

ILLINOIS RESOURCES

Your pediatrician is a great FIRST Resource for Mental Health Information.

***Alive and Well Communities**

Promotes healing in the community by offering a variety of Mental Health focused resources and trainings across Missouri, Illinois, and Kansas City.

<https://www.awcommunities.org/work-with-us#one-time-trainings>

***Big Brothers Big Sisters of Southwestern Illinois (BBBSIL)**

Provides short term counseling to children, families and groups who have been identified as needing assistance in resolving psychological and relationship issues.

www.bbbsil.org

***Behavioral Health Response**

In conjunction with Access Crisis Intervention, BHR offers **24/7** telephone counseling, web chat, and crisis support. Their Youth Connection Helpline allows youths to speak with a clinician.

www.bhrstl.org

Helpline: 1-800-811-4760 / Local: 314-469-6644

***Provident STL**

A 24/7 helpline, counseling, and psychiatric services for those with mental health needs and their friends and family.

www.providentstl.org

Helpline: 1-800-273-8255

***Chestnut Health Systems**

Provides comprehensive treatment from experienced staff for adolescents and adults struggling with a range of behavioral and mental health problems.

www.chestnut.org

***Comprehensive Behavioral Health Center**

Offers a range of services for individuals struggling with mental health problems including therapy, parenting classes, crisis intervention, and specialized children services.

www.cbhc1.org

***Lutheran Child & Family Services of Illinois**

LCFS provides therapy and counseling for children expressing concerning behaviors and is able to provide help in both school and office settings.

<https://lcfs.org/program/counseling/>

***Centerstone**

Offers comprehensive care for teens and parents of teens including psychiatric counseling, social, and crisis services.

www.centerstone.org

***Touchette Regional Hospital**

Provides psychiatric services for all ages including inpatient, outpatient, medical stabilization, substance abuse, and electroconvulsive therapy programs.

<https://touchette.org/services/behavioral-health-and-wellness>

***Karla Smith Behavioral Health**

Offers consultations, treatment placement, family intervention, and therapy for individuals and families with mental health disorders.

www.karlasmithbehavioralhealth.org

***St. Louis Children's Hospital/454-TEEN Hotline**

A helpline for parents of teens to help answer questions and concerns about their teen's behavior.

Weekdays 9 am - 4 pm. Call 314-454-8336

***NAMI Illinois (National Alliance on Mental Illness)**

Offers a crisis helpline, counseling, and additional resources for youths experiencing mental health crises.

www.namiillinois.org

Weekdays 9am-5pm

Helpline: 1-800-273-8255 / Local: 314-962-4670

***Crisis Text Line**

A free, 24/7 text-based mental health support from a trained Crisis Counselor.

www.crisistextline.org

Text HOME to 741741 or message on WhatsApp

***AFSP Illinois (American Foundation for Suicide Prevention)**

A national campaign to reduce loss of life from suicide that raises awareness and provides resources and trainings.

www.afsp.org/chapter/illinois