

Mental and Behavioral Health Resources

with Support for Trauma Informed Care Resources

St. Clair County

Developed by the Birth to Five Illinois: Region 50 Councils



www.birthtofiveil.com/region50



- **Al-Anon/Alateen**

- **Website:** www.siafg.org/district-14.html
 - **Address:** Locations include Belleville, O'Fallon and New Athens
 - **Phone:** Answering service (618) 398-9470
 - **Services Offered:**
 - Support group for families and friends of those who have a drinking problem. Different locations locally as well as online options to join.
 - **Fees:** Free
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- **Alcoholics Anonymous**

- **Website:** www.aa-district14.org
 - **Address:** District 14 P.O. Box. 23794 Belleville, IL 62223-0794 (several meetings located in St. Clair County)
 - **Phone:** Answering service for District 14 (St. Clair County)
 - **Email:** cpc.pi.d14.a21@gmail.com
 - **Services Offered:**
 - A fellowship of people who come together to support one another to stop drinking.
 - **Fees:** Free
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- **Belleville Counseling Associates**

- **Website:** www.bcahope.com
 - **Address:** 4460 N. Illinois St. Suite One, Swansea, IL 62226
 - **Phone:** 618-277-7570
 - **Email:** contact@bcahope.com
 - **Services Offered:**
 - Counseling for families, adults, adolescents and children. Play and Sand Tray Therapy.
 - **Fees:** Accepts most major insurances, sliding fee scale for those uninsured.
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- **Big Brother Big Sisters of SWI**

- **Website:** bbbsil.org/
- **Address:** 2900 Frank Scott Parkway West, Belleville, IL 62223
- **Phone:** 618-398-3162
- **Services Offered:**
 - Provides short-term counseling to children, families, and groups (schools) who have been identified as needing assistance in resolving psychological and relationship issues. Serves ages six to fourteen.
- **Fees:** No Fee

- **CACTS Counseling**

- **Website:** cactscounseling.com/
- **Address:** 24 Bronze Pointe N. Swansea, IL 62226
- **Phone:** 618-207-2547
- **Email:** info@cactscounseling.com
- **Services Offered:**
 - Child & Adolescent Counseling, Parenting and Family Therapy and Group Support
- **Fees:** In Network with most major insurance companies. Out of network options available.

- **Caritas Family Solutions**

- **Website:** www.caritasfamilysolutions.org
- **Address:** Several different locations-900 Royal Heights Road Suite 2150 Belleville, IL 62226
- **Phone:** 618-394-5900
- **Services Offered:**
 - Provides access to needed physical, mental, and behavioral health services for all ages. As of now, they are only providing service for youth in Department of Children and Family Services (DCFS) and Youth Care.
- **Fees:** Call for more information

- **CASI**

- **Website:** www.casicounseling.org
- **Address:** 1669 Windham Way Suite B, O'Fallon, IL 62269
- **Phone:** 618-622-2579
- **Email:** info@casicounseling.org
- **Services Offered:**
 - Marital and relationship support, treatment for children through adulthood, depression and anxiety, stress management, parenting and family counseling, conflict resolution, Attention-Deficit/Hyperactivity Disorder (ADHD), Oppositional Defiant Disorder (ODD), evaluations, testing, autism, and assessment.
- **Fees:** In network with most major insurance providers.

- **Chestnut Health Systems**

- **Website:** www.chestnut.org
- **Address:** 12 North 64th St. Belleville, IL 62223
- **Phone:** 618-397-0900
- **Services Offered:**
 - Mental health counseling services for adults and children. Individual and Family Counseling. Community Support Services.
- **Fees:** Sliding fee, Medicare, Medicaid, Insurance

- **Christine Stark Consulting LLC**

- **Phone:** 618-216-0849
- **Email:** christydtmhc@gmail.com
- **Services Offered:**
 - Independent Infant and Early Childhood Mental Health Consultation Services including social emotional and program support through observation, screening, and consultative services. Facilitator of Circle of Security Parenting and Classroom, and Certified COSP Tier Two Classroom Coaching provider.
- **Fees:** Grant based / call for information

- **Comprehensive Behavioral Health Center**

- **Website:** www.cbhc1.org
- **Address:** 505 South Eight St. East St. Louis, IL 62201
- **Phone:** 618-482-7330
- **Services Offered:**
 - Provides crisis intervention services and mental health treatment for children, adolescents, and adults in East St. Louis and surrounding townships.
- **Fees:** No Fee

