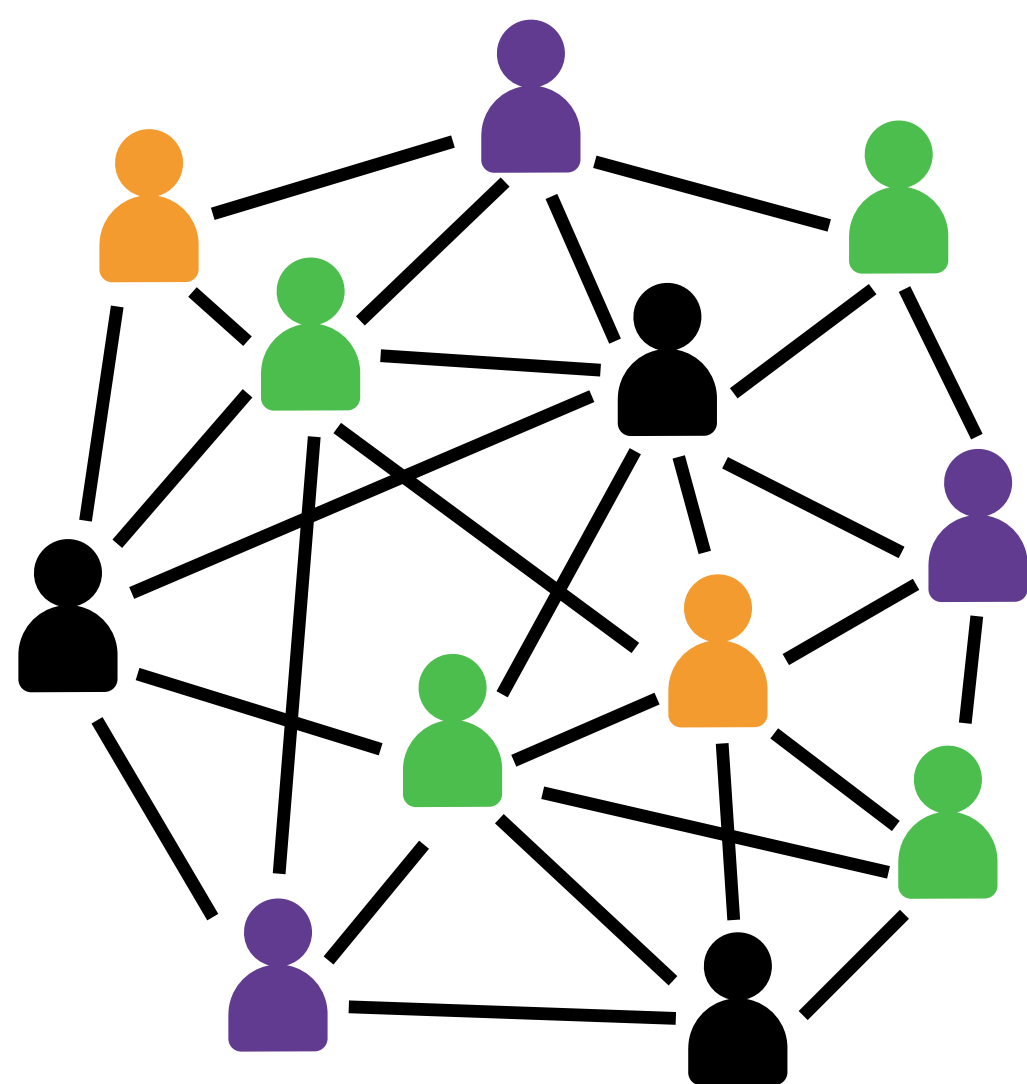


# REFERRAL GUIDE



Champaign County, Illinois



**Public Health**  
Prevent. Promote. Protect.

**Champaign-Urbana Public Health District**  
[www.c-uphd.org](http://www.c-uphd.org)

Updated: March 2024

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# Champaign-Urbana Public Health District

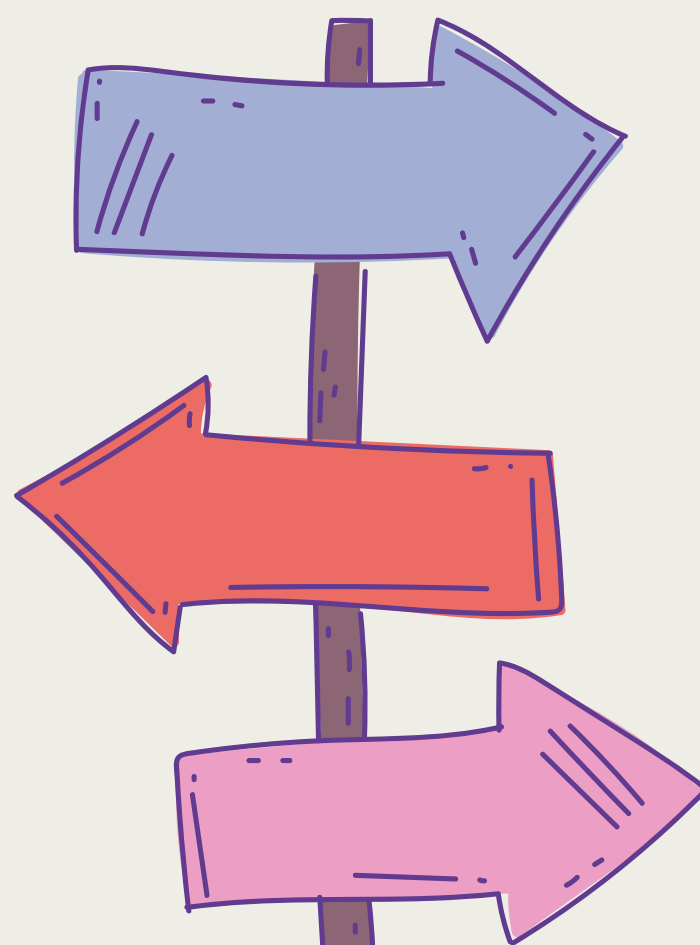
The Champaign Urbana Public Health District created this referral guide as a resource meant for staff to use for client referrals, but it also serves as a resource for other agencies in Champaign County who serve the community in various capacities.

## How To Use This Guide:

This guide has been organized into 12 resource sections to easily help locate services aimed at adolescents, specifically in the age range of 11-21 years. The table of contents, which has all of the sections listed, starts on page *iii*. Please note that there will be organizations and programs that will be listed under multiple sections.

Revisions to this document will be made annually. If anything is missing or changes need to be made, please contact Kelly Flanigan at [kflanigan@c-uphd.org](mailto:kflanigan@c-uphd.org).

Inclusion in this referral guide should in no way be interpreted to constitute an endorsement of an agency or organization or its service, nor should exclusion be construed to constitute disapproval. The information which appears in this publication was provided through sources at each organization or program.



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# **CRISIS CENTERS**

# Courage Connection

**Type of Treatment:**

Crisis Center

**Ages Served:**

All Ages

**Cost:**

Free

**Language(s):**

Language line and ASL available

**Wait-List:**

Shelter Services Vary

**Referral Process:**

Call their number any time 24/7, 365 days a year for assistance.

Individual/Client/Patient needs to call the hotline themselves to request emergency shelter, can not be referred on behalf of someone else or agency.

**Services Offered:**

Courage Connection provides housing and supportive services to individuals and families who are victims of domestic violence. They believe in the right of every person to safety and the potential of every person for success.

**Courage Connection**

1304 E Main St,

Urbana IL 61820

Main Line: (217) 352-7151

Emergency Shelter: (217) 384-4390

**Office Hours:**

Mon-Friday 8:00AM-5:00PM



[Visit Website](#)

# Crisis Nursery

**Type of Treatment:**

Crisis Center

**Cost:**

Free

**Referral Process:**

Call their number any time 24/7, 365 days a year for assistance.

**Services Offered:**

*Safe Children* - available for families who are experiencing a crisis/emergency and no other resources are available to help.

*Paving Pathways* - strengthens families by supporting interactions between parents and children, contributing to early childhood development and preparing children for success during life's most critical period.

*Beyond Blue* - parent-child interaction groups, support groups, crisis care, referrals to other resources, respite hours and home visits. This program is primarily utilized by caregivers who are experiencing perinatal depression and have child under the age of one year.

... And more!

**Ages Served:**

Will watch children newborn-6 years of age. Parents/guardians may be any age.

**Language(s):**

English and Spanish. Language line available for other languages.

**Wait-List:**

Varies

**Crisis Nursery**

1309 W Hill St  
Urbana, IL 61801

**Office Hours:** 8AM-4:30PM

Main Line: (217) 337-2731

Crisis Line: (217) 337-2730



[Visit Website](#)

# Rape Advocacy, Counseling & Education Services (RACES)

**Type of Treatment:**

Crisis Center

**Cost:**

Free

**Ages Served:**

All Ages

**Parental Involvement Required?**

Yes, for minors under age 12. Youth ages 12-16 can get 8 counseling sessions without parental notification. 16 years and older can get unlimited sessions without parental notification.

**Language(s):**

English. Spanish written resources and remote translation available. Language line for other language translation

**Wait-List:**

Varies; can get considerably long. Can offer a one-time emergency counseling session even if there is a wait list. Advocacy services do not have a wait list.

**Referral Process:**

Call the crisis number 24/7 for assistance.

**Services Offered:**

RACES offers a variety of services to victims/survivors of sexual assault, abuse, and harassment and their non-offending significant others who live or work in Champaign, Douglas, Ford, and Piatt counties in East Central Illinois.

Now offering emergency contraceptives, limited 2 per person. No questions or information needed. We can answer any questions or concerns. Individuals may come to our office during business hours or clients can call our 24/7 crisis hotline and advocates can meet clients in a public location.

**RACES**

301 S Vine St Suite 103

Urbana, IL 61801

Main Line: (217) 344-6298

Crisis Line: (217) 384-4444

**Regular Hours:**

Monday, Wednesday, Friday

9:00AM - 4:30PM

Tuesday and Thursday

11:00AM - 7:00PM



[Visit Website](#)

# Rosecrance SASS

## (Screening, Assessment, and Support Services)

### **Type of Treatment:**

Crisis Service

### **Insurance Accepted:**

- ✓ Medicaid: Molina
- ✓ Medicaid: Meridian
- ✓ Medicaid: Aetna BHI
- ✓ Medicaid: Blue Cross
- ✓ Medicaid: All Kids
- ✓ Straight Medicaid
- ✓ Most Private Insurance

### **Ages Served:**

Under 21 for those DCFS is responsible for;  
Under 18 and do not have medical coverage;  
Under 18 and have Medicaid or Private Insurance

### **Language(s):**

English, some Spanish speaking staff

### **Wait-List:**

Varies depending on service

### **Services Offered:**

Rosecrance offers 24/7 emergency screening and assessment services for immediate treatment, which may include hospitalization. Emergency assessments are completed in the community.

### **What is a psychiatric crisis?**

#### **The child is at immediate risk of serious harm to self:**

Is the child having thoughts of suicide?

Could the child unintentionally harm himself or herself?

#### **The child is at immediate risk of serious harm to someone else:**

Is the child making statements about harming others?

Is the child aggressive and causing serious harm to others?

#### **The child is experiencing signs of psychosis:**

Is the child seeing or hearing things that others cannot?

Is the child exhibiting bizarre behaviors or thought processes?

### **CARES Referral Line:**

**(800) 345-9049**

24 hours a day

7 days a week

365 days a year





# **DENTAL CLINICS**

# TIPS FOR HEALTHY TEETH



Keep floss in your backpack to always have it close by.

Wear a mouth guard when playing contact sports such as basketball and football.



Sports drinks and energy drinks are full of sugar that can cause your teeth to decay. If you drink them, try to alternate with water.



# Dental Health Insurance Chart

## Medicaid Insurance Plans

Name	Molina	Meridian	Aetna	Blue Cross	Straight Medicaid	Free	Sliding Fee Scale	Financial Assistance	Private Insurance
Champaign-Urbana Public Health District	✓	✓	✓	✓	✓				
Community Health Partnership Dental	✓		✓	✓	✓				
Familia Dental Clinic	✓	✓	✓	✓	✓				
Gibson Area Hospital Dental Health	✓	✓	✓	✓	✓		✓		
Lakewood Family Dental	✓	✓	✓	✓	✓				
Parkland College Dental Clinic						✓*			
Promise Healthcare Dental Clinics	✓	✓	✓	✓	✓		✓		

Please call and ask if they accept your specific private insurance plan.

\*FREE Services for: Children under 11, Adults over 65, Medicaid, Public Aid, SS Disability, and Military. All other patients pay \$10/visit.



# Champaign-Urbana Public Health District

## Type of Treatment:

Dental Clinic

## Ages Served:

0-18 years

## Insurance Accepted:

- ✓ Medicaid: Molina
- ✓ Medicaid: Meridian
- ✓ Medicaid: Aetna BHI
- ✓ Medicaid: Blue Cross
- ✓ Medicaid: All Kids
- ✓ Straight Medicaid
- ✓ Private Insurance\*

## Parental Involvement Required?

Yes

## Language(s):

English and Spanish

## Wait-List:

None

## Referral Process:

Call during business hours to make an appointment.

## Services Offered:

Serves children living in Champaign or Urbana and foster children living in Champaign County. Children age 18 must show proof that they are still enrolled in high school. Services include: exams, cleanings, fluoride treatment, sealants, fillings, some root canals, stainless steel crowns, and space maintainers.

\*ONLY accepted in addition to Medicaid, not alone.

### C-UPHD Dental Clinic

201 W Kenyon Rd  
Champaign, IL 61820  
(217) 531- 4279

[dentalec-uphd.org](mailto:dentalec-uphd.org)

#### Hours:

Mon-Fri 7:30AM - 5:00PM;  
Closed: 11:45AM - 12:45PM



[Visit Website](#)

# Community Health Partnership - Dental

## Type of Treatment:

Dental Clinic

## Ages Served:

All Ages

## Insurance Accepted:

- ✓ Medicaid: Molina
- ✓ Medicaid: Aetna BHI
- ✓ Medicaid: Blue Cross
- ✓ Straight Medicaid
- ✓ Private Insurance (call to verify)

## Parental Involvement Required?

Yes for patients 17 years and under

## Language(s):

English and Spanish

## Wait-List:

Varies

## Referral Process:

Call Community Health Partnership to schedule an appointment.

## Services Offered:

Mobile dental services offered at least once a month.

Treatment plan development with information on cost per visit/ service based on insurance/ self-pay sliding fee scale discounts for which the patient is eligible.

Basic dental services

Exam

x-rays

Cleaning

Fillings

Prophy

Deep cleaning- scaling

Emergency services for extractions\*

### Community Health Partnership

201 W. Kenyon Rd.

(North Entrance)

Champaign, IL 61820

#### Hours:

Monday: 10AM - 7PM

Tuesday - Friday: 8:30AM - 5:00PM



[Visit Website](#)

\*cannot do surgical extractions

# Familia Dental Clinic

## Type of Treatment:

Dental Clinic

## Ages Served:

All Ages

## Insurance Accepted:

- ✓ Medicaid: Molina
- ✓ Medicaid: Meridian
- ✓ Medicaid: Aetna BHI
- ✓ Medicaid: Blue Cross
- ✓ Medicaid: All Kids
- ✓ Straight Medicaid
- ✓ Private Insurance (call to verify)

## Parental Involvement Required?

Yes, for children 17 and under

## Language(s):

English and Spanish

## Wait-List:

Varies

## Referral Process:

Call during business hours to make an appointment, or go online.

## Services Offered:

General dentistry and orthodontics.

### **Familia Dental Clinic**

1905 W Springfield Ave

Champaign, IL 61821

(217) 355-6396

#### **Hours:**

Mon-Fri: 9:00AM-6:00PM

Sat: 9:00AM-4:00PM



[Visit Website](#)

# Gibson Area Hospital Dental Health

## Type of Treatment:

Dental Clinic

## Ages Served:

All Ages

## Insurance Accepted:

- ✓ Medicaid: Molina
- ✓ Medicaid: Meridian
- ✓ Medicaid: Aetna BHI
- ✓ Medicaid: Blue Cross
- ✓ Financial Assistance
- ✓ Private Insurance (call to verify)

## Parental Involvement Required?

Yes, for children 17 and under

## Language(s):

English

## Wait-List:

Varies

## Referral Process:

Call during business hours to make an appointment.

## Services Offered:

General dentistry including: Routine Cleaning, Extractions, Root Canals Pediatric Exams, Sealants, Fillings, Crowns, Bridges, Partials, Dentures, and much more.

*Please Note:* General dental services can be provided for children under 7 years, but they cannot receive any treatments if needed. Patients 7 years and up can receive treatment as needed.

