The Hayner Public Library Reference Services Department | reference@haynerlibrary.org

MENTAL HEALTH RESOURCES

National Alliance on Mental Illness (NAMI)

144 E Ferguson Ave.
Wood River, IL 62095
618-798-9788
Crisis Hotline: 1-800-950-6264 (Text: 62640)
info@namiswi.org | helpline@namiswi.org
namiswi.org

Provides information and referrals for mental health resources and services. They also offer virtual support groups and online resource guides.

HOURS: (hotline) Monday - Friday, 10:00 am - 10:00 pm
FEE: None

Chestnut Health Systems

337 E. Ferguson Ave.
Wood River, IL 62095
888-924-3786
chestnut.org

Provides behavioral health services for depression, anxiety, trauma or other mental health conditions. They can also provide referrals for specialty mental health and substance use treatment, safety planning, and outpatient crisis stabilization.

FEE: Accepts medical insurance, including Illinois Medicaid.

Centerstone

2615 Edwards St.
Alton, IL 62002
618-208-6937
centerstone.org

Services include mental health counseling, addictions counseling, psychiatry and physical health services.

Fee: Sliding scale (Client Assistance available).

Hotlines

SUICIDE PREVENTION LIFELINE: 988

CARES Line: 1-800-345-9049
Resource information and referral services; a Mobile Crisis Response Team can be dispatched if you have Medicaid.

Crisis Text Line: 741741 (text only)
Connect with a live, trained crisis counselor; your opening message can say anything.

LGBT National Hotline: 888-843-4564
Anonymous support and resource information.

Oasis Women's Center: 618-465-1978
24/7 crisis hotline for women and children.

Trans Lifeline: 877-565-8860
Anonymous and confidential peer support service for trans and questioning people.

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OSF Healthcare Behavioral Health Navigators

833-713-7100
x.osfhealthcare.org/services/specialties/mental-health/programs-services/navigators

Experienced professionals help you access care and link you to appropriate services for concerns related to depression, anxiety, substance use, and problems in work or school. They can also help you understand your insurance coverage and benefit information before scheduling a service.

FEE: None

SilverCloud - OSF

x.osfhealthcare.org/services/specialties/mental-health/resources/silvercloud

A free app available via phone, tablet, or computer that offers interactive modules to help you manage the feelings and causes of depression, anxiety, and stress. The modules include mindfulness exercises, interactive journaling, and mood/lifestyle charting.

Anyone 18 years of age or older and living in an area served by OSF HealthCare can enroll in the modules.

FEE: None

SIHF Behavioral Health

4 Memorial Dr., Building B, Suite 210
Alton, IL 62002
618-463-5905
sihf.org/patient-care-services/behavioral-health

Behavioral health specialists work with each individual patient to create a custom treatment plan. They offer individual, family, or group therapy and specialize in a variety of behavioral health conditions and concerns. Play therapy and attachment-based therapy for children are available as well.

FEE: Accepts most insurance, including Medicaid.

Refuge

144 E. Ferguson Ave.
Wood River, IL 62095
618-251-9790
info@refuge4kids.org
refuge4kids.org

Provides counseling, support, and education for children and their caregivers who have experienced trauma, abuse, neglect and violence.

FEE: None