**SUICIDE & MENTAL HEALTH FIRST AID RESOURCES**

**CRISIS SERVICES**

**National Crisis Hotline- Suicide Prevention Hotline-Veteran’s Crisis Hotline:**

* 1-800-273-TALK (8255)

**Local/State Crisis Hotlines**

* Adult Protective Services Hotline (Seniors and Disabled) 866-800-1409
* CARES: Crisis number (for youth ages 2-21) 1-800-345-9049
* Chestnut Health Systems-Crisis Line 618-877-0316
* Comprehensive Behavioral Health Center, Emergency and Crisis Intervention services 618-482-7330
* Violence Prevention 24 Hour Crisis Hotline, Belleville618-235-0892, East St. Louis618-875-7970
* Sexual Assault Victims Care Center 618-397-0975

**MENTAL HEALTH SERVICES AND SUPPORTS**

**AgeSmart**

2365 County Road

Belleville, IL 62221

Hotline: 866-800-1409

TTY: 888-206-1327

Main: (618) 222-2561

Alternate: 800-252-8966

Fax: 618-222-2567

[ask@answersonaging.com](mailto:ask@answersonaging.com)

http://www.answersonaging.com

Service: Services for Seniors age 60+ (and their caregivers)

Description: Assisted Transportation; Options Counseling; Individual Needs Assessment; Ombudsman; Residential Repair and Renovation; Nutrition Services; Medication Management, Screening and Educational Services; Counseling; Respite Services; and Legal Assistance.

**Call For Help, Inc.**

9400 Lebanon Road

East St. Louis, IL 62203

**Phone:** (618) 397-0968

**E Mail:** [info@callforhelpinc.org](mailto:info@callforhelpinc.org)

**Web Site:** [www.callforhelpinc.org](http://www.callforhelpinc.org)

**Hours:** 24-hour facility

**Area Served:** Primarily St. Clair County

**Services Offered: Community Stabilization Program for Adults with Mental Illness:** Offers residential services to help individuals with a mental illness and homeless stabilize their lives and return to the community. Participants attend group sessions to improve self-esteem, social competence, symptom management and life skills. **Recovery Support Center:** Serves adults with a serious mental illness, schizophrenia, bipolar disorder or major depression and other diagnoses. Participants are under the care of a psychiatrist and committed to building their recovery. Services offered are peer support and mentoring, skills development, employment support, and resource connections. For more information, call 397-0968, extension 109. **Transitional Living Center for Homeless Young Women (TLC):** An intensive two-year residential program that helps homeless young women –including pregnant or the parent of young children to develop independent living skills. Services are life skills classes, job readiness training, GED, parenting education and mental health counseling. **Sexual Assault Victims Care Unit:** This unit responds 24 hours a day, seven days a week to victims of rape, incest, molestation, harassment or other sexual assault. Specially trained advocates assist the victims at the hospital or police station with interviews and navigating the medical and legal systems. Trauma counseling and therapy is also available for adults and child victims at no charge. **Essential Needs/Information & Referral:**  Connects families and individuals in poverty with community resources to pay for rent, utilities and other essentials.

**Chestnut Health Systems**

12 North 64th Street

Belleville, IL 62223

**Phone:** (618) 397-0900 or 888-924-3786 8:00 a.m. - 6:00 p.m.

**Crisis Line:** (618) 877-0316

**Web Site:** [www.chestnut.org](http://www.chestnut.org)

**Hours:** Monday, Thursday and Friday – 8:00 am to 5:00 pm; Tuesday and

Wednesday – 8:00 am to 8:00 pm

**Area Served:** Belleville and eastern St. Clair County

**Services Offered:** A comprehensive array of behavioral healthcare services including: addiction treatment services for adolescents and adults; prevention services; individual and group outpatient therapy/counseling for adults, children and adolescents; 24-hour

crisis intervention services; supervised and supported housing; psychosocial rehabilitation; vocational services; pre-admission screening for nursing facility placement; adult case management; mental health juvenile justice for adolescents; psychiatric services for children, adolescents and adults.

**Comprehensive Behavioral Health Center**

505 South 8th Street

East St. Louis, IL 62201-2919

**Phone:** (618) 482-7330

**TDD:** (618) 482-7389

**E Mail:** [thecenter@cbhc1.org](mailto:thecenter@cbhc1.org)

**Web Site:** [www.cbhc1.org](http://www.cbhc1.org)

**Hours:** Monday, Tuesday, Wednesday and Friday – 8:00 am to 5:00 pm;

Thursday – 8:00 am to 6:00 pm

**Area Served:** Stites, Sugarloaf, Canteen, East St. Louis, Centreville, Cahokia, East Carondelet, Dupo, Washington Park, Alorton, Brooklyn, Fairmont City, National City, Sauget and Caseyville west of Highway 157.

**Services Offered:** Emergency and Crisis Intervention services are offered 24-hours a day, seven days a week. Professional staff provide walk-in, outreach and telephone intervention to persons of all ages who may be in crisis. Clients experiencing acute distress requiring protective care will be referred to the local hospitals or the Alton Mental Health Center. Services include: therapy and transitional services; parenting classes; linkage and hospital aftercare; residential services; MISA services; specialized children’s services; consultation/education to community; youth alcohol substance abuse; crisis intervention; substance abuse treatment; day training; specialized services to seniors; community support; HIV counseling and testing; case management; and, methadone services.

**Karla Smith Foundation**

14 Park Place, Suite B

Swansea, IL 62226

**Phone:** (618) 624-5771 or 1-888-KSF-HOPE

**E Mail:** [KSF@KarlaSmithFoundation.org](mailto:KSF@KarlaSmithFoundation.org)

**Web Site:** [www.KarlaSmithFoundation.org](http://www.KarlaSmithFoundation.org)

**Services Offered:** Support group for the family and friends of anyone with a mental illness. Meetings are held the first and third Thursday of every month from 7:00 pm to 8:30 pm at Peace Chapel, 10101 West Main Street, Belleville, Illinois. Support group for anyone who has lost a loved one to suicide. Meetings are held the second and fourth Thursday of every month from 7:00 pm to 8:30 pm at Peace Chapel, 10101 West Main Street, Belleville, Illinois.

**National Alliance on Mental Illness-NAMI Southwestern Illinois**

2100 Madison Avenue, 4th Floor

Granite City, IL 62040-4701

**Phone:** (618) 798-9788

**E Mail:** [info@namiswi.org](mailto:info@namiswi.org)

**Web Site:** [www.namiswi.org](http://www.namiswi.org)

**Services Offered:** NAMI is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raise awareness and build a community for hope for all of those in need. NAMI has maintains a list of active support groups, contact NAMI for support group locations in your area.