### Gibson Area Hospital Dental Health

1120 N. Melvin St.

Gibson City, IL

(217) 784-2701

#### Hours:

Monday: 8:00AM - 3:00PM

Tuesday - Friday: 8:00AM - 4:30PM



[Visit Website](#)

**\*Gibson City\***

# Lakewood Family Dental

## Type of Treatment:

Dental Clinic

## Insurance Accepted:

- ✓ Medicaid: Molina
- ✓ Medicaid: Meridian
- ✓ Medicaid: Aetna BHI
- ✓ Medicaid: Blue Cross
- ✓ Medicaid: All Kids
- ✓ Straight Medicaid
- ✓ Private Insurance (call to verify)

## Referral Process:

Call during business hours to make an appointment.

## Services Offered:

General dentistry including: Routine Cleaning/X-Rays, Fillings, Tooth Extractions, and more

## Ages Served:

All Ages

## Parental Involvement Required?

Yes, for children 17 and under

## Language(s):

English

## Wait-List:

Varies

### Lakewood Family Dental

1407 N. Veterans Pkwy #12

Bloomington, IL

#### Hours:

Monday - Friday

9:00AM - 6:00PM

Saturday:

9:00AM - 4:00PM



[Visit Website](#)

# Parkland College Dental Clinic

**Type of Treatment:**

Dental Clinic

**Ages Served:**

4 years +

**Cost:**

\$10\* for all appointments necessary within a 6 month period

✓ FREE for children under 11 years, adults over 65, Medicaid and/or Public Aid recipients

**Parental Involvement Required?**

Yes, for children 17 and under

**Language(s):**

For individuals that do not speak English, they ask that you bring a translator with you.

*FOR SPANISH ONLY:* some semesters there are translators on site. Make sure to call to check if there are any available or if they need to bring one with.

**Referral Process:**

Call during business hours to make an appointment.

**Wait-List:**

Varies

**Services Offered:**

Thorough and informative consultation, with nutritional counseling and dental care education tailored to each client. Complete medical history taken, including blood pressure. This history helps give clients the safest possible care. In addition to a dental cleaning, the following procedures may be provided when indicated:

Oral examination

Oral cancer screening

Oral hygiene instruction

Periodontal disease evaluation

X-rays

Topical and/or local anesthesia

Nitrous oxide and oxygen sedation

Impressions for study models

Bleaching (additional cost)

Pit and fissure sealant placement

Care of restorations

Fluoride application

Placement of antibiotic therapy

Desensitization

\*Payment by check, debit or credit card is preferred at the appointment

**Parkland College**

2400 W Bradley Ave

Room L148

Champaign, IL 61821

(217) 351-2221

**Hours:**

Mon-Fri: 7:30AM-4:30PM



[Visit Website](#)

# Promise Healthcare Dental Clinic

**Type of Treatment:**

Dental Clinic

**Ages Served:**

All Ages.

**Insurance Accepted:**

- ✓ Medicaid: Molina
- ✓ Medicaid: Meridian
- ✓ Medicaid: Aetna BHI
- ✓ Medicaid: Blue Cross
- ✓ Medicaid: All Kids
- ✓ Straight Medicaid
- ✓ Sliding Scale
- ✓ Private Insurance (call to verify)

**Parental Involvement Required?**

Yes, for children 17 and under

**Language(s):**

English and Spanish

**Wait-List:**

Varies, depending on service

**Referral Process:**

Call anytime during business hours to make an appointment.

**Services Offered:**

cleanings, full exam/x-rays, restorations, extractions, dental health education, and limited urgent care.

**Smile Healthy Dental Clinic**

819 Bloomington Rd

(217) 403-5477

**Hours:**

Monday - Friday:

10:00AM-7:00PM



[Visit Website](#)

# Promise Healthcare - Urbana School Health Center

**Type of Treatment:**

Dental Clinic

**Ages Served:**

3 - 18 years

**Insurance Accepted:**

- ✓ Medicaid: Molina
- ✓ Medicaid: Meridian
- ✓ Medicaid: Aetna BHI
- ✓ Medicaid: Blue Cross
- ✓ Medicaid: All Kids
- ✓ Straight Medicaid
- ✓ Sliding Scale
- ✓ Private Insurance (call to verify)

**Parental Involvement Required?**

Yes, for children 18 and under

**Language(s):**

Online interpreting service available.

All are welcome.

**Wait-List:**

Varies, depending on service

**Referral Process:**

Call anytime during business hours to make an appointment.

**Services Offered:**

cleanings, full exam/x-rays, restorations, extractions, dental health education, and limited urgent care.

**Urbana School Health Center**  
**Dental**

1002 S. Race St., Urbana  
(217) 403-5477

**Hours:**

Monday - Friday: 8AM - 5PM



[Visit Website](#)





**FAMILY PLANNING**  
**SEXUAL HEALTH**  
**PREGNANCY / BIRTH**



# Family Planning Health Insurance Chart

## Medicaid Insurance Plans

Name	Molina	Meridian	Aetna	Blue Cross	Straight Medicaid	Free	Sliding Fee Scale	Financial Assistance	Private Insurance
Aunt Martha's Health Center	✓	✓	✓	✓	✓		✓		
Carle Clinic	✓	✓	✓					✓	
Champaign-Urbana Public Health District	✓	✓	✓	✓	✓		✓		
Christie Clinic	✓				✓				
Community Health Partnership	✓	✓	✓	✓	✓		✓		
Planned Parenthood	✓	✓	✓	✓	✓		✓	✓	
Promise Healthcare Clinics	✓	✓	✓	✓	✓		✓		

Please call and ask if they accept your specific private insurance plan.

# Aunt Martha's Health Center

**Type of Treatment:**

Family Planning/Sexual Health

**Ages Served:**

12 years + for Family Planning/ Sexual Health

**Insurance Accepted:**

- ✓ Medicaid: Molina
- ✓ Medicaid: Meridian
- ✓ Medicaid: Aetna BHI
- ✓ Medicaid: Blue Cross
- ✓ Medicaid: All Kids
- ✓ Straight Medicaid
- ✓ Sliding Scale
- ✓ Private Insurance (call to verify)

**Parental Involvement Required?**

No, not for family planning/sexual health services

**Language(s):**

English and Spanish

**Wait-List:**

Varies

**Referral Process:**

Call (877) 692 - 8686 to make an appointment

**Services Offered:**

Family Planning may include the following services: STI testing & treatment, pregnancy tests, birth control, pap smears, breast/chest exams, and answers to questions related to sexual health.



[Visit Website](#)

**Aunt Martha's Health Center**

614 N. Gilbert St.

Danville, IL 61832

(217) 531-5365

**Hours:**

Monday: 8:00 AM - 6:30 PM

Tuesday: 8:00 AM - 5:00 PM

Wednesday: 8:00 AM - 5:00 PM

Thursday: 8:30 AM - 5:00 PM

Friday: 8:30 AM - 4:30 PM

Saturday: 9:00 AM - 1:00 PM

# Carle Clinic

## Type of Treatment:

Family Planning/ Pregnancy&Birth/  
Sexual Health

## Insurance Accepted:

- ✓ Medicaid: Molina
- ✓ Medicaid: Meridian
- ✓ Medicaid: Aetna BHI
- ✓ Financial Assistance
- ✓ Private Insurance (call to verify)

## Gynecology Services:

- Pap smears
- Pelvic and breast exams
- Contraceptive (birth control) management
- STD testing and screening
- Prevention, screening and treatment for gynecological cancers
- Preconception counseling and pregnancy testing
- Hormone replacement therapy
- ...and more

## OB/GYN Services:

- Labor and Delivery
- Midwifery
- Maternal Fetal Medicine
- Reproductive Medicine
- Carle Community Breastfeeding Clinic
- NICU

## Ages Served:

12 years +

## Language(s):

English, Spanish, French, Mandarin  
(Over 200 languages offered through use of the language line)

## Referral Process:

Call for an appointment.



## Gynecology Services

[Tuscola](#) - 301 E. Southline Rd.

(217) 253-5231

[Rantoul](#)\* - 1540 E. Grove St.

(217) 893-7700

[Danville at The Riverfront](#) - 516 W Madison St.

(217) 431-7600

[Champaign on Curtis](#)\* - 1701 W. Curtis Rd.

(217) 365-6200

[Urbana on Windsor](#) - 1818 E. Windsor Rd.

(217) 255-9500

## Obstetrics/Gynecology Services

[Urbana South Clinic](#)\* - 601 W. University

(217) 383-3311

[Mattoon on Hurst](#) - 2512 Hurst Dr.

(217) 258-5900

[Monticello](#)\* - 1002 Medical Center Dr.

(217) 762 -6000

\*Midwifery Services

# Champaign-Urbana Public Health District

## Type of Treatment:

Family Planning/Sexual Health

## Ages Served:

12 years + in Teen and Adult Services Clinic

## Insurance Accepted:

- ✓ Medicaid: Molina
- ✓ Medicaid: Meridian
- ✓ Medicaid: Aetna BHI
- ✓ Medicaid: Blue Cross
- ✓ Medicaid: All Kids
- ✓ Straight Medicaid
- ✓ Sliding Scale
- ✓ Private Insurance (call to verify)

## Parental Involvement Required?

No

## Language(s):

English (some Spanish/French);  
language line with multiple languages available

## Wait-List:

Varies

## Referral Process:

Walk-in or call during business hours for an appointment. Walk-in appointments are not guaranteed same day appointments. Pee N Flee is always walk-in and available during business hours.

## Services Offered:

Family Planning may include the following services: STI/HIV testing & treatment pregnancy tests, birth control, medical care for HIV, and answers to questions related to sexual health.

Our Pee N Flee service provides  
chlamydia and gonorrhea testing  
WITHOUT an appointment.

Scan the QR code to the right to  
learn more!



[Visit Website](#)

## C-UPHD Teen and Adult Services

201 W Kenyon Rd  
Champaign, IL 61820  
(217) 531-5365

### Hours:

Mon-Fri: 8:30AM-11:30AM & 1:00PM- 4:30PM

# Christie Clinic

## Type of Treatment:

Family Planning/ Pregnancy&Birth/  
Sexual Health

## Insurance Accepted:

- ✓ Medicaid: Molina
- ✓ Straight Medicaid
- ✓ Financial Assistance
- ✓ Private Insurance (call to verify)

## Ages Served:

12 years +

## Language(s):

Several languages available. Call 217-366-1200

## Referral Process:

Call for an appointment.



## Gynecology Services:

- Pap smears
- Pelvic and breast exams
- Contraceptive (birth control) management
- STD testing and screening
- Prevention, screening and treatment for gynecological cancers
- Preconception counseling and pregnancy testing
- ...and more

## OB/GYN Services:

- Labor and Delivery at partner hospitals
- Reproductive Medicine

## Obstetrics/Gynecology Services

[Champaign](#) - 101 W. University Ave.  
(217) 366-1255

[Danville at The Riverfront](#) - 108 Robinson St.  
(217) 442-8611

[Mahomet](#) - 1001 Commercial Dr.  
(217) 366-1255

[Monticello](#) - 100 W. Washington St., Ste 101  
The Moore Building  
(217) 762-3352

[Tuscola](#) - 300 N. Main St.  
(217) 253-9258

# Community Health Partnership

## Type of Treatment:

Family Planning/Sexual Health

**Ages Served:** All Ages, typically 12 years +

## Insurance Accepted:

- ✓ Medicaid: Molina
- ✓ Medicaid: Meridian
- ✓ Medicaid: Aetna BHI
- ✓ Medicaid: Blue Cross
- ✓ Medicaid: All Kids
- ✓ Straight Medicaid
- ✓ Sliding Scale
- ✓ Financial Assistance
- ✓ Private Insurance (call to verify)

## Parental Involvement Required?

Yes, if under 18 years

## Language(s):

English; bilingual staff members and interpreting services available

**Wait-List:** None, Accepting Patients

## Referral Process:

Call to schedule an appointment.

## Services Offered:

Hormonal birth control (pills or shot) available.

### CHP - Champaign

201 W Kenyon Rd  
Champaign, IL 61820  
(217) 893-3052

#### Hours:

Mon: 10:00AM-7:00PM  
Tues-Fri: 8:00AM-5:00PM  
Sat & Sun Closed

### CHP - Rantoul

520 E. Wabash Ave.  
Rantoul, IL 61866  
(217) 893-3052

#### Hours:

Mon: 10:00AM-7:00PM



[Visit Website](#)

# Planned Parenthood

## Type of Treatment:

Family Planning/Sexual Health

## Ages Served:

12 years +

## Insurance Accepted:

- ✓ Medicaid: Molina
- ✓ Medicaid: Meridian
- ✓ Medicaid: Aetna BHI
- ✓ Medicaid: Blue Cross
- ✓ Medicaid: All Kids
- ✓ Straight Medicaid
- ✓ Sliding Scale
- ✓ Financial Assistance
- ✓ Private Insurance (call to verify)

## Parental Involvement Required?

Not for most services.

## Language(s):

English; language line for several other languages

## Wait-List:

Varies

## Referral Process:

Call during business hours to schedule an appointment or schedule online.

## Services Offered:

- STD testing/ treatment
- HIV testing
- Pregnancy tests
- Birth control
- Care for those with HIV
- Answers to questions related to sexual health.

- Transgender health services, including Hormone Replacement Therapy (HRT)
- Abortion Services

### Planned Parenthood

302 E Stoughton  
Champaign, IL 61820  
(217) 359-8022

#### Hours:

Monday 9:00AM-6:00PM  
Tuesday 8:00AM-4:00PM  
Wednesday 9:00AM-4:00PM



[Visit Website](#)



# Promise Healthcare: Frances Nelson Health Clinic

## Type of Treatment:

Family Planning/Sexual Health

## Ages Served:

12 years +

## Insurance Accepted:

- ✓ Medicaid: Molina
- ✓ Medicaid: Meridian
- ✓ Medicaid: Aetna BHI
- ✓ Medicaid: Blue Cross
- ✓ Medicaid: All Kids
- ✓ Straight Medicaid
- ✓ Sliding Scale
- ✓ Private Insurance (call to verify)

## Parental Involvement Required?

No, not for most family planning services

## Language(s):

English; Interpreter service for other languages

## Wait-List:

None, walk-in

## Referral Process:

Call during business hours to schedule an appointment.

## Services Offered:

pregnancy tests

birth control

answers to questions related to sexual health

**Promise Healthcare**  
**Frances Nelson Health Clinic**

819 Bloomington Rd  
Champaign, IL 61820  
(217) 356-1558

**Hours:**

Monday: 7:15AM-8PM  
Tuesday-Friday: 7:30AM-6PM



[Visit Website](#)

# Promise Healthcare: Urbana School Health Center

## **Type of Treatment:**

Family Planning/Sexual Health

## **Ages Served:**

12 years +

## **Insurance Accepted:**

- ✓ Medicaid: Molina
- ✓ Medicaid: Meridian
- ✓ Medicaid: Aetna BHI
- ✓ Medicaid: Blue Cross
- ✓ Medicaid: All Kids
- ✓ Straight Medicaid
- ✓ Sliding Scale
- ✓ Private Insurance (call to verify)

## **Parental Involvement Required?**

No, not for family planning/ sexual health services

## **Language(s):**

English; Interpreter service for other languages

## **Wait-List:**

None, walk-in

## **Referral Process:**

Call during business hours to schedule an appointment.

## **Services Offered:**

STI testing  
pregnancy tests  
birth control  
answers to questions related to sexual health

**Promise Healthcare  
Urbana School Health Center**

1002 S. Race St.  
Urbana, IL 61801  
(217) 239-4220



**Hours:**

Monday - Friday: 8:00AM-5:00PM

[Visit Website](#)



# **HEALTH CLINICS**



# THE IMPORTANCE OF HAVING A PRIMARY CARE PROVIDER



1

## More Accurate Diagnoses

A provider who sees you regularly is more likely to notice changes in your health. Leading to better diagnoses of any health conditions you may experience.

2

## Lower Costs

By seeing your provider on a regular basis, and contacting them first when you have a health concern, you will likely have fewer hospital visits. If you are having a medical emergency, dial 911.

3

## Staying Healthier

Your provider can help you manage any chronic conditions you have and make personalized recommendations to improve your health.

4

## Trust

A Primary Care Provider who sees you regularly and knows your medical history can make you feel comfortable discussing any medical concerns.

5

## Referral to Specialists

If you need to see a specialist for your health condition, your provider will be able to refer you to a specialist to fit your unique health care needs.

# Health Clinics Health Insurance Chart

## Medicaid Insurance Plans

Name	Molina	Meridian	Aetna	Blue Cross	Straight Medicaid	Free	Sliding Fee Scale	Financial Assistance	Private Insurance
Aunt Martha's Health Center	✓	✓	✓	✓	✓		✓		
Avicenna						✓			
Carle Clinic	✓	✓	✓		✓			✓	
Champaign County Christian Health Center						✓			
Christie Clinic	✓				✓			✓	
Community Health Partnership	✓	✓	✓	✓	✓		✓	✓	
Kirby Medical Center	✓	✓	✓	✓	✓			✓	
The Love Clinic						✓			
OSF Medical Center	✓	✓	✓	✓				✓	
Promise Healthcare Clinics	✓	✓	✓		✓		✓		

Please call and ask if they accept your specific private insurance plan.

