# Eastern Illinois Counseling Clinic Referral List

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## Local Coles Country Area Providers

|  |  |  |  |
| --- | --- | --- | --- |
| Agency Name | Address/website  | Phone/email | Comments  |
| Lifelinks Mental Health | 750 Broadway Ave. east , Mattoonhttps://www.lifelinksinc.org/ | (217)238-5700   | * Most major Insurances
* Takes State Medicaid
* Outpatient counseling and Case Management Services
* May have Social Worker on Site for student insurance (call ahead)
 |
| Journey Counseling   | 121 W State St, Charlestonhttps://www.journeyprofessionalcounseling.com  | (217)345-4642   | * Most major insurances
* Offers telehealth
 |
| Neroharmony   | 1836 Victoria Lane, Charleston IL  <https://www.neuroharmony.org/> | (217)508-7953   | * Most Major Insurances
* State Medicaid
* May have Social Worker on Site for student insurance (call ahead)
* EMDR
* Offers telehealth
 |
| Elliot Counseling Group   | 105 8th St, Mattoon Il 61938  <https://elliottcounselinggroup.com/> | (217)398-9066  staff@ecgstaff.com | * Offices in Mattoon, Champaign, and Tuscola
* Has Telehealth options
* Takes Most major Private insurance
* Has several LCSW on staff to take student insurance
* Gender affirming care program
* Sexual Health and wellness program
* Medication management
 |
| EverGreen Counseling and Coaching  | 913 Lake Land Blvd, Mattoon,<https://cuevergreen.com/> | 217-714-7042 | * Has LCSW to take Student Insurance
* Takes Medicaid
* Takes most Major Insurance
* Can be seen on a sliding fee scale
* Additional offices in Champaign, Peoria, Bloomington, Springfield
* Diagnostic/psychological testing
* Offers telehealth
* Form online to complete if interested in services
 |

## Central IL Area Providers

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Agency Name | Address/website  | Town | Phone/email | Comments  |
| Keri Powell Therapy  | 41 E University Ave #3a<https://kptherapy.com/>  | Champaign | 217-352-0200  | * Locations in Champaign, Mohomet, Monticello, Tuscola, Oak Brook
* Has LCSW for Student Insurance
* Takes most major insurance
* Has form on website to access services
* Offers telehealth services
 |
| The Rock Counseling Group  | 201 West Springfield Avenue, Suite 1201, <https://www.therockcounselinggroup.com/> | Champaign | 217-722-9079  | * Has LCSW for Student Insurance
* Takes most major insurance
 |
| Champaign Counseling | 313 N Mattis Ave Suite 116, <https://www.champaigncounseling.com/> | Champaign  | 217-203-2008info@champaigncounseling.com | * Has LCSW for Student Insurance
* Takes most major insurance
* Offers EMDR
 |
| Bodhi Counseling   | 100 Trade Ctr Dr # 302<https://www.bodhicounseling.care/> | Champaign | 217-731-4638  | * Has LCSW for Student Insurance
* Takes most major insurance
 |
| Shoreline Therapy | <https://www.shorelinetherapypllc.com/>megan@shorelinetherapypllc.com | Champaign Area | 217-439-4255  | * Specializes in mental health for military/Emergency service professionals
* Sliding fee scale to offer lower rates
* BCBS, Cigna, United Healthcare
* LCSW on staff to take student insurance
* telehealth only
 |
| KC Counseling  | 328 N Neil St<https://www.kccounselingllc.com/>  | Champaign  | 217-377-0299   | * Treats eating Disorders and Body Image
* Offers reduced rates
* Accepts Medicaid
* Accepts Most Major Insurance
* Has dietitians on staff
* Offers telehealth
* LCSWs on staff for student insurance
 |
| TrueNorth Counseling  | 201 W. Springfield AveSuite 210<https://www.truenorthcounselingcu.com/> | Champaign | 217-403-3352 | * Accepts most major insurance plans
* Online form for requesting appointment
* Offers telehealth
* May have LCSW on staff for student insurance (call ahead and ask)
 |
| Rise Behavioral Health | 114. W. Houghton Street<https://www.risedoco.com/> | Tuscola | 217-253-4731 | * Must live in Douglas County
* Accepts most major insurance plans
* Accepts Managed Medicaid
* Counseling, psychiatric services, substance use counseling
 |
| The Wellness Loft | 408 S. 4th Street,<https://www.thewellnessloft.com/contact-us> | Effingham | (217) 347-5118info@thewellnessloft.com | * Individual Counseling, relationship counseling, Nutritional counseling
* May take student insurance. LCSW on staff. (call ahead)
* Form on website for more information
 |
| New Light Counseling | 1300 S Raney St, Ste 2[https://www.newlightcounseling.org](https://www.newlightcounseling.org/amenities) | Effingham | 217.342.7155 | * Individual, family, and couples couseling
* Anger management
* Takes some Managed Medicaid plans
* Takes most major insurance
* Contact form on website
 |