- **DBSA of Hope Belleville (Depression and Bipolar Support Alliance)**

- **Website:** www.dbsalliance.org
- **Phone:** 312-642-0049
- **Email:** wecanhelp@dbsa-gc.org
- **Services Offered:**
 - Online support groups for individuals living with mood disorders to improve their lives.
- **Fees:** Free

- **Gateway Regional Medical Center**

- **Website:** gatewayregional.net
- **Address:** 2100 Madison Ave, Granite City, IL 62040
- **Phone:** 618-798-3888 (Outpatient) | 618-798-8460 (Inpatient)
- **Services Offered:**
 - Senior and adult inpatient and outpatient services and adult Intensive Outpatient Program (IOP). Serves ages 18 and up.
- **Fees:** Call for more information

- **General and Community Assistance Program**

- **Website:** www.belleville.net
- **Address:** 512 West Main Street, Belleville, IL 62220
- **Phone:** 618-212-4379
- **Services Offered:**
 - Intake Form will have a list of all services offered. For more information or to schedule an Intake Appointment, call 618-212-4379. (Families must complete and submit the Intake Form Questionnaire before a scheduled appointment.)
- **Fees:** Call for more information

- **GRO Community (God. Restoring. Order)**

- **Website:** grocommunity.org
- **Phone:** 800-425-0873
- **Email:** info@grocommunity.org
- **Services Offered:**
 - A mental health service provider that specializes in trauma informed treatment for boys and men ages five and up from low socio-economic groups and/or black and brown communities. Services include individual counseling, social emotional learning in schools through trauma-impacted male Cognitive Behavioral Therapy sessions, gun violence prevention services utilizing skills building, transitional housing, and adult re-entry clinical workforce development.
- **Fees:** Private insurance, and patients can receive counseling services for as little as \$10.00 using our sliding scale based on income and family size.

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- **Heartlinks Grief Center (Program of Family Hospice)**
 - **Website:** myheartlinks.com
 - **Address:** 5110 West Main St, Belleville, IL 62226
 - **Phone:** 618-277-1800
 - **Email:** support@myheartlinks.com
 - **Services Offered:**
 - Assists grieving children, individuals, families, and groups through individual and family counseling, peer support groups, and other supportive community programs regardless of ability to pay.
 - **Fees:** Clients are asked to donate whatever they can. All services are funded through donations, fundraising, and grants.

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- **Hoyleton Youth and Family Services-Behavior Health Services**
 - **Website:** www.hoyleton.org
 - **Address:** Eight Executive Dr. Suite 200 Fairview Heights, IL 62208
 - **Phone:** 618-688-7040
 - **Email:** counselingreferral@hoyleton.org
 - **Services Offered:**
 - One-on-one and family counseling, addressing mental and behavioral health issues, including Attention-Deficit Hyperactivity Disorder (ADHD), anxiety, depression, grief, Post Traumatic Stress Disorder (PTSD), and other relationship and social issues. Outpatient counseling, Nurturing Parenting Program and Wraparound services for open Department of Childress and Family Services (DCFS) cases.
 - **Fees:** Sliding fee scale, Medicaid, Insurance

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- **Karla Smith Behavioral Health**
 - **Website:** karlasmithbehavioralhealth.org
 - **Address:** 200 North Lincoln Ave, O'Fallon, IL 62269
 - **Phone:** 618-624-5771
 - **Services Offered:**
 - Outpatient mental health services for individuals and families ages 13 and up. Intensive Outpatient Program services for teens and adults. Also offers support groups, life skills, and parenting skills.
 - **Fees:** Out of network

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- **Lincoln Prairie Behavioral Health Center**
 - **Website:** www.lincolnpairiebhc.com
 - **Address:** 5230 South. Sixth Street Rd. Springfield, IL 62703
 - **Phone:** 217-585-4707 | Toll-Free: 888-501-1180
 - **Services Offered:**
 - Inpatient and outpatient services for youth, including telehealth, counseling, Lesbian, Gay, Bisexual, Transgender, Queer (LGBTQ) support, dual diagnosis, and crisis intervention. Ages served from three to seventeen.
 - **Fees:** Call for more information