# Aunt Martha's Health Center

**Type of Treatment:**

Health Clinic

**Insurance Accepted:**

- ✓ Medicaid: Molina
- ✓ Medicaid: Meridian
- ✓ Medicaid: Aetna BHI
- ✓ Medicaid: Blue Cross
- ✓ Medicaid: All Kids
- ✓ Straight Medicaid
- ✓ Sliding Scale
- ✓ Private Insurance (call to verify)

**Referral Process:**

Call (877) 692 - 8686 to make an appointment

**Services Offered:**

Primary care, pediatrics, sexual health/family planning, and therapy/psychiatry services.

**Ages Served:**

All Ages

12 years + for Family Planning/ Sexual Health

**Parental Involvement Required?**

Yes, required for primary care/ therapy services

No, not required for sexual health/family planning services.

**Language(s):**

English and Spanish

**Wait-List:**

Varies



[Visit Website](#)

**Aunt Martha's Health Center**

614 N. Gilbert St.

Danville, IL 61832

(217) 531-5365

**Hours:**

Monday: 8:00 AM - 6:30 PM

Tuesday: 8:00 AM - 5:00 PM

Wednesday: 8:00 AM - 5:00 PM

Thursday: 8:30 AM - 5:00 PM

Friday: 8:30 AM - 4:30 PM

Saturday: 9:00 AM - 1:00 PM

# Avicenna Community Health Center

**Type of Treatment:**

Health Clinic

**Ages Served:**

18 years +

**Cost:**

Free

**Language(s):**

Can provide in-person interpretation for the following languages: Spanish, Arabic, and Mandarin. Usually, we can arrange for in-person interpretation for French, Russian, Punjabi, Pashto, Hindi. Please contact Avicenna before your visit to request a volunteer interpreter for your specific language. All other languages are accommodated with an on-demand, call-in interpretation service.

**Wait-List:**

Varies (only open occasional Saturdays and all Sundays)\*

**Referral Process:**

Walk-in or call/go online <https://www.avicennahealth.org/> (QR Code below) to make appointment. Avicenna provides services ONLY to those who are uninsured or underinsured.

**Services Offered:**

- physical exams
- diabetes (high blood sugar)
- high cholesterol
- hypertension (high blood pressure)
- thyroid issues
- coughs and colds
- Women's Healthcare - OBGYNs on staff
- skin issues
- diet and exercise counseling (lifestyle management)
- social work services
- blood work
- Eye care and eye prescriptions - Ophthalmologists on staff

**PLEASE NOTE:** Avicenna does not provide emergency care, dental services, mental health services, cancer services, children's health, or immunizations. If Avicenna cannot provide a client with a service that they need they will help them find somewhere else to go.

**Avicenna Community Health Care**

201 W Kenyon Rd  
Champaign, IL 61820  
(309) 306-1358

**Hours:**

Sundays: 1:00PM-4:00PM  
Some Saturdays: 1:00PM - 4:00PM



[Visit Website](https://www.avicennahealth.org/)

\*call us or email  
operations@  
avicennahealth.  
org to inquire

# Carle Clinic

## Type of Treatment:

Health Clinic

## Insurance Accepted:

- ✓ Medicaid: Molina
- ✓ Medicaid: Meridian
- ✓ Medicaid: Aetna BHI
- ✓ Straight Medicaid
- ✓ Financial Assistance
- ✓ Private Insurance (call to verify)

## Referral Process:

### Convenient Care:

Walk-In or MyCarle

**Lab:** Walk-In (with doctor's order already placed)

### All Other Services:

By appointment only. Call to make an appointment.

## Services Offered\*:

- Primary Care
- Gynecology
- Adult Medicine
- Family Medicine
- Pediatrics
- Convenient Care
- Lab Work
- Radiology
- ....and more!

## Ages Served:

All Ages

## Parental Involvement Required?

Yes, if under 18 years

## Language(s):

Many different interpreters/bilingual staff. Must ask for bilingual provider at the time of making the appointment.

[Champaign on Curtis](#)\*\* - 1701 W. Curtis Rd.

(217) 365-6200

[Danville at The Riverfront](#)\*\* - 516 W Madison St.

(217) 431-7600

[Carle Mahomet](#) - 1001 Heather Dr.

(217) 586-8400

[Mattoon on Hurst](#)\*\* - 2512 Hurst Dr.

(217) 258-5900

[Monticello](#)- 1002 Medical Center Dr.

(217) 762 -6000

[Rantoul](#)- 1540 E. Grove St.

(217) 893-7700

[Tuscola](#) - 301 E. Southline Rd.

(217) 253-5231

[Urbana South Clinic](#)\*\* - 601 W. University

(217) 383-3311

[Urbana on Windsor](#)\*\* - 1818 E. Windsor Rd.

(217) 255-9500

\*Services vary by location

\*\*Convenient Care at this location





# Champaign County Christian Health Center

**Type of Treatment:**

Health Clinic

**Cost:**

Free

**Referral Process:**

Call for an appointment or book online:

<https://www.ccchc2003.org/book-an-appointment>

**Ages Served:**

18-64 years; will take children or elderly for physicals but only if they do not have insurance

**Parental Involvement Required?**

Yes, if under 18 years

**Language(s):**

English, French, Spanish

**Wait-List:**

Varies

**Services Offered:****Medical care**

physical exams  
diabetes  
high blood pressure  
high cholesterol  
...and more!

**Dental Care**

dental screening and extractions

**Spiritual Care**

prayer offered by ministers

**Mental health care** (counseling by a psychologist via in house social worker; limited availability),

**Nutrition Counseling** (via in house dietician)

**Champaign County Christian Health Center**

(217) 402-5683

[www.ccchc2003.org](http://www.ccchc2003.org)

1401 S. State St, Suite B

Champaign, IL 61820

**Medical Care:**

**Medical Care:** 2nd & 3rd Tues and Wed: 5:30PM-8:30PM

**Priority Telehealth:** Tuesdays 9am - 12pm when staff available

**Dental Care:** 1st and 3rd Tues and Wed: 5:30PM - 8:30PM



# Christie Clinic

## Type of Treatment:

Health Clinic

## Insurance Accepted:

- ✓ Medicaid: Molina
- ✓ Straight Medicaid
- ✓ Financial Assistance  
(one time lifetime)
- ✓ Private Insurance (call to verify)

## Referral Process:

### Convenient Care:

Walk-In or MyChristie

**Lab:** Walk-In (with doctor's order already placed)

### All Other Services:

By appointment only. Call to make an appointment.

## Services Offered\*:

- Primary Care
- Gynecology
- Adult Medicine
- Family Medicine
- Pediatrics
- Convenient Care
- Lab Work
- Radiology
- ....and more!



## Ages Served:

All Ages

## Parental Involvement Required?

Yes, if under 18 years

## Language(s):

Many different interpreters/ bilingual staff. Must ask for a bilingual provider at the time of making the appointment.

[Champaign](#)\*\* - 101 W. University Ave.

(217) 366-1255

[Champaign on Windsor](#)\*\* - 1801 W. Windsor Rd.

(217) 366-1200

[Danville at The Riverfront](#)\*\* - 108 Robinson St.

(217) 442-8611

[Mahomet](#) - 1001 Commercial Dr.

(217) 366-1255

[Monticello](#) - 100 W. Washington St., Ste 101

The Moore Building

(217) 762-3352

[Rantoul](#) - 209 W. Borman Dr.

(217) 892-9671

[Tuscola](#) - 300 N. Main St.

(217) 253-9258

[Urbana](#)\*\* - 1710 E. Windsor Rd.

(217) 366-8130

\*Services vary by location

\*\*Convenient Care at this location

# Community Health Partnership

## Type of Treatment:

Health Clinic

## Ages Served:

All Ages

## Insurance Accepted:

- ✓ Medicaid: Molina
- ✓ Medicaid: Meridian
- ✓ Medicaid: Aetna BHI
- ✓ Medicaid: Blue Cross
- ✓ Medicaid: All Kids
- ✓ Straight Medicaid
- ✓ Sliding Scale
- ✓ Financial Assistance
- ✓ Private Insurance (call to verify)

## Parental Involvement Required?

Yes, if under 18 years

## Language(s):

English; bilingual staff members and interpreting services available

**Wait-List:** None, Currently Accepting New Patients

## Referral Process:

Call during business hours to make an appointment.

## Services Offered:

- primary care
- family medicine
- pediatric care
- women's health
- men's health
- asthma
- cancer screenings
- acute/chronic disease management
- diabetes program,
- Sexual Health/ Family planning
- flu clinics
- hypertensive program
- infectious disease management
- podiatry
- dental health
- telemedicine
- lab services
- COVID-19
- Mobile Clinic
- STD screening/treatment
- Patient Health Navigator

### CHP - Champaign

201 W. Kenyon Rd  
Champaign, IL 61820  
(217) 893-3052

#### Hours:

Mon: 10:00AM-7:00PM  
Tues-Fri: 8:00AM-5:00PM  
Sat & Sun Closed

### CHP - Rantoul

520 E. Wabash Ave.  
Rantoul, IL 61866  
(217) 893-3052

#### Hours:

Mon: 10:00AM-7:00PM



[Visit Website](#)

# Kirby Medical Center

## Type of Treatment:

Health Clinic

## Ages Served:

All Ages

## Insurance Accepted:

- ✓ Medicaid: Molina
- ✓ Medicaid: Meridian
- ✓ Medicaid: Aetna BHI
- ✓ Medicaid: Blue Cross
- ✓ Medicaid: All Kids
- ✓ Straight Medicaid
- ✓ Financial Assistance
- ✓ Private Insurance (call to verify)

## Parental Involvement Required?

Yes, if under 18 years

## Language(s):

English

## Wait-List:

Varies

## Referral Process:

Call during business hours to make an appointment.

## Services Offered:

Kirby Medical Center services include: prevention & health screenings, family medicine, pediatric & adolescent care, women's health, men's health, internal medicine, school & sports physicals, and more.

**Kirby Medical Center**  
1000 Medical Center Drive  
Monticello, IL 61856  
(217) 762-2115



[Visit Website](#)

**\*Monticello\***

# The Love Clinic (Presented by The Church of the Living God)

**Type of Treatment:**

Health Clinic

**Ages Served:**

18+ years

**Cost:**

Free

**Parental Involvement Required?**

N/A

**Language(s):**

English, Spanish translation if notified ahead of time

**Wait-List:**

None

**Referral Process:**

Walk-in services offered on the last Saturday of each month from 9:00-11:30am, except in November and December due to holidays. Services will begin again in January. Enter Door G off of 4th street. [Visit Website](#)

**Services Offered:**

Free health screenings

Prescription drug assistance (except pain medication).

There is a limit to assistance because it is solely funded by The Church of the Living God.



info@thechurchofthelivinggod.com

**The Love Clinic**

312 E. Bradley  
Champaign, IL 61820  
(217) 359-6920

**Hours:**

Last Saturday of each month:  
9:00AM-11:30AM

# OSF Medical Center

## Type of Treatment:

Health Clinic

## Insurance Accepted:

- ✓ Medicaid: Molina
- ✓ Medicaid: Meridian
- ✓ Medicaid: Aetna BHI
- ✓ Medicaid: Blue Cross
- ✓ Medicaid: All Kids
- ✓ Straight Medicaid
- ✓ Private Insurance (call to verify)

## Referral Process:

Call during business hours to make an appointment or OSF MyChart.

**Urgent Care:** Reserve your appointment online (QR Code Below)

## Services Offered\*:

- Primary Care
- Gynecology
- Adult Medicine
- Family Medicine
- Pediatrics
- Urgent Care
- Lab Work
- Radiology
- ....and more!

\*Services vary by location

## Ages Served:

All Ages

## Parental Involvement Required?

Yes, if under 18 years

## Language(s):

English, language line for other languages

## Wait-List:

Varies

## Primary Care Locations

[Champaign](#) - 1712 West Springfield  
(217) 337-2995

[Savoy](#) - 501 North Dunlap Avenue  
(217) 560-6300



## Urgent Care Locations

[Champaign](#) - 2043 South Neil St.  
(217) 337-3852

[Champaign](#) - 2718 N Prospect Ave  
(217) 337-3852



# Promise Healthcare

## Type of Treatment:

Health Clinic

## Insurance Accepted:

- ✓ Medicaid: Molina
- ✓ Medicaid: Meridian
- ✓ Medicaid: Aetna BHI
- ✓ Medicaid: Blue Cross
- ✓ Medicaid: All Kids
- ✓ Straight Medicaid
- ✓ Sliding Scale
- ✓ Private Insurance (call to verify)

## Referral Process:

Staff from outside agencies referring new patients may call: 217-403-5424  
Established patients or new patients making their own appointment may call: 217-356-1558 to make an appointment

## Services Offered:

Several health services offered including: family medicine, pediatrics, prenatal, behavioral health (psych and counseling), and more.

## Ages Served:

All Ages  
Urbana School Health Center: 3 - 18 Years

## Parental Involvement Required?

Yes, if under 18 years

## Language(s):

English; Interpreter service for other languages

## Wait-List:

Varies

### [Promise Healthcare](#)

#### [Urbana School Health Center](#)

1002 S. Race St.  
Urbana, IL, (217) 239-4220

#### **Hours:**

Monday - Friday: 7:45AM - 5:00PM



### [Promise Healthcare](#)

#### [Rantoul School Health Center](#)

424 E Wabash  
Rantoul, IL, (217) 356-1558

#### **Hours:**

Monday: 7:30AM - 5:30PM  
Tues - Friday: 7:30AM - 5:00PM



### [Frances Nelson Health Clinic](#)

819 Bloomington Rd  
Champaign, IL, (217) 356-1558

#### **Hours:**

Monday: 7:15AM - 8:00PM  
Tues - Friday: 7:30AM - 6:00PM



### [Promise Healthcare on Neil](#)

821 S. Neil Street  
Champaign, IL, (217) 356-1558

#### **Hours:**

Monday: 7:30AM - 5:30PM  
Tues - Friday: 7:30AM - 5:00PM





# **HUMAN TRAFFICKING**



# WHAT IS HUMAN TRAFFICKING?

**Human trafficking involves the use of force, fraud, or coercion to obtain some type of labor or commercial sex act.** Causing someone under the age of 18 to engage in a commercial sex act, regardless of using force, fraud, or coercion is human trafficking under U.S. law. Human traffickers use various forms of force, fraud, and coercion to control and exploit victims. These forms include imposing of debt, fraudulent employment opportunities, false promises of love or a better life, psychological coercion, and violence or threats of violence.

**The crime of human trafficking hinges on the exploitation of another person.** People often falsely believe “human trafficking” implies victims must be moved from one place to another to qualify as a victim. Human trafficking does not require transportation to be considered a crime. It is a crime that can be committed against an individual who has never left their hometown.

**Human trafficking victims can be any age, race, gender identity, sex, ethnicity, nationality, immigration status, and socioeconomic class.** In many cases, victims do not come forward to seek help because they are vulnerable, potential language barriers may exist, they have a fear of law enforcement, or they do not identify as a victim.

**Where Are Traffickers Reaching Victims?** Traffickers often go to locations where they can reach vulnerable individuals. Some of these locations include:

- SOCIAL MEDIA, ONLINE, AND DATING APPS
- POPULAR MEETING PLACES
- SCHOOLS
- GROUP HOMES, DETENTION CENTERS, SHELTERS, AND FOSTER CARE HOMES

## **For More Information About Human Trafficking:**

- <https://www.dhs.gov/blue-campaign/what-human-trafficking>
- [https://www.dhs.gov/sites/default/files/publications/blue\\_campaign\\_youth\\_guide\\_508\\_1.pdf](https://www.dhs.gov/sites/default/files/publications/blue_campaign_youth_guide_508_1.pdf)

# Rape Advocacy, Counseling, & Education Services (RACES)

**Type of Treatment:**

Human Trafficking

**Cost:**

Free

**Referral Process:**

Call the crisis number 24/7 for assistance.

**Services Offered:**

RACES offers a variety of services to victims/survivors of sexual assault, abuse, and harassment and their non-offending significant others who live or work in Champaign, Douglas, Ford, and Piatt counties in East-Central Illinois. All services are free and confidential.

**Ages Served:**

All Ages

**Parental Involvement Required?**

Yes, for minors under age 12. Youth ages 12-16 can get 8 counseling sessions without parental notification. 16 years and older can get unlimited sessions without parental notification.

**Language(s):**

English. Spanish written resources and remote translation available.

**Wait-List:**

Varies. Can offer a 1-time emergency counseling session even if there is a wait list. Advocacy services do not have a wait list.

**RACES**

301 S Vine St Suite 103

Urbana, IL 61801

Main Line: (217) 344-6298

Crisis Line: (217) 384-4444

**Regular Hours:**

Monday, Wednesday, Friday

9:00AM - 4:30PM

Tuesday and Thursday

11:00AM - 7:00PM



[Visit Website](#)

# National Human Trafficking Resource Center

**Type of Treatment:**

Human Trafficking

**Ages Served:**

All Ages

**Cost:**

Free

**Parental Involvement Required?**

No

**Language(s):**

Over 160 languages

**Wait-List:**

None

**Referral Process:**

Call or text 24/7 for assistance

**Services Offered:**

Provide help for individuals trapped in human trafficking, referral to services, training, and general information.

