorce, separation, parental responsibilities, and parenting time exchange issues by creating services and products that address these issues.

1909 Dublin Boulevard
Belleville, IL 62221

CASA-Court Appointed Special Advocates, Guardians and Litem: 618-234-4278

Supports and promotes court-appointed volunteer advocacy so every child who has experienced abuse or neglect can be safe and is not exploited within the legal and social services system.
Illinois Number: 855-295-9948

Department of Children and Family Services (DCFS Local Areas)

Belleville: 618-257-7500

Granite City: 618-877-9200

Illinois Department of Children and Family Services (DCFS): 1-800-25-ABUSE (1-800-252-2873)

A hotline to report suspected child abuse and neglect in Illinois.

Illinois Department of Children and Family Services Save Abandoned Babies Foundation: 312-440-0229

24/hour confidential help line: 1-888-510-2229

Madison County Child Advocacy Center: 618-296-5390 | www.madco-cac.org |

The goal of the CAC is to minimize trauma by conducting one, coordinated forensic interview with the impacted child and providing case management. They also help children find a voice in response to child abuse and provide professional intervention and supportive services to fight child abuse. Referrals from law enforcement or Illinois DCFS are needed.

101 East Edwardsville Road

Wood River, IL 62095

Monday-Friday 8:30AM-4:30PM

Gambling Addiction Services & Supports

Alton Gamblers Anonymous Gambling Addiction Support: 618-465-1722 or 618-616-5117

Assistance with gambling problems

St. Clares Hospital

Alton, IL 62002

Gam-Anon: 708-802-0105 | [Home \(gam-anon.org\)](http://Home(gam-anon.org)) |

Assist people in resolving the problems they are facing due to gambling.

Gambling Chestnut Health Systems: 618-877-4420

Assessment in a safe environment for gambling disorder, counseling, help in developing a support system, and support in addressing legal and financial issues.

50 Northgate Industrial Drive

Granite City, IL 62040

Monday-Friday 8:00AM-5:00PM

Gamblers Anonymous: 1-800-GAMBLER (426-2537) | <http://www.gamblersanonymous.org/ga/> |

Support groups available

National Problem Gambling Helpline Network: 1-800-522-4700 or 1-800-GAMBLER

Single national access point to local resources for those seeking help for a gambling problem. Text and chat services are also available. Offers confidential help and referrals.

Domestic Violence

National Domestic Violence Hotline: 1-800-799-SAFE (7233)

Open 24/7 with advocates ready to help any victims and survivors of domestic violence who need support. Offers confidential and free support, crisis intervention information, and education and referral services in over 200 languages.

Oasis Women's Center: 618-465-1978

Provides help to those dealing with domestic abuse through counseling, legal advocacy, and providing emergency shelter.

111 Market Street
Alton, IL 62002

Violence Prevention Center of Southwestern IL: 618-235-0892

Open 24hrs, and provides counseling services, emergency shelter, legal advocacy and prevention and education.

Sexual Assault

Metro East Every Survivor Counts: 618-397-0975

24/7 confidential sexual assault crisis line that provides medical advocacy, legal advocacy, counseling, prevention education, referrals, and professional training. Counseling services are confidential, free, and for individuals aged 4 and older.

Two Locations:

19 S. 97th Street, #B
Belleville, IL 62223
(Main Office)

144 E. Ferguson Avenue
Wood River, IL 62095
(Satellite Office)

RAINN: National Sexual Assault Hotline: 1-800-656-HOPE (4673)

24hr support for sexual assault victims

StrongHearts Native Helpline: 1-844-7NATIVE or 844-762-8483

An anonymous and confidential domestic and sexual violence helpline for Native American and Alaska Natives offering culturally appropriate support and advocacy.

SENIOR SERVICES

Crisis Services/Hotline

Senior HelpLine: 1-800-252-8966

To report suspected abuse, neglect, or financial exploitation of an adult age 60 or older
One Natural Resources Way, Ste 100
Springfield, IL 62702-1271

Southwestern IL Visiting Nurse Association: 618-236-5800 or 800-642-5429

Home health care services that offer medical care and support services to your home, works with your personal physician to develop and individualized care plan.
7 Executive Woods Ct
Swansea, IL 62226

Counseling/Support Services

Agency for Community Transit (ACT): Runabout Program: 618-931-7433 option 1 or dial 711 if hearing impaired or speech disabled to be connected with a Telecommunication Relay Service Assistant

The Runabout Program is part of a paratransit service for elderly and disabled residents and visitors of Madison County.
1 Transit Lane
Granite City, IL 62040

AgeSmart Community Resources: 618-222-2561

Works with older adults to assist with options for independence including help remaining independent in homes and communities.
801 West State Street
O'Fallon, IL 62269
Monday-Friday 8:00AM-4:00PM

Alton Housing Authority: 618-465-4269

Committed to providing quality and affordable housing for low-income families and the elderly.
2406 Crawford Avenue
Alton, IL 62002

Alzheimer's Association: 800-272-3900

24/7 helpline that offers confidential support and information to people living with dementia, caregivers, families, and the public.