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- **Lutheran Child Family Services of Illinois - O'Fallon**
 - **Website:** www.lcfs.org
 - **Address:** 711 Insight O'Fallon, IL 62269
 - **Phone:** 618-234-8904
 - **Email:** lcfs_info@lcfs.org
 - **Services Offered:**
 - Provides mental health treatments through outpatient, inpatient, and residential services. Serves all ages.
 - **Fees:** Community Service Block Grant, Sliding Fee Scale, Payment Assistance, State Welfare or Child and Family Service Fund, Cash or Self Payment, Private Insurance, Other State Funds

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- **MindWeal**
 - **Website:** www.mindweal.com
 - **Address:** 24 B Professional Park Dr. Maryville, IL 62062
 - **Phone:** 618-310-0085
 - **Services Offered:**
 - Comprehensive psychiatric evaluations and medication management.
 - **Fees:** BCBS IL, United Healthcare, Health Alliance, Cigna, Tricare.

- **NAMI Southwestern Illinois**

- **Website:** www.namiswi.org
- **Address:** 144 East Ferguson Ave, Wood River, Illinois
- **Phone:** 618-798-9788
- **Email:** info@namiswi.org
- **Services Offered:**
 - Provides free education and support programs for persons with mental illnesses and their families.
- **Fees:** Free

- **New Leaf Primary Care and New Life Behavioral Care**

- **Website:** www.newleaf618.com
- **Address:** 423 North High St. Belleville, IL 62220
- **Phone:** 618-416-7738
- **Email:** office@newleaf618.com
- **Services Offered:**
 - Provides medication to promote behavior changes for a healthier lifestyle. No counseling available at the present time. Serves ages five and up.
- **Fees:** Call for more information

- **New Seasons Counseling**

- **Website:** newseasons-counseling.com
- **Address:** 115 Lincoln Place Court, Suite 102, Belleville, IL 62221
- **Phone:** 252-777-2387
- **Email:** kelseyquadelcpc@gmail.com
- **Services Offered:**
 - Individual and family therapy to children age eight plus, Anxiety, stress, trauma, eating disorders, grief, relationship problems, behavior management.
- **Fees:** Aetna, Anthem Blue Cross, Blue Cross Blue Shield, Cigna, Healthlink PPO, Medicare, MUBH, UMR, United Healthcare, VA Community Care Reg 1-3, Wellfirst, Private Pay: \$120, Follow-Up Session-\$100, Couples/Family-\$120.

- **Pathways Counseling & Therapy Metro East**

- **Website:** bchfs.com/counseling
 - **Address:** 4950 Old Collinsville Road Swansea, IL 62226
 - **Phone:** 618-382-3907
 - **Email:** pathways@bchfs.com
 - **Services Offered:**
 - Pathways offers licensed clinical counseling services to children, individuals, and families.
 - **Fees:** Accepts most insurances including Tricare.
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- **Psychiatric Services of Southern Illinois**

- **Website:** www.drchalfant.com
 - **Address:** 2900 Frank Scott Pkwy West, Belleville, IL 62223
 - **Phone:** 618-236-6501
 - **Services Offered:**
 - Offers prevention, assessment, diagnosis, and treatment options.
 - **Fees:** In Network with most Insurance providers.
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- **Southern Illinois Healthcare Foundation**

- **Website:** www.sihf.org
 - **Address:** Multiple locations throughout St. Clair County
 - **Phone:** 618-332-0953 (Corporate Office)
 - **Services Offered:**
 - Behavioral health services for patients of all ages, including children and teens. Treatment may include individual, family, or group therapy. Play therapy and attachment-based therapy for children are also available.
 - **Fees:** Accepts Medicaid and most major insurance providers.
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- **St. Clair County Mental Health 708 Board**

- **Website:** stc708.org/
- **Address:** 307 East Washington, Belleville, IL 62220
- **Phone:** 618-277-6022
- **Services Offered:**
 - Provides Mental Health Crisis Resources

