

MENTAL HEALTH SERVICES

Madison and St. Clair Counties

Mental health services provided in the St. Louis Metro Area:



- **Immediate Access to mental health counseling for adults**
- **Counseling for youth and adults:**
 - Individual, marital, and family
- **Psychiatry – medication programs for youth and adults**
- **Affordable housing for people with a mental illness and/or a substance use problem**
- **Crisis intervention services:**
 - 24-hour hotline 618.877.0316
 - 24-hour youth (0-21 years) crisis hotline CARES 1.800.345.9049
 - Community screening
 - Crisis Residential Unit
- **Community support services:**
 - Group and individual

Programs and services vary by location.
We accept most insurance.

50 Northgate Industrial Dr.
Granite City, IL 62040
618.877.4420

12 North 64th St.
Belleville, IL 62223
618.397.0900

MENTAL HEALTH SERVICES

Immediate Access to mental health counseling

Immediate Access could be right for you if:

- You are feeling stressed or having a hard time dealing with situational or environmental stress (i.e., relationship issues, job stress, grief or loss, emotional concerns)
- You need someone to talk to about your stress or concerns
- You need extra support
- You need to talk to someone immediately
- You are 18 or older

Immediate Access provides a direct entry point when you have mental health concerns and want an assessment of your individual needs. In addition, you can learn about all the services offered at Chestnut Health Systems that might be appropriate for you and your loved ones.

Services provided by Immediate Access:

- Assessment of your mental health issues through a solution-focused approach
- Single-session strategies, if appropriate
- Linkage to other services at Chestnut Health Systems
- Referral to community resources that may benefit your recovery process
- Coping techniques for symptoms related to many mental health issues
- Identification of your individual strengths
- Development of self-care tools
- Education about mental health
- Assistance with TASC requirements
- Assistance with DCFS requirements
- Assistance with probation requirements



**For Immediate Access,
please call: 618.877.4420**

Monday – Friday, 7:30am – 6:00pm