**National Human Trafficking  
Resource Center**

Call: 1-888-373-7888

Text: HELP to 233733



[Visit Website](#)

# National Sexual Assault Hotline

**Type of Treatment:**

Human Trafficking

**Ages Served:**

All Ages

**Cost:**

Free

**Parental Involvement Required?**

No

**Language(s):**

English and some Spanish

**Wait-List:**

None

**Referral Process:**

When you call 1-800-656-4673, you'll be routed to a local [RAINN](#) affiliate organization based on the first six digits of your number. Cell phone callers have the option to enter the ZIP code of their current location to more accurately locate the nearest sexual assault service provider. You may also choose to chat with someone at the website: [online.rainn.org](https://online.rainn.org)

**Services Offered:**

Calling the National Sexual Assault Hotline gives you access to a range of free services including:

- Confidential support from a trained staff member.
- Support finding a local health facility that is trained to care for survivors of sexual assault and offers services like sexual assault forensic exams.
- Someone to help you talk through what happened.
- Local resources that can assist with your next steps toward healing and recovery.
- Referrals for long term support in your area.
- Information about the laws in your community.
- Basic information about medical concerns.

**National Sexual Assault  
Hotline**

Call: 1-800- 656- HOPE (4673)

Click to Chat: [online.rainn.org](https://online.rainn.org)

**Hours:** 24/7



[Visit Website](#)

# La Línea Directa Nacional de la Agresión Sexual (Español)

**La Categoría:**

El Trafico de Personas

**El Rango de Edades:**

Todas las edades

**El Costo:**

Gratis

**Participación de los Padres Obligatorio:**

No

**Una Lista de Espera:**

No

**Lengua(s):**

Español

**El Proceso del Referido:**

Cuando llamas al 1-800-656-4673, seras enviado a un afiliado local de la organización RAINN basado en los 6 primeros numeros de tu número de teléfono. Las personas que llaman por teléfono celular tienen la opción de ingresar su código postal para ubicar el proveedor de servicios de agresión sexual más cercano a usted. Tu también puedes escoger con quien hablar en el sitio web: [rainn.org/es](http://rainn.org/es)

**Los Servicios que están Ofreciendo:**

Llamando la línea nacional de la agresión sexual te da el acceso a un rango de servicios gratuitos, incluyendo:

- El apoyo confidencial de un empleado calificado
- El apoyo a encontrar un sitio local de salud que es certificado a cuidar a los sobrevivientes de la agresión sexual y ofrece servicios como los exámenes forenses de la agresión sexual
- Alguien para ayudarte hablar sobre lo que pasó
- Recursos locales que pueden ayudar con sus próximas medidas a la curación y la recuperación
- Referidos para el apoyo a largo plazo en su área
- Información sobre las leyes en su comunidad
- Información básica sobre sus preocupaciones médicas

**La Línea Directa Nacional de la Agresión Sexual**

Llamar: 1-800-656-HOPE (4673)

Click: [rainn.org/es](http://rainn.org/es)

**Horas:** 24/7





**MENTAL HEALTH  
TREATMENT**



# Mental Health Agency Health Insurance Chart

## Medicaid Insurance Plans

Name	Molina	Meridian	Aetna	Blue Cross	Straight Medicaid	Free	Sliding Fee Scale	Financial Assistance	Private Insurance
Aunt Martha's Health Center	✓	✓	✓	✓	✓		✓		
Center for Youth and Family Solutions	✓	✓	✓	✓	✓		✓		
Depression and Bipolar Support Alliance						✓			
Envisage Counseling Services	** ✓	** ✓					✓		
Evergreen Coaching and Counseling	✓	✓					✓		
Family Service of Champaign County	✓	✓	+ ✓				✓		
HopeSprings	✓	✓	✓	✓	✓		✓		
McKinley Mental Health *						✓			
The Pavilion	✓	✓	✓	✓	✓			✓	
Prevention and Treatment Services	✓	✓	✓	✓	✓			✓	
Promise Healthcare	✓	✓	✓	✓	✓		✓		
Rosecrance	✓	✓	✓	✓	✓			✓	
Rosecrance - The Living Room						✓			
UIUC Counseling Center *						✓			

Please call and ask if they accept your specific private insurance plan.

+ Pre-authorization required

\*UIUC Students ONLY. Free for students who have paid the Health Services Fee

\*\*In the process of being able to accept Medicaid Molina and Medicaid Aetna insurance. Call to verify.

# Aunt Martha's Health Center

**Type of Treatment:**

Mental Health Treatment

**Ages Served:**

4 years and older

**Insurance Accepted:**

- ✓ Medicaid: Molina
- ✓ Medicaid: Meridian
- ✓ Medicaid: Aetna BHI
- ✓ Medicaid: Blue Cross
- ✓ Medicaid: All Kids
- ✓ Straight Medicaid
- ✓ Sliding Scale
- ✓ Private Insurance (call to verify)

**Parental Involvement Required?**

Yes, required for therapy services

No, not required for sexual health/family planning services.

**Language(s):**

English

**Wait-List:**

Varies

**Referral Process:**

Call (877) 692 - 8686 to make an appointment

**Services Offered:**

Primary care, pediatrics, sexual health/family planning, and therapy/psychiatry services.



[Visit Website](#)

**Aunt Martha's Health Center**

614 N. Gilbert St.

Danville, IL 61832

(217) 531-5365

**Hours:**

Monday: 8:00 AM - 6:30 PM

Tuesday: 8:00 AM - 5:00 PM

Wednesday: 8:00 AM - 5:00 PM

Thursday: 8:30 AM - 5:00 PM

Friday: 8:30 AM - 4:30 PM

Saturday: 9:00 AM - 1:00 PM



# Center for Youth and Family Solutions

## Type of Treatment:

Mental Health

## Ages Served:

3 years +

## Insurance Accepted:

- ✓ Medicaid: Molina
- ✓ Medicaid: Meridian
- ✓ Medicaid: Aetna BHI
- ✓ Medicaid: Blue Cross
- ✓ Medicaid: All Kids
- ✓ Straight Medicaid
- ✓ Sliding Scale
- ✓ Private Insurance (call to verify)

## Parental Involvement Required?

No, but recommended

## Language(s):

English, Spanish (via telehealth or with use of translator in-person)

## Wait-List:

3 months



## Referral Process:

Call to get on the waiting list. If you have private insurance, call insurance company to make sure they will cover services.

## Services Offered:

Critical counseling and support services to help people struggling with trauma, grief, loss, abuse, neglect, and other family life challenges. Trauma-informed, LGBTQ+ affirming, individual, family, and couples therapy offered.

### Contact Person:

Renee Demierre  
Clinical Supervisor  
rdemierre@cyfsolutions.org

[Visit Website](#)

### CYFS

1315A Curt Dr.  
Champaign, IL 61820  
(217) 352-5179

### Hours:

Mon-Fri: 9:00AM – 5:00PM  
and by appointment

# Depression and Bipolar Support Alliance

**Type of Treatment:**

Mental Health

**Ages Served:**

All Ages

**Cost:**

Free

**Language(s):**

English

**Referral Process:**

Tuesday group is open to people with mental health issues and support people. The group on the 1st and 3rd Thursday of the month is open to those with mental health issues and support people. The group on Friday is a closed group for only those with mental health issues.

Visit their website for more information: [www.cudbsa.org/contact.html](http://www.cudbsa.org/contact.html)

**Services Offered:**

DBSA Urbana-Champaign meetings are open to people who have depression, bipolar disorder, and/or related mental health problems, whether formally diagnosed or not. They also offer support for the friends and families of those who struggle with these illnesses. There are no doctors or therapists on staff; they believe that the support and nurturing that peers provide is an integral part of recovery.

**Contact Person:**

Amanda Bryan  
Chapter President  
dbsaurbana@gmail.com  
(810) 328-3272

[Visit Website](http://www.cudbsa.org)

**Depression and Bipolar Support Alliance**

OSF Medical Center  
Auditorium C, 1st Floor  
1400 W. Park St  
Urbana, IL

**Hours:**

Tues., Thurs., and Fri. 7:00PM-8:00PM

# Envisage Counseling Services

**Type of Treatment:**

Mental Health

**Insurance Accepted:**

- ✓ Medicaid: Molina\*
- ✓ Medicaid: Aetna\*
- ✓ Sliding Scale
- ✓ Private Insurance (call to verify)

**Ages Served:**

All Ages

**Parental Involvement Required?**

Yes, minimally for check ins to discuss progress

**Language(s):**

English

**Wait-List:**

Varies

**Referral Process:**

You may make an appointment the following ways:

Email: [lawandamcgee@envisagecounseling.com](mailto:lawandamcgee@envisagecounseling.com)

Call: (217) 766-0258

Visit website: [www.envisagecounseling.com](http://www.envisagecounseling.com) and complete a [form](#).

**Services Offered:**

- Individual and family counseling.
- Virtual and in-person sessions
- BIPOC therapists

**Envisage Counseling Services**

1806 Woodfield Dr.

Savoy, IL 61874

(217) 766-0258

**Hours:**

Monday-Friday: 7:00AM-8:00PM

Saturday: 8:00AM-6:00PM

Sunday: 9:00AM - 5:00PM



[Visit Website](#)

\*In the process of being able to accept Medicaid Molina and Medicaid Aetna insurance. Call to verify.

# Evergreen Coaching and Counseling

## **Type of Treatment:**

Mental Health

## **Ages Served:**

3 years +

## **Insurance Accepted:**

- ✓ Medicaid: Molina
- ✓ Medicaid: Meridian
- ✓ Sliding Scale
- ✓ Private Insurance (call to verify)

## **Parental Involvement Required?**

Consent required and parental involvement encouraged.

## **Language(s):**

English

## **Wait-List:**

Varies

## **Referral Process:**

Call (217) 714-7042 to make an appointment or click [HERE](#) to fill out an online appointment scheduling form.

## **Services Offered:**

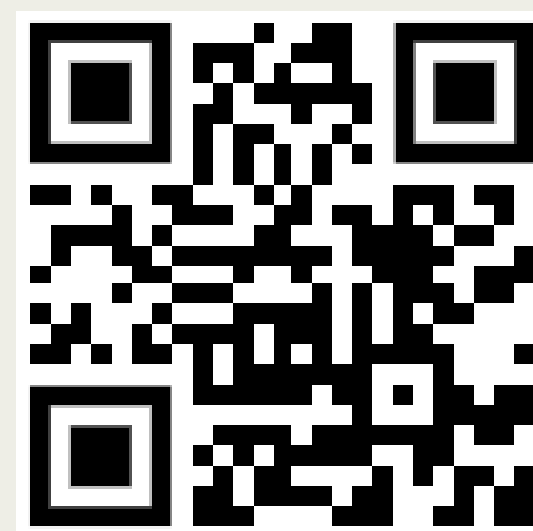
- Individual, couple, and family counseling services
- Academic, personal, and professional coaching
- ADHD/Autism/LD evaluations on a private pay basis
- In person and telehealth appointment options

### **Evergreen Coaching and Counseling**

411 E. Park St.  
Suite 106  
Champaign, IL 61820  
(217) 714-7042

#### **Hours:**

Monday-Friday: 9:00AM-7:00PM  
Saturday: 9:00AM-5:00PM



[Visit Website](#)

# Family Service of Champaign County

## **Type of Treatment:**

Mental Health

## **Ages Served:**

5 years +

## **Insurance Accepted:**

Insurance Accepted:

- ✓ Medicaid: Molina
- ✓ Medicaid: Meridian
- ✓ Medicaid: Aetna BHI\*
- ✓ Medicaid: Blue Cross
- ✓ Medicaid: All Kids and YouthCare
- ✓ Straight Medicaid
- ✓ Sliding Scale
- ✓ Private Insurance (call to verify)

## **Parental Involvement Required?**

Yes, if under 18 years

## **Language(s):**

English

## **Wait-List:**

None

## **Referral Process:**

Call to schedule an appointment.

## **Services Offered:**

Family, couples, and individual counseling.



[Visit Website](#)

## **Family Service of Champaign County**

405 S. State St.

Champaign, IL 61820

(217) 352-0099

### **Hours:**

Daytime: Monday - Thursday

Evening: Thursdays

# HopeSprings

**Type of Treatment:**

Mental Health

**Ages Served:**

5 years +

**Insurance Accepted:**

- ✓ Medicaid: Molina
- ✓ Medicaid: Meridian
- ✓ Medicaid: Aetna BHI
- ✓ Medicaid: Blue Cross
- ✓ Medicaid: All Kids
- ✓ Straight Medicaid
- ✓ Sliding Scale
- ✓ Private Insurance (call to verify)

**Parental Involvement Required?**

Yes. HopeSprings works with primarily youth, families, and young adults. Services are very family-focused and require parental/guardian involvement. Families are a key part of counseling services at HopeSprings.

**Language(s):**

English

**Wait-List:**

2 - 4 weeks

**Referral Process:**

Call to make an appointment, or fill out their [online referral form](#).

HopeSprings will verify insurance and immediately contact you to schedule an intake appointment.

**Services Offered:**

Individual, family, and group counseling services.

**Hope Springs**

701 Devonshire Dr. Suites B16-18

Champaign, IL 61820

(217) 531-2360

**Hours:**

Mon-Thurs: 8:30AM-6:00PM

Fri: 8:30AM-12:30PM



[Visit Website](#)

# McKinley Mental Health

**Campus Groups:**

Mental Health

**Ages Served:**

UIUC Students

**Cost:**

Mostly Free for students who have paid the Health Services Fee

**Language(s):**

English. Translation services are available to accommodate other languages

**Wait-List:**

Varies

**Referral Process:**

\*\* Must bring I CARD \*\*

To schedule an initial appointment, please call during business hours. If you are being referred from a provider outside of McKinley Health Center, please have your provider send McKinley a detailed clinical summary. For medication management, make an appointment with a primary caregiver who will then establish a primary relationship and generate an internal referral for psychiatry assessment. For counseling, you may make an appointment directly with the next available counselor.

**Services Offered:**

- Assessment and recommendations for subsequent treatment for a variety of emotional and behavioral difficulties.
- Short-term individual psychotherapy, up to a few sessions
- Limited psychiatry services are available by referral from McKinley primary caregivers.

**McKinley Health Center**

1109 S. Lincoln Ave

Urbana, IL 61801

(217) 333-2700

**Hours:**

Monday - Friday

Mon-Fri 8:00AM-5:00PM



[Visit Website](#)

**\*UIUC CAMPUS\***

# The Pavilion

## **Type of Treatment:**

Mental Health and Substance Abuse

## **Ages Served:**

4 years+

## **Parental Involvement Required?**

Yes, all services require parental consent

## **Insurance Accepted:**

- ✓ Medicaid: Molina
- ✓ Medicaid: Meridian
- ✓ Medicaid: Aetna BHI
- ✓ Medicaid: Blue Cross
- ✓ Medicaid: All Kids
- ✓ Financial Assistance
- ✓ Private Insurance (call to verify)

## **Language(s):**

English

## **Wait-List:**

Varies

## **Referral Process:**

Call the assessment line 217-373-1700 for assessment and placement into the program.

## **Services Offered:**

The Pavilion offers Partial Hospitalization treatment for Youth:

Partial Hospitalization is a less restrictive alternative to inpatient care where patients attend programming during the day and spend evenings, nights and weekends at home. Inpatient Hospitalization for stabilization of any acute psychiatric episode for ages 4 and up as well as Dual Diagnosis treatment.

### **The Pavilion**

809 W. Church St  
Champaign, IL 61820  
(217) 373-1700  
Open 24/7



[Visit Website](#)



# Prevention and Treatment Services (P.A.T.S.)

## **Type of Treatment:**

Substance Abuse with  
Mental Health

## **Insurance Accepted:**

- ✓ Medicaid: Molina
- ✓ Medicaid: Meridian
- ✓ Medicaid: Aetna BHI
- ✓ Medicaid: Blue Cross
- ✓ Straight Medicaid
- ✓ Financial Assistance
- ✓ Private Insurance (call to verify)

## **Ages Served:**

12 years +

## **Parental Involvement Required?**

Recommended but not required

## **Language(s):**

English and Spanish

## **Wait-List:**

1 - 2 Weeks

## **Referral Process:**

Walk in any time during open hours and fill out all paperwork. Appointment is scheduled within 7 days.

