

Mental Health & Opioid Resource Guide

Southern Illinois



HSHS Medical Group

Table of Contents

Behavioral Health & Substance Abuse Treatment Facilities	3
Behavioral Health Mixed Specialty	4
Buprenorphine Physicians	5
Child & Adolescent Psychiatry	8
Licensed Clinical Psychology	8
Licensed Clinical Social Workers & Professional Counselors	9
Pain Centers	10
Psychiatry	11
Hotlines	14
Self-Help Groups - Addiction	14

Disclaimer

This resource guide contains information about area organizations and agencies that offer assistance to those in need, in the fields of mental health and substance abuse. While HSHS Medical Group has made every effort to make this resource guide as helpful and all-inclusive as possible, HSHS Medical Group makes no guarantee that the resource guide includes every organization or agency in the area that may offer assistance. The information contained within this guide is subject to change. Inclusion of any agency or organization in the resource guide does not constitute an endorsement or recommendation of that organization or agency by HSHS Medical Group. HSHS Medical Group does not have a relationship (whether by contract or otherwise) with many of the organizations and agencies listed in this guide and disclaims all responsibility for any of the acts or omissions of such organizations with which HSHS Medical Group is not affiliated.

Behavioral Health & Substance Abuse Treatment Facilities

AAA DUI Services, Inc.

300 West Main St.
Belleville, IL 62220
Phone: 618-550-2384

ABC DUI Services

1437 West Whittaker St.
Salem, IL 62881
Phone: 618-548-4490

Addiction Treatment Strategies

95 North Research Dr.
Edwardsville, IL 62025
Phone: 618-692-6880

Alcoholic Rehabilitation

1313 21st St.
Granite City, IL 62040
Phone: 618-877-4897

Bond County Health Department

1520 South 4th St.
Greenville, IL 62246
Phone: 618-664-1455

Centerstone of Illinois

2615 Edwards St.
Alton, IL 62002
Phone: 618-462-2331

Chestnut Health Systems, Inc.

12 North 64th St.
Belleville, IL 62223
Phone: 618-397-0900

110 Rottingham Ct., Ste. B
Edwardsville, IL 62025
Phone: 618-877-4420

50 Northgate Industrial Dr.
Granite City, IL 62040
Phone: 309-827-6026

2148 Vadalabene Rd.
Maryville, IL 62062
Phone: 309-827-6026

Community Resource Center

580 8th St.
Carlyle, IL 62231
Phone: 618-594-4581

904 Martin Luther King Dr.
Centralia, IL 62801
Phone: 618-553-1391

315 Westgate St.
Salem, IL 62881
Phone: 618-548-2181

421 West Main St.
Vandalia, IL 62471
Phone: 618-283-4229

Comprehensive Behavioral Health Center of St. Clair County

505 South 8th St.
East St. Louis, IL 62201
Phone: 618-482-7330

Comprehensive Connections

16338 North Illinois Hwy. 37
Mount Vernon, IL 62864
Phone: 618-242-1510

Continuing Recovery Center

202 West Central St.
Irving, IL 62051
Phone: 217-533-4441

DeRousse Counseling and DUI Services

3 Sunset Hills Executive Park
Edwardsville, IL 62025
Phone: 618-692-4384

100 West Main St.
Belleville, IL 62220
Phone: 618-277-7616

Gateway Alcohol and Drug Treatment Center

600 West Lincoln St.
Caseyville, IL 62232
Phone: 618-345-3970

Behavioral Health & Substance Abuse Treatment Facilities *(continued)*

Gateway Foundation Swansea

1 Bronze Point, Ste. 1
Swansea, IL 62226
Phone: 618-234-9002

Helm DUI Services

716 School St.
Vandalia, IL 62471
Phone: 618-283-2313

HSHS Good Shepherd Hospital New Vision

200 S. Cedar St.
Shelbyville, IL 62565
Phone: 217-774-6436

HSHS Holy Family Hospital New Vision

200 Health Care Dr.
Greenville, IL 62246
Phone: 618-664-2292

Human Service Center

10257 State Rt. 3
Red Bud, IL 62278
Phone: 618-282-6233

104 Northtown Rd.

Sparta, IL 62286
Phone: 618-443-3045

Intensive Outpatient Care, Inc.

