

Directory of Community Mental Health Resources

MENTAL



HEALTH

The ***Directory of Community Mental Health Resources*** was developed to help Alton area constituents in locating reliable mental health organizations within the local community. The organizations may extend to Wood River, Edwardsville, and Granite City; however, it is meant to be easy to locate whenever you or your loved one may need help. National helplines were added for more support. These are either Helplines or websites that may be useful for your mental wellness journey.

The Madison County Mental Health Board has developed a 2021 Resource Directory which can be found at https://www.co.madison.il.us/departments/mental_health/resource_directories.php. It is more comprehensive in that it covers all of Madison County.

For those needing help or wanting to learn more about mental health issues, these local and national resources are meant to be a link to information. This directory is not meant to be an extensive list of mental health organizations or to be intended as medical advice. Information contained in the directory may be subject to change. Some of these organizations provide a wide array of services and are listed more than once.

Mental Health Hotlines

Call 911 if you or someone you love is experiencing immediate danger or a life-threatening medical emergency.

National Suicide Prevention Lifeline
1-800-273-8255

Veterans Crisis Line
1-800-273-TALK (8255) and press 1; or text 838255

Centerstone of Illinois, Inc
24-hour crisis line: 618-465-4388

Chestnut Health Systems
24-hour crisis line: 618-877-0316

Crisis Text Line
Text the word “home” to 741-741

Call for Help
24-hour sexual assault hotline: 618-397-0975

Domestic Violence Hotline
For anyone affected by abuse and needing support,
call 1-800-799-7233, or text LOVEIS to 1-866-331-9474.
TTY 1-800-787-3224

The Trevor Lifeline
LGBTQ Youth call 1-866-488-7386

Addiction Recovery

Alton Memorial Hospital, Medical Stabilization Service

1 Memorial Dr.

Alton IL 62002

618-463-7780

<https://www.altonmemorialhospital.org/Medical-Services/Medical-Stabilization>

Provides support to adults who are currently using or experiencing acute withdrawal symptoms from drugs or alcohol.

Amare, NFP. Riverbend Family Ministries

131 E. Ferguson Ave.

Wood River, IL 62095

618-5-251-9790

<https://riverbendfamilyministries.com>

Works with those in alcohol/drug addiction, depression, and/or suicidal tendencies along with the families and community.

Centerstone – Alton

2615 Edwards St.

Alton, IL 62002

618-462-2331 or (24-hour helpline) 618-465-4388; 618-877-0316

<https://centerstone.org/locations/illinois/facilities/centerstone-alton-edwards-street>

Psychiatrists, psychologists, and case managers provide mental health care for adults with common mental health disorders; provides substance use disorder treatment; education and support to the community.

Chestnut Health Systems

50 Northgate Industrial Dr.

Granite City, IL 62040

618-877-4420 or (24-hour helpline) 618-877-0316

www.chestnut.org

Provides education and prevention for substance abuse as well as treatment and recovery.

Illinois Warm Line

1-866-359-7953 or connect to a counselor by texting TALK to 552020.

If you or a family member have mental health and /or substance use challenges and would like to receive support by phone, call the Illinois Warm Line.

Southern Illinois Healthcare Foundation (SIHF)

Behavioral Health

4 Memorial Dr., Building B, Suite 210

Alton, IL 62002

618-463-5905

<https://www.sihf.org/patient-care-services/behavioral-health>

Behavioral health specialists work with each individual patient to create a customized treatment plan.

Specializes in chemical dependency and many more conditions.

Child, Teen and Family Services

Centerstone – Alton

2615 Edwards St.

Alton, IL 62002

618-462-2331 or (24-hour helpline) 618-465-4388; 618-877-0316

Counselors and therapists develop treatment plans to accommodate each child's specific needs. Services include individual, group, and family counseling.

Chestnut Health Systems

50 Northgate Industrial Dr.

Granite City, IL 62040

618-877-4420 or (24-hour helpline) 618-877-0316

www.chestnut.org

Provides comprehensive treatment for children and youth from birth to 21.

Children's Home and Aid

6 Crossroads Court

Alton, IL 62002

618-462-2714

<https://www.childrenhomeandaid.org/counseling-programs-services>

Provides counseling to youth of all ages. The program helps children and families make positive changes in their lives. Programs for pregnant teens and single moms.

