



SIU MEDICINE

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](#)





SIU MEDICINE

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@siumed.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.