2 Club Centre Ct.
Edwardsville, IL 62025
Phone: 618-565-7060

Montgomery County Health Department

11191 Illinois Rt. 185
Hillsboro, IL 62049
Phone: 217-532-2001

Southern Illinois Treatment Center

304 Wesley Rd., Suites 302-306
Wood River, IL 62095
Phone: 618-258-7592

TASC Area 9/Edwardsville

340 South Fillmore St.
Edwardsville, IL 62025
Phone: 618-656-7672

Thompson Counseling Services

4230 Lincolnshire Dr.
Mount Vernon, IL 62864
Phone: 618-242-4290

United Methodist Children's Home

2023 Richview Rd.
Mount Vernon, IL 62864
Phone: 618-242-1070

Behavioral Health Mixed Specialty

Alternatives Counseling, Inc.

307 Henry St.
Alton, IL 62002
Phone: 618-288-8085

88 South Main St.
Glen Carbon, IL 62034
Phone: 618-288-8085

Alton Memorial Hospital

1 Memorial Dr.
Alton, IL 62002
Phone: 618-463-7895

Behavioral Health Alternatives, Inc.

337 East Ferguson Ave.,
Wood River, IL 62095
Phone: 618-251-4073

Call for Help, Inc.

9400 Lebanon Rd.
East St. Louis, IL 62203
Phone: 618-397-0968

Behavioral Health Mixed Specialty (continued)

Chestnut Health Systems

5109 North Illinois St.
Fairview Heights, IL 62208
Phone: 618-235-0330

3924 Oakmont Dr.
Granite City, IL 62040
Phone: 618-877-4420

Gateway Regional Medical Center

2100 Madison Ave.
Granite City, IL 62040
Phone: 618-798-3000

Hoyleton Youth and Family Services

350 North Main St.
Hoyleton, IL 62803
Phone: 618-493-7382

Human Support Services

988 North Illinois Rt. 3
Waterloo, IL 62298
Phone: 618-939-4444

Locust Street Resource Center

320 South Locust St.
Carlinville, IL 62626
Phone: 217-854-3166

Lutheran Child and Family Services of Illinois

317 West Main St.
Belleville, IL 62220
Phone: 618-234-8904

618 South 42nd St.
Mount Vernon, IL 62864
Phone: 618-242-3284

Montgomery County Health Department

317 West Union
Litchfield, IL 62056
Phone: 217-324-3430

OSF St. Anthony's Health Center

815 East 5th St.
Alton, IL 62002
Phone: 618-474-6240

Provident, Inc.

5016 North Illinois St.
Fairview Heights, IL 62208
Phone: 618-398-7250

St. Louis Behavioral Medicine Institute

521 West Main St.
Belleville, IL 62220
Phone: 618-825-0051

Spero Family Services

2023 Richview Rd.
Mount Vernon, IL 62864
Phone: 618-242-1070

The Midwest Relationship Center, LLC

4109 Bassen Dr.
Swansea, IL 62226
Phone: 618-516-3338

Buprenorphine Physicians

Alternatives Counseling, Inc.

307 Henry St.
Alton, IL 62002
Phone: 618-288-8085

88 South Main St.,
Glen Carbon, IL 62034
Phone: 618-288-8085

Alton Memorial Hospital

1 Memorial Dr.
Alton, IL 62002
Phone: 618-463-7895

Amin, Hetal, MD

Prairie Counseling Center
1520 South 4th St.
Greenville, IL 62246
Phone: 618-664-1455

Buprenorphine Physicians *(continued)*

Behavioral Health Alternatives, Inc.

337 East Ferguson Ave.
Wood River, IL 62095
Phone: 618-251-4073

Beyer, Craig, MD

320 Tyler Dr.
Troy, IL 62294
Phone: 618-973-3243

Bond County Health Department

1520 South 4th St.
Greenville, IL 62246
Phone: 618-664-1455

Boone, Donna, MD

Centerstone MARS Program
2615 Edwards St.
Alton, IL 62002
Phone: 618-462-2331

Call for Help, Inc.

