

2024

WESTERN ILLINOIS UNIVERSITY COMMUNITY MENTAL HEALTH RESOURCES



**Western Illinois
University**

A Comprehensive Resource Guide
to Mental Health Services and
Support for WIU and McDonough
County Communities

UNIVERSITY COUNSELING CENTER



PURPOSE

The Western Illinois University Community Mental Health Resources guide is designed to provide students, faculty, staff, and residents and surrounding McDonough County with information about available mental health services and support. This guide aims to promote well-being, increase awareness of mental health resources, and encourage the utilization of services that are confidential, and accessible to the WIU community and beyond.



Western Illinois
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UNIVERSITY COUNSELING CENTER

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A quick reference to various counseling services available in and around McDonough County.

WESTERN ILLINOIS
UNIVERSITY

UNIVERSITY COUNSELING CENTER

The UCC offers free, confidential counseling services to all currently enrolled WIU undergraduate and graduate students. Our team of professional counselors are here to support you through a variety of challenges and concerns.



Our Services:

- ✓ Individual Counseling
- ✓ Telehealth Counseling
- ✓ Group Counseling
- ✓ Crisis Walk-In's
- ✓ One-on-One Skills/Relaxation
- ✓ Outreach Services
- ✓ Joy Room
- ✓ Reoccurring Wellness Activities

What Concerns Are Commonly Addressed at the UCC?

- Stress, Anxiety, Depression
- Relationship Concerns
- Developmental Concerns
- Substance Use
- Academic Concerns
- Identity Concerns
- Self-Esteem

More information on our Facebook and Instagram @universitycounselingcenter_wiu and website at www.wiu.edu/ucc.

To Schedule an Appointment

- 📞 Call 309- 298-2454
- 🕒 Monday-Friday 8:00AM-4:30PM
- 📍 Visit 1st Floor 102 Memorial Hall 1
University Circle Macomb, IL 61455

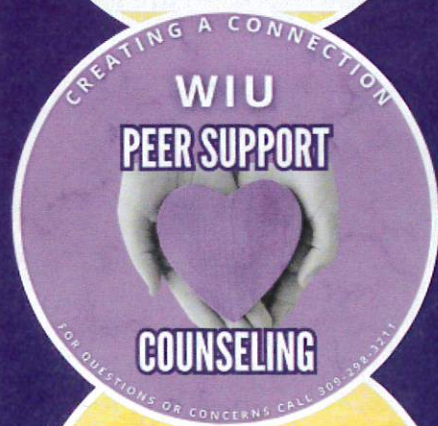


Western Illinois
University

UNIVERSITY COUNSELING CENTER

CREATE A CONNECTION

Our mission is to provide peer-to-peer support for students facing everyday mental health challenges, creating a supportive environment for sharing experiences. We promote holistic well-being through a person-centered approach, addressing mental, physical, emotional, and social wellness.



Make an appointment directly on our website:
https://www.wiu.edu/peer_support/

WESTERN ILLINOIS UNIVERSITY PEER COUNSELING

Our Services:

- Private, one-on-one peer counseling sessions to help students navigate their concerns.
- Accessible to all students with sessions available at:
 - Multicultural Center
 - Library
 - Advising Center

Peer Counselors Are Trained In:

- ✓ Active listening
- ✓ Empathy
- ✓ Referrals
- ✓ Crisis Management
- ✓ Privacy
- ✓ Effective Tailored Approaches

The location of your peer counseling will be identified when your appointment is scheduled.

Beu Health Center

LOW COST
HEALTH
CARE FOR
WIU
STUDENTS

BEU OFFERS MEDICAL AND
PSYCHIATRIC SERVICES
8:00 A.M. TO 4:30 P.M.
MONDAY TO FRIDAY.
CALL (309) 298-1888 TO
MAKE AN APPOINTMENT.

