



Monmouth

COLLEGE

COUNSELING SERVICES

If you are in need of emergency mental health assistance contact

911 and/or go to any hospital emergency room as a mental health evaluation will be provided.

If you are not having an emergency, please consider any of the following resources:

Mental Health Resources—National:

- **National Suicide Prevention Lifeline:** (800) 273-8255 or <https://suicidepreventionlifeline.org>
 - 24/7 crisis hotline for suicide that can be reached for free via instant message or phone.
- **National Domestic Violence Hotline:** Phone: (800) 799-7233 or <https://www.thehotline.org>
 - 24/7 crisis hotline for domestic violence that can be reached for free via instant messaging or phone.
- **The Trevor Project:** Phone: (866)488-7386 or <https://www.thetrevorproject.org>
 - 24/7 National Hotline for LGBTQIA+ that can be reached for free via instant messaging or phone.
- **Employee Assistance Program:** Phone: (888)293-6948 or <http://www.eapbda.com>
 - For employees to secure appointments with local mental health providers.
- **Teladoc:** Schedule via Teladoc phone application or their website: <https://www.teladoc.com>
 - Schedule appointments with providers for medical or mental health care.
- **Betterhelp:** Website: <https://www.betterhelp.com>
 - National tele-health service that provides individual and couples mental health appointments.
- **Talkspace:** Website: <http://www.talkspace.com/>
 - National tele-health service that provides individual, and couples therapy, as well as psychiatry.
- **Pride Counseling:** Website: <http://www.pridecounseling.com>
 - National tele-health service that helps match people with a therapist who specializes in LGBTQ+ concerns.
- **Black Mental Health Alliance:** Website: <https://blackmentalhealth.com>
 - Has a directory of black psychiatrists, and assists with helping find a culturally competent therapist.
- **Alcoholics Anonymous:** Phone number for Galesburg AA Services: (309) 343-1530; 24 hour hotline for Macomb AA: (309) 839-9430.
- **Narcotics Anonymous:** Website to find meetings: <https://na.org>

Mental Health Resources—Local (Monmouth, Galesburg, Macomb):

- **OSF Hospitals/Clinics:** Monmouth Location: 1000 W Harlem Ave, Monmouth, IL 61462. Galesburg Location: 3333 N Seminary St, Galesburg, IL 61401
 - Provide emergency medical and mental health care, outpatient mental health counseling by appointment.
- **Bridgeway:** Monmouth Location: 301 Industrial Park, Monmouth, IL , 61462. Galesburg Location: 2323 Windish Drive Galesburg, IL 61401 . Website: <http://www.bway.org/>
 - Provides emergency mental health assessment, individual and group counseling; substance addiction evaluations, and treatment.
- **Crossroads Counseling and life Coaching:** 575 N Kellogg St., Galesburg, IL 61401. Phone: (309)343-0800 Website: <https://crossroadslife.com>.
 - Individual counseling and life coaching by appointment.
- **The Consultants:** 311 E Main St #317, Galesburg, IL 61401 Phone: (309) 343-2396 Website: <http://www.theconsultants.me>
 - Substance Abuse counseling, DUI Evaluation, classes, and treatment.
- **Psychology Clinic at Western Illinois University:** 116 Waggoner Hall Department of Psychology, Macomb, IL 61455 Phone: (309) 298-1919
 - Psychology Clinic run by professors and graduate students of Clinical Psychology. Hours are M-Th: 8-5pm, F: 8-12pm. Other limited times outside of this may be available after discussion.
- **WIU Student Hotline:** Phone: (309) 298-3211
 - A hotline run by trained para-professional counseling students at WIU. Hours are 7pm to 1am Monday through Sunday, while the university is open to students.
- **North Central Behavioral Health Services:** 301 East Jefferson Street, Macomb, IL 61455 . Phone: (309) 833-2191. Website: <https://www.ncbhs.org>
 - Individual counseling, telehealth, and addiction services, including a 12 week intensive outpatient program for substance abuse.
- **Counseling Cares:** 233 South McArthur Street, Macomb IL 61455 Phone: (309) 833-2255 Website: <http://www.counselingcares.com>
 - Individual, Couples, and Family Counseling services. Hours include Monday through Thursday: (9am-7pm), Friday (9am-5pm).