9400 Lebanon Rd.
East St. Louis, IL 62203
Phone: 618-397-0968

Centerstone of Illinois

2615 Edwards St.
Alton, IL 62002
Phone: 618-462-2331

2302 State St.

Alton, IL 62002
Phone: 618-466-8622

Charnond, Sarnit, MD

550 Landmarks Blvd.
Alton, IL 62002
Phone: 618-463-5905

Chestnut Health Systems

12 North 64th St.
Belleville, IL 62223
Phone: 618-397-0900

5109 North Illinois St.
Fairview Heights, IL 62208
Phone: 618-235-0330

3924 Oakmont Dr.
Granite City, IL 62040
Phone: 618-877-4420

1218 19th St.
Granite City, IL 62040
Phone: 618-877-4420

50 Northgate Industrial Dr.
Granite City, IL 62040
Phone: 618-877-4420

Community Resource Center

580 8th St.
Carlyle, IL 62231
Phone: 618-594-4581

904 East Martin Luther King Dr.
Centralia, IL 62801
Phone: 618-533-1391

315 Westgate Ave.
Salem, IL 62881
Phone: 618-548-2181

421 West Main St.
Vandalia, IL 62471
Phone: 618-283-4229

Comprehensive Behavioral Health Center of St. Clair County

505 South 8th St.
East St. Louis, IL 62201
Phone: 618-482-7330

Comprehensive Connections

16338 North Illinois Hwy. 37
Mount Vernon, IL 62864
Phone: 618-242-1510

Buprenorphine Physicians *(continued)*

Conner, David, MD

9 Executive Woods Ct.
Swansea, IL 62226
Phone: 618-222-9383

Gateway Regional Medical Center

2100 Madison Ave.
Granite City, IL 62040
Phone: 618-798-3000

Habib, Arif, MD

2120 Madison Ave.
Granite City, IL 62040
Phone: 618-876-7515

Hoyleton Youth and Family Services

350 North Main St.
Hoyleton, IL 62803
Phone: 618-493-7382

HSHS Holy Family Hospital

200 Health Care Dr.
Greenville, IL 62246
Phone: 618-664-2240

Human Support Services

988 North Illinois Rt. 3
Waterloo, IL 62298
Phone: 618-939-4444

Jones, D'Andrienne Carli, MD

2416 Bloomer Dr.
Alton, IL 62002
Phone: 618-465-9500

Lee, Yae, MD

109 East Maple St.
Gillespie, IL 62033
Phone: 217-839-1526

Locust Street Resource Center

320 South Locust St.
Carlinville, IL 62626
Phone: 217-854-3166

Loynd, Christopher, DO

Windsor Medical Center
100 North 8th St., Ste. 256
East St. Louis, IL 62201
Phone: 618-271-0130

Lutheran Child and Family Services of Illinois

317 West Main St.
Belleville, IL 62220
Phone: 618-234-8904
618 South 42nd St.
Mount Vernon, IL 62864
Phone: 618-242-3284

Montgomery County Health Department

11191 Illinois Rt. 185
Hillsboro, IL 62049
Phone: 217-532-2001

317 West Union
Litchfield, IL 62056
Phone: 217-324-3430

Nigam, Sanjay, MD

16 Junction Dr. West
Glen Carbon, IL 62034
Phone: 618-288-5019

OSF Saint Anthony's Health Center

815 East 5th St.
Alton, IL 62002
Phone: 618-474-6240

Provident, Inc.

