

# NATIONAL MENTAL HEALTH RESOURCES

If you or a loved one is experiencing a mental health crisis or needs assistance, please reference the list of contacts below.



## IN AN EMERGENCY

Call 911

Go to your nearest  
Emergency Room

Call 988 for the  
National Suicide Hotline  
or use their [live chat](#)  
[option](#)



## TEXT LINES

Text home to 741741

Text answer to  
839863



## ONLINE HELP

[988lifeline.org](https://988lifeline.org)

[erikasighthouse.org/](https://erikasighthouse.org/)

[nimh.nih.gov](https://nimh.nih.gov)

[imalive.org](https://imalive.org)

[teenhelp.com](https://teenhelp.com)

[lgbthotline.org](https://lgbthotline.org)

[translifeline.org](https://translifeline.org)

[samhsa.gov](https://samhsa.gov)



## CRISIS HOTLINES

Suicide Prevention Lifeline  
call 988

CARES Line  
1-800-345-9049

National Hopeline  
1-800-442-HOPE

LGBT Youth Help Center  
1-800-246-7743

Trans Lifeline  
1-877-565-8860

Child Abuse & Neglect  
1-800-25-ABUSE

Substance Abuse Helpline  
1-800-662-HELP

National Domestic Violence  
Helpline  
1-800-799-SAFE

Teen Crisis & Support  
1-800-273-8255



# LOCAL COMMUNITY COUNSELING RESOURCES

## **SHAWNEE HEALTH SERVICES**

**CARBONDALE, IL**

**(618) 519-9200**

<https://www.shawneehealth.com/>

## **CENTERSTONE**

**CARBONDALE, IL**

**(855)608-3560**

<https://centerstone.org/>

## **SOUTHERN ILLINOIS PSYCHIATRY**

**MARION, IL**

**(618) 998-0888**

## **SIU CLINICAL CENTER**

**CARBONDALE, IL**

**(618) 453-2361**

[www.clinicalcenter.siu.edu](http://www.clinicalcenter.siu.edu)

## **CARBONDALE COUNSELING ASSOCIATES**

**CARTERVILLE, IL**

**(618) 351-9700**

<https://www.carbondalecounseling.com/>

## **INTEGRATED HEALTH**

**CARTERVILLE, IL**

**(618) 985-4344**

[integratedhealthofsi.com/integrated-health-of-southern-illinois-services/](http://integratedhealthofsi.com/integrated-health-of-southern-illinois-services/)

## **SIU CENTER FOR FAMILY MEDICINE**

**CARBONDALE, IL**

**(618) 536-6621**

<https://www.siumed.org/buildings/siu-center-family-medicine-carbondale>

## **CENTERSTONE YOUTH AND FAMILY TREE PROGRAM**

**SUBSTANCE USE PROGRAM**

**(618) 462-2331, EXT. 1813**

<https://centerstone.org/programs/youth-and-family-tree/>

The following is a list of known providers. CCHS neither endorses, approves, nor recommends any specific provider listed below. This list is not inclusive of all community agencies, services, or organizations that provide the particular service, and the omission of an agency, service, or organization from this list does not imply disapproval.