Alzheimer's Support Group: 618-344-5008

For families and caregivers of people living with dementia
222 Goethe Avenue
Collinsville, IL 62234

Caregiver Support Group: 618-344-5008

For caregivers of any kind to create community and offer support and resources to each other
222 Goethe Avenue
Collinsville, IL 62234

Collinsville Faith in Action: 618-344-8080

Services for older adults and individuals with disabilities that include transportation, grocery shopping, companionship, respite for family, seasonal yard maintenance, and many additional services.
233 N Seminary Street
Collinsville, IL 62234
Monday-Friday 8:30AM-5:00PM

Edwardsville Area Meals on Wheels (Main Street Community Center): 618-656-0300

Transportation services for seniors 60 years and older
1003 N Main Street
Edwardsville, IL

Faith in Action Edwardsville-Glen Carbon: 618-692-0480

Provides assistance to seniors (60 years and older) of Edwardsville #7 school district who needs help with daily living activities. Seniors must be able to get in and out of vehicles with little assistance for services.
903 North 2nd Street
Edwardsville, IL 62025
Monday-Thursday 9:00AM-4:00PM Friday 9:00AM-12:00PM

HSHS St Joseph's Hospital Senior Renewal: 618-651-2940

Provides group, individual, and family counseling to seniors who are facing unique emotional problems in dealing with life changes such as retirement or declining physical health
12866 Troxler Ave,
Highland IL 62249
618 651-2600

IL Department on Aging Senior Helpline: 1-800-252-8966 | <https://ilaging.illinois.gov/> |

Many services available for seniors listed on website.

Medicare: | <https://www.medicare.gov/care> |

Hospice, nursing homes, home health services, and other provider's information are listed on website.

Saint Anthony's Health Center Psychological Services: 618-474-6240

Medicare accepted.

1 Saint Anthony's Way 3rd Floor
Alton, IL 62002

Saint John's Community Care: 618-344-5008

Adult day services, caregiver support groups, caregiver specialist to help link client to services, and early memory loss support. They also have a medical equipment loan program.

222 Goethe Avenue

Collinsville, IL 62234

Monday-Friday 9:00AM-4:30PM

Senior Services Plus: 618-465-3298

Many services are available including a wellness center, a foster grandparent's program, home delivered and congregate meals, and more. Established to help enrich the lives of older adults through programs and services that encourage independent living and wellness.

2603 N Rodgers Avenue

Alton, IL 62002

Monday-Friday 8:00AM-4:00PM

Southwestern IL College Senior Program: 618-234-4410

A variety of services and programs are available for seniors and their families and caregivers.

201 N. Church St

Belleville, IL 62220

Monday-Friday 8:00AM-4:30PM

Southwestern IL Visiting Nurse Association: 618-236-5800

Home health care

7 Executive Woods Ct

Swansea, IL 62226

IL Community Care Program: 1-800-252-896

Case workers determine eligibility for individuals 60 and older for adult day programs, comprehensive care coordination, in-home service, emergency home response services, and automated medication dispenser service.

Court/Legal Services

Land of Lincoln Legal Aid: 618-462-0029 or 618-398-0574, Legal advice & referral: 877-342-7891

Provides low-income and senior residents of Illinois with high-quality civil legal aid

8787 State Street, Ste. 201
East St. Louis, IL 62203
Monday-Thursday 9:00AM-4:00PM, Friday 9:00AM-1:30PM

Senior Services Plus, Inc.: 618-465-3298

Their Information and Assistance program provides seniors and people with disabilities a place to learn about and apply for public benefit programs.

2603 North Rodgers Avenue

Alton, IL 62002

Monday-Friday 8:00AM-4:00PM

VETERANS SERVICES

Crisis Services/Hotline

Veterans Crisis Line: 988 press 1, text 838255, TTY: 800-799-4889 (for individuals with hearing loss)

Caring, qualified 24/7 responders confidentially serve all veterans, service members, National Guard and reserve, and their family and friends. You do not have to be enrolled in VA benefits or health care to call.

Veteran Affairs: Homeless Veterans National Call Center: 1-877-424-3838

The call is free, confidential, available 24/7, and every caller gets information about VA homeless programs, health care and other services in the caller's area.

Veterans' Assistance Commission: 618-296-4554

Provides needed services to Military Veterans and their families who reside in Madison County. The VAC works closely with local Veteran's Service Organizations (VSO's), as well as local, state, and federal agencies, to ensure the rights to which each Veteran and their families are entitled and granted. Services include Interim and/or Emergency Veteran's Assistance, financial assistance, administrative case work and outreach. All services are free.

157 North Main Street Suite 115

Edwardsville, IL 62025

Monday-Friday 8:30AM-4:30PM (except holidays)

Counseling/Support Services

American Red Cross: | [Support Military Families](#) | [American Red Cross](#) |

Provides financial assistance, information referral services, deployment services, and access to military and Veteran caregiver network, along with additional services for veterans and their families.

American Red Cross Hero Care Center: 1-877-272-7337 (24/7 Military Casework Line)

Provides emergency communications and critical services to military members, veterans, and their families all over the world 7 days a week, 24 hours a day, 365 days a year.

Centerstone of Illinois: 1-877-HOPE123 (1-877-467-3123)

Mental health support services provided for active-duty service members, veterans, and family members (no age restrictions).

2615 Edwards Street
Alton, IL 62002

Military Families United: | [Military Families United](#) | [Blue Star, Gold Star, Next of Kin Families Support](#) |

A non-for-profit charitable organization that gathers available support for military members and their families into one list (with sections). Resources can be found on their website.