## Chicago Area Providers (Contact EIU CC for more options if needed)

|  |  |  |  |
| --- | --- | --- | --- |
| Agency Name | Address/website  | Phone/email | Comments  |
| Community Counseling Centers of Chicago   | Offices across the city of Chicago https://www.c4chicago.org/ | 833-4HOPEC4 | * Walk in services, Crisis Intervention
* Form on website for more information
* Counseling and case management services
* Sexual trauma recovery therapy
* Psychiatric services
* Substance use/recovery counseling
* Anger management services
 |
| Center Focused Therapy | 333 N Michigan Ave., Suite 2400Chicago https://www.centerfocusedtherapy.com/ | 773-609-0361 | * Services provided: individual and group therapy, psychiatry services
* Languages offered: English, Hindi, Mandarin
* Sliding scale fee
* Offers gender affirming care
 |
| Advocate Behavioral Health  | 913 W. Wellington Ave., 2nd FloorChicago, IL https://www.advocatehealth.com/immc/health-services/behavioral-health-care | 872-843-0200 | * Individual and group counseling
* Crisis services
* Psychiatric medication services
* Language in ASL, English, and Spanish
* DBT Groups
* Takes most major insurances and Medicaid
 |
| Cicero Family Services | 5341 W Cermak Road ,Cicerohttps://www.cicerofs.org/ | 708-656-6430 | * Individual counseling and groups
* Services in English and Spanish
* Medication management
* Accepts state insurance/Medicaid
* Accepts most major insurance plans
 |
| Sage Stone Counseling | Offices across Chicago and in Palatine | 312-588-6852Intake@SageStoneCounseling.com | * Individual Counseling
* Offers EMDR
* Accepts some major insurances
* From online regarding payment/insurance rates
* Form EIU Counseling Intern
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## St Louis Area Providers (Contact EIU CC for more options if needed)

|  |  |  |  |
| --- | --- | --- | --- |
| Agency Name | Address/website  | Phone/email | Comments  |
| St Louis Counseling Center  | 12801 Flushing Meadows Drive Suite 250 Town & Country, MO 63131 https://www.stlouiscounselingcenter.com/ | 314-527-0749  | * Individual, couples and groups
* Offers EMDR
* Offers counseling on Sex addiction
* Offers counseling for Disordered Eating
 |
| St Louis UniversityCenter for Counseling and Family Therapy  | 3700 Lindell Blvd. Morrissey Hall, Suite 1100St. Louis, MOhttps://www.slu.edu/medicine/family-medicine/family-therapy/faculty-clinics/index.php | 314-977-2505ccft@health.slu.edu | * Masters and Doctoral interns
* Virtual sessions are offered
 |
| Kaleo Counseling | 5498 St. Charles Street Cottleville, MO https://www.kaleostl.com/ | 636-447-0100 | * Offices in St Charles and St Louis MO
* Individual, couples, family and grief therapy offered
* Consultation form online
* Intern rate is $10 a session
* May have reduced fee options
 |
| Centerstone | Locations throughout Marion, Carterville, Carbondale, Alton, West Frankforthttps://centerstone.org/locations/illinois/#nav-locations | (877) 467-3123. | * Takes most major insurance
* Takes state insurance/Medicaid
* Offers financial assistance/sliding fee scale
* Offices throughout St Louis Area/Southern IlL
* Marion, Carterville, Carbondale, Alton, West Frankfort
* Contact form online
 |
| Comprehensive Behavioral Health | 505 South 8th StreetE. St. Louis, ILhttps://cbhc1.org/ | (618) 482-7330  | * Counseling, Case Management, Crisis services
* Substance use services
* Parenting classes
* Takes most major insurance
* Takes Medicaid/State insurance
 |
| Avenues Counseling  | 1612 S. Big Bend Blvd., St. Louis, MOhttps://avenuescounselingcenter.org/ | 314-529-1391office@avenuescounselingcenter.org | * Individual, group, and Couples Counseling
* Offers Intensive Outpatient Program
* Contact form online
* Sliding fee scale for services
* Takes most major insurance
* Takes Medicaid
 |
| Counseling Associates of Southern Illinois | 1669 Windham WaySuite BO'Fallon, Il https://www.casicounseling.org/ | 618.622.2579info@casicounseling.org | * Individual Counseling
* Takes most major insurance
* List of fees on website
 |