5016 North Illinois St.
Fairview Heights, IL 62208
Phone: 618-398-7250

Quarton, Brian, MD

15574 Rt. 108
Carlinville, IL 62626
Phone: 217-854-4319

Rasmussen, Donna, PA-C

109 East Maple St.
Gillespie, IL 62033
Phone: 217-839-1526

Reding, Kelsey, FNP

109 East Maple St.
Gillespie, IL 62033
Phone: 217-839-1526

**Saint Louis Behavioral Medicine
Institute**

521 West Main St.
Belleville, IL 62220
Phone: 618-825-0051

Skow, Glenn, MD

825 New York Dr.
Vandalia, IL 62471
Phone: 618-283-5545

**Buprenorphine Physicians
(continued)****Spero Family Services**

2023 Richview Rd.
Mount Vernon, IL 62864
Phone: 618-242-1070

Thomas, Jose, MD

10111 Lincoln Trails
Fairview Heights, IL 62208
Phone: 618-397-6300

Thompson-Byrd, Alana, MD

600 West Lincoln Ave,
Caseyville, IL 62232
Phone: 618-345-3970

Woodson, Mark, MD

95 North Research Dr., Suite 110
Edwardsville, IL 62025
Phone: 618-692-6880

Child & Adolescent Psychiatry**Bansal, Rahul, MD**

2100 Madison Ave.
Granite City, IL 62040
Phone: 618-798-3000

Loynd, Kelechi, MD

6000 Bond Ave.
Centreville, IL 62207
Phone: 618-332-2083

Licensed Clinical Psychology**Collins, Bernice, PhD**

605 Vogel Pl.
East St. Louis, IL 62205
Phone: 618-482-7990

Dalske, Robin, PsyD

2900 Frank Scott Pkwy. West, Ste. 990
Belleville, IL 62223
Phone: 618-236-6501

Friesen, Nancy, PhD

7 Eagle Ctr., Ste. 2, Unit A
O'Fallon, IL 62269
Phone: 618-416-9370

Golden, Frederic, PhD

400 South Main St.
Wood River, IL 62095
Phone: 618-251-2184

Hintz, Michael, PhD

6 Emerald Terr., Ste. 2
Swansea, IL 62226
Phone: 618-234-4608

James, Alexander, PhD

118 South Main St.
Edwardsville, IL 62025
Phone: 618-656-0696

Johnson, Christopher, MD

2071 Goose Lake Rd.
Sauget, IL 62206
Phone: 618-857-2700

Kleinman, Shelia, PhD

822 West State St., Ste. 4
O'Fallon, IL 62269
Phone: 618-624-1210

Licensed Clinical Psychology (continued)

Lotz, Craig, PsyD

310 North Seven Hills Rd.
O'Fallon, IL 62269
Phone: 618-624-6181

Midwestern Psychological

6201 West Main St., Ste. 130
Maryville, IL 62062
Phone: 618-979-5087

Minelli, Rachel, PhD

317 Salem Pl.
Fairview Heights, IL 62208
Phone: 618-798-3410

2246 State Rt. 157, Ste. 200
Glen Carbon, IL 62034
Phone: 618-798-8240

2100 Madison Ave.
Granite City, IL 62040
Phone: 618-798-3489

6 Emerald Terr., Ste. 4
Swansea, IL 62226
Phone: 618-516-3338

Myers, Robin, PsyD

6201 West Main St., Ste. 130
Maryville, IL 62062
Phone: 618-979-5087

Rogers, Leslie, PhD

601 East Third St., Ste. 302
Alton, IL 62002
Phone: 708-934-7100

Ruppert, Phillip, PhD

60 South State Rt. 157
Edwardsville, IL 62025
Phone: 618-351-4021

Shapinsky, Alicia, PhD

115 Rottingham Ct., Suite A
Edwardsville, IL 62025
Phone: 866-522-2467

2730 North Center St., Ste. 1700

Maryville, IL 62062
Phone: 866-522-2467

Southwest Family Clinic

501 Emily Dr.
O'Fallon, IL 62269
Phone: 618-632-7400

Stark, Patricia, PhD

2802 Maryville Rd.
Maryville, IL 62062
Phone: 618-345-6632

Tompkins, Rachel, PsyD

118 South Main St.
Edwardsville, IL 62025
Phone: 618-656-0696

Williams, Lydia, PhD

4230 Lincolnshire Dr., Suite E
Mount Vernon, IL 62864
Phone: 618-242-4205

Licensed Clinical Social Workers & Professional Counselor Groups

Baptist Children's Home and Family Services

718 North Broad
Carlinville, IL 62626
Phone: 217-971-9385

608 North Van Buren
Litchfield, IL 62056
Phone: 217-971-9385

4243 Lincolnshire Dr.
Mount Vernon, IL 62864
Phone: 618-242-4944

721 West Main St.
Salem, IL 62281
Phone: 618-548-4060

4950 Old Collinsville Rd.
Swansea, IL 62226
Phone: 618-624-4060

Licensed Clinical Social Workers & Professional Counselor Groups (continued)

Baptist Children's Home and Family Services (continued)

RR 3, Box 576
Vandalia, IL 62471
Phone: 618-283-0842

131 East Ferguson Ave.
Wood River, IL 62095
Phone: 217-971-9385

Caritas Family Solutions

8601 West Main St., Ste. 201
Belleville, IL 62223
Phone: 618-394-5900

Catholic Charities of Springfield, IL

3512 McArthur Blvd.
Alton, IL 62002
Phone: 217-523-9201

525 West 2nd South St.
Carlinville, IL 62626
Phone: 217-854-4511

2105 State St.
Granite City, IL 62040
Phone: 618-877-1184

Family Life Consultants, Inc.