NAMI Homefront: | [NAMI Homefront](#) | [NAMI: National Alliance on Mental Illness](#) |

Homefront is a free, 6-session educational program for veterans, their families, caregivers, and friends with mental health conditions.

Supportive Services for Veterans Families (SSVF) (Chestnut Health Systems): 618-512-1823

Promotes stability among very low-income veteran families who reside in or are transitioning to permanent housing in Madison County. Provides case management and supportive services to prevent the imminent loss of a veteran's home and can help identify a new, more suitable housing situation if necessary. Will help to rapidly re-house veterans and their families who are homeless.

50 Northgate Industrial Drive
Granite City, IL 62040

Vet Center (Metro East): 314-894-6105

Supports veterans and their families with services that include counseling for needs such as depression, PTSD, and the psychological effects of military sexual trauma (MST). Can connect veterans with more support in the VA and within the community.

227 West Pointe Drive
Swansea, IL 62226

Veteran Affairs: Mental Health: | [Mental Health Home \(va.gov\)](#) |

Learn more on their website about a variety of mental health resources, information, treatment options and more.

Court/Legal Services

Adult Redeploy Illinois: 618-296-4907 (program contact) or 312-793-8949

Reallocating state resources to develop more effective, less expensive community-based alternatives to incarceration and improve access to interventions that reduce crime. Improves

local capacity to identify, screen, assess, supervise, and treat participants who otherwise would face a prison sentence (involved in problem-solving courts including veteran courts).

300 W. Adams Street Ste. 200

Chicago, IL 60606

Veterans' Treatment Court (VTC): 618-692-7040 ext. 4554

VTC's mission is to provide an inter-agency, collaborative, non-adversarial treatment strategy for veterans in the Criminal Justice System who suffer from PTSD or psychological and/or substance abuse problems as a result of having served in the Armed Forces.

509 Ramey Street, Suite 304

Edwardsville, IL 62025

Monday-Friday 8:30AM-4:30PM

COMMUNITY RESOURCES

Service Referrals

Alton Memorial Hospital Medical Stabilization Service: 618-463- 7780

Offers inpatient medical stabilization services to adults suffering from alcohol and other substance use disorders.

One Memorial Drive, 2nd Floor Olin Wing

Alton, IL 62002

Resources Hotline for Madison County: 618-296-5300

Referrals to food pantries, clothing assistance, emergency shelter, housing assistance, advice, and support.

Riverbend Family Ministries: 618-251-9790

Works with smaller non-profit organizations and together they provide resources and tools for self-sufficiency for families and individuals. Provides programs for various services such as counseling, career development, youth, and more.

144 East Ferguson Avenue

Wood River, IL 62095

United Way: 211 or 1-800-427-4626

24/7 free, confidential service that helps individuals find local resources in 180 languages.

Court/Legal Services

Adult Redeploy Illinois: 618-296-4907 (program contact) or 312-793-8949

Reallocating state resources to develop more effective, less expensive community-based alternatives to incarceration and improve access to interventions that reduce crime. Improves local capacity to identify, screen, assess, supervise, and treat participants who otherwise would face a prison sentence (involved in problem-solving courts such as drug, mental health, and veteran courts).

300 W. Adams Street Ste. 200
Chicago, IL 60606

Crime Victims Assistance Line: 1-800-228-3368, TTY: 1-877-398-1130

Offers a variety of programs to assist those who are victims to violent crimes (financial options are available if eligible)

Dream Center of Alton: 618-433-8899

Services available to individuals affected by the criminal justice system to help support a second chance at a better life.

3401 Fosterburg Road
Alton, IL 62002

Guardianship & Advocacy Commission/ Human Rights Authority: 1-866-274-8023, TTY: 1-866-333-3362

Office of state guardian, legal advocacy services, and human rights authority that protects the rights and promotes the welfare of persons with disability.

4500 College Ave Suite 100
Alton, IL 62002

Juvenile Redeploy Illinois: 312-861-6600

Redeploy Illinois seeks to decrease youth incarceration in the Department of Juvenile Justice through evidence-based community programs that maintain public safety and promote positive outcomes for youth. For ages 13-18.

Land of Lincoln Legal Aid: 618-462-0029

Provides low-income and senior residents of Illinois with high-quality civil legal aid.

8787 State Street, Ste 201
East St. Louis, IL 62203
Monday-Thursday 9:00AM-4:00PM, Friday 9:00AM-1:30PM

Madison County Catholic Charities Legal Services: | www.cc.dio.org |

This community-based quality legal services program helps people with little to no income obtain pro bono legal assistance in civil matters.

Two Office Locations:

3512 McArthur Boulevard
Alton, IL 62002
1-618-462-0634

1821 Edison Avenue
Granite City, IL 62040
1-618-877-1184

Madison County Legal Self-Help Center: 618-296-4472 or 618-296-4900

Provides legal forms and access to legal information free of charge to the public.

155 North Main Street

Edwardsville, IL 62025

Monday-Friday 8:30AM-12:00PM, 1:00PM-4:30PM

National Human Trafficking Hotline: 1-888-373-7888, text: 233733, TTY: 711

Get help, report a tip, and learn more.

