
Counseling & Mental Health Referrals

Counselors (*also called therapists*) can go by many different names:

Licensed Clinical Social Worker, Licensed Clinical Professional Counselor, License Clinical Psychologist, and License Marriage and Family Therapist, to name a few.

This is only a partial list of counseling agencies in the downstate Planned Parenthood served areas. We have emphasized agencies that accept Medicaid or may offer sliding scale fees (*for those w/o insurance*). Some of the listed agencies do accept private insurance. However, if you have private insurance, please refer to the information below how to best locate a therapist that accepts your insurance.

If you have private health insurance:

Call your insurance company (*using the customer service # on your insurance card*) before making an appointment. Ask your insurance company to verify and explain how your behavioral health benefits work. Helpful questions to ask:

- I have the name of a counselor. Is the therapist **“in network”** with my insurance plan?
- I don't have a therapist. What therapists are **“in network”** with my insurance plan.
- How much will the insurance pay? How much will I have to pay?
- Do I have co-payments, deductibles, or co-insurance?
- Do I need a referral?

Some insurance plans also require you to use a counselor/therapist from their network which they can provide for you. Check with your insurer. HMO plans often require you to use the behavioral health department of your primary care practice. Check with your plan for approved therapists.

To search for a therapist who accepts private insurance:

Websites used by many therapists that provide information about themselves:

Therapists.psychologytoday.com

Theravive.com

If you have a Medicaid Managed Care (MCO) plan:

Call the number on your Medicaid card how to locate an approved therapist. If you belong to a “medical home” you may need to use a therapist through your medical home.

Employee Assistance Programs (EAPs)—

Many employers contract with outside agencies called Employee Assistance Programs. EAPS can be used voluntarily by employees who would like to talk with a counselor about a personal, relationship, or family problem. EAP services are free to employees and no confidential information is provided to the employer. To find out if your employer has an Employee Assistance Program, contact your Human Resources department, employee handbook, or employee bulletin board.

If you have questions about locating behavioral health services, please feel free to contact a PPIL social worker. Please call our main number at 1-877-200-PPIL to request to speak with a social worker. Our phone specialist will forward your name and number for a social worker to return your call.

Springfield - Sangamon County Area

ABC Counseling & Family Services 2160 S. Sixth Street Suite A Springfield, IL 62703 Phone: 217-528-9820 Fax: 217-528-9823 They accept most major insurance, Medicaid and sliding scale. http://www.abccounseling.org/ <i>Services are limited to juveniles up to age 23, including transgender patients. They specialize in sex abuse and incest, family trauma.</i>	Children's Center Noll Medical Pavilion 5220 S. Sixth Street Rd., Suite 2400 Springfield, IL 62703 (217) 757.7700 www.mcchi.org <i>Comprehensive therapeutic care for children, adolescents, and their families. Accepts Public Aid and insurance. Financial assistance may be available.</i>	Family Service Center 730 East Vine Street Springfield, IL 62703 (217) 528.8406 www.service2families.com <i>Offers post-adoption counseling.</i>
Memorial Counseling Associates 901 N. 1st St. Suite 225 Springfield, IL 62702 (217) 788.4065 www.mhcci.org/MCA <i>Offers counseling services for adults and adolescents dealing with anxiety, depression, grief, postpartum depression, and relationship issues. Accepts insurance. Other locations available in Springfield (3225 Hedley Rd.), Lincoln, and Petersburg.</i>	MHCCI Springfield 710 N. 8th Street Springfield, IL 62702 (217) 525.1064 www.mhcci.org <i>Offers individualized psychiatric and therapeutic services for adults with serious and persistent mental health issues. Accepts Public Aid and insurance. Financial assistance may be available. Other locations available in Springfield (200 W. Lake Dr.), Jacksonville, and Lincoln.</i>	Prairie Center Against Sexual Assault 3 W. Old State Capitol Plaza Springfield, IL 62701 (217) 744.2560 (Springfield) (217) 243.7330 (Jacksonville) (217) 753.8081 (24-Hr. Hotline) www.prairiecasa.org <i>Prairie Center Against Sexual Assault (PCASA) supports survivors of sexual violence, promotes healing and prevention and creates social change throughout Central Illinois. Crisis counseling for rape, incest, and child sexual abuse, as well as medical and legal advocacy services. Services are free or based on a sliding fee scale.</i>