Crisis and Referral Entry Services (CARES)

1-800-345-9049

1-773-523-4504 (TTY)

<https://www.dhs.state.il.us/page.aspx?item=92597>

Handles mental health crisis calls for children and youth in Illinois. Call when you think a child is at risk to self or others, or is having a mental health crisis.

Madison County Child Advocacy Center

101 E. Edwardsville Rd.

Wood River, IL 62095

618-296-5390

https://www.co.madison.il.us/departments/child_advocacy_center/index.php

Case management and forensic interviews for children involved in allegations of abuse. Referrals are made through the Illinois Department of Children and Family Services. **1-800-25-ABUSE (22873)**

**National Alliance on Mental Health (NAMI) –
Southwestern Illinois**

Gateway Regional Medical Center

2100 Madison Ave. 4th floor

Granite City, IL 62040-4701

618-798-9788

<http://namiswi.org>

Provides support, education and advocacy for persons with mental illnesses and their families.

Refuge. Riverbend Family Ministries

131 E. Ferguson Ave.

Wood River, IL 62095

618-251-9790

<https://riverbendfamilyministries.com>

Works to prevent childhood exposure to violence and abuse through direct therapeutic work with families and supportive services for child-serving organizations.

Primary focus is on children birth to 11 years old.

For further information or referral: phone: 618-251-9790 ext. 203 or email: info@refuge4kids.org .

Your Life Your Voice

<https://www.yourlifeyourvoice.org>

1-800-448-3000; or text VOICE to 20121

Thoughts of harming yourself or you are being abused, counselors are ready for your call 24/7.

My Life My Voice mobile app is a mood journal right on your phone.

Counseling/Psychotherapy

Alternative Counseling

307 Henry St. #100

Alton, IL 62002

618-288-8085

<https://www.achelps.org>

Counseling and evaluations to individuals, groups and families.

Behavioral Health Alternatives

337 E. Ferguson Ave.

Wood River, IL 62095

618-251-4073; TTY: 618-254-5524

Provides comprehensive outpatient mental health services by professional staff within a recovery-based Care Management Program. Help in resolving emotional issues and develop mental health skills.

Centerstone – Alton

2615 Edwards St.

Alton, IL 62002

618-462-2331; 1-877-467-3123

Counseling for children, families and couples who suffer from a myriad of behavioral health challenges.

Chestnut Health Systems

50 Northgate Industrial Dr.

Granite City, IL 62040

618-877-4420 or (24-hour helpline) 618-877-0316

www.chestnut.org

Counseling for couples, family, children and domestic violence.

Madison County Catholic Charities

3512 McArthur Boulevard

Alton, IL 62002

<https://cc.dio.org/locations/madison-county>

Therapeutic services are provided to individuals, couples and families by licensed professionals and focus on helping clients cope with life's challenges in order to return to their optimum level of functioning.

OSF St. Anthony's Health Center. Psychological Services

1 St. Anthony's Way, 4th floor

Alton, IL 62002

618-474-6240

OSF Behavioral and Mental Health offers support to adults, teens, children seeking diagnosis, short-term treatment or long term-treatment of mental and emotional health issues.

Pathways. Riverbend Family Ministries

131 E. Ferguson Ave.

Wood River, IL 62095

618-251-9790

<https://riverbendfamilyministries.com>

Qualified mental health professionals deal with a broad range of relational and psychological issues with both expertise and Christian compassion.

Southern Illinois Healthcare Foundation Behavioral Health

4 Memorial Dr., Building B, Suite 210
Alton, IL 62002
618-463-5905

<https://www.sihf.org/patient-care-services/behavioral-health>

Behavioral health specialists work with each individual patient to create a customized treatment plan. Specializes in chemical dependency and many mental health conditions.

Domestic Violence

Domestic Violence Hotline

For anyone affected by abuse and needing support, call 1-800-799-7233, or text LOVEIS to 1-866-331-9474. TTY 1-800-787-3224

Chestnut Health Systems

50 Northgate Industrial Dr.
Granite City, IL 62040
618-877-4420 or (24-hour helpline) 618-877-0316
www.chestnut.org

Group Interventions. Riverbend Family Ministries

131 E. Ferguson Ave.
Wood River, IL 62095
618-251-9790

<https://riverbendfamilyministries.com>

Serves domestic violence abusers in Madison County. Conduct group sessions for the abuser and provide the opportunity to develop skills so they can make different choices in their relationships.