Violence Prevention Center of Southwestern IL: 618-235-0892

A 24/7 crisis line that offers legal advocates who can assist with safety planning, court documents, and emotional support.

Employment Training

Lewis & Clark Community College: 618-468-5503

L&C's Career Services offers a variety of services and tools to assist students in the area of career development such as information and materials on job searching, resume writing, interviewing techniques, and job retention.

Monday - Friday, 8:00 AM to 4:30 PM

Madison County Employment and Training Department: 618-296-4301

Administers employment and training programs with a focus on creating partnerships with businesses and local government to establish services that prepare customers for employment.

Services include job listings, employment training, on-the-job training, recruitment assistance, youth employment and training, job and career fairs, referral services and other types of employer/employee assistance.

101 E. Edwardsville Road, Suite 1302

Wood River, IL 62095

Monday-Friday, 8:30 AM – 4:30 PM

Food Programs and Pantries

USDA National Hunger Hotline: 1-800-359-2163 (Illinois- English and Spanish) or 1-866-348-6479 (National) or 1-877-842-6273 (Spanish)

Helps individuals in need of food find resources.

Collinsville and Maryville Area Meals on Wheels: 618-345-7779

Home delivered meals.

195 W Country Lane

Collinsville, IL 62234

Collinsville Food Pantry: 618-346-1861

For Collinsville residents in need of food. Can "shop" for what is needed.
209 Mall Street
Collinsville, IL 62234
Everyday 9:00AM-12:00PM

Community Care Center Food Pantry: 618-876-8770

Food baskets for the elderly, individuals with disabilities, no transportation, single parents, and pregnant women.
1818 Cleveland Boulevard, Granite City, IL 62040
Monday-Thursday 9:00AM-3:00PM
Sack lunch is served from Monday-Thursday 11:00AM-12:00PM

Community Hope Center Food Pantry: 618-259-0959 or 618-251-8021

Helps support individuals in the community through difficult circumstances by providing a space to "shop" for food, clothing, and other household items. They also run a café called Soup for the Soul which provides nutritional meals for lunch.
1201 Hope Center Lane
Cottage Hills, IL 62018
By appointment only:
Mondays, Wednesdays, Fridays 9:00AM-11:00AM, Wednesdays 9:00AM-12:00PM & Thursdays 4:00PM-6:00PM, and Tuesdays between 9 am – 12 pm
Soup for the Soul Cafe open to all on Mondays, Wednesdays, Fridays 10:00AM-1:00PM & Tuesdays 10:00AM-12PM

Crisis Food Center Food Pantry: 618-462-8201

Distributes food to people in need.
21 East 6th Street
Alton, IL 62002

Edwardsville Area Meals on Wheels (Main Street Community Center): 618-656-0300

Assists seniors in the community in various ways who need food through different services and programs such as home-delivered lunches for seniors and adults with disabilities (4 days a week), Free Commodity Supplemental Food Boxes for seniors who qualify, and Vouchers for Illinois Senior Farmers Market Nutrition Program for those who qualify.
1003 N Main Street
Edwardsville, IL 62025

Glen-Ed Pantry: 618-656-7506

Food provided once per month, must meet financial criteria, service area includes the Edwardsville School District through appointments and walk-ins. If you are disabled, elderly, or have no transportation, delivery is available.
125 5th Avenue

Edwardsville, IL 62025
Monday & Wednesday 3:00PM-5:30PM
Tuesday, Thursday, and Friday 9:00AM-11:30AM

Guardian Angel Food Pantry (Catholic Charities): 618-462-0634 ext. 259

Providing food and personal care items to individuals and families in need. Food baskets are based on family size and can be received every 30 days.
3512 McArthur Boulevard
Alton, IL 62002
Wednesday and Friday 12:30PM-3:30PM

Highland Area Christian Service Ministry (HACSM): 618-654-9295

Drive thru food pantry.
900 Chestnut Street
Highland, IL 62249
Tuesdays 9:00AM-12:15PM & Thursdays 9:00AM-12:30PM
1st & 3rd Saturday of each month 9:00AM-12:15 PM

Highland Meals on Wheels- Home Delivered Meals: 618-954-0356

Delivers hot, nutritious meals to individuals at home.
12603 State Rte. 143
Highland, IL 62249

Maryville Outreach Center Food Pantry: 618-345-9693

Drive thru, call for appointment, Maryville residents only.
504 East Division Street
Maryville, IL 62062

Ministries Unlimited Food Pantry: 618-505-5053

Provides food assistance to individuals in the Triad School District. Call in advance to register for food pick up (food pick up allowed every 2 weeks).
310 Collinsville Road
Troy, IL 62294
Pantry Hours: Tuesdays and Fridays 9:00AM-12:00PM, Wednesdays and Thursdays 2:00PM-6:00PM

Operation Blessing Food Pantry: 618-251-5683

Serves Wood River, Fort Russel, and Chouteau townships.
18 East Lorena Avenue
Wood River, IL 62095
Monday-Thursday 10:00AM-1:00PM

Salvation Army Food Pantry

Offers food and nutrition programs.