Springfield - Sangamon County Area – Continued

Psychiatric Associates 1124 S. 6th St. Springfield Phone: (217) 523.3143 <i>They accept most insurance – (no Medicaid)</i> <i>They offer a full line of psychiatric and psychological counseling.</i> http://www.psychiatricassociates.org/contact/	Psychological Services of Central Illinois P.C. 2921 Greenbriar Drive, Suite B1, Springfield Phone: (217) 546.3118 http://www.pscithrapy.com/ <i>They accept most insurance, including Medicare – (no Medicaid)</i> <i>General counseling, depression/anxiety, sex abuse, AB patients – call for more info.</i>	Skill Sprout LLC (Locations in Peoria, Washington, Normal, Springfield, Champaign, and Lombard) For appointment and locations, Phone: (800) 773.1682 http://www.skillsprout.com/ <i>They accept most insurance. (No Medicaid or Medicare)</i> <i>They specialize in autistic children – (with a diagnosis from a medical provider)</i>
SIU School of Medicine Department of Psychiatry (Adult Psychiatry) 901 W. Jefferson Springfield, IL 62702 (217) 545.8229 www.siumed.edu/psych <i>General psychiatry services and psychotherapy, as well as specific specialties in geriatrics, substance abuse, and treatment resistant mood disorders.</i>	SIU School of Medicine Department of Psychiatry (Child Psychiatry) Noll Pavilion 5220 S. 6th Street Rd., Suite 1200 Springfield, IL 62703 (217) 545.6900 www.siumed.edu/psych <i>Diagnostic evaluations, psychological testing, and psychotherapy are included in services offered. Treatment provided for a full range of child and adolescent psychiatry disorders with methods such as play therapy, individual therapy, and family therapy.</i>	University of Illinois- Springfield Human Resources Building HRB 64 (217) 206.7122 www.uis.edu/counselingcenter <i>Counseling services for University of Illinois-Springfield students only.</i> <i>Services are free for those students who have paid the Health and Counseling fee.</i>

Peoria - Pekin / Peoria and Tazewell Counties

ABC Counseling & Family Services – 2 locations 1). 7820 N. University Suite 101 Peoria, IL. 61614 Phone: (309) 689.2990 Fax: (309) 689.2991 2). 359 Margaret Street Pekin IL. 61554 Phone: (309) 349.3886 Fax: (309) 620.8647 http://www.abccounseling.org/ <i>They accept most major insurance, Medicaid and sliding scale.</i> <i>Services are limited to juveniles up to age 23, including transgender patients.</i> <i>They specialize in sex abuse and incest, family trauma.</i>	Antioch Group Inc. 6615 Big Hollow Rd. Peoria, IL 61615-2451 Phone: (309) 692.6622 http://antiochgroup.com/ <i>They accept Medicare, and most major insurance.</i> <i>Contemporary Christian Counseling and Psychological Services</i> <i>They offer counseling and psychiatric services for: Depression/Anxiety, AB patients, transgender patients, substance and alcohol abuse.</i>	Barnabas Center 1831 N. Knoxville Ave. Peoria, IL 61603 Phone: (309) 688.9282 https://www.wcicfm.org/your-life/community-resources/item/barnabas-center <i>They accept most major insurance</i> <i>They offer counseling for depression/anxiety, transgender patients, and AB patients, and more – call for more info!</i>
Center for Prevention of Abuse 720 Joan Court Peoria, IL 61614 (800) 559.7233 (crisis line) (309) 691.0551 (office) www.centerforpreventionofabuse.org <i>Emotional support and counseling for survivors of domestic violence, sexual assault/abuse, and elder abuse.</i>	Chapin & Russell Associates Main Office: 3020 W. Willow Knolls Dr. #2 Peoria, IL 61614 Phone: (309) 681.5850 Pekin Satellite Office 11A 6th Street Pekin, IL 61554 Galesburg Satellite Office 2101 Windish Dr. Galesburg, IL 61401 http://www.chapinandrussell.com/ <i>They accept most HMOs, major insurances, Medicare, sliding scale is available.</i> <i>They offer a full line of counseling services.</i>	Elliot Counseling Services LLC 1820 N. Sterling Ave Peoria, IL. (With locations in Normal, and Bloomington as well) Phone: (309) 212.3606 http://www.elliottcounselingservices.com/ <i>They accept most major insurance, Medicaid, and have sliding scale available.</i> <i>They offer a full line of services, including transgender counseling</i>