## **Services Offered:**

Provides kind, compassionate, and evidence-based services for men, women, and adolescents suffering from substance abuse as well as co-occurring mental health disorders such as anxiety, depression, bipolar disorder, or PTSD

### **P.A.T.S.**

300 S. Broadway Ave #110A  
Urbana, IL 61801  
(West side of Lincoln Square Mall)  
(217) 954-1128

### **Hours:**

Mon-Fri: 9:00AM-5:00PM  
Sat: 9:00AM-11:00AM



[Visit Website](#)

# Promise Healthcare

## Type of Treatment:

Mental Health

## Insurance Accepted:

- ✓ Medicaid: Molina
- ✓ Medicaid: Meridian
- ✓ Medicaid: Aetna BHI
- ✓ Medicaid: Blue Cross
- ✓ Medicaid: All Kids
- ✓ Straight Medicaid
- ✓ Medicare
- ✓ Sliding Scale
- ✓ Private Insurance (call to verify)

## Ages Served: 6 years +

## Parental Involvement Required?

12-15: parent notified of counseling, encourage parental involvement but not required  
15-17: no parental involvement needed

## Language(s):

English; translator services available for Spanish, French and many other languages.

## Wait-List:

New patient appointments typically available within 2 weeks.

## Referral Process:

Call **(217) 403-5433**

Or email: [mentalhealthwellness@promisehealth.org](mailto:mentalhealthwellness@promisehealth.org)

## Services Offered:

- Individual counseling for adults and children ages 6 years and up.
- Family counseling available.
- Psychiatric medication administration and monitoring for adults and children ages 6 years and up.



[Visit Website](#)

**Frances Nelson** 819 Bloomington Rd. Champaign, IL 61820

**Urbana School Health Center** 1002 S. Race St. Urbana, IL 61801

**Promise on Neil** 821 S. Neil Street Champaign, IL 61820

**Promise Healthcare - Rantoul** 424 E. Wabash Rantoul, IL 61820

# Rosecrance

## **Type of Treatment:**

Mental Health and Substance Abuse

## **Insurance Accepted:**

- ✓ Medicaid: Molina
- ✓ Medicaid: Meridian
- ✓ Medicaid: Aetna BHI
- ✓ Medicaid: Blue Cross
- ✓ Straight Medicaid
- ✓ Financial Assistance
- ✓ Private Insurance (call to verify)

## **Ages Served:**

18+ years for adult mental health services like case management, psychiatry, and group home. 6+ years for counseling.

## **Parental Involvement Required?**

Yes, up to age 11

## **Language(s):**

English

## **Wait-List:**

Varies

## **Referral Process:**

Call and go through triage process and make appointment.

## **Services Offered:**

Outpatient services are comprised of a combination of individual and/or group counseling. These sessions focus on relapse prevention, coping mechanisms, solid decision making, and healthy relationships.

### **Rosecrance**

801 N. Walnut St  
Champaign, IL 61820  
(217) 398-8080

### **Hours:**

Mon-Fri: 8:00AM-5:00PM



[Visit Website](#)

# Rosecrance – The Living Room

**Type of Treatment:**

Mental Health

**Ages Served:**

18 years and up

**Insurance Accepted:**

✓ Free

**Language(s):**

English

**Wait-List:**

Varies depending on service

**Referral Process:**

Anyone 18 years or older may walk into The Living Room during open hours for services. Ring the doorbell on the south side of the building and sign in

**Services Offered:**

An alternative safe space for people who might otherwise utilize emergency department services for mental health needs. Instead of spending hours in an unsettling hospital situation, individuals find a calm, therapeutic environment where they can collect themselves and receive help. Other available resources include counseling, peer-led support groups, computer stations, LIHEAP applications, information about housing and food sources, plus additional area resources.

**Rosecrance on Walnut**

801 N. Walnut St.  
Champaign, IL 61820  
Monday – Friday  
10AM – 6PM



[Visit Website](#)

# UIUC Counseling Center

**Campus Groups:**

Mental Health

**Ages Served:**

UIUC Students

**Cost:**

Free for students who have paid the Health Services Fee

**Language(s):**

English

**Wait-List:**

Varies

**Referral Process:**

\*\* Must bring I CARD \*\*

If you are interested in scheduling an appointment online, please answer the following pre-screening questions:

- **Have you been seen at the Counseling Center in the last six months?**
- **Are you enrolled in a completely online academic program at the University of Illinois Urbana-Champaign?**
- **Are you currently located outside of Champaign/Urbana?**
- **Are you seeking couples counseling services?**

If you answered **no** to all these questions, online scheduling is a good option for you, or you can also call the Counseling Center at 217-333-3704.

If you answered **yes** to any of these questions, **please call** the Counseling Center at 217-333-3704 to make an appointment rather than attempting to schedule online.

**Services Offered:**

One-on-one therapy or group sessions. Provides emergency consultations to students with urgent mental health concerns between 8 a.m. and 5 p.m., Monday through Friday. These consultations are focused on stabilizing the current crisis/emergency and providing immediate support to the student while assisting them in linking to our services. They also offer a variety of workshops.

**Counseling Center**

Turner Student Services Building (2nd Floor)

610 E. John St

Champaign, IL 61820

(217) 333-3704

**After Hours Rosecrance Crisis Line: 217-359-4141**

**Hours:**

Monday-Friday 8:00AM-5:00PM



[Visit Website](#)



**HOTLINES/  
HELPLINES**



# HOTLINES VS. HELPLINES

## WHAT IS THE DIFFERENCE?

**ON EACH PAGE IN THIS SECTION, THE CATEGORY IN THE UPPER LEFT CORNER WILL SAY EITHER “HOTLINE” OR “HELPLINE”. HERE ARE A FEW COMMON DISTINCTIONS BETWEEN THEM:**

### **HOTLINES**

- Serves those in immediate need
- Typically open 24 hours a day/ 7 days a week\*
- Generally employ professionals who possess specialized knowledge or skills

### **HELPLINES**

- Offers guidance and information on resources that may be utilized later
- May ask you to leave a message and get back to you later
- Are less likely to offer after-hours support
- Staff might not possess specialized knowledge or skills

\*Please Note: Average wait times to talk to a counselor can vary based on usage surges and other factors.

# 988 Suicide and Crisis Lifeline

**Category:**

Hotline

**Ages Served:**

All Ages

**Cost:**

Free

**Language(s):**

Over 150 languages via tele-interpreters service. Separate number for Spanish Language.

**Referral Process:**

Clients can call 988 or visit the website any time.

**Services Offered:**

988 Suicide and Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. Also offers prevention and crisis resources for you or your loved ones, and best practices for professionals.

**988 Suicide and Crisis Lifeline**

**Call: 988**

**Click: <https://988lifeline.org/>**

**Hours: 24/7**



**[Visit Website](https://988lifeline.org/)**



# La línea de Crisis y Suicidio 988 (Español)

**Categoría:**

Una Línea Directa

**El Rango de Edades:**

Todas las Edades

**El Costo:**

Gratis

**Lengua(s):**

Español

**El Proceso del Referido:**

Los Clientes pueden llamar al 988 o visitar el sitio web cuando puedan.

**Los Servicios que están Ofreciendo:**

La línea de crisis y suicidio 988 es una red nacional de centros de crisis locales que provee soporte emocional confidencial gratis para personas en crisis suicida y estrés emocional las 24 horas y 7 días a la semana en los Estados Unidos. También ofrecen prevención y recursos de crisis para usted y sus familiares, y las mejores prácticas para profesionales.

**La Línea Directa Nacional de la  
Prevención del Suicidio (Español)**

**Llamar:** 1-888-628-9454

**Hacer clic:**

<https://988lifeline.org/es/home/>

**Horas:** 24/7



[Visite  
el Sitio Web](#)

# Boys Town National Hotline

**Category:**

Hotline

**Ages Served:**

All Ages

**Cost:**

Free

**Language(s):**

Spanish-speaking counselors and translation services for more than 100 languages also are available 24 hours a day. The speech- and hearing-impaired can contact us at our email address: [hotline@boystown.org](mailto:hotline@boystown.org).

**Referral Process:**

Call 24/7 for assistance. The speech- and hearing-impaired can contact us at our email address: [hotline@boystown.org](mailto:hotline@boystown.org).

**Services Offered:**

The Boys Town National Hotline is open 24 hours a day, 365 days a year, and is staffed by specially trained Boys Town counselors. It is accredited by the American Association of Suicidology (AAS).

**Call:** 800-448-3000

**Text:** VOICE to 20121



[Visit Website](#)

# Boys Town National Hotline: Your Life, Your Voice (For Teens)

**Category:**

Hotline

**Ages Served:**

For Teens

**Cost:**

Free

**Language(s):**

Spanish-speaking counselors and translation services for more than 100 languages also are available 24 hours a day. The speech- and hearing-impaired can contact us at our email address: [hotline@boystown.org](mailto:hotline@boystown.org).

**Referral Process:**

Call 24/7 for assistance. The speech- and hearing-impaired can contact us at our email address: [hotline@boystown.org](mailto:hotline@boystown.org). They will send a response back to you within 48 hours.

**Services Offered:**

The Boys Town National Hotline is open 24 hours a day, 365 days a year, and is staffed by specially trained Boys Town counselors. It is accredited by the American Association of Suicidology (AAS).

**Call:** 1-800-448-3000

**Text:** VOICE to 20121

[My Life My Voice App](#)



[Visit Website](#)

# Call BlackLine

**Category:**

Hotline

**Ages Served:**

All Ages

**Cost:**

Free

**Language(s):**

English. Other languages available if needed.

**Referral Process:**

Clients can call or text: 1 (800) 604-5841 or visit the website anytime 24/7. There is also an app (QR Code below).

**Services Offered:**

Call BlackLine® provides a space for peer support, counseling, reporting of mistreatment, witnessing and affirming the lived experiences for folxs who are most impacted by systematic oppression with an LGBTQ+ Black Femme Lens. Call BlackLine® prioritizes BIPOC (Black, Indigenous, and People of Color). By us for us.

**Call BlackLine**

**Call:** 1 (800) 604-5841

**Text:** 1 (800) 604-5841

**Click:** <https://www.callblackline.com>

**Hours:** 24/7



[Visit Website](https://www.callblackline.com)

# Crisis Text Line

**Category:**

Hotline

**Ages Served:**

All Ages

**Cost:**

Free

**Language(s):**

English

**Referral Process:**

Call 24/7 for assistance

**Services Offered:**

Every texter is connected with a Crisis Counselor, a real-life human being trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving. All of Crisis Text Line's Crisis Counselors are volunteers, donating their time to helping people in crisis.

**Crisis Text Line**

Text: HOME to 741741



[Visit Website](#)

# Línea de Texto de Crisis (Español)

**La Categoría:**

línea directa

**El Rango de Edades:**

Todas las edades

**El Costo:**

Gratis

**Lengua(s):**

Español

**El Proceso del Referido:**

Llame 24 horas al día, 7 días a la semana para obtener ayuda

**Los Servicios que están Ofreciendo:**

Cada persona que envía mensajes de texto está conectada con un Consejero de Crisis, un ser humano de la vida real capacitado para llevar a quienes envían mensajes de texto de un momento caluroso a una calma tranquila a través de la escucha activa y la resolución colaborativa de problemas. Todos los consejeros de crisis de Crisis Text Line son voluntarios y donan su tiempo para ayudar a las personas en crisis.

**Línea de Texto de Crisis**

Envía un mensaje de texto con la palabra AYUDA al 741741 para comunicarte de manera gratuita con un Consejero de Crisis



[Visit Website](#)

# Deaf Survivors ASL Hotline

**Category:**

Hotline

**Ages Served:**

All ages

**Cost:**

Free

**Language(s):**

ASL, English

**Referral Process:**

Call 24/7 for assistance.

**Services Offered:**

The Deaf Hotline is a 24/7 hotline that is ASL accessible for people experiencing abuse. With the Deaf Hotline, you can consult with a culturally-adept and trained advocate in ASL. Whether you're in need of safety planning, crisis intervention, emotional support or have some questions, we are here for you.

## Deaf Hotline

**Video Phone:** 855-812-1001

**Click:** <https://www.thedeafhotline.org/contact-us/>

**Email:** [nationaldeafhotline@adwas.org](mailto:nationaldeafhotline@adwas.org)



[Visit Website](#)

# National Domestic Violence HotLine

**Category:**

Hotline

**Ages Served:**

All Ages

**Cost:**

Free

**Language(s):**

English

**Referral Process:**

Call 24/7 for assistance

**Services Offered:**

Highly-trained advocates are available 24/7/365 to talk confidentially with anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship.

**National Domestic Violence Hotline**

Call: 1-800-799-SAFE (7233)

TEXT: START to 88788



[Visit Website](#)



# La Línea Directa Nacional de la Violencia Doméstica (Español)

**Categoría:**

Una Línea Directa

**El Rango de Edades:**

Todas las Edades

**El Costo:**

Gratis

**Lengua(s):**

Español

**El Proceso del Referido:**

Puede llamar 24 horas al día, 7 días de la semana para la ayuda

**Los Servicios que están Ofreciendo:**

Defensores altamente capacitados están disponibles las 24 horas del día, los 7 días de la semana, los 365 días del año para hablar de manera confidencial con cualquier persona que este experimentando violencia doméstica, busque recursos e información o tenga preguntas sobre los aspectos nocivos de sus relaciones.

**La Línea Directa Nacional  
de la Violencia Doméstica**

**Llamar:** 1-800-799-SAFE (7233)

**Texto:** START al 88788



[Visite  
el Sitio Web](#)

# National Human Trafficking Resource Center

**Category:**

Hotline

**Ages Served:**

All Ages

**Cost:**

Free

**Language(s):**

Over 160 languages

**Referral Process:**

Call or text 24/7 for assistance

**Services Offered:**

Provides help for individuals trapped in human trafficking, including referral to services, training, and general information.

**National Human Trafficking  
Resource Center**

Call: 1-888-373-7888

Text: HELP to 233733



[Visit Website](#)

# National Runaway Safeline

**Category:**

Hotline

**Ages Served:**

All Ages

**Cost:**

Free

**Language(s):**

They have an interpreter service, so they can serve folks in most languages via phone. For digital services (live chat, email, and forum), it's not a guarantee they can respond quickly. They have Spanish speaking volunteers and staff, but they might not be available 24/7.

**Referral Process:**

Call, click, or text anytime. Live chat also available ([registration](#) required).

**Services Offered:**

Provides education and solution-focused interventions, offers non-sectarian, non-judgmental support, respects confidentiality, collaborates with volunteers, and responds to at-risk youth and their families 24 hours a day. Home Free Program helps youth ages 12-21 return home safely with a free bus ticket from Greyhound.

**National Runaway Safeline**

**Call:** 1-800-RUNAWAY (786-2929)

**Click:** [1800RUNAWAY.org](https://1800RUNAWAY.org)

**Text:** 66008

**Hours:** 24/7



[Get Help](#)

# National Sexual Assault Hotline

**Category:**

Hotline

**Ages Served:**

All Ages

**Cost:**

Free

**Language(s):**

English and some Spanish

**Referral Process:**

When you call, you'll be routed to a local [RAINN](#) affiliate organization based on the first six digits of your phone number. Cell phone callers have the option to enter the ZIP code of their current location to more accurately locate the nearest sexual assault service provider. You may also choose to chat with someone at the website: [online.rainn.org](http://online.rainn.org).

**Services Offered:**

Calling the National Sexual Assault Hotline gives you access to a range of free services including:

- Confidential support from a trained staff member
- Support finding a local health facility that is trained to care for survivors of sexual assault and offers services like sexual assault forensic exams
- Someone to help you talk through what happened
- Local resources that can assist with your next steps toward healing and recovery
- Referrals for long term support in your area
- Information about the laws in your community
- Basic information about medical concerns

**National Sexual Assault  
Hotline**

Call: 1-800- 656- HOPE (4673)

Click to Chat: [online.rainn.org](http://online.rainn.org)

**Hours:** 24/7



[Visit Website](#)

# La Línea Directa Nacional de la Agresión Sexual (Español)

**La Categoría:**

línea directa

**El Rango de Edades:**

Todas las edades

**El Costo:**

Gratis

**Participación de los Padres Obligatorio:**

No

**Lengua(s):**

Español

**El Proceso del Referido:**

Cuando llamas al 1-800-656-4673, serás enviado a un afiliado local de la organización RAINN basado en los 6 primeros números de tu número de teléfono. Las personas que llaman por teléfono celular tienen la opción de ingresar su código postal para ubicar el proveedor de servicios de agresión sexual más cercano a usted. También puedes escoger con quien hablar en el sitio web: [rainn.org/es](http://rainn.org/es)

**Los Servicios que están Ofreciendo:**

Llamando la línea nacional de la agresión sexual te da el acceso a un rango de servicios gratuitos, incluyendo:

- El apoyo confidencial de un empleado calificado
- El apoyo a encontrar un sitio local de salud que es certificado a cuidar a los sobrevivientes de la agresión sexual y ofrece servicios como los exámenes forenses de la agresión sexual
- Alguien para ayudarte hablar sobre lo que pasó
- Recursos locales que pueden ayudar con sus próximas medidas a la curación y la recuperación
- Referidos para el apoyo a largo plazo en su área
- Información sobre las leyes en su comunidad
- Información básica sobre sus preocupaciones médicas

**La Línea Directa Nacional de la Agresión Sexual**

Llamar: 1-800-656-HOPE (4673)

Click: [rainn.org/es](http://rainn.org/es)

**Horas:** 24/7



# National Teen Dating Abuse Helpline

**Category:**

Helpline

**Ages Served:**

All ages

**Cost:**

Free

**Language(s):**

English

**Referral Process:**

Call 24/7 for assistance.