2014 Vandalia St.
Collinsville, IL 62234
Phone: 618-345-9536

Jubilee House Outreach

417 West College Ave.
Greenville, IL 62246
Phone: 618-664-2360

Karvinen Counseling Services

2220 South State Rt. 157
Ste. 200 D
Glen Carbon, IL 62034
Phone: 618-659-4060

Lutheran Child Family Services

800 South 45th St.
Mount Vernon, IL 62864
Phone: 618-242-3284

317 West Main St.
Belleville, IL 62220
Phone: 618-234-8904

Radzom Counseling, LLC

40b Edwardsville Professional Park
Edwardsville, IL 62025
Phone: 618-795-2697

Success Motivators

276 Southwoods Ctr., Ste. A
Columbia, IL 62236
Phone: 618-281-9355

Pain Centers

Associated Physicians Group

4414 West Center Dr.
Alton, IL 62002
Phone: 618-509-4866

2023 Vadalabene Dr., Ste. 251
Maryville, IL 62062
Phone: 618-288-8850

Bashir, Naheed, MD

1215 Franciscan Dr., 4th Fl.
Litchfield, IL 62056
Phone: 618-233-7055

1007 South 42nd, Ste. 1
Mount Vernon, IL 62864
Phone: 618-233-7055

1 Bronze Pointe Blvd., Ste. 1a
Swansea, IL 62226
Phone: 618-233-7055

Chami, Antoine, MD

4414 West Center Dr.
Alton, IL 62002
Phone: 618-509-4866

1181 South State Rt. 157, Ste. 200c
Edwardsville, IL 62025
Phone: 618-288-4100

Pain Centers (continued)

Interventional Pain Medicine, LLC

7 Christopher Dr.
Belleville, IL 62226
Phone: 618-233-7055

1215 Franciscan Dr., 4th Fl.
Litchfield, IL 62056
Phone: 618-233-7055

1 Bronze Pointe Blvd., #1A,
Swansea, IL 62226
Phone: 618-233-7055

Interventional Pain Medicine Jacksonville

1007 South 42nd., Ste. 1
Mount Vernon, IL 62864
Phone: 618-233-7055

Juergens, Paul, MD

2 Good Samaritan Way, Ste. 200
Mount Vernon, IL 62864
Phone: 618-899-5703

Manchanda, Vivek, MD

1300 North Market
Sparta, IL 62286
Phone: 618-443-4138

Naseer, Kristina, MD

340 West Lincoln St., Ste. 200
Belleville, IL 62220
Phone: 618-234-2120

Pain and Rehabilitation

3986 Maryville Rd.
Granite City, IL 62040
Phone: 314-336-2570

Paracha, Mohammed, MD

1000 Eleven South, Ste. 3c
Columbia, IL 62236
Phone: 618-281-3300

Piasa Pain Center, LLC

3 Professional Dr., Ste. B
Alton, IL 62002
Phone: 618-465-7177

Thom, William, MD

2023 Vadalabene Dr., Ste. 300
Maryville, IL 62062
Phone: 618-288-6722

Psychiatry

Amin, Hetal, MD

904 East Martin Luther King Jr. Dr.
Centralia, IL 62801
Phone: 618-553-1391

16342 North Illinois Hwy. 37
Mount Vernon, IL 62864
Phone: 618-242-1510

988 North Illinois Rt. 3
Waterloo, IL 62298
Phone: 618-939-4444

Arbaugh, Scott, MD

1 Memorial Dr.
Alton, IL 62002
Phone: 618-695-4554

9515 Holy Cross Ln.
Breese, IL 62230
Phone: 630-695-4554

Aregood, Jacqueline, MD

7210 West Main St., Ste. 204
Belleville, IL 62223
Phone: 618-398-9850

Baig, Mirza, MD

2615 Edwards St.
Alton, IL 62002
Phone: 618-462-2331

Bansal, Rahul, MD

2246 State Rt. 157, Ste. 200
Glen Carbon, IL 62034
Phone: 618-451-7600

2100 Madison Ave.
Granite City, IL 62040
Phone: 618-798-3000

Psychiatry (continued)

