Employee Resources for Personal Wellness and Support Services
*click each link below (where applicable) to learn more*

Emotional Health, Resilience, & Personal Wellbeing
- National Alliance on Mental Illness (1-800-950-NAMI)
- Memorial Behavioral Health
  - The Living Room *walk-in or crisis services* (217-525-1064)
  - Crisis Clinic / Emotional Support Hotline (217-588-5509)
  - Crisis Services (24 hours/day, 365 days/year) 1-800-273-8255 (TALK)
  - National Crisis (Suicide) Life Line: 988
  - Crisis Text Line: 741741
  - Warm Line (1-866-369-7953)
  - Locations
- Memorial Partial Hospitalization Program
- Wellspring Counseling
- Behavioral Health Center of Illinois
- LifeStance Health
- Lincoln Prairie Behavioral Health Center
- Thrive Center for Wellness
- SIU Medicine Survivor Recovery Center (217-545-7815)
- Be Well Illinois – Mental Health Resources (State of Illinois Employee Resource Page)
- Illinois HIV/AIDS/STD Hotline (1-800-243-2437)
- Consumer & Family Care Line (1-866-359-7953)
- Illinois Family Support Program
- Illinois WorkNet Center – Unemployment Services (217-782-3846)

Family, Child Welfare, Pregnancy, & Domestic Violence Resources
- Pure Haven Family Resource Center
- The Parent Place (217-753-8730)
- Mini O’Beirne Crisis Nursery (217-525-6800)
- MERCY Communities, Inc. (217-744-1128)
- Safe Families (1-855-240-6604)
- Sangamon County Child Advocacy Center
- Community Child Care Connection (217-525-2805)
- Crisis Pregnancy Center (217-528-6511)
- Planned Parenthood (217-546-1060)
- First Step Women’s Center (217-523-0100)
- Pregnancy Care Center of Springfield (217-525-5630)
- Illinois Department of Children & Family Services (DCFS)
  - DCFS Child Abuse Hotline (1-800-252-2873)
- National Domestic Violence Hotline (1-800-799-7233 | Text START to 88788)
- Sojourn Shelter & Services (217-726-5100)
- Illinois Coalition Against Sexual Assault (ICASA)
  - Sexual Assault Hotline (217-753-8081)
- Prairie Center Against Sexual Assault (217 744-2560)
- Illinois Department of Human Services
**Family, Child Welfare, Pregnancy, & Domestic Violence Resources**
(continued)

- **Rape, Abuse, Incest National Network (RAINN)** (1-800-656-4673)
- **National Dating Abuse Helpline** (1-866-331-9474 | TTY: 1-866-331-8453)
- **Trevor Project Lifeline** (1-866-488-7386)
- **Illinois Crisis & Referral Entry Services** (CARES) (1-800-345-9049)
- **National Runaway Safeline** (1-800-786-2929)
- **Childhelp National Child Abuse Hotline** (1-800-422-4453)
- **Teen Line Outreach** (1-310-855-4673)
- **Catholic Charities** (217-523-9201)

**Substance Abuse Resources**

- **Gateway Foundation** (217-529-9266)
- **Family Guidance Centers** (217-544-9858)
- **Illinois Poison Center** (1-800-222-1222)

**Shelter & Housing Resources**

- **Helping Hands of Springfield** (217-522-0048)
- **Inner City Mission** (217-525-3940)
- **MERCY Communities, Inc.** (217-744-1128)
- **Salvation Army** (217-525-2196)
- **Family Guidance Centers** (217-544-9858)
- **Sojourn Shelter & Services** (217-726-5100)

**SIU School of Medicine also offers the following:**

- **Employee Assistance Program** (non-AFSCME employees)
  - Organization Web ID: **StateofIllinois**
  - 24/7 support: 1-833-955-3400 (TDD: 1-800-697-0353)
- **Personal Support Program**
  - 1-800-647-8776 (TTY: 1-800-526-0844)
- **Victims’ Economic Security & Safety Act Leave (VESSA)**

**specific to AFSCME employees only**

Please contact benefits@siuhealth.edu for more information about the leaves listed above or any not listed here, ie: Family & Medical Leave, Bereavement, Sick, Vacation, Authorized Leave without Pay, etc.