Peoria - Pekin / Peoria and Tazewell Counties – Continued

FamilyCore 330 SW Washington St. Peoria, IL 61602 (309) 676.2400 www.cfspeoria.org <i>Variety of counseling services for individuals and families. Insurance accepted. Sliding scale fees available.</i> <i>Other location in Pekin available.</i>	Joy Miller & Associates 7617 N. Villa Wood Lane #1 Peoria, IL 61611 Phone: (309) 693.8200 http://joymiller.com/ <i>They accept most major insurance. (no Medicare/ Medicaid)</i> <i>They offer counseling for depression/anxiety, transgender patients, and AB patients. (no substance abuse or sex abuse)</i>	Kathleen Woolsey, LCPC 901 Broadway St. Pekin IL 61554 (309) 346.7100 http://counselingpekin.com/ <i>They accept Blue Cross Blue Shield, Blue Cross Blue Shield of Illinois, United HealthCare, and offer sliding fee scale.</i> <i>They have 3 counselors, and offer a wide range of counseling including transgender, and foster care family counseling – Call for more info.</i>
Psychology Specialists (4 area locations) Phone: (309) 648-0782 for Peoria, Pekin & Canton locations: 1). 900 Main St. Suite 780 Peoria, IL 61602 (Methodist Atrium Building) 2). 5401 N. Knoxville Ave. Suite 117 Peoria, IL 61614 (Proctor Professional Building) 3). 113 N. Parkway Dr. Pekin, IL 61554 4). 180 S. Main St. Canton, IL 61520 http://www.psychologyspecialists.com/ <i>They offer a full line of counseling services, and accept most major insurance. Call for more info.</i>	Skill Sprout LLC – Peoria 8500 N. Knoxville Ave. Peoria, IL 61615 Phone: (309) 713.2841 Fax: (309) 713.2898 (With locations also in Washington, Normal, Springfield, Champaign, and Lombard) Toll free: (800) 773.1682 http://www.skillsprout.com/ <i>They accept most insurance. (No Medicaid or Medicare)</i> <i>They specialize in autistic children – (with a diagnosis from a medical provider)</i>	Summit Family Therapy LLC 1717 Candletree Dr. #B Peoria, IL 61614 Phone: 309-713-1485 https://summitfamilytherapy.com/ <i>They accept most major insurance, Medicaid/Medicare</i> <i>They specialize in Christian-based counseling for: Marriage, Family crisis, depression/anxiety.</i>