Call 618-644-4103 for more information

Oasis Women's Center

111 Market St.

Alton, IL 62002

618-465-1978

www.womenshelters.org/det/il-oasis-womens-center

Provides shelter and recovery for domestic violence victims.

Refuge. Riverbend Family Ministries

131 E. Ferguson Ave.

Wood River, IL 62095

618-251-9790

<https://riverbendfamilyministries.com>

Works to prevent childhood exposure to violence and abuse through direct therapeutic work with families and supportive services for children.

Psychiatric Care

Behavioral Health Alternatives

337 E. Ferguson Ave.

Wood River, IL 62095

618-251-4073; TTY: 618-2545524

Provides comprehensive outpatient mental health services. Among these services are psychiatric medication and services.

Centerstone – Alton

2615 Edwards St.

Alton, IL 62002

618-462-2331; 1-877-467-3123

Expert psychiatrists, psychologists and case managers evaluate you to help determine the type of mental health care you need. Help with treating common mental disorders, such as: depression, anxiety, schizophrenia, PTSD, and ADHD.

Chestnut Health Systems Crisis Stabilization Unit (CSU)

50 Northgate Industrial Dr.

Granite City, IL 62040

618-877-4420 or (24-hour helpline) 618-877-0316

www.chestnut.org

Provides 24-hour supervised care for persons 18 years and older experiencing an acute psychiatric crisis that do not require hospitalization. Average length of stay is 14 days. Admission to CSU is voluntary.

Sexual Violence

Call For Help

235 E. Delmar Ave.

Alton, IL 62002

618-462-0552

24-hour sexual assault hotline. 618-397-0975

Trained advocates are on call 24/7 to provide any survivors of sexual violence confidential crisis support and ongoing services for counseling, medical advocacy, legal advocacy, and emotional support.

Support Groups

Alcohol Anonymous

Answering Service for Alton: 800-307-6600

For information about online meetings/online groups:

<http://aa-intergroup.org>

Alton Memorial Hospital

<https://www.altonmemorialhospital.org/classes-events/support-groups>

Support groups include Alzheimer's; Diabetes; and Easier Beats and Breaths.

St. Anthony's Hospital

<https://www.osfhealthcare.org/cancer/support/groups>

Cancer support.

SOAR (Students Learning the Ongoing Approach to Resilience). Riverbend Family Ministries

131 E. Ferguson Ave.

Wood River, IL 62095

618-5-251-9790

<https://riverbendfamilyministries.com>

SOAR is a 10-session weekly psychoeducation group.

Each session will provide education and activities related to relevant topics and critical to promoting resilient adolescents. Some of these topics include healthy relationships, conflict resolution, impacts of violence, and empathy.

Supportive Services for Veterans/Families

Centerstone – Alton

2615 Edwards St.

Alton, IL 62002

618-462-2331 or 1-877-467-3123

<https://centerstone.org/military-services>

Provides care for service members, veterans and family members.

Supportive Services for Veteran Families (SSVF).

Chestnut Health Systems.

50 Northgate Industrial Dr.

Granite City, IL 62040

618-296-5300 (screening); 618-512-1823

Provides supportive services to veterans or member of a veteran family who have very low income and are homeless or in imminent danger of homelessness.

Referral Resources

Madison County Mental Health Board

618-296-4397

National Alliance on Mental Illness – Southwestern Illinois (NAMI SWI)

Gateway Regional Medical Center

2100 Madison Ave., 4th floor

Granite City, IL 62040

618-798-9788

United Way – 211

Phone 211 or dial 1-800-427-4626

<https://www.211.org>

For referrals to health and human services and other social assistance programs.

Additional Mental Health Resources

HelpGuides

<https://www.helpguide.org>

HelpGuide is a nonprofit that runs one of the world's top 10 mental health websites to improve your mental health and make healthy changes.

Medline Plus

Mental Health

<https://medlineplus.gov/mentalhealth.html>

Offers mental health topics, drug information, a medical dictionary, medical encyclopedia and more.

National Institute of Mental Health (NIMH)

<https://www.nimh.nih.gov>

Caring for your mental health. Mental health is more than the absence of a mental illness – its essential to your overall health and quality of life. Self-care can play a role in maintaining your mental health.

NOTES

Hayner Public Library
Reference Services
reference@haynerlibrary.org
618-462-0677 10/21/2021