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- **Tasha Haynes, LSW**
 - **Website:** www.thecommunityreach.org
 - **Phone:** 314-239-2728
 - **Email:** admin@thecommunityreach.org
 - **Services Offered:**
 - Therapy, play therapy
 - **Fees:** Accepting Aetna, Cigna, & self-pay \$50, sliding scale \$25-35.
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- **The Play Therapy Center**
 - **Website:** www.theplaytherapycenter.com
 - **Address:** 131 Lincoln Place Court, Ste 406 Belleville, IL 62221
 - **Phone:** 618-631-2683
 - **Email:** jamie@counselor.hush.com
 - **Services Offered:**
 - Play Therapy, Attention-Deficit Hyperactivity Disorder (ADHD) Testing, Developmental assessment, Parenting Capacity Assessments, Attachment Assessment, Eye Movement Desensitization and Reprocessing (EMDR).
 - **Fees:** Aetna, Anthem (Blue Cross/Blue Shield), Blue Cross Community Plan, Blue Cross/Blue Shield of Illinois, Evernorth (Cigna), Healthlink, Meridian, Molina, Optum, United Healthcare, UMR, and YouthCare.
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- **Touchette Behavioral Health and Wellness**
 - **Website:** www.touchette.org
 - **Address:** 5900 Bond Avenue Cahokia Heights, IL 62207
 - **Phone:** 618-332-4038 (Intake Line)
 - **Services Offered:**
 - Mental and behavioral health services for adults and children aged 12-18.
 - **Fees:** Accepts most major health insurance plans.
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- **United Way 211**
 - **Website:** www.211.org
 - **Phone:** 211
 - **Services Offered:**
 - Provides free and confidential information and referrals for help with securing food, housing, employment, healthcare, counseling, and other basic needs.
 - **Fees:** No Fee

- **Youth Services (Brightpoint)**

- **Website:** www.brightpoint.org
- **Phone:** 618-452-8900 ext. 106
- **Email:** kblake@brightpoint.org
- **Services Offered:**
 - The Youth services program offers comprehensive individual and family counseling, as well as crisis intervention, for runaway, locked out, and homeless youth between the ages of 11 and 23. Services are delivered in settings that are most accessible and comfortable for the youth, including their home, school, or community. Counseling sessions actively involve parents or guardians and focus on key areas such as setting healthy boundaries, implementing effective rewards and consequences, enhancing communication skills, and managing stress. The program's primary goals are to preserve and reunify families whenever possible to prevent youth from entering the state's child welfare or juvenile justice systems. Services are available to youth in the counties of Madison, St. Clair, Jersey, Calhoun, Greene, Macoupin, Montgomery, Bond, Clinton, and Washington.
- **Fees:** No Fee

- **988 Suicide & Crisis Lifeline**

- **Website:** 988lifeline.org
 - **Phone:** 988
 - **Services Offered:**
 - Provides free and confidential support for people in distress, prevention and crisis resources, and best practices for professionals 24 hours a day, seven days a week.
 - **Fees:** No Fee
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Trauma- Informed Care Resources

- **Adoption Support and Preservation (ASAP) Brightpoint**
 - **Website:** www.brightpoint.org
 - **Email:** anissen@brightpoint.org or apotillo@brightpoint.org or ecrowell@brightpoint.org
 - **Phone:** 618-452-8900 ext. 1010
 - **Services Offered:**
 - We provide community-based, individualized, and family-centered therapeutic services grounded in the belief that meaningful and lasting change occurs through strong, collaborative partnerships with families. Our approach is rooted in the transformative and healing power of relationships, and we strive to build trust through empathy, compassion, curiosity, and consistency. Utilizing evidence-based models and trauma-informed practices, we deliver comprehensive care to adoptive children ages 3-18 across 46 counties in Illinois, including St. Clair County. Our services are designed to empower families, recognizing that their active involvement is essential to the healing and growth of each child.
 - **Fees:** No Fee
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- **Big Brother Big Sisters of SWI**
 - **Website:** bbbsil.org/
 - **Address:** 2900 Frank Scott Parkway West, 965 Belleville, IL 62223
 - **Phone:** 618-398-3162
 - **Services Offered:**
 - Provides short-term counseling to children, families, and groups (schools) who have been identified as needing assistance in resolving psychological and relationship issues.
 - **Fees:** No Fee

- **Catholic Children's Home**

- **Website:** www.catholicchildrenshome.com
- **Address:** 1400 State Street, Alton, IL 62002
- **Phone:** 618-465-3594
- **Email:** info@catholicchildrenshome.com
- **Area Served:** State of Illinois
- **Services Offered:**
 - Provides emergency shelter, diagnostic and long-term residential services for boys aged 11 through 18 who are victims of abuse or neglect. Transitional living program prepares males ages seven through 21 for successful self-sufficient community living. Special Education Department offers year-round educational and therapeutic services for students aged five to 21.
- **Fees:** Please call for more information