Two Locations:

525 Alby Street
Alton, IL 62002
618-465-7764

Monday-Friday 9:00AM-12:00PM and
1:00PM-5:00PM

3007 E 23rd Street
Granite City, IL 62040
618-451-7957

Office is open Monday-Friday 9:00AM-
3:00PM

Senior Services Plus:

Home delivered and congregate meals for individuals 60+ years through their meals on wheels program which delivers on Mondays and Tuesdays 9AM-1PM. Their School House Grill restaurant has indoor dining and curbside carryout Mondays-Fridays 7AM-1PM for adults 60+

Two Locations:

2603 North Rodgers Avenue
Alton, IL 62002
618-465-3298

Monday-Friday 7:00AM-4:00PM

Congregate meals to individuals 60+ years
6400 W. Main St.
Belleville, IL 62223

618-222-9033

Monday-Friday 8:00AM-4:00PM

General Assistance

Agency for Community Transit (ACT): 618-797-4600 or 618-931-7433

ACT is a door-to-door service for qualifying individuals in Madison County. An application must be filled out to apply for services. Their Runabout program serves elderly and disabled residents and visitors.

American Red Cross: 618-397-4600

Provides numerous humanitarian services.

Two Locations:

2 Elm Drive
Belleville, IL 62221
618-397-4600

10195 Corporate Square
St. Louis, MO 63132
(314) 516-2800

Anderson Home Health Services: 618-288-9355

Provides comprehensive home health care (Medicare certified)

2133 Vadalabene Drive
Maryville, IL 62062

Monday-Friday 8:00AM-4:30PM

Bi-State Developmental Agency: 618-271-2345 or 314-982-1400

Transit Information for the MetroLink

BJC Home Care Services: 618-463-7541

Health care services including home health, infusion, home medical equipment, therapy, palliative home care, and hospice.
3535 College Avenue Suite B
Alton, IL 62002

Department of Children and Family Services (DCFS)

IL Child Abuse and Neglect Hotline: 1-800-252-2873

Department of Human Services Family Community Resource Center: 800-843-6154

"One stop" center for financial and medical assistance, food stamps, and job services.

Two Locations:

608 W St Louis Ave
East Alton, IL 62024

618-258-1660, TTY: 866-326-0270

1925 Madison Avenue
Granite City, IL 62040

618-877-9200, TTY: 866-326-0967

Equipping the Called Foster and Crisis Closet: | info@equippingthecalled.org |

Provides new/gently used clothing, new socks and underwear, diapers, wipes, toiletries, and other basics for children for licensed foster parents, those participating in the Safe Families program, and children in crisis (when identified by law enforcement, school administrators, medical staff, social workers, or clergy). By appointment only.

850 Vandalia Street Ste. 310 & 320
Collinsville, IL 62234

Gateway Regional Medical Center Home Health Care: 618-798-3200

Home health care that designs specific health plans for each client.

2421 Corporate Center, Ste. 101
Granite City, IL 62040

Monday-Friday 8:00AM-4:30PM

Healthy Families Illinois (HFI): 312-793-1476

A voluntary home visiting program that helps new and expectant parents strengthen their families' functioning and reduce their risk for child abuse and/or neglect.

Help at Home: 618-258-1155

Services include home care, care coordination, and home health services.

626 Wesley Drive Unit 626
Wood River, IL 62095

Monday-Friday 8:00AM-5:00PM

IL Community Care Program (CCP): 618-236-5863

Aimed towards assisting seniors to maintain their independence and provides cost effective alternatives to nursing home placement. Services include emergency home responsive services

and an automated medication dispenser service. Case workers determine eligibility for individuals 60 years and older.

Madison County Catholic Charities: | www.cc.dio.org |

Provides legal help, food pantries, crisis assistance, homeless prevention, prescription medication assistance, and help with transportation and identification.

Two Locations:

3512 McArthur Boulevard
Alton, IL 62002
618-462-0634

1821 Edison Avenue
Granite City, IL 62040
618-877-1184

Madison County Community Development: 618-692-8940 or 618-296-2499

Committed to expanding economic opportunities, promotes affordable housing and suitable living situations, provides necessary emergency service, and diligently works to alleviate conditions of poverty.

157 N. Main Street, Ste. 312
Edwardsville, IL 62025

Madison County Health Department: 618-692-8954

Health service programs and community resources are available as they work to prevent disease and promote healthier environments for all.

101 East Edwardsville Road
Wood River, IL 62095

Madison County Transit (MCT): 618-931-7433

MCT is a fixed route bus service in Madison County to Metro Link and downtown St. Louis. Offers direct, weekday, peak-only, limited stop commuter service from numerous locations.

OSF Home Care Services: 618-463-5683 or 800-673-5288

Home health care and hospice health care services
228 Alton Sq,
Alton, IL 62002

Hospice Location:

8630 Illinois Route 91
Peoria, IL 61615

Social Security Administration: 800-772-1213

All duties entailing social security cards, retirement, SSI, and Medicare sign-up.
501 Belle Street #103
Alton, IL 62002

Townships:

Alton Township: 618-462-0091
Collinsville Township: 618-344-1290

Edwardsville Township: 618- 656-0292

Fort Russel Township (Bethalto area): 618-377-8260
Fosterburg Township: 618-259-0726
Godfrey Township: 618-692-6270
Granite City Township: 618-877-0513
Helvetia Township (Highland Area): 618-654-4032
Nameoki Township (Granite City Area): 618-931-1230

Saline Township (Highland Area): 618-654-6692
Venice Township: 618-452-1121
Wood River Township: 618-259-2366
Serving the residents of Wood River, East Alton, Cottage Hills, Roxana, and portions of Bethalto and Hartford

Housing/Shelters

United Way Resources and Referrals: 800-427-4626 or dial 211

211 Cooling Sites: [Cooling Sites - United Way 2-1-1 \(211helps.org\)](https://www.211helps.org/cooling-sites)

211 Warming Centers: [Warming Sites - United Way 2-1-1 \(211helps.org\)](https://www.211helps.org/warming-sites)

Madison County Referral Line: 618-296-5300

National Call Center for Homeless Veterans: 877-424-3838

24/7 information about VA homeless programs, health care, and other services.