**Services Offered:**

love is respect offers 24/7 information, support, and advocacy to young people between the ages of 13 and 26 who have questions or concerns about their romantic relationships. We also provide support to concerned friends and family members, teachers, counselors, and other service providers through the same free and confidential services via phone, text, and live chat. loveisrespect is a project of the National Domestic Violence Hotline.

**National Teen Dating Abuse Helpline**

**Call:** 1-866-331-9474

**Click:** <https://www.loveisrespect.org/>

**Text:** LOVEIS to 22522



[Visit Website](https://www.loveisrespect.org/)

# Poison Control Center

**Category:**

Hotline

**Ages Served:**

All Ages

**Cost:**

Free

**Language(s):**

English and Spanish

**Referral Process:**

Contact Poison Control right away if you suspect a poisoning. Just call or [click](#) any time.

**Services Offered:**

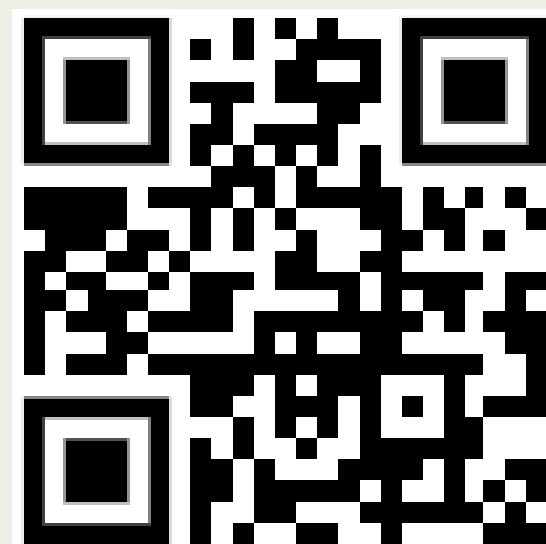
Poison control centers offer free, confidential, expert medical advice 24/7.

**Poison Control Center**

**Call:** 1-800-222-1222

**Click:** [poisonhelp.org](http://poisonhelp.org)

**Hours:** 24/7



[Visit Website](http://poisonhelp.org)

# StrongHearts Native Helpline

**Category:**

Helpline

**Ages Served:**

All ages

**Cost:**

Free

**Language(s):**

English

**Referral Process:**

Call 24/7 for assistance.

**Services Offered:**

StrongHearts Native Helpline is a 24/7 safe, confidential and anonymous domestic and sexual violence helpline for Native Americans and Alaska Natives, offering culturally-appropriate support and advocacy. StrongHearts advocates offer the following services at no cost:

- Peer support and advocacy
- Information and education about domestic violence and sexual violence
- Personalized safety planning
- Crisis intervention
- Referrals to Native-centered domestic violence and sexual violence service providers
- Basic information about health options
- Support finding a local health facility or crisis center trained in the care of survivors of sexual assault and forensic exams
- General information about jurisdiction and legal advocacy referrals

## StrongHearts Helpline

**Call:** 1-877-762-8483

**Click:** <https://strongheartshelpline.org/>

**Online Chat\*:** <https://strongheartshelpline.org/>



[Visit Website](https://strongheartshelpline.org/)



# Substance Abuse and Mental Health Services Administration National Help Line

**Category:**

Helpline

**Ages Served:**

All Ages

**Cost:**

Free

**Language(s):**

English and Spanish

**Referral Process:**

Call the hotline anytime.

**Services Offered:**

For individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

**SAMHSA Help Line**

**Call:** 1-800-662-4357

**Hours:** 24/7



[Visit Website](#)

# Teen Line

**Category:**

Helpline

**Ages Served:**

Teens

**Cost:**

Free

**Language(s):**

English

**Wait-List:**

None. Email may take days for a response.

**Referral Process:**

Call\*, Text\*\*, Email\*\*\* for assistance.

**Services Offered:**

Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling. Opening up to someone can be scary. Talking about what you're dealing with is often hard and a little daunting, but at Teen Line we do everything we can to make it as easy as possible for you. Our only goal is to help you in whatever way we can.

No issue is too big or too small. We are here to provide hope and support if you are struggling. We are here to help!

**Teen Line**

**Call\*:** 800-852-8336

**Click:** <https://www.teenline.org/youth>

**Text\*\*:** TEEN to 839863

**Email\*\*\*:** <https://www.teenline.org/email-us>



[Visit Website](https://www.teenline.org)

\*Calling available from 8:00PM - 12:00AM CST

\*\*Texting available from 8:00PM-11:00PM CST

\*\*\*It can take up to 5 days to receive a response

# Trans Lifeline

**Category:**

Helpline

**Ages Served:**

All Ages

**Cost:**

Free

**Language(s):**

English and Spanish

**Referral Process:**

Call for assistance. As of January 1st, 2024, Trans Lifeline's hotline operating hours are Monday through Friday: 12 PM - 8 PM CST.

**Services Offered:**

Trans Lifeline's Hotline is a peer support phone service run by trans people for our trans and questioning peers. Call us if you need someone trans to talk to, even if you're not in a crisis or if you're not sure you're trans.

- When you call, you'll speak to a trans/nonbinary peer operator
- Full anonymity and confidentiality
- No non-consensual active rescue (calling 911, emergency services, or law enforcement)

**Trans Lifeline****Call:** 877-565-8860**Click:**

<https://translifeline.org/hotline/>



[Visite](#)  
[el Sitio Web](#)

# La línea directa de Trans Lifeline (Español)

**Categoría:**

línea de ayuda

**El Rango de Edades:**

Todas las Edades

**El Costo:**

Gratis

**Lengua(s):**

Español

**El Proceso del Referido:**

Llame para obtener ayuda. A partir del 1 de enero de 2024, el horario de atención de la línea directa de Trans Lifeline es de lunes a viernes: de 12:00p.m. a 8:00p.m., hora estándar central.

**Los Servicios que están Ofreciendo:**

La línea directa de Trans Lifeline es un servicio telefónico de apoyo dirigido por personas trans para nuestros colegas trans y que hacen preguntas. Llámanos si necesitas alguien trans con quien hablar, incluso si no estás en una crisis o si no estás seguro de ser trans.

- Cuando llame, hablará con un operador par trans/no binario
- Total anonimato y confidencialidad.
- No se permite ningún rescate activo no consensuado (llamar al 911, a los servicios de emergencia o a las autoridades)

**La línea directa de Trans Lifeline**

**Llamar: 877-565-8860**

**Hacer clic: <https://translifeline.org/es/>**



**[Visit Website](https://translifeline.org/es/)**

# Trevor Lifeline

**Category:**

Hotline

**Ages Served:**

All Ages

**Cost:**

Free

**Language(s):**

English

**Referral Process:**

Call, Text, or Chat 24/7 for assistance.

**Services Offered:**

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer and questioning youth.

**Trevor Lifeline**

**Call:** 1-866-488-7386

**Click:** [thetrevorproject.org](https://thetrevorproject.org)

**Text:** START to 678678



[Visit Website](https://thetrevorproject.org)

# Veterans Crisis Hotline

**Category:**

Hotline

**Ages Served:**

Veterans of all ages

**Cost:**

Free

**Language(s):**

English

**Referral Process:**

Call, Text, or Chat 24/7 for assistance.

**Services Offered:**

The Veterans Crisis Line is a free, confidential resource that's available to anyone, even if you're not registered with VA or enrolled in VA health care. The caring, qualified responders at the Veterans Crisis Line are specially trained and experienced in helping veterans of all ages and circumstances.

**Veterans Crisis Hotline**

**Call:** 988 (press 1)

[Click to Chat](#)

**Text:** 838255



[Visit Website](#)

# YouthLine

**Category:**

Hotline

**Ages Served:**

11 - 20 years

**Cost:**

Free

**Language(s):**

English

**Referral Process:**

Call, Text, or Chat\* or Email\*\* 24/7 for assistance.

**Services Offered:**

The YouthLine is a national lifeline for young people: a youth peer-to-peer help, support, and crisis intervention service where young people help young people in crisis. On calls, texts, and chats -- the YouthLine already reaches thousands of youths every year -- across the country in all fifty states. The YouthLine services meet four critical needs around addressing mental health:

- help, support, and crisis intervention via calls, text, chat, and email support,
- youth mentoring and development,
- classroom education and community outreach, and
- workforce training and development for future career advancement.

**\*Please Note:** Teens are available to help daily from 6pm to 12am CST (adults are available by phone at ALL other times!)

**YouthLine**

**Call:** 877-968-8491

[Click to Chat\\*](#)

**Text:** teen2teen to 839863



[Visit Website](#)

\*Chat available daily from 6pm to 12am CST

\*\*Email is NOT a way to get immediate support or crisis intervention. It will take at least 48 hours to receive a response.



# **SUBSTANCE ABUSE TREATMENT**



# Substance Abuse Treatment Health Insurance Chart

## Medicaid Insurance Plans

Name	Molina	Meridian	Aetna	Blue Cross	Straight Medicaid	Free	Sliding Fee Scale	Financial Assistance	Private Insurance
Al-Anon						✓			
Ala-Teen						✓			
Alcoholics Anonymous						✓			
Carle Addiction Recovery							✓		
The Counseling Center - UIUC*						✓			
Narcotics Anonymous						✓			
The Pavilion	✓	✓	✓	✓	✓			✓	
Prevention and Treatment Services (PATS)	✓	✓	✓	✓	✓			✓	
Rosecrance	✓	✓	✓	✓	✓		✓	✓	

**Please call and ask if they accept your specific private insurance plan.**

\*UIUC Students ONLY. Free for students who have paid the Health Services Fee

# Al-Anon

**Type of Treatment:**

Substance Abuse

**Ages Served:**

Must be at least 18 years old to attend.

**Cost:**

Free

**Parental Involvement Required?**

No

**Language(s):**

English

**Wait-List:**

None

**Referral Process:**

You may simply show up to a meeting.

**Services Offered:**

Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situation, whether or not the alcoholic admits the existence of a drinking problem or seeks help.

**Al-Anon**

Address and times vary  
depending on location

[Find A Meeting](#)

**Mobile App:** [Click Here](#) or  
Scan QR Code to the right



[Visit Website](#)

# Ala-Teen

**Type of Treatment:**

Substance Abuse

**Age Range:**

13 - 18 years

**Cost:**

Free

**Parental Involvement Required?**

No

**Language(s):**

English

**Wait-List:**

None

**Referral Process:**

You may simply show up to a meeting.

\*Please Note: More meetings are posted on the app than what the website shows for this age group - You are encouraged to check app first.

**Services Offered:**

Ala-teen, a part of the Al-Anon Family Groups, is a fellowship of young people (mostly teenagers) whose lives have been affected by someone else's drinking whether they are in your life drinking or not. By attending Ala-teen, teenagers meet other teenagers with similar situations. Ala-teen is not a religious program and there are no fees or dues.

**Ala-Teen**

Address and times vary  
depending on location

[Find A Meeting](#)

**Mobile App:** [Click Here](#) or  
Scan QR Code to the right



[Visit Website](#)

# Alcoholics Anonymous

**Type of Treatment:**

Substance Abuse

**Ages Served:**

All Ages

**Cost:**

Free

**Parental Involvement Required?**

No

**Language(s):**

English

**Wait-List:**

None

**Referral Process:**

You may simply show up to a meeting.

**Services Offered:**

This is a group meeting for individuals who are struggling with alcohol addiction. For information on locations and times of local group meetings, call the hotline number above or visit <http://aa-eci.org/>.

**Alcoholics Anonymous**

Address and times vary  
depending on location

[Find A Meeting](#)

**Mobile App:** [Click Here](#) or  
Scan QR Code to the right

**Hotline:** 217-373-4200



[Visit Website](#)

# Carle Addiction Recovery

**Type of Treatment:**

Substance Abuse

**Ages Served:**

14 years+

**Cost:**

- ✓ Financial Assistance
- ✓ Private Insurance (call to verify)

**Parental Involvement Required?**

No, but recommended

**Language(s):**

English, live interpreters available, and also have a computer service if needed

**Wait-List:**

Varies

**Referral Process:**

Call for an appointment.

**Services Offered:**

Substance abuse treatment services. Carle Addiction Recovery Center offers holistic, medically-based treatment and intervention programs for any type of substance addiction, from alcohol and narcotics to prescription drugs and cigarettes. Our experienced team of physicians, certified addiction counselors, nurse practitioners and licensed clinical professional counselors provide the region's most comprehensive and confidential treatment and intervention. Individual, family, and group therapy offered.

**Carle Addiction Recovery**

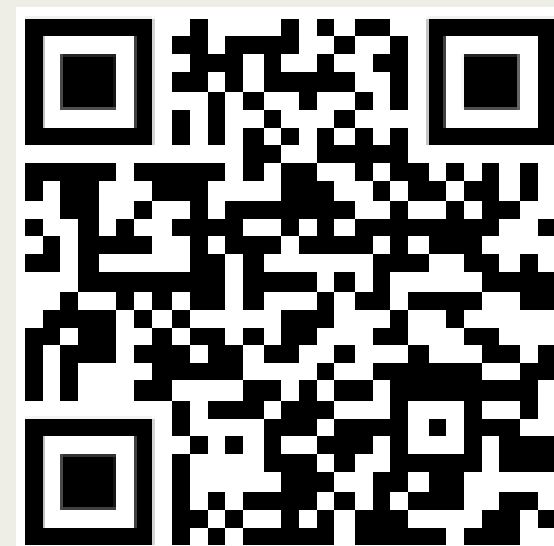
1813 W Kirby Ave  
Champaign, IL 61820

**Hours:**

Mon-Thurs 8:00AM-8:00PM

Fri 8:00AM-3:00PM

(217) 383-3490



[Visit Website](#)

# Counseling Center – UIUC

**Campus Groups:**

Substance Abuse and  
Mental Health

**Cost:**

Free for students who have paid  
the Health Services Fee

**Ages Served:**

UIUC Students

**Language(s):**

English

**Wait-List:**

Varies

**Referral Process:**

\*\* Must bring I CARD \*\*

If you are interested in scheduling an appointment online, please answer the following pre-screening questions:

- **Have you been seen at the Counseling Center in the last six months?**
- **Are you enrolled in a completely online academic program at the University of Illinois Urbana-Champaign?**
- **Are you currently located outside of Champaign/Urbana?**
- **Are you seeking couples counseling services?**

If you answered **no** to all these questions, online scheduling is a good option for you, or you can also call the Counseling Center at 217-333-3704.

If you answered **yes** to any of these questions, **please call** the Counseling Center at 217-333-3704 to make an appointment rather than attempting to schedule online.

**Services Offered:**

One-on-one therapy or group sessions. Provides emergency consultations to students with urgent mental health concerns between 8 a.m. and 5 p.m., Monday through Friday. These consultations are focused on stabilizing the current crisis/emergency and providing immediate support to the student while assisting them in linking to our services. They also offer a variety of workshops.

**Counseling Center**

Turner Student Services Building (2nd Floor)  
610 E. John St  
Champaign, IL 61820  
(217) 333-3704

After Hours Rosecrance Crisis Line: 217-359-4141

**Hours:**

Monday-Friday 8:00AM-5:00PM



[Visit Website](#)

# Narcotics Anonymous

**Type of Treatment:**

Substance Abuse

**Ages Served:**

All Ages

**Cost:**

Free

**Parental Involvement Required?**

No

**Language(s):**

English

**Wait-List:**

None

**Referral Process:**

You may simply show up to a meeting.

**Services Offered:**

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using.

**Narcotics Anonymous**

Helpline: (800) 539 - 0475

Address and times vary  
depending on location

[Find A Meeting](#)



[Visit Website](#)

# The Pavilion

## **Type of Treatment:**

Mental Health and Substance Abuse

## **Ages Served:**

4 years+

## **Parental Involvement Required?**

Yes, all services require parental consent

## **Insurance Accepted:**

- ✓ Medicaid: Molina
- ✓ Medicaid: Meridian
- ✓ Medicaid: Aetna BHI
- ✓ Medicaid: Blue Cross
- ✓ Medicaid: All Kids
- ✓ Financial Assistance
- ✓ Private Insurance (call to verify)

## **Language(s):**

English

## **Wait-List:**

Varies

## **Referral Process:**

Call the assessment line 217-373-1700 for assessment and placement into the program.

## **Services Offered:**

The Pavilion offers Partial Hospitalization treatment for Youth:

Partial Hospitalization is a less restrictive alternative to inpatient care where patients attend programming during the day and spend evenings, nights and weekends at home. Inpatient Hospitalization for stabilization of any acute psychiatric episode for ages 4 and up as well as Dual Diagnosis treatment.