- **Hoyleton Youth and Family Services**

- **Website:** www.hoyleton.org
- **Address:** Eight Executive Dr. Suite 200 Fairview Heights, IL 62208 (multiple locations)
- **Phone:** 618-688-4727
- **Services Offered:**
 - Provides one-on-one and family counseling, addressing a range of mental and behavioral health issues, including Attention-Deficit Hyperactivity Disorder (ADHD), adjustment disorder, anxiety, depression, grief, Post Traumatic Stress Disorder (PTSD), and other relationship and social issues.
- **Fees:** Sliding fee scale, Medicaid, Insurance

- **Lincoln Prairie Behavioral Health Center**

- **Website:** www.lincolnpairiebhc.com
- **Address:** 5230 South Sixth Street Rd. Springfield, IL 62703
- **Phone:** 217-585-1180 | Toll-Free: 888-501-1180
- **Services Offered:**
 - Inpatient and outpatient services for youth, including telehealth, counseling, Lesbian, Gay, Bisexual, Transgenders, Queer (LGBTQ) support, dual diagnosis, and crisis intervention.
- **Fees:** Call for more information

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- **Lutheran Child Family Services of Illinois - Belleville**
 - **Website:** www.lcfs.org
 - **Address:** 317 West Main St. Belleville, IL 62226
 - **Phone:** 618-234-8904 | Admissions Phone: 800-363-5237
 - **Services Offered:**
 - Provides mental health treatments through outpatient, inpatient, and residential services, including trauma-informed counseling.
 - **Fees:** Community Service Block Grant, Sliding Fee Scale, Payment Assistance, State Welfare or Child and Family Service Fund, Cash or Self Payment, Private Insurance, Other State Funds.

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- **Project Compassion NFP**
 - **Website:** www.projectcompassionnfp.org
 - **Address:** 6609 West Main, Belleville, IL 62223
 - **Phone:** 618-397-1790
 - **Email:** compassion@projectcompassionnfp.org
 - **Services Offered:**
 - Community Compassion Program, diaper bank, therapy, mentoring support, housing resources.
 - **Fees:** Free

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- **Sacred Spaces of CARE**
 - **Website:** www.sacredspacesofcare.org
 - **Address:** Multiple locations
 - **Phone:** 618-795-2179
 - **Email:** info@sacredspacesofcare.org
 - **Services Offered:**
 - Community Advocacy Resources and Education Partner Advocacy, mental health, recovery from substance abuse, Family Wellness, trauma-informed education, and support services.
 - **Fees:** No fee, insurance, sliding-scale dependent on the provider

- **St. Clair County CAC**

- **Website:** www.stclairchildadvocacycenter.org
- **Address:** 300 West Main Street, Suite Three Belleville, IL 62220 (also Chester, IL and East St. Louis, IL)
- **Phone:** 618-277-1134
- **Email:** st.claircac@gmail.com
- **Services Offered:**
 - Trauma-focused counseling, medical evaluation, case coordination, community education, referrals to community resources and services.
- **Fees:** Free

- **St. Louis Crisis Nursery**

- **Website:** www.crisisnurserykids.org
- **Address:** Multiple locations
- **Phone:** 314-768-3201
- **Services Offered:**
 - Crisis Care (free and voluntary four-hour emergency care for children), Family Empowerment (strength-based counseling, coordinated case management, and parenting support available to families in their home or community), Community Outreach, and 24-Hour Hotline.
- **Fees:** Free

- **Strengthening Families -Brightpoint**

- **Website:** www.brightpoint.org
- **Phone:** 800-467-9200 x 306 or 800-467-9200 x 143
- **Email:** sotoole@brightpoint.org or eplum@brightpoint.org
- **Services Offered:**
 - Maternal Health Support to expectant parents to promote health pregnancies and wellbeing. Parenting support (Birth to 36 Months) that is personalized to help parents nurture and care for their young children during the critical early years. Financial and Stress Management Skills coaching to build financial literacy and manage everyday stress effectively. Peer-to-Peer Support opportunities to connect with other parents and caregivers for shared experiences, encouragement, and community. Community Referrals to trusted local resources and services tailored to your family's needs. Developmental Milestone Monitoring of your child's growth and development with guidance and early intervention support. School Readiness Support to prepare your child for a successful transition into preschool and beyond.
- **Fees:** Free