American Red Cross: 618-387-4600 or 1-800-733-2767

Alcoholic Rehabilitation Community Home (ARCH): 618-877-4987

Extended residential treatment center providing individualized care for men struggling with substance use disorders.

1313 21st Street

Granite City, IL 62040

Monday-Friday 8:00AM-4:30PM

Alton Housing Authority: 618-465-4269

Committed to providing quality and affordable housing for low-income families and the elderly in Alton.

2406 Crawford Avenue

Alton, IL 62002

Biddle House Opportunities Center: 314-612-1675, for shelter referral: 314-802-5444

Emergency shelter to single adult men experiencing homelessness.

1212 North 13th Street

Saint Louis, MO 63106

Centerstone of Illinois: 1-877-HOPE123 (1-877-467-3123) (Madison, Jersey and Metro)

Housing opportunities for individuals living with substance use disorders (residential treatment programs, inpatient detox services)

2615 Edwards Street
Alton, IL 62002

Chestnut Health Systems: 618-877-4420 (Madison, St. Clair, and Metro East) 888-924-3786 (Central IL)

Housing for persons living with substance use disorder and/or serious mental illness.

50 Northgate Industrial Drive
Granite City, IL 62040

Brightpoint (formally Children's Home and Aid)

Support services to run away, homeless, and at-risk youth 11-17 and their families.

Two Locations:

6 Crossroads Court

Alton, IL 62002

618-462-2714

Monday-Friday 8:30AM-4:30PM

2133 Johnson Road, Ste. 1101

Granite City, IL 62040

800-847-6770 or 618-452-8900

Monday-Friday 8:30AM-4:30PM

Caritas Family Solutions: 618-213-8700

Residential locations such as a maternity home and group homes for people with developmental disabilities. The Caritas Intact Family Program provides services and tools to help parents resolve their struggles or difficult circumstances to prevent their children from being placed in foster care.

8601 West Main Street, Ste. 201

Belleville, IL 62223

CDBG Family Living Center: 618-274-7832 or 618-274-7835

Homeless families residing in emergency shelters or similar facilities for a minimum of 30 days must be referred by the social service agency assisting the family in this first step of the continuum of services. They provide housing and supportive services as well as comprehensive case management services for each family.

510 N 25th Street

East Saint Louis, IL 62205

Good Samaritan House: 618-300-7255

Serves families who need temporary housing due to loss of income, family disruption, or for various other reasons.

1825 Delmar Avenue

Granite City, IL 62040

Granite City Housing Authority Subsidized Housing: 618-876-0975

Receives subsidy which is used to provide affordable housing to eligible applicants.

2517 Nameoki Road

Granite City, IL 62040
Monday-Friday 8:00AM-4:00PM

Catholic Urban Programs: 618-398-5616

Homeless prevention and emergency shelter options
7 Vieux Carre Drive
East Saint Louis, IL 62203

IMPACT CIL: 618-462-1411, TTY: 618-474-5333

Exists to help people with disabilities achieve maximum independence in work, school, housing and every part of life and participate fully and equally in their communities. Can connect individuals with various community resources.

2735 E. Broadway
Alton, IL 62002
Monday-Friday 8:00AM-12:00PM, 1:00PM-4:30PM

Madison County Community Development: 618-692-8940 or 618-296-2499

Promotes affordable housing and suitable living situations, provides necessary emergency service, and diligently works to alleviate conditions of poverty.

157 N. Main Street, Ste. 312
Edwardsville, IL 62025

Madison County Housing Authority Subsidized Housing: 618-345-5142

Low rent housing
2 Eastport Plaza Drive
Collinsville, IL 62234
Monday-Friday 8:00AM-4:30PM

Oxford House: 301-587-2916 or 800-689-6411 | [Oxford House](#) |

Provides housing lead by peer governed homes for individuals with substance use disorders. Houses women with children, men, and women- check the website for locations and vacancies.

Riverbend Family Ministries: 618-251-9790

Rental assistance with their Client Service Department and Warm Neighbors Cool Friends Programs.

144 East Ferguson Avenue
Wood River, IL 62095

Salvation Army: 618-465-7764

Provides emergency assistance to help with mortgage/rent, utility bills, clothing, medication bills, and other needs to keep families in their homes.

525 Alby Street
Alton, IL 62002

Supportive Services for Veterans Families (Chestnut Health Systems): 618-512-1823

Promotes stability among very low-income veteran families who reside in or are transitioning to permanent housing in Madison County. Provides case management and supportive services to prevent the imminent loss of a veteran's home and can help identify a new, more suitable housing situation if necessary. Will help to rapidly re-house veterans and their families who are homeless.