Peoria – Pekin / Peoria and Tazewell Counties – Continued

Tazwood Mental Health Center 3248 Vandever Ave. Pekin, IL 61554 (309) 347.5522 www.tazwoodmentalhealth.org <i>Comprehensive spectrum of mental health and substance abuse services for individuals, couples, and families.</i> <i>Other locations available in East Peoria and Lincoln.</i>	True North Solutions 3400 New Leaf Ln. Peoria, IL 61615 (800) 837.3041 (toll free) (309) 589.1011 www.fayettecompanies.org <i>Offers psychiatric and counseling services for adults and children at the individual, couple, and family levels.</i> <i>Insurance accepted: HMOs & PPOs and Medicaid for psychiatric services.</i> <i>Financial assistance available.</i>	Youth Services Team 1200 Hamilton Blvd. Peoria, IL 61606 (309) 589.7980 www.fayettecompanies.org <i>Outpatient mental health services for youth ages 4-17, including individual, group, and family therapy. Also offers alcohol and drug treatment and prevention services.</i> <i>Insurance accepted: HMOs & PPOs and Medicaid for psychiatric services.</i> <i>Financial assistance available.</i>
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Bloomington – Normal / McLean County

ABC Counseling & Family Services 705 Lincoln Ave, #303 Normal, IL 61761 Phone: (309) 451-9495 http://www.abccounseling.org/ <i>They accept most major insurance, Medicaid and sliding scale.</i> <i>Services are limited to juveniles up to age 23, including transgender patients. They specialize in sex abuse and incest, family trauma.</i>	Center for Healthy Lifestyles 2200 E. Washington St. Bloomington, IL 61701 (309) 661.5151 www.osfstjoseph.org <i>Classes for healthy lifestyles.</i>	Center for Human Services – McLean County 108 W. Market St. Bloomington, IL Phone: 309-827-5351 http://mcchs.org/ <i>They accept most major insurance, and Medicaid.</i> <i>Services include both Psychological and Psychiatric counseling and treatment, but are limited to McLean County residents only.</i>
Central Illinois Psychiatric Associates 405 N. Kays Dr. #B Phone: (309) 862.0064 http://www.cipabn.com/ <i>They accept most major insurance.</i> <i>They offer a full line of psychiatric and psychological counseling.</i>	Center for Youth & Family Solutions 502 S. Morris Ave. Bloomington, IL Phone: (309) 820.7616 https://cyfsolutions.org/bloomington-illinois/ <i>They accept most private insurance, Medicaid MCO, sliding scale is available.</i> <i>They offer counseling services for youths and family.</i>	Cheryl Strong LCPC 2416 E. Washington St. Suite #2 Bloomington, IL Phone: (309) 518-4429 (No web; See listing on Psychologytoday.com) <i>Cheryl accepts most major insurance</i> <i>Cheryl specializes in LGBTQ+ counseling, including transgender counseling.</i>
Chestnut Health Systems 1003 Martin Luther King Dr. Bloomington, IL 61701 (309) 820.3500 www.chestnut.org <i>Offers a full range of chemical dependency and mental health services, including children and youth services, individual and family therapy, psychiatric services, and domestic violence treatment.</i>	Elliot Counseling Services LLC 706 Oglesby Ave. Suite 115 Bloomington, IL. (With locations in Normal, and Peoria as well) Phone: (309) 212.3606 www.elliottcounselingservices.com/ <i>They accept most major insurance, Medicaid, and have sliding scale available.</i> <i>They offer a full line of services, including transgender counseling</i>	McLean County Center for Human Services 108 W. Market Bloomington, IL 61701 (309) 827.5351 www.mcchs.org <i>Provides 24-hour crisis intervention, youth counseling, adult counseling, and recovery services.</i> <i>Sliding scale fees available.</i>

Bloomington – Normal / McLean County - Continued

Psychology Specialists (3 area locations) 1). 808 S. Eldorado Rd. Suite 102 Bloomington, IL 61704 Phone: (309) 706.3190 2). 2406 E. Empire Bloomington, IL 61704 Phone: (309) 706.3190 3). 2500 Reynolds St. Suite 209 Pontiac, IL 61764 Phone: (815) 579.9002 http://www.psychologyspecialists.com/ <i>They offer a full line of counseling services, and accept most major insurance.</i>	Skill Sprout LLC <i>(Locations in Peoria, Washington, Normal, Springfield, Champaign, and Lombard)</i> For appointment and locations: Phone: 800-773-1682 http://www.skillsprout.com/ <i>They accept most insurance. (No Medicaid or Medicare)</i> <i>They specialize in autistic children – (with a diagnosis from a medical provider)</i>	Left intentionally blank
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Effingham County