## Specialty Providers/Resources

###  Substance Use

|  |  |  |  |
| --- | --- | --- | --- |
| Hour HouseCEAD Counseling  | Charleston Il<https://hourhouserecovery.org/> | (217) 348-8108 | * Substance Use Counseling
* Gambling addiction counseling
* Residential homes, half way homes,
* Recovery programs
* Accepts most major insurance
* Accepts Medicaid
 |
| Evolve Counseling | 612 South Willow Street, Effingham<https://evolvecounseling.info/> | (217) 347-7384 | * Flat fee rate
* Substance use counseling
 |
| Gateway Foundation  | Offices across IL<https://www.gatewayfoundation.org/> | 877-505-HOPE (4673) | * Addiction counseling
* Individual and group counseling
* 12 step program
* DBT therapy
* Virtual counseling
 |

###  Eating Disorder/Nutrition

|  |  |  |  |
| --- | --- | --- | --- |
| KC Counseling  | 328 N Neil St, Champaign IL  <https://www.kccounselingllc.com/>  | 217-377-0299   | * Treats eating Disorders and Body Image
* Offers reduced rates
* Accepts Medicaid
* Accepts Most Major Insurance
* Has dietitians on staff
* Offers telehealth
* LCSWs on staff for student insurance
 |
| ANAD | <https://anad.org/>hello@anad.org | (888) 375.7767 | * Eating disorder peer support groups
* Resources on eating disorders
* Not formal counseling
* Has directory for counselors who specialize in eating disorders
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###  EMDR/ Trauma

|  |  |  |  |
| --- | --- | --- | --- |
| Lifelinks Mental Health | 750 Broadway Ave. east , Mattoonhttps://www.lifelinksinc.org/ | (217)238-5700   | * Most major Insurances
* Takes State Medicaid
* Outpatient counseling and Case Management Services
* May have Social Worker on Site for student insurance (call ahead)
 |
| Neroharmony   | 1836 Victoria Lane, Charleston IL  <https://www.neuroharmony.org/> | (217)508-7953   | * Most Major Insurances
* State Medicaid
* May have Social Worker on Site for student insurance (call ahead)
* EMDR
* Offers telehealth
 |
| Champaign Counseling | 313 N Mattis Ave Suite 116, Champaign, IL 61821 <https://www.champaigncounseling.com/> | 217-203-2008info@champaigncounseling.com | * Has LCSW for Student Insurance
* Takes most major insurance
* Offers EMDR
 |
| RISE Behavioral Health- Lauren Christina  | 114 W. Houghton StreetTuscola<https://www.risedoco.com/> | 217-253-4731 |  |
| True Noth Counseling | 201 W. Springfield AveSuite 210Champaign,<https://www.truenorthcounselingcu.com> | 217-403-3352 | * EMDR
* Accepts most major insurance
 |

###  Psychosis

|  |  |  |  |
| --- | --- | --- | --- |
| First.IL | 750 Broadway Avenue EastMattoon<https://www.lifelinksinc.org/first-il-lifelinks/><https://www.dhs.state.il.us/page.aspx?item=92316> | (217) 238-5700 | * Ages 14-40
* Programs available throughout the state
* Psychiatric care, Case management, Support employment, counseling
 |

###  Greif/Loss

|  |  |  |  |
| --- | --- | --- | --- |
| Sarah Bush Lincoln Bereavement Services  | 1000 Health Center Dr.Mattoon<https://www.sarahbush.org/hospice/> | 1-800-454-4055 | * Pathways through grief support group
* Understanding your grief-8week support group
* One on one support and counseling
 |
| GriefShare | <https://www.griefshare.org/> |  | * Resources for local grief support groups/finding a grief support group near you.
 |

###  Medical Support Groups

|  |  |  |  |
| --- | --- | --- | --- |
| Sarah Bush Lincoln  | 1000 Health Center Dr.Mattoon<https://www.sarahbush.org/hospice/> | (217) 258-2525 | * Diabetic Support Group- 217-258-2135
* Ostomy Support Group -217-238-4850
 |