W Western Illinois
University
BEU HEALTH CENTER



Do you need someone to talk to?
Stress, depression, relationships
concerns, substance problems,
conflicts, financial concerns,
thoughts of suicide, etc.

We'll be
happy to help

Talk with Us

**WE ARE HERE TO LISTEN.
CALL THE HOTLINE AT
309-298-3211.**

Available daily from 7PM to 1AM.

WIU HOTLINE

HOTLINE IS A
CONFIDENTIAL PHONE
PEER SUPPORT
SERVICE OPERATED BY
TRAINED
UNDERGRADUATE
STUDENT VOLUNTEERS
AT WESTERN ILLINOIS
UNIVERSITY.

Questions? Call
309-298-3211



STUDENT DEVELOPMENT & SUCCESS CENTER

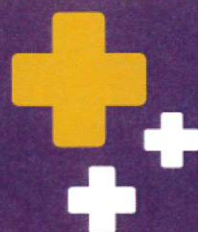
DISABILITY RESOURCES

- » EXAM ACCOMMODATIONS
- » TEXT CONVERSION
- » NOTE-TAKING ASSISTANCE
- » ACADEMIC & CAMPUS ACCESSIBILITY



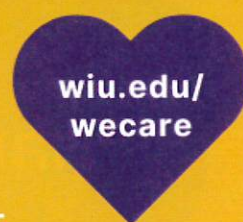
HEALTH EDUCATION

- » ONE-ON-ONE CONSULTATIONS
- » PEER EDUCATORS
- » OUTREACH PROGRAMS
- » WELLNESS SERVICES



LEATHERNECK CARE REFERRAL

- » NON-EMERGENCY TOOL FOR REPORTING CONCERNS
- » RESOURCE AND SUPPORT FOLLOW UP
- » DIRECT FOLLOW UP TO STUDENTS
- » OPEN TO STUDENTS, FACULTY, FAMILY, STAFF



STUDENT DEVELOPMENT

- » MILITARY ACTIVATION ASSISTANCE
- » REFERRAL SERVICES
- » EMERGENCY & CRISIS FOLLOW UP
- » STUDENT ABSENCE ASSISTANCE
- » UNIVERSITY WITHDRAWALS



**WESTERN ILLINOIS
UNIVERSITY**

STUDENT DEVELOPMENT
& SUCCESS CENTER

125 MEMORIAL HALL | (309)-298-1884 |
SDSC@WIU.EDU | WIU.EDU/SDSC
STUDENT DEVELOPMENT

WESTERN ILLINOIS UNIVERSITY Psychology Clinic



Western Illinois
University
PSYCHOLOGY CLINIC

The Psychology Clinic is part of the Psychology Department at Western Illinois University. We are a nonprofit agency where master's students in the clinical community mental health program receive supervised training from licensed faculty and staff while providing quality mental health services to the community.

Why Choose Us?

The Clinic offers **free mental health services for all WIU students and community members.**

56+

Years In Operation

Free

Our Therapy is Free for All

Call for more
information or to
schedule an
appointment today!
309-298-1919

OUR SERVICES

INDIVIDUAL THERAPY

Our most requested service, individual therapy, addresses concerns about self-image, values, distressing emotions, and problem behaviors.

MARITAL/COUPLES THERAPY

Focuses on relationship issues rather than individual mental health. It can be used alongside individual therapy for one or both partners if needed.

FAMILY THERAPY

Typically initiated when a child has behavioral or emotional difficulties. It helps the family support the child.