ARC Community Support Systems Counseling Services at the Nanon Wood Center 2502 S. Veterans Dr. Effingham, IL 62401 (217) 347.5118 www.arc-css.org <i>Offers counseling to individuals, couples, families, and groups. Insurance accepted.</i>	Caring Solutions Counseling 14989 N. Park Rd. Effingham, IL 62401 (217) 868.5862 caringsolutionscounseling.net <i>Offers affordable counseling and therapy for adults, teens, children, couples, and families.</i>	Heartland Human Services 1200 N. 4th St. Effingham, IL 62401 (217) 347.7179 (217) 342.5504 (crisis line) www.heartlandhs.org <i>Provides outpatient mental health counseling, family counseling, addiction treatment, older adult mental health programs, and crisis intervention.</i>
Psychology Specialists (4 area locations) Effingham, Newton, Oblong & Olney Phone: (618) 592.3116 http://www.psychologyspecialists.com/ 1). 500 S. Scott St. Newton, IL 62448 (Richland Memorial Hospital) 2). 1106 N. Merchant St. Effingham, IL 62401 (FCA) 3). 103 W. Main St. Suite 5 Oblong, IL 62449 4). 115 East Market St Olney, IL 62450 <i>They offer a full line of counseling services, and accept most major insurance.</i>	Left intentionally blank	Left intentionally blank

Decatur / Macon County Area

ABC Counseling-Decatur 110 Arbor Dr., Suite A Decatur, IL 62523 (217) 877.9217 www.abccounseling.org <i>Counseling services for children and families affected by sexual abuse. Also offers specialized adoption services and birthparent counseling.</i>	A&E Behavioral HealthCare Associates P.C. 2570 Federal Dr. Decatur, IL 62526 (217) 872.1003 aecounseling.com <i>Comprehensive counseling services for individuals, couples, and families.</i>	Heritage Behavioral Health Center, Inc. 151 N. Main St. Decatur, IL 62523 (217) 362.6262 (also a 24-hr. crisis line) www.heritagenet.org <i>Outpatient and residential mental health services offered, including specialized addiction treatment programs.</i>
Piatt County Mental Health Center 1921 N. Market St. Monticello, IL 61856 (217) 762.5371 (outpatient) (217) 762.4357 (crisis line) www.piattmhc.org <i>Offers outpatient mental health services for individuals, couples, and families, and also offers substance abuse treatment programs.</i>	Psychology Specialists (2 area locations) Phone: 217-520-1047 http://www.psychologyspecialists.com/ 1). 102 W. Kenwood Ave. Suite 100 Decatur, IL 62526 (at SIU Decatur Family Medicine) 2). 102 W. Kenwood Ave. Suite 120 Decatur, IL 62526 <i>They accept most major insurance</i> <i>They offer a full line of services, including transgender counseling</i>	Left intentionally blank

