# Eastern Illinois Counseling Clinic Referral List

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## Local Coles Country Area Providers

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| --- | --- | --- | --- |
| Agency Name | Address/website | Phone/email | Comments |
| Lifelinks Mental Health | 750 Broadway Ave. east , Mattoon  https://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, Charleston  https://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

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| --- | --- | --- | --- | --- |
| 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 | 217-203-2008  [info@champaigncounseling.com](mailto:info@champaigncounseling.com?subject=Contact) | * 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](mailto: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 Ave  Suite 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) 347-5118  info@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)

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| Agency Name | Address/website | Phone/email | Comments |
| Community Counseling Centers of Chicago | Offices across the city of Chicago  https://www.c4chicago.org/ | [833-4HOPEC4](tel:%20833-4HOPEC4) | * 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 2400 Chicago  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 Floor Chicago, 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 ,Cicero  https://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 | 312-588-6852  Intake@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)

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| 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 University  Center for Counseling and Family Therapy | 3700 Lindell Blvd.  Morrissey Hall, Suite 1100 St. Louis, MO  https://www.slu.edu/medicine/family-medicine/family-therapy/faculty-clinics/index.php | 314-977-2505  [ccft@health.slu.edu](mailto:ccft@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 Frankfort  https://centerstone.org/locations/illinois/#nav-locations | [(877) 467-3123](tel: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 Street E. St. Louis, IL  https://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, MO  https://avenuescounselingcenter.org/ | 314-529-1391  office@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 Way Suite B O'Fallon, Il  https://www.casicounseling.org/ | 618.622.2579  info@casicounseling.org | * Individual Counseling * Takes most major insurance * List of fees on website |

## Specialty Providers/Resources

### Substance Use

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| Hour House  CEAD 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

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| --- | --- | --- | --- |
| 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](javascript:;) | (888) 375.7767 | * Eating disorder peer support groups * Resources on eating disorders * Not formal counseling * Has directory for counselors who specialize in eating disorders |

### EMDR/ Trauma

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| --- | --- | --- | --- |
| Lifelinks Mental Health | 750 Broadway Ave. east , Mattoon  https://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/> | 217-203-2008  [info@champaigncounseling.com](mailto:info@champaigncounseling.com?subject=Contact) | * Has LCSW for Student Insurance * Takes most major insurance * Offers EMDR |
| RISE Behavioral Health- Lauren Christina | 114 W. Houghton Street Tuscola  <https://www.risedoco.com/> | 217-253-4731 |  |
| True Noth Counseling | 201 W. Springfield Ave  Suite 210  Champaign,  <https://www.truenorthcounselingcu.com> | 217-403-3352 | * EMDR * Accepts most major insurance |

### Psychosis

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| First.IL | 750 Broadway Avenue East Mattoon  <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

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| 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

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| --- | --- | --- | --- |
| 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 |