LOW COST PSYCHOLOGICAL ASSESSMENTS

- Cognitive Assessments
- Behavioral Assessments
- Personality Assessments
- Trauma Assessments

116 Waggoner Hall, Department
of Psychology, Macomb, IL 61455



Monday-Thursday: 8am-4:30pm
Fridays: 8am-1pm



psychologyclinic@wiu.edu

SERVICES FOR
SURVIVORS OF
SEXUAL ASSAULT,
STALKING, AND
DOMESTIC
VIOLENCE

Victim Services

A SPECIAL DEPARTMENT OF WESTERN
ILLINOIS REGIONAL COUNCIL (WIRC)

WE BELIEVE SURVIVORS

PROVIDING FREE AND CONFIDENTIAL SERVICES TO
SURVIVORS OF DOMESTIC VIOLENCE, SEXUAL ASSAULT,
STALKING, CHILD ABUSE, AND ALL OTHER FORMS OF
ABUSE. OUR COUNSELORS AND ADVOCATES
UNDERSTAND THAT ABUSE CAN HAPPEN TO ANYONE.

FREE SERVICES OFFERED:

- COUNSELING: IN-PERSON, PHONE, OR VIRTUAL SESSIONS.
- LEGAL ADVOCACY
- MEDICAL ADVOCACY
- TRAININGS: PRESENTATIONS ON CONSENT, BODY AUTONOMY, HARASSMENT, AND BULLYING.
- DOMESTIC VIOLENCE SUPPORT
- HELP WITH ORDERS OF PROTECTION, COURT SUPPORT, SAFETY PLANNING, EMERGENCY SHELTER, AND TRANSPORTATION.
- SEXUAL VIOLENCE SUPPORT

YOU ARE NOT ALONE. CONTACT US:
FREE AND CONFIDENTIAL CRISIS HOTLINE: 309-837-5555
DOMESTIC VIOLENCE: 309-837-6622
SEXUAL VIOLENCE: 309-836-2148

BEHAVIORAL HEALTH AND PSYCHIATRY

McDonough District Hospital

OUR SERVICES:

- ✓ INDIVIDUAL THERAPY
- ✓ FAMILY THERAPY
- ✓ COUPLES THERAPY
- ✓ GROUP THERAPY

525 EAST GRANT STREET
MACOMB, IL 61455

WE CAN HELP WITH:

- JOB AND RELATIONSHIP ISSUES
- PARENTING STRUGGLES
- LIFE TRANSITIONS
- LOSS AND TRAUMA
- EMOTIONAL INSTABILITY
- EATING DISORDERS
- SUBSTANCE ABUSE

mdh
McDonough
District Hospital

Office Hours:
Mon-Fri,
8:00AM-
5:00PM
Appointment:
Call (309)
836-1582

YOUR MENTAL HEALTH MATTERS

Take care of your mental health just as you do your physical health. Our experienced professionals offer support and skills to help you through life's challenges.

OUR SERVICES



MENTAL HEALTH & SUBSTANCE USE SERVICES:

Available to all on an outpatient basis.



PSYCHIATRY SERVICES:

Exclusively for open clients.



COMMUNITY SUPPORT & CASE MANAGEMENT:

Personalized support and intensive home and community-based services for those requiring frequent contact.



CRISIS SERVICES

Immediate assistance for urgent mental health needs.

Everyone encounters stress, anxiety, depression, or addiction. Even if symptoms fade, underlying issues can remain. NCBHS offers confidential, expert counseling to help you achieve lasting balance.

“Emotional and mental health disorders are very common. 1/5 of Americans experience some form of mental health disorder each year, but only about 1/3 will receive care.”

We provide comprehensive services for mental health issues, including depression, anxiety, stress, addictions, behavior problems, ADHD, family/parenting issues, trauma, and more.

CONTACT US



309-883-2191 (Macomb)



www.ncbhs.org



301 East Jefferson Street
Macomb, IL 61455

ACCEPTED PAYMENT

- ✓ INSURANCE
- ✓ MEDICAID
- ✓ MEDICARE
- ✓ SELF-PAY

What is 988?

988 is the easy-to-remember number for the 988 Suicide & Crisis Lifeline (formerly the National Suicide Prevention Lifeline). Trained crisis counselors are available 24/7 nationwide to support anyone facing a mental health, substance use crisis, or emotional distress.