Champaign – Urbana / Champaign County

ABC Counseling & Family Services 313 N. Mattis Suite 115 Champaign, IL 61821 Phone: 217-403-0790 Fax: 217-403-0885 http://www.abccounseling.org/ <i>They accept most major insurance, Medicaid and sliding scale.</i> <i>Services are limited to juveniles up to age 23, including transgender patients. They specialize in sex abuse and incest, family trauma.</i>	Catholic Charities Champaign, IL Contact: Rob Taylor MS, MSW (217) 689.1427 www.ccdop.org <i>Provides free in-home senior counseling only. Services will come from a Catholic perspective.</i>	Compass Counseling and Consulting 201 Springfield Ave. #1005 Champaign, IL 61820 Phone: (217) 693.4918 http://www.compasschampaign.com/ <i>They accept major insurance, and sliding scale available to Medicaid patients.</i> <i>Services are full line and include individual/couples/family counseling, transgender patients including minors, and a transgender support group.</i>
Elliot Counseling Group 309 W. Clark St. Champaign (They also have a location at the U of I campus) Phone: (217) 398.9066 https://elliottcounselinggroup.com/ <i>They accept major insurance and Medicaid.</i> <i>They offer a full line of services, including transgender counseling.</i>	Family Service of Champaign County 405 S. State St. Champaign, IL 61820 (217) 352.0099 www.famservcc.org <i>Counseling services for all ages.</i> <i>Insurance accepted. Sliding scale fees available.</i>	Psychology Specialists (Two area locations) 1). 2500 Galen Dr. Suite 104 Champaign, IL 61821 2). 501 N. Dunlap St Savoy, IL 61874 Phone: (217) 693.6072 http://www.psychologyspecialists.com/ <i>They accept major insurance and Medicaid.</i> <i>They offer a full line of services, including transgender counseling.</i>

Champaign – Urbana / Champaign County – Continued

Rosecrance 1801 Fox Drive Champaign, IL 61820 Phone; (217) 398.8080 Crisis Line: (217) 359.4141 communityelements.org <i>Crisis services, counseling and case management available.</i> <i>(Other Champaign locations available too.)</i>	Skill Sprout LLC <i>(Locations in Peoria, Washington, Normal, Springfield, Champaign, and Lombard)</i> For appointment and locations: Phone: (800) 773.1682 http://www.skillsprout.com/ <i>They accept most insurance. (No Medicaid or Medicare)</i> <i>They specialize in autistic children – (with a diagnosis from a medical provider)</i>	The Pavilion Behavioral Health System 809 W. Church St. Champaign, IL 61820 (800) 373.1700 (toll free) (217) 373.1700 www.pavilionhospital.com <i>Adult services, child & adolescent services, addiction treatment, and residential treatment offered.</i> <i>Financial assistance available.</i>
U of I Psychological Services Center 505 E. Green St., 3rd floor Champaign, IL 61820 (217) 333.0041 www.psc.uiuc.edu <i>Offers outpatient diagnostic and outpatient therapeutic psychological services for adults, adolescents, and children.</i> <i>Insurance accepted. Sliding scale fees available.</i>	Left intentionally blank	Left intentionally blank

Ottawa – LaSalle / La Salle County

Behavioral Health CHOICES at OSF Saint Elizabeth Medical Center 1100 E. Norris Dr. Ottawa, IL 61350 (815) 433.3100 (outpatient) (815) 433.5606 (inpatient) www.ottawaregional.org <i>Inpatient and outpatient behavioral health care for adults and seniors.</i>	Empowering Minds Counseling 866-541-5299 643 W. Main Street Ottawa, IL. empoweringmindscounseling.com/ <i>They accept most major insurance, and Medicaid.</i> <i>Services include: Transgender counseling, Anger management, Substance abuse, Sexual abuse, Family counseling.</i>	Mendota Hospital 1401 E. 12th St. Mendota, IL 61342 (815) 501.2088 (direct line for counselors) (815) 539.1422 (general information) www.mendotahospital.org <i>Individual, couple, and family counseling available.</i>
North Central Behavioral Health Systems 2960 Chartres St. LaSalle, IL 61301 (815) 224.1610 www.ncbhs.org <i>Comprehensive mental health and addiction services.</i> <i>Locations also available in Ottawa, Princeton, and Streator.</i>	Youth Service Bureau of Illinois Valley 424 W. Madison S. Ottawa, IL 61350 (815) 433.3953 www.ysbiv.org <i>Individual, family, and group counseling, outreach, and treatment for children and adolescents.</i> <i>Private insurance and Medicaid accepted.</i>	Left intentionally blank

While PPIL is pleased to refer you to any of these locations, we are not affiliated with any of the following providers nor can we guarantee prices or services.