50 Northgate Industrial Drive
Granite City, IL 62040

Violence Prevention Center of Southwestern IL: 24 Hour Crisis Line: 618-235-0892

Emergency shelter for survivors of domestic violence and their children. Admittance can be provided 24 hours a day.

Warming Center at Deliverance Temple Church: 618-465-0463

| altonwarmingcenters@gmail.com |
1125 East 6th Street
Alton, IL 62002

Support Services/Groups

Local Hospital Support Groups

There are many support groups at surrounding hospitals and other buildings (information found on websites listed):

Diabetes and Bariatrics: Alton Memorial Hospital in Alton, IL

[Alton Memorial Hospital > Classes & Events > Support Groups](#)

Take Care, Ostomy, Air Link, Diabetes, Grief, Pregnancy & Infant Loss, Breast Cancer:

Anderson Hospital located in Maryville, IL

[Support Groups | Anderson Hospital](#)

Grief & Loss, Breastfeeding: Saint Anthony's Hospital in Alton, IL

[Search Results | OSF HealthCare](#)

Cancer, Pregnancy & Infant Loss: HSHS St. Elizabeth's Hospital in O'Fallon, IL

[Women's Cancer Support Group \(hshs.org\)](#)

[Pregnancy and Infant Loss Support at HSHS St. Elizabeth's Hospital](#)

Southwestern Illinois: 618-798-9788

[Support Groups - NAMI Southwestern Illinois - NAMI Southwestern Illinois \(namiswi.org\)](#)

Mental health recovery services for individuals and their families living with mental illness. Including support groups, education, and advocacy.

2100 Madison Avenue 4th Floor

Granite City, IL 62040

Monday-Friday 10:00AM-6:00PM

Overeaters Anonymous: Location for meetings vary and multiple options are available.

[Find a meeting - Overeaters Anonymous \(oa.org\)](http://oa.org)

First Presbyterian Church

514 Alby (at 4th St.)

Alton, IL 62002

Wednesday 7:00 PM

School Based Services

Big Brothers Big Sisters: 618-398-3162

Mentoring program

Catholic Charities of Madison County: 618-465-3594

School based services and therapeutic services

Education Therapy Center: 618-296-4530

Regional safe school program

Heartlinks Grief Center: 618-277-1800

School support groups and they provide onsite grief support.

Madison County Child Advocacy Center: 618-296-5390

Trauma informed therapy (not directly in schools)

NAMI: 618-798-9788

Ending the Silence for School Students, School Staff, & Families, a presentation about learning the warning signs of mental health conditions

Refuge: 618-251-9790

Child focused trauma informed-therapy, community education, receives referrals from schools.

Riverbend Family Ministries: 618-251-9790

SOAR Program: Students Learning the Ongoing Approach to Resilience

Chestnut Health Systems: 618-877-4420

School-based services providing comprehensive clinical services to children who are having issues related to their mental health. Their goal is to reach out to children experiencing difficulties in the school setting, collaborate with school personnel, the child's family, and reduce the negative impact of their mental health symptoms in each setting.

Centerstone of Illinois: 1-877-HOPE123 (877-467-3132)

Offers school-based therapy in over 750 schools which is designed to help children and teens overcome emotional, behavioral, and social problems that impact their success in school and at home.

Online Resources

The below resources were verified October 2023 and are subject to change - please always double-check information.

Mental Health Apps

Overall: [Moodfit](#)

Therapy: [BetterHelp](#)

Learning Coping Skills: [MoodMission](#)

Selfcare: [Sanvello](#)

Sleep & Meditation: [Calm](#)

Control Feelings: [Happify](#)

BIPOC: [Shine](#)

Bipolar Disorders, Depression, PTSD, & Anxiety Symptom Tracker: [eMoods](#)

Symptom Tracking: [Bearable](#)

ADHD: [Todoist](#)

PTSD: [PTSD Coach](#)

Personalized mental health support for LGBTQIA+ teens and young adults: [Gender Identity \(charliehealth.com\)](#)

Affirmations and Motivations: [ThinkUp: Positive Affirmations](#)

[Shine](#)

Grateful: [Grateful: A Gratitude Journal on the App Store \(apple.com\)](#)

Affirmations: [Instar Affirmation Writer](#)

Mindfulness: [Smiling Mind](#)

Affirmations: [Unique Daily Affirmations](#)

Healthy Mindset, Positivity with Andrew Johnson: [Positivity with AJ on the App Store \(apple.com\)](#)

Relaxation: [Calm](#)

Motivation – Daily Quotes: [Motivation - Daily quotes on the App Store \(apple.com\)](#)

Affirmations: I am: I am - Daily Affirmations on the App Store (apple.com)

Mental Health for Farmers:

[Supporting Family Farmers: Farm Aid's Work](#): 1-800-FARM-AID (1-800-327-6243)

Farm and Rural Stress Hotline: 1-800-691-4336 (free, confidential & available 24/7)

[Farm and Rural Stress Hotline \(avera.org\)](#)

[Home - AgriSafe Network](#): 833-897-2474 (free, confidential & available 24/7)

[Illinois AgrAbility \(agrabilityunlimited.org\)](#): enhance quality of life for farmers, ranchers, and other agricultural workers with disabilities/limitations (free services)

