WHAT LEVEL OF SUPPORT DO YOU NEED?

1

SCHEDULE AN APPOINTMENT FOR THESE REASONS:

- Scheduling
- Future planning
- Academic concerns
- Friend/relationship issues
- Issues at home
- Mental health & coping skills

2

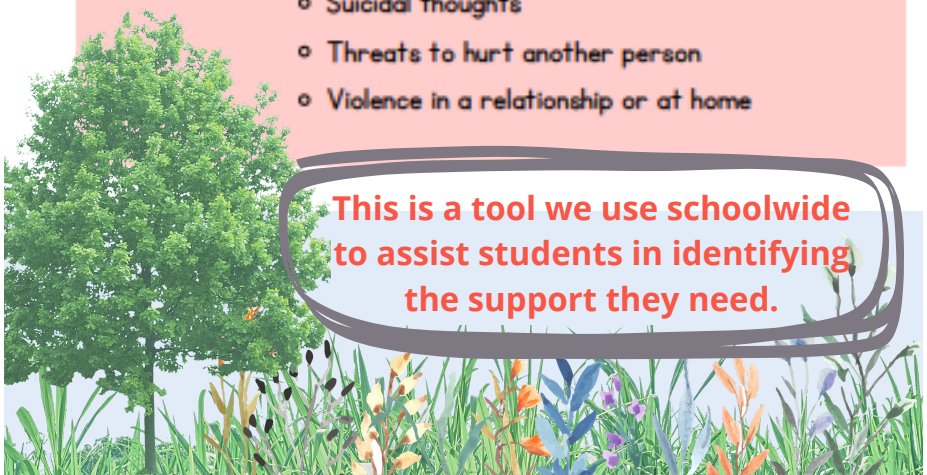
SIGN IN TO TAKE 10 MINUTES FOR THESE REASONS:

- To self-regulate & self-soothe if you're feeling anxious, overwhelmed, and/or stressed

3

SIGN IN IF EXPERIENCING A CRISIS FOR THESE REASONS:

- You or someone you know is in danger
  - Suicidal thoughts
  - Threats to hurt another person
  - Violence in a relationship or at home



This is a tool we use schoolwide to assist students in identifying the support they need.

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

NATIONAL MENTAL HEALTH RESOURCES

IN AN EMERGENCY

Call 911

Go to your nearest Emergency Room

Call 988, National Suicide Hotline or use their live chat option

TEXT LINES

Text home to 741741

Text answer to 839863

ONLINE HELP

988lifeline.org

erikaslighthouse.org/

nimh.nih.gov

imalive.org

teenhelp.com

lgbthotline.org

translifeline.org

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

Local Community Counseling Resources

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.

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

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/

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/

Monika Plumb, PhD
Psychological Services Inc.,
Carbondale, IL
(618) 529-2273

Dr. Matt Denis, PhD
Carbondale, IL
(618) 457-4488
https://www.mattdenis.com/

Janet Treece, LCPC
Carterville, IL
(618) 985-3406

Kathryn Neeley, Psy
Carbondale, IL
(618) 457-2700

YOUR CCHS COUNSELING & SOCIAL WORK TEAM