### **The Pavilion**

809 W Church St  
Champaign, IL 61820  
(217) 373-1700  
Open 24/7



[Visit Website](#)



# Prevention and Treatment Services (P.A.T.S.)

## **Type of Treatment:**

Substance Abuse with  
Mental Health

## **Ages Served:**

12 years +

## **Insurance Accepted:**

- ✓ Medicaid: Molina
- ✓ Medicaid: Meridian
- ✓ Medicaid: Aetna BHI
- ✓ Medicaid: Blue Cross
- ✓ Straight Medicaid
- ✓ Financial Assistance
- ✓ Private Insurance (call to verify)

## **Parental Involvement Required?**

Recommended but not required

## **Language(s):**

English and Spanish

## **Wait-List:**

1 - 2 weeks

## **Referral Process:**

Walk in any time during open hours and fill out all paperwork. Appointment is scheduled within 7 days.

## **Services Offered:**

Provides kind, compassionate, and evidence-based services for men, women, and adolescents suffering from substance abuse as well as co-occurring mental health disorders such as anxiety, depression, bipolar disorder, or PTSD

### **P.A.T.S.**

300 S Broadway Ave #110A  
Urbana, IL 61801  
(West side of Lincoln Square Mall)  
(217) 954-1128

### **Hours:**

Mon-Fri: 9:00AM-5:00PM  
Sat: 9:00AM-11:00AM



[Visit Website](#)

# Rosecrance

## **Type of Treatment:**

Substance Abuse

## **Insurance Accepted:**

- ✓ Medicaid: Molina
- ✓ Medicaid: Meridian
- ✓ Medicaid: Aetna BHI
- ✓ Medicaid: Blue Cross
- ✓ Straight Medicaid
- ✓ Sliding Scale
- ✓ Financial Assistance
- ✓ Private Insurance (call to verify)

## **Ages Served:**

18+ years for adult services. 13+ years for adolescent substance use treatment services.

## **Parental Involvement Required?**

Recommended, but not required

## **Language(s):**

English

## **Wait-List:**

Varies

## **Referral Process:**

Call for an appointment

## **Services Offered:**

Outpatient services are comprised of a combination of individual and/or group counseling. These sessions focus on relapse prevention, coping mechanisms, solid decision making, and healthy relationships.

### **Rosecrance**


2302 Moreland Blvd  
Champaign, IL 61822  
(866) 330-8729

### **Front Desk Hours**

Monday through Friday: 8:00AM – 9:00PM  
Saturday and Sunday: 8:00AM – 2:00PM



[Visit Website](#)



# **SUPPORT GROUPS**

# Al-Anon

**Type of Treatment:**

Support Group

**Ages Served:**

All Ages

**Cost:**

Free

**Parental Involvement Required?**

No

**Language(s):**

English

**Wait-List:**

None

**Referral Process:**

You may simply show up to a meeting.

**Services Offered:**

Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situation, whether or not the alcoholic admits the existence of a drinking problem or seeks help.

**Al-Anon**

Address and times vary  
depending on location

[Find A Meeting](#)

**Mobile App:** [Click Here](#) or  
Scan QR Code to the right



[Visit Website](#)

# Ala-Teen

**Type of Treatment:**

Support Group

**Age Range:**

13 - 18 years

**Cost:**

Free

**Parental Involvement Required?**

No

**Language(s):**

English

**Wait-List:**

None

**Referral Process:**

You may simply show up to a meeting.

\*Please Note: More meetings are posted on the app than what the website shows for this age group - You are encouraged to check app first.

**Services Offered:**

Ala-teen, a part of the Al-Anon Family Groups, is a fellowship of young people (mostly teenagers) whose lives have been affected by someone else's drinking whether they are in your life drinking or not. By attending Ala-teen, teenagers meet other teenagers with similar situations. Ala-teen is not a religious program and there are no fees or dues.

**Ala-Teen**

Address and times vary  
depending on location

[Find A Meeting](#)

**Mobile App:** [Click Here](#) or  
Scan QR Code to the right



[Visit Website](#)

# Alcoholics Anonymous

**Type of Treatment:**

Support Group

**Ages Served:**

All Ages

**Cost:**

Free

**Parental Involvement Required?**

No

**Language(s):**

English

**Wait-List:**

None

**Referral Process:**

You may simply show up to a meeting.

**Services Offered:**

This is a group meeting for individuals who are struggling with alcohol addiction. For information on locations and times of local group meetings, call the hotline number above or visit <http://aa-eci.org/>.

**Alcoholics Anonymous**

Address and times vary  
depending on location

[Find A Meeting](#)

**Mobile App:** [Click Here](#) or  
Scan QR Code to the right

**Hotline:** 217-373-4200



# Beyond Blue Program

**Type of Treatment:**

Support Group

**Cost:**

Free

**Ages Served:**

Parents of all ages with infants up to 1 year old

**Language(s):**

English

**Wait-List:**

Varies

**Referral Process:**

Call to reserve your spot in the group.

**Services Offered:**

This program exists as a support to parents in Champaign County who may be at risk for postpartum and perinatal depression. Beyond Blue provides support to mothers and their families in the form of parent-child interaction groups, support groups, crisis care, referrals to other resources, respite hours and home visits. This program is primarily utilized by caregivers who are experiencing perinatal depression and have child under the age of one year.

**Crisis Nursery**

1309 W Hill St  
Urbana, IL 61801  
(217) 337 - 2730



[Visit Website](#)

# Depression and Bipolar Support Alliance

**Type of Treatment:**

Support Group

**Ages Served:**

All Ages

**Cost:**

Free

**Language(s):**

English

**Referral Process:**

Tuesday group is open to people with mental health issues and support people. The group on the 1st and 3rd Thursday of the month is open to those with mental health issues and support people. The group on Friday is a closed group for only those with mental health issues.

Visit their website for more information: [www.cudbsa.org/contact.html](http://www.cudbsa.org/contact.html)

**Services Offered:**

DBSA Urbana-Champaign meetings are open to people who have depression, bipolar disorder, and/or related mental health problems, whether formally diagnosed or not. They also offer support for the friends and families of those who struggle with these illnesses. There are no doctors or therapists on staff; they believe that the support and nurturing that peers provide is an integral part of recovery.

**Contact Person:**

Amanda Bryan  
Chapter President  
dbsaurbana@gmail.com  
(810) 328-3272

[Visit Website](http://www.cudbsa.org)

**Depression and Bipolar Support Alliance**

OSF Medical Center  
Auditorium C, 1st Floor  
1400 W Park St  
Urbana, IL

**Hours:**

Tues., Thurs., and Fri. 7:00PM-8:00PM



# Life After Loss Support Group

**Type of Treatment:**

Support Group

**Ages Served:**

18 years +

**Cost:**

Free

**Language(s):**

English, translation services available

**Wait-List:**

Varies

**Referral Process:**

Participation is free of charge, but registration is required. To register: contact Bereavement Coordinator Jean Oliver-Holder at 217-902-3332 or email [jean.oliver-holder@carle.com](mailto:jean.oliver-holder@carle.com) or call Carle Hospice at 217-902-3300. Best to call for information on upcoming sessions as the website is not always up to date.

**Services Offered:**

This grief support group is open to all grieving adults who have experienced a loss through death. The group provides a place to connect to others who are going through loss, learn about the grief process, and explore ways to cope and heal. These sessions are not intended to be for clinical group therapy. recovery.

There are 4 support groups a year. Each group can only have 12 participants at a time and have a duration of 7 weeks.

**Life After Loss**

Carle on Fieldstone  
4116 Fieldstone Rd  
Champaign, IL  
(217) 902-3300



[Find A Group](#)

# Narcotics Anonymous

**Type of Treatment:**

Support Group

**Ages Served:**

All Ages

**Cost:**

Free

**Parental Involvement Required?**

No

**Language(s):**

English

**Wait-List:**

None

**Referral Process:**

You may simply show up to a meeting.

**Services Offered:**

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using.

**Narcotics Anonymous**

Helpline: (800) 539 - 0475

Address and times vary  
depending on location

[Find A Meeting](#)



[Visit Website](#)

# Queries

**Type of Treatment:**

Support Group

**Ages Served:**

10 - 13 years

**Cost:**

Free

**Parental Involvement Required?**

No

**Wait-List:**

None

**Language(s):**

English

**Referral Process:**

Contact [queries@unitingpride.org](mailto:queries@unitingpride.org) to join.

**Services Offered:**

A support group for LGBTQ+ and questioning pre-teens ages 10-13 on the . Meets in person only.

**Queries**

Meetings alternate between Zoom and in person. Please see [this calendar](#) for location.

**1st and 3rd Mondays**

6:00PM - 7:00PM



[Visit Website](#)

# Survivors of Suicide Loss

**Type of Treatment:**

Support Group

**Ages Served:**

18 years +

**Cost:**

Free

**Language(s):**

English

**Wait-List:**

Varies

**Referral Process:**

An initial orientation interview, which is a single phone call with the new survivor of suicide loss, takes place before joining.

**Services Offered:**

This group is for family and friends who have experienced a death of a friend or loved one by suicide. Facilitators are trained by American Foundation for Suicide Prevention and attendance is ongoing for as long as is helpful. The group meets online with a few occasional in person social gatherings. An initial orientation interview is required before joining, and a Zoom link will be sent by email after the initial interview. Click [HERE](#) for more information.

**Survivors of Suicide Loss**

Meets monthly online. A Zoom link will be sent by email after the initial orientation interview.

**Hours:**

2nd Monday of each month  
from 6:00PM - 7:30PM

**Contact Person:**

Diane Fall at  
survivorsofsuicideloss.cu@gmail.com

# Talk it UP

**Type of Treatment:**

Support Group

**Ages Served:**

13 - 18 years

**Cost:**

Free

**Parental Involvement Required?**

No

**Language(s):**

English

**Wait-List:**

None

**Referral Process:**

Email [talkitup@unitingpride.org](mailto:talkitup@unitingpride.org) or DM [@talkitUP](https://www.instagram.com/talkitUP) on Instagram for any questions or to join.

**Services Offered:**

A peer-run LGBTQ support and social group for middle and high school youth. LGBTQ youth can expect an atmosphere of acceptance and support while meeting other LGBTQ youth. The group is co-facilitated by two adults experienced in working with youth; however, the youth participants lead the group! Groups meetings are two-hour sessions, with one hour of facilitated discussion and one hour of unstructured socialization.

**Talk it UP**

Meetings alternate between Zoom and in person. Please see [this calendar](#) for location.

**Mondays**

6:00PM - 8:00PM



[Visit Website](#)



[@talkitUP](https://www.instagram.com/talkitUP)

# Trans UP

**Type of Treatment:**

Support Group

**Ages Served:**

18 years+

**Cost:**

Free

**Language(s):**

English

**Wait-List:**

None

**Referral Process:**

Email [transup@unitingpride.org](mailto:transup@unitingpride.org) to join.

**Services Offered:**

Trans UP is a support and social group for members of the trans community (18+) to come together in a safer space to discuss our lives and socialize. Topics for discussion can relate to the coming out process, transitioning, becoming comfortable with ourselves, living as a trans person in general society, and more – all while developing friendships and networking within the community!

**The UP Center**

Meetings alternate between Zoom and in person. Please see [this calendar](#) for location.

**Thursdays**

5:30PM – 6:30PM



[Visit Website](#)

# The UP Center of Champaign County

**Type of Treatment:**

Support Group

**Ages Served:**

11 years+

**Cost:**

Free

**Parental Involvement Required?**

No

**Language(s):**

English

**Referral Process:**

None

**Services Offered:**

Advocates for the equality, wellness, advocacy, and visibility of the LGBTQ+ communities in Champaign County. They offer support and social groups, community-building events, educational workshops, clothing drives, arts festivals, political advocacy, and more.

**The UP Center**

1001 S. Wright St.

Champaign, IL

**Contact:**

[info@unitingpride.org](mailto:info@unitingpride.org)



[Visit Website](#)



# **CAMPUS RESOURCES**

**UNIVERSITY OF ILLINOIS**

**URBANA-CHAMPAIGN**

**(UIUC)**





# Counseling Center (Mental Health)

**Campus Groups:**

Mental Health

**Ages Served:**

UIUC Students

**Cost:**

Free for students who have paid the Health Services Fee

**Language(s):**

English, Spanish, and Mandarin

**Wait-List:**

Varies

**Referral Process:**

**\*\* Must bring I CARD \*\***

Students may call to schedule an appointment in advance.

**\*\*Suggest calling at 8am when they open\*\***

Students may also schedule an appointment in advance online [here](#).

**Services Offered:**

One-on-one therapy or group sessions. Provides emergency consultations to students with urgent mental health concerns between 8 a.m. and 5 p.m., Monday through Friday. These consultations are focused on stabilizing the current crisis/emergency and providing immediate support to the student while assisting them in linking to our services. They also offer a variety of workshops.

**Counseling Center**

Turner Student Services Building (2nd Floor)

610 E John St

Champaign, IL 61820

(217) 333-3704

**Hours:**

Mon, Tues, Fri: 8:00AM-5:00PM

Wed and Thurs: 8:00AM-7:00PM



[Visit Website](#)

**\*UIUC CAMPUS\***

# Counseling Center (Substance Abuse Treatment)

**Campus Groups:**

Substance Abuse Treatment

**Ages Served:**

UIUC Students

**Cost:**

Free for students who have paid the Health Services Fee

**Language(s):**

English

**Wait-List:**

Varies

**Referral Process:**

**\*\* Must bring I CARD \*\***

If someone wishes to join a support group they must have a meeting with an individual counselor first. If someone wants to try to stop using substances, they must complete an assessment. There are no prior requirements for workshops.

**Services Offered:**

Support groups, one-on-one support therapy, and workshops on alcohol and marijuana.

**Counseling Center**

Turner Student Services Building (2nd Floor)

610 E John St

Champaign, IL 61820

(217) 333-3704



[Visit Website](#)

**Hours:**

Mon, Tues, Fri: 8:00AM-5:00PM

Wed and Thurs: 8:00AM-7:00PM

**\*UIUC CAMPUS\***

# McKinley Health Center

## Campus Groups:

Health Clinic

## Cost:

Mostly free for students who have paid the Health Services Fee

## Referral Process:

\*\* Must bring I CARD \*\*

Call and schedule an appointment or use the MyMckinley portal to self-schedule an appointment.

## Services Offered:

- general check-ups
- immunizations
- women's health
- health education
- acute care
- pharmacy
- Dial-a-Nurse
- physical therapy
- athletic training
- mental health
- LGBTQ+ health
- ...and more!

## Ages Served:

UIUC Students

## Language(s):

English and Spanish

## Wait-List:

Varies



[Visit Website](#)

## McKinley Health Center

1109 S Lincoln Ave  
Urbana, IL 61801  
(217) 333-2700

### Hours:

#### Monday - Friday

Medical Clinics, Women's Health,  
Health Ed, Pharmacy:  
8:00AM-5:00PM\*

#### Saturday\*\*

Acute Care:  
8:00AM-4:00PM  
Pharmacy:  
8:30AM-12:30PM & 1:30PM-4:30PM

\*Summer Hours: M-F 8am - 4:30pm

\*\*Closed Saturdays from May to August

**\*UIUC CAMPUS\***

# McKinley Health Resource Centers

## Campus Groups:

Health and Wellness

## Cost:

Free for students who have paid the Health Services Fee

## Referral Process:

\*\* Must bring I CARD \*\*

No appointment necessary

## Ages Served:

UIUC Students

## Language(s):

English

## Wait-List:

None

## Services Offered:

### Every 2 Weeks

- Condom Pack
- Lubricant
- Spermicidal Gel
- Latex Barriers

### Twice A Semester

- Cold Care Products
- Yeast Infection Treatment Kit
- Wound Care Pack
- Allergy Pack
- 2 Home Pregnancy Tests Kits (4 tests total)

### Once A Year

- Sleep Pack
- NARCAN nasal spray\*

\*Only at Illini Union Branch

## McKinley Health Center

1109 S Lincoln Ave  
Urbana, IL 61801  
(217) 333-2700  
Mon-Fri 8:00AM-5:00PM

## Illini Union Branch

Illini Union, Room 40 (lower level)  
1401 W Green St  
Urbana, IL 61801  
(217) 244-5994  
Mon-Fri 8:00AM-8:00PM  
Sat 12:00PM-6:00PM

## Cultural Houses

Hours vary by house; [click here](#) or use QR Code to the right to find exact hours



**\*UIUC CAMPUS\***

# McKinley Mental Health

**Campus Groups:**

Mental Health

**Ages Served:**

UIUC Students

**Cost:**

Mostly Free for students who have paid the Health Services Fee

**Language(s):**

English. Translation services are available to accommodate other languages

**Referral Process:**

**\*\* Must bring I CARD \*\***

To schedule an initial appointment, please call during business hours. If you are being referred from a provider outside of McKinley Health Center, please have your provider send McKinley a detailed clinical summary. For medication management, make an appointment with a primary caregiver who will then establish a primary relationship and generate an internal referral for psychiatry assessment. For counseling, you may make an appointment directly with the next available counselor.