Online Resources and Therapy Services:

Overall: [BetterHelp](#)

Overall: [Talkspace](#)

Couples: [ReGain](#)

Without Insurance: [Wellnite](#)

Psychiatry, No Insurance: [Rethink My Therapy](#)

BIPOC Community: [Ayana Therapy](#)

Flexible Scheduling 24/7: [Amwell](#)

LGBTQIA+ Community: [Pride Counseling SQSH St. Louis \(LGBTQIA+\): Resources & Referrals — SQSH \(thesqsh.org\)](#)
Grief Counseling: [Teladoc Health](#)
Group Support: [Circles](#)
Alcohol Treatment: [Monument](#)
CBT: [CBT Online - Cognitive Behavioral Therapy Online - Virtual CBT Therapy](#)

Christians: [Faithful Counseling Intellectual Disability – Support, Counseling, and Therapy for Intellectual Disability \(goodtherapy.org\)](#)
[National Deaf Counseling Services | Deaf Counseling Center](#)
Youth Outlook (LGBTQIA+): [Resources | Youth Outlook \(youth-outlook.org\)](#)

Black-led Resources for Mental Health:

[The Nap Ministry](#)
[Black Girl in Om Beronda](#)
[Montgomery \(mentoring, leadership\)](#)
Women's Health in Women's Hands: [Women's Health In Women's Hands \(whiwh.com\)](#)
The Black Health Alliance: <http://blackhealthalliance.ca/>
A list of Mental Health Resources Available for People of Color: [Mental Health Services Available To The Black Community \(refinery29.com\)](#)
BLACKLINE: [Call BlackLine—Crisis Call Line](#)
12 Black Mental Health and Wellness Resources to Follow on Instagram: <https://www.vogue.com/article/black-mental-health-wellness-instagram-accounts>

Raising Hope: Parenting in an anti-Black Environment: <https://theconversation.com/raising-hope-parenting-in-an-anti-black-environment-87070>
Therapy for black men: <https://therapyforblackmen.org/>
Therapy for Black Girls <https://therapyforblackgirls.com>
[Podcast — Therapy For Black Girls](#)
[Mental Health Video Resource Library | NAMI: National Alliance on Mental Illness](#)
[A Mother's Vow Of Mental Health Advocacy For Her Daughter - YouTube](#)
Black Emotional and Mental Health Collective, [BEAM: Black Emotional and Mental Health Collective](#)

Apps for Individuals with Disability:

From picture-based communication systems to finding accessible locations, you can make life a little easier with these assistive apps for disabled people.

Voice4u AAC:

This Augmentative and Alternative Communication (AAC) app provides a picture-based communication system for people with speech challenges. It comes pre-loaded with more than 180 icons; and you can make your own icons to expand the built-in library, record your own voice and even print matching picture cards. Ideal for non-verbal people, people on the autism spectrum, stroke victims and anyone who struggles with communication. With its \$60 price point, Voice4u AAC is much more affordable than expensive standalone units.

Proloquo2Go:

This AAC app was created to be a daily communication tool for people with speech challenges. Users communicate by tapping symbols from the 10,000+-word library. The app features customizable vocabulary levels so it's appropriate for a range of fine motor and visual skills, and even has a progressive language feature that can help people extend their vocabularies.

Be My Eyes:

This app connects blind and low-vision people with sighted volunteers through live video calls. The sighted volunteers assist with guided problem-solving. For example, it can be used to help find lost or dropped items, describe pictures, read labels, shopping at stores, and navigating new places.

Subtitles Viewer:

Powered by the OpenSubtitles database, this app lets you view subtitles on your iOS device while watching TV or at the movies – which makes it one of the most entertaining apps for disabled people. Since most TVs, DVDs, Blu-Rays and streaming services like Netflix and Amazon Prime Video offer built-in subtitle functionality, this app might be best used in the movie theater – provided you can use it without disturbing other moviegoers.

Access Now:

Access Now is a community-driven app that pinpoints accessible locations on an interactive map. You can look up places like restaurants, museums and attractions and view their accessibility ratings: accessible, partially accessible, patio access only and not accessible. You can also rate locations and even add your own to help others in the community.

CoughDrop:

CoughDrop is an AAC app that is available as a monthly subscription or can be bought as a lifetime purchase. There are many conditions—such as Down's syndrome, Angelman syndrome, cerebral palsy, and others—that make an individual's speech difficult to understand. They want to raise the bar for assistive technology without breaking the bank and believe in open standards and open access so communicators are free to build the solution that will work best for them. The company says the app was designed with an "open mindset" to help people with disabilities.

NotNav GPS Accessibility:

NotNav is a free GPS app for the visually impaired. NotNav goes a step beyond traditional GPS systems by announcing your direction, the nearest street address, and nearby cross streets. This GPS app is special in that it is was designed "by the blind, for the blind" and assists users with walking, not driving. And it's free!

Spoken AAC:

Spoken words via tap-to-talk and uses predictive technology to simplify communication for people with aphasia and other speech and language disorders. Instead of limiting users to simple phrases and icons, the app predicts the next words you're likely to use so you can quickly build complete sentences.

Speak4Me - Text to Speech on the App Store (apple.com):

Can easily convert any text into speech and there are dozens of voices and languages to choose from.