988 SUICIDE & CRISIS
LIFELINE

24/7 CALL, TEXT, CHAT

THREE WAYS TO ACCESS SUPPORT:



Call 988



Text 988



Chat
988lifeline.org/chat

The number 800-273-8255 (TALK) will continue to function indefinitely. For life-threatening crises (e.g., a suicide attempt), call 911.

Nationwide network to route calls

Assistance available via text

Assistance available via chat

Call centers with trained professionals

Provide referrals to community-based resources

Capacity to connect to ongoing treatment

988



911



Studies show most 988 callers feel less depressed, suicidal, and overwhelmed, and more hopeful after speaking to a crisis counselor.

What to Know About 988:

- **Local Routing:** Calls to 988 go to a local crisis center based on your area code, with a national backup if needed.
- **Support:** Trained counselors assist and connect you with local resources.
- **Veterans:** Press option 1 for specialized support for veterans, active military, and their families.
- **Privacy:** Counselors see your phone number or IP address but no other personal details. Providing personal info is optional.
- **Languages:** Text and chat are in English only. Phone services are in English and Spanish, with translation for 250 languages.
- **Effectiveness:** Over 98% of interactions are resolved without 911.

RESOURCE LIST

Counseling and Mental Health Services

BEU HEALTH CENTER	309-298-1888
BRIDGEWAY	309-837-4876
COUNSELING CARES	309-833-2255
EAGLE VIEW COMMUNITY HEALTH SYSTEM	866-346-1337
GALESBURG RESCUE MISSION	309-343-4151
LAKEVIEW MEDICAL AND PSYCHIATRY	309-575-3222
MCDONOUGH DISTRICT HOSPITAL BEHAVIORAL HEALTH SERVICES	309-836-1582
NORTH CENTRAL BEHAVIORAL HEALTH SYSTEM	309-833-2191
SCHUYLER COUNSELING AND HEALTH SERVICES	217-322-4373
SYNAGO	309-833-2008
VICTIM/WITNESS ASSIST	309-837-2309
WHOLE LIFE SOLUTIONS	309-351-5255
W.I.U. COUNSELING CENTER	309-298-2453
W.I.U. PSYCHOLOGY CLINIC	309-298-1919

Other Children, Youth, and Family Services

ANGER MANAGEMENT GROUP - MDH	309-836-1582
AUTISM PROGRAM, THE (TAP)	217-525-8332
CENTER FOR YOUTH AND FAMILY SOLUTIONS	309-833-1791
COURT APPOINTED SPECIAL ADVOCATE (CASA)	309-343-4299
DCFS CHILD ABUSE HOTLINE	309-647-0051
PREVENT CHILD ABUSE ILLINOIS	217-522-1129

Other Substance Use Services

ADDICTS VICTORIOUS	1-800-323-1388
THE CROSSING	309-278-5117
SCHUYLER COUNSELING AND HEALTH SERVICES	217-322-4373
STARTING POINT, INC.	309-734-8991
VETERANS ADMINISTRATION MEDICAL CENTER (IOWA CITY)	319-338-0581
W.I.U. ALCOHOL AND OTHER DRUGS RESOURCE CENTER	309-298-2457
W.I.U. HOTLINE	309-298-3211

Emergency Contacts

EMERGENCY CALLS	911
MACOMB FIRE DEPARTMENT	309-836-7800
MACOMB POLICE DEPARTMENT (NON-EMERGENCY)	309-833-4505
MCDONOUGH DISTRICT HOSPITAL	309-833-4505
MDH-BEHAVIORAL HEALTH SERVICES	309-833-4101
NATIONAL RUN-AWAY HOTLINE	800-843-5763
988 SUICIDE & CRISIS LIFELINE	988
VICTIM SERVICES (WIRC)	
DOMESTIC VIOLENCE	309-837-6622
SEXUAL ASSAULT	309-836-2148



Western Illinois University

UNIVERSITY COUNSELING CENTER