**Wait-List:**

Varies

**Services Offered:**

- Assessment and recommendations for subsequent treatment for a variety of emotional and behavioral difficulties.
- Short-term individual psychotherapy, up to a few sessions
- Limited psychiatry services are available by referral from McKinley primary caregivers.

**McKinley Health Center**

1109 S Lincoln Ave

Urbana, IL 61801

(217) 333-2700

**Hours:**

Monday - Friday

Mon-Fri 8:00AM-5:00PM



[Visit Website](#)

**\*UIUC CAMPUS\***

# McKinley's Sexuality Educator

**Campus Groups:**

Sexual Health

**Ages Served:**

UIUC Students

**Cost:**

Free

**Language(s):**

English. Translation services are available to accommodate other languages

**Referral Process:**

To schedule an appointment, please call McKinley Health Education at 217-333-2714. You may also schedule an appointment on the website or My McKinley app.

\*\*Students will need their I-card or UIN to schedule an appointment.\*\*

**Services Offered:**

McKinley's Sexuality Educator is available to meet with students individually or with a partner(s), to address a variety of sexual health topics such as sexual functioning, safer sex options, sexual decision-making and other sexual health services. Appointments are confidential, conversational, and typically last one hour.

**Contact Person**

Danisha Moore  
217-333-2714

[danisha@illinois.edu](mailto:danisha@illinois.edu)

**McKinley Health Center**

1109 S Lincoln Ave  
Urbana, IL 61801  
(217) 333-2700

**Hours:**

Mon-Fri 8:00AM-5:00PM

**\*UIUC CAMPUS\***

# Mind Body and Soul

**Campus Groups:**

Mental Health

**Ages Served:**

UIUC Students

**Cost:**

Free

**Language(s):**

English

**Referral Process:**

By attending meetings, and through expressed interest, you are a member. You may also join through UIUC RSO website (QR Code below)

**Services Offered:**

This group hosts outings/meetings that serve as a peaceful and positive environment. It serves as an outlet that brings ease to the mind, body, and soul.

Meeting days are always on Wednesdays in between the time of 6pm and 9pm (meetings are typically 2 hours).

**Contact**

[keiracr2@illinois.edu](mailto:keiracr2@illinois.edu)



mbs.uiuc



# Sexual Health Peers

**Campus Groups:**

Sexual Health  
University Department Organization  
(McKinley Health Education)

**Cost:**

Free

**Ages Served:**

UIUC Students

**Language(s):**

English

**Wait-List:**

None

**Referral Process:**

Sexual Health Peers workshops are available upon request through the McKinley website.

**Services Offered:**

McKinley Sexual Health Peers goal is to provide inclusive, sex-positive sex education across campus. Sexual Health Peers facilitate a lot of workshops and participate in outreach events like health fairs, campus campaigns and much more. Sexual Health Peers workshops are available upon request through the McKinley website.



shpuiuc

**McKinley Health Center**

1109 S Lincoln Ave

Urbana, IL 61801

(217) 333-2700

Mon-Fri 8:00AM-5:00PM

**\*UIUC CAMPUS\***





# **YOUTH ADVOCACY**



# CASA

**Type of Treatment:**

Youth Advocacy

**Ages Served:**

Newborn - 21 years old

**Cost:**

Free

**Language(s):**

Any child who needs interpreter services will be provided one through the court.

**Wait-List:**

None

**Referral Process:**

Children must be found by the court to be abused or neglected to be served by CASA. Services are court- appointed *only*.

**Services Offered:**

Champaign County Court Appointed Special Advocates (CASA) is a not-for-profit organization which recruits, trains, and monitors volunteers who advocate for the best interests of abused and neglected children. Champaign County CASA is the only agency solely focused on the best interest of the child:

Champaign County CASA is unique because we are appointed as the legal representative or GAL for the child, meaning we provide our children with a staff attorney to represent their best interest. Our attorneys solely work on CASA cases closely with our advocates, so our kids get the best legal representation possible.

CASA volunteers provide critical information to the judge in order to help make life-changing decisions. Volunteers are trained and recruited by professional CASA staff that has experience dealing with child welfare cases.

**CASA**

301 S. Vine, Lincoln Square Mall,

Suite 210

Urbana, IL 61801

(217) 384-9065

[casa@casa4kids.org](mailto:casa@casa4kids.org)



[Visit Website](#)

# Children's Advocacy Center of Champaign County

**Type of Treatment:**

Youth Advocacy

**Ages Served:**

3-18 years

**Cost:**

Free

**Language(s):**

Provide services in whatever language is needed/preferred by the child/family

**Wait-List:**

None

**Referral Process:**

Whenever a law enforcement agency or the Illinois Department of Children and Family Services receives a report of sexual or serious physical abuse of a child under age 18, they will contact the Children's Advocacy Center to schedule an interview. If the child is reported to have been the victim of sexual assault or serious physical abuse, they will be brought to the Children's Advocacy Center where they will be interviewed by a member of the multidisciplinary team.

**Services Offered:**

The mission of the Children's Advocacy Center is to coordinate a timely, comprehensive, and multidisciplinary response to child sexual abuse and serious physical abuse allegations in a safe, agency-neutral, child-focused setting. The Children's Advocacy Center facilitates investigations, makes medical and treatment referrals and assists with any consequent legal proceedings in order to protect and support the children it serves and their families. We also provide comprehensive case management and crisis intervention services for all children referred to the center and their non-offending family members.

**Children's Advocacy Center**

201 W Kenyon Rd  
Champaign, IL 61820

(217) 384-1266

[CACMail@co.champaign.il.us](mailto:CACMail@co.champaign.il.us)



[Visit Website](#)

# The UP Center of Champaign County

**Type of Treatment:**

Youth Advocacy

**Ages Served:**

11 years+

**Cost:**

Free

**Parental Involvement Required?**

No

**Language(s):**

English

**Referral Process:**

None

**Services Offered:**

Advocates for the equality, wellness, advocacy, and visibility of the LGBTQ+ communities in Champaign County. They offer support and social groups, community-building events, educational workshops, clothing drives, arts festivals, political advocacy, and more.

**The UP Center**

1001 S. Wright St

Champaign, IL

**Contact:**

[info@unitingpride.org](mailto:info@unitingpride.org)



[Visit Website](#)

# Youth Assessment Center

**Type of Treatment:**

Youth Advocacy

**Ages Served:**

10 - 17 years

**Cost:**

Free

**Parental Involvement Required?**

Yes

**Wait-List:**

Varies

**Language(s):**

English and Spanish

**Referral Process:**

Referrals can be from family, family friend, community agency, school, etc.

**Services Offered:**

The primary center for intake, screening, and service connection for Champaign County youth and families. Case managers screen at-risk juveniles and link them and their families with the community's support and restorative services. The goal of the YAC is to connect youth with resources that help them to be resilient, resourceful, responsible, and restored to positive community involvement through prompt assessment, treatment/service recommendations, and follow-up.

**Youth Assessment Center**

2011 Round Barn Rd, Suite B  
Champaign, IL 61821

**Hours:**

Monday-Friday: 8:00AM-6:00PM

Saturdays\*: 9:30AM-6:00PM

217-239-5933

[yac@ccrpc.org](mailto:yac@ccrpc.org)



[Visit Website](#)

\*Case Managers on call on Saturdays



# **ADDITIONAL RESOURCES**

# Food Pantries in Champaign County

## **Broadlands Food Pantry**

2nd Saturday, 9am-10am  
300 S. Lincoln St., Broadlands, IL  
217-834-3575  
*\*Serving SE Champaign Co.,  
NE Douglas Co., SW Vermillion Co.,  
& NW Edgar Co.*

## **Church of the Brethren**

Call Mon - Wed & leave message  
w/ the names and ages of  
everyone in your household.  
Pick up is Thursday and Friday  
1210 N. Neil St. Champaign  
217-356-3852  
*\*Everyone Welcome*

## **Community Service Center of N. Champaign Co.**

Monday - Friday 10am - 4pm  
502 E. Wabash, STE 1., Rantoul  
217-893-1530  
*\*Serving Northern Champaign Co.*

## **CU Feed the Need**

St. Joseph UMC  
205 N. 3rd St., St. Joseph  
217-621-7427

## **Cultivadores Pantry**

March 2024 - October 2024  
2nd Saturday, 12pm - 2pm  
555 S. Maplewood Dr., Rantoul  
*\*Serving Rantoul and  
surrounding areas (Spanish)*

## ★ **Daily Bread Soup Kitchen**

Hot lunch served 7 days a week  
10:30am - 12:30pm  
116 N. 1st St., Champaign  
217-356-7687  
*\*Everyone Welcome*

## **Eat UP**

Monday - Friday 10am-4pm  
Uniting Pride  
University YMCA  
1001 S. Wright St., Suite 121  
Champaign

## **Emmanuel Memorial Episcopal**

Monday - Friday  
9am - 12:30am  
(or until sacks are gone)  
208 W. University Ave., Champaign  
217-352-9827  
*\*Everyone Welcome*

## **Faith UMC Food Pantry**

Monday & Tuesday 12pm-2pm  
Wednesday, 10am - 2pm  
1719 S. Prospect Ave., Champaign

## **Friends of Champaign County**

Sunday 1pm-3pm  
Champaign-Urbana Public  
Health District  
201. W. Kenyon Rd.,  
Champaign  
South Side in Parking Lot  
*\*Everyone Welcome*

## **The Giving Place**

Wednesday, 4pm - 6pm  
113 N. Bourne St.  
Tolono, IL 61880  
*\*Serves anyone living in the Unity  
Unit 7 School District*

## **Grace Lutheran Church**

Thursday 10am-12pm  
313 S. Prospect Ave., Champaign  
217-356-6232

## **Hope Center Food Pantry**

Wednesday 10am -12pm &  
5pm - 6pm  
The Vineyard Church  
1802 N. Lincoln Ave., Urbana  
217-384-3076

## ★ **Jubilee Café**

Monday 5pm-6:30pm  
Inside Community UCC  
805 S. 6th St., Champaign  
217-344-5091  
*\*Everyone Welcome*

## **Mahomet Helping Hands**

3rd Saturday, 9:30am - 11am  
203 E. Adams #2 Mahomet  
217-586-3392  
*\*Serving Mahomet and  
Seymour*

## **Rantoul First UMC**

2nd Wednesday & Last  
Saturday  
200 S. Century Blvd., Rantoul  
217-892-2130

## **Restoration Urban Ministries**

Monday, Tuesday, Thursday,  
& Friday  
10am - 3pm  
1213 Parkland Ct., Champaign

## **Salvation Army**

Monday 9am-5pm  
Tuesday- Friday 9am-3:30pm  
*ID required*  
2212 N Market St. Champaign  
217-373-7825

★ : Provides a Hot Meal

**CONTINUED ON BACK**

# Food Pantries in Champaign County



## Little Free Pantries

### Helping Hands Pantry

Kenwood Rd. between William St. and Sheridan (West Champaign)

### Union St. and Willis Ave.

306 S. Willis Ave  
(Champaign; NE Corner)

### Champaign City Building

102 N. Neil St. Champaign  
North Side of Building,  
(Left of the Entrance)

### Shepherd Pantry

Good Shepherd Lutheran Church  
2101 S. Prospect Ave.  
(Southern Champaign)

### Bethel AME Church

401 E. Park St., Champaign  
(South side of building, near alley)

### Portlandia's Little Free Pantry

905 E. Pennsylvania, Urbana  
(in front of purple house)

### Little Free Pantry

505 W. Main St., Urbana  
(in front of home)

### Cornerstone Fellowship

1101 E. Colorado, Urbana

### Little Free Pantry

SE corner of Green St. and Birch St.,  
Urbana

### Hope Center

1802 N. Lincoln, Urbana  
(West side of building)

### Carle Mobile Market Dates/ Locations:

<https://carle.org/services/mobile-market>

Updated: December 2023

## St. Luke's CME Food Pantry

3rd Saturday 10am-12pm  
Bring your own bags  
809 5th St., Champaign

## St. Patrick Food Pantry

Monday 5pm-6:30pm  
Friday 9am-10:30am  
212 E Washington St, Tolono  
At the Parish Hall  
217-621-5694  
*\*Serving Tolono*

## St. Paul Lutheran Church

By appointment only  
217-568-7196  
108 E Church St., Gifford  
*\*Everyone Welcome*

## St. Vincent DePaul- Holy Cross Catholic Church

2nd and 4th Saturdays  
405 W Clark St. Champaign, IL  
217-352-8748  
Must call to make appointment  
*\*Serving City of Champaign*

## St. Vincent DePaul – St. Patrick Church

Tues. and Thurs. 4pm-5pm  
708 W. Main St., Urbana  
South Entrance  
217-367-2665  
*Proof of residency required*  
*\*Serving Champaign County*

## Stone Creek Church Food Pantry

*\*Temporarily Closed\**  
2502 S. Race Urbana, IL  
217-344-5455

## UniPlace Christian Church Food Pantry

Wednesday, 1pm - 3pm  
(one bag per week per  
household) 217-352-5118  
403 S Wright St., Champaign

## ★ UniPlace Christian Church Community Dinner

When UIUC classes are in session  
Wednesday 6pm-7pm  
403 S Wright St., Champaign  
*\*Everyone Welcome*

## Wesley Evening Pantry

Thursday 5pm-7pm  
Wesley United Methodist Church  
1203 W Green St. Urbana, IL  
*\*Serving Champaign County*

## Wesley Pantry- Parkland College

1st and 3rd Saturday,  
10am - 12pm &  
Wednesdays 1pm - 3pm  
2400 W. Bradley Ave.,  
Champaign  
Room M138 – in M building  
*\*Serving Champaign County*

## Windsor Road Christian Church

Thursday 4-6pm  
1st Saturday/month 12 - 2pm  
2501 Windsor Rd. Champaign  
217-359-2122  
*\*Serving Champaign County*

★ : Provides a  
Hot Meal



**Public Health**  
Prevent. Promote. Protect.

Champaign-Urbana Public Health District  
[www.c-uphd.org](http://www.c-uphd.org)



# Vision Resources

Children with Medicaid insurance are eligible to receive an eye exam once a year and eyeglasses as needed\*. For adults (21 years +), Medicaid covers the cost of an eye exam once a year and a new pair of eyeglasses every 2 years.

## Medicaid Covers Exam and Glasses

### **Bard Optical**

907 W. Marketview Dr. Champaign, IL 61820, (217) 351-8822

Accepts all Medicaid Insurance. Exam and glasses. Adults and children.  
Call to set up an appointment.

## Medicaid Covers Exam Only

### **Carle Eye Department**

3105 Fields South Dr. Champaign, IL 61822, (217) 902-3937

Meridian and Straight Medicaid insurance accepted. Exam only.  
Adults and children. Call to set up an appointment.

### **The EYE Center**

2151 S. Neil St. Champaign, IL, 61820, (217) 352-2020

Accepts all Medicaid, except Aetna. Exam only.  
Adults and children. Call to set up and appointment.

### **Jones Optical**

1711 S. Neil St. (Suite 3) Champaign, IL, 61820, (217) 359-2390

Meridian and Straight Medicaid insurance accepted. Exam only.  
Adults and children. Call to set up an appointment.

## Medicaid Covers Glasses Only

### **Walmart (Champaign)**

2610 N. Prospect Ave. Champaign, IL, 61820, (217) 352-1812

Accepts Molina and Aetna Medicaid insurance. Glasses only.  
Adults and children.

### **Walmart (Rantoul)**

845 Broadmeadow Rd. Rantoul, IL, 61866, (217) 892-5095

Accepts Molina and Aetna Medicaid insurance. Glasses only.  
Adults and children.

## Discounts/Financial Assistance

### **One Sight Program**

(217) 352-6533 (Ask for the Consumer Health Hotline)

Email: cchcc@cchcc-il.org [Online Contact Form](#)



The Gift of Sight Program offers free eyeglasses and eye exams to low-income, uninsured individuals (primarily for adults 19 years and older). Clients MUST be referred by a local agency! Please call the Consumer Health Hotline at Champaign County Health Care Consumers at the phone number above. Program is not currently taking live calls. Individuals should call the number and leave a voicemail (name, number, specify "vision" or "One Sight Program") and their call will be returned.

### **Eye Care America**

Apply for a free eye exam [HERE](#).



### **New Eyes**

Apply for free eyeglasses [HERE](#).



## Vision Impairment Assistance

### **P.A.C.E.**

1317 E. Florida Ave. Urbana, IL 61801, 217-344-5433 Ext. 18

Open to all persons who are experiencing a vision loss and desire assistance with independent living services and resources. This program is aimed at those 55 and older, but anyone is welcome—especially spouses, caretakers, and family members.

Services include: vision and health, daily living skills, low-vision specific products, communication technology, ways to use and adapt computer programs and smart devices, safety and self-awareness, self-advocacy and systems advocacy, socialization opportunities and more!

\*Some Medicaid plans may vary. Check with your specific Medicaid plan to see what is covered.

