

Counseling Resources in the Champaign area

Catholic Charities Counseling

1315A Curt Drive, Champaign, IL

Phone: (217) 352-5179

Office Hours: Monday – Friday: 8 a.m. – 5 p.m.

Does this office accept Medicaid? No

Does this office offer a sliding scale to low-income individuals? Yes

Champaign Mental Health Crisis Center

1801 Fox Drive, Champaign, IL

Phone: (217) 359-4141

Office Hours: Monday – Friday: 8 a.m. – 5 p.m.

Does this office offer a sliding scale to low-income individuals? Yes

Champaign County Christian Health Center

507 South 2nd Street, Champaign, IL

Phone: (217) 398-2914

Office Hours: Monday 5:30 p.m.- 7:30 p.m.; Tuesday 5 p.m. – 8 p.m.; and
Wednesday 9 a.m.- 11 a.m.

Does this office accept Medicaid? No

Does this office offer a sliding scale to low-income individuals? Services are FREE

*Christian Health Center provides psychological and psychiatric services to patient. A patient must indicate the need for primary care first. Then, the patient can be referred internally to a Psychologist/Psychiatrist. The mental health services provided at the Christian Health Center are ideal for low-risk patients.

Cognition Works, Inc.

507 W Springfield Ave, Urbana, IL

Phone: (217) 239-0142

Office Hours: Monday – Thursday 9 a.m. – 5 p.m.

Does this office accept Medicaid? Yes, for individual counseling

Does this office offer a sliding scale to low-income individuals? Yes

*Cognition Works is a community-based counseling service provider. They conduct a large clinical practice with a primary focus on all levels of troubling emotions as well as disruptive, risky, or ineffective behavior.

Community Elements (formerly Mental Health Center of Champaign County)

1801 Fox Drive, Champaign, IL

Phone: (217) 398-8080

Office Hours: Monday – Thursday 8 a.m. – 5 p.m.; and Friday 8 a.m. – 4 p.m.

Does this office accept Medicaid? Yes

Does this office offer a sliding scale to low-income individuals? No

Family Services

405 South State Street, Champaign, IL

Phone: (217) 352-0099

Office Hours: Monday – Friday 8:30 a.m. – 5 p.m.

Does this office accept Medicaid? No

Does this office offer a sliding scale to low-income individuals? Yes

Frances Nelson Community Health Center

819 Bloomington Road, Champaign, IL

Phone: (217) 356-1588

Office Hours: Monday – Thursday 7:30 a.m. – 7:30 p.m.; Friday 7:30 a.m. – 5 p.m.; and

Saturday 7:30 a.m. – 12 p.m.

Does this office accept Medicaid? Yes

Does this office offer a sliding scale to low-income individuals? Yes

To receive mental/behavioral health services at Frances Nelson, individuals must be established patients.

Hellen McDonald

44 E Main Street, Champaign, IL

Phone: (217) 378-8575

Office Hours: Monday & Tuesday 9 a.m. – 5 p.m.; Wednesday & Thursday 8 a.m. – 7 p.m.; and Friday 9 a.m. – 4:30 p.m.

Please call for additional details.

Kevin Elliot Counseling

44 E Main St # 406, Champaign, IL

Phone: (217) 398-9066

Office Hours: Monday – Friday 8:15 a.m. – 5:15 p.m.

Does this office accept Medicaid? No

Does this office offer a sliding scale to low-income individuals? Yes, \$65-\$150 per session

*Waiting Period to schedule an appointment: 24 – 48 hours

Servants of the Holy Heart of Mary

407 East University Ave., Suite A, Champaign, IL

Phone: (217) 355-7505

Office Hours: Monday – Friday 9 a.m. – 4 p.m.

Does this office accept Medicaid? No

Does this office offer a sliding scale to low-income individuals? Yes

Treatment Facilities

The Pavilion Behavioral Health System

(217)373-1700

www.pavilionhospital.com/

Prairie Center Health Systems, Inc.

(217) 356-1005

<http://www.prairie-center.com/>

Community Elements

(217) 359-4141

Chesnut Health Systems

(309) 827-6026

<http://www.chestnut.org/>

Crisis Hotlines:

Depression Hotline: 1-630-482-9696

Suicide Hotline: 1-800-784-8433

Self Harm Hotline: 1-800-DONT CUT (1-800-366-8288)

LifeLine: 1-800-273-8255

Eating Disorders Hotline: 1-847-831-3438

Rape and Sexual Assault: 1-800-656-4673

Grief Support: 1-650-321-5272

Runaway: 1-800-843-5200, 1-800-843-5678, 1-800-621-4000 National

Youth Crisis Support: 1-800-448-4663

Youth America Hotline: 1-877-YOUTHLINE (1-877-968-8454)

Covenant House Nine-Line (Teens):1-800-999-9999

Boys Town National: 1-800-448-3000

Teen Helpline: 1-800-400-0900

TeenLine: 1-800-522-8336

Youth Crisis Support: 1-800-448-4663 or 1-800-422-0009

Runaway Support (All Calls are Confidential): 800-231-6946