Bidiuc, Martha, MD

444 North Pleasant Ave.
Centralia, IL 62801
Phone: 618-436-5665

Bland, Raymond, MD

320 South Locust St.
Carlinville, IL 62626
Phone: 217-854-3166

Brar, Manjinder, MD

400 North Pleasant Ave.
Centralia, IL 62801
Phone: 618-436-8000

Brown, Jeremy, MD

444 North Pleasant Ave.
Centralia, IL 62801
Phone: 618-436-5665

Canaley, Nicole, MD

2166 Madison Ave.
Granite City, IL 62040
Phone: 618-452-4969

Conner, David, MD

9 Executive Woods Ct., Ste. 2
Swansea, IL 62226
Phone: 618-222-9383

Crifase Lin, Susan, MD

2615 Edwards St.
Alton, IL 62002
Phone: 618-462-2331

Datta, Gautam, MD

2100 Madison Ave.
Granite City, IL 62040
Phone: 618-798-3000

Freeman, Mark, MD

103 Southpointe Dr., Ste. A
Edwardsville, IL 62025
Phone: 618-656-2000

650 West Taylor St.

Vandalia, IL 62471

Phone: 618-656-2000

Gangwani, Sunil, MD

4 Memorial Dr., Ste. 210
Alton, IL 62002
Phone: 618-465-8829

Gavini, Kalyani, MD

6000 Bond Ave.
East St. Louis, IL 62207
Phone: 618-332-2740

Gorthy, Gopinath, MD

7210 West Main, Ste. 204
Belleville, IL 62223
Phone: 618-398-9850

Habib, Arif, MD

2615 Edwards St.
Alton, IL 62002
Phone: 618-462-2331

50 Northgate Industrial Dr.
Granite City, IL 62040
Phone: 618-877-4420

2120 Madison Ave., Suite 404
Granite City, IL 62040
Phone: 618-876-7515

Jung, Randy, MD

550 Landmark Blvd.
Alton, IL 62002
Phone: 618-463-5905

5900 Bond Ave.
Centreville, IL 62207
Phone: 618-332-3060

2071 Goose Lake Rd.
Sauget, IL 62206
Phone: 618-857-2700

Keeven, Judy, MD

580 8th St.
Carlyle, IL 62231
Phone: 618-594-5481

904 East Martin Luther King Jr. Dr.
Centralia, IL 62801
Phone: 618-533-1391

Psychiatry (continued)

Keeven, Judy, MD (continued)

1520 South 4th St.
Greenville, IL 62246
Phone: 618-664-1455

Khoury, Naim, MD

340 West Lincoln St., Ste. 560
Belleville, IL 62220
Phone: 618-222-1430

Kuhn, Lawrence, MD

444 North Pleasant Ave.
Centralia, IL 62801
Phone: 618-436-5665

Lopez, Regina, MD

2615 Edwards St.
Alton, IL 62002
Phone: 618-462-2331

Loynd, Kelechi, MD

6000 Bond Ave.
Centreville, IL 62207
Phone: 618-332-2083

Medina, Juan, MD

320 South Locust St.
Carlinville, IL 62626
Phone: 217-854-3166

Muddasani, Narsimha, MD

100 North 8th St.
East St. Louis, IL 62201
Phone: 618-271-0130

2166 Madison Ave.
Granite City, IL 62040
Phone: 618-452-4969

2071 Goose Lake Rd.
Sauget, IL 62206
Phone: 618-857-2700

Mumtaz, Syed, MD

2615 Edwards St.
Alton, IL 62002
Phone: 618-462-2331

Napier, Mark, MD

103 Southpointe Dr., Ste. A
Edwardsville, IL 62025
Phone: 618-656-2000

Nigam, Sanjay MD

16 Junction Dr. West, Ste. 2
Glen Carbon, IL 62034
Phone: 618-288-5019

200 Health Care Dr.
Greenville, IL 62246
Phone: 618-664-1230

Patil, Jagannath, MD

4 Memorial Dr., Ste. 210
Alton, IL 62002
Phone: 618-465-8829

Porter, Dawn, MD

1670 Essex Way, Ste. A101
O'Fallon, IL 62269
Phone: 312-438-7240

Qazi, Iram, MD

2615 Edwards St.
Alton, IL 62002
Phone: 618-462-2331

Sharma, Bhawna, MD

550 Landmark Blvd.
Alton, IL 62002
Phone: 618-332-0953

Spyropoulos, Basil, MD

16342 North Illinois Hwy. 37
Mount Vernon, IL 62864
Phone: 618-242-1510

Sultana, Afshan, MD

2 Terminal Dr., Ste. 8 East
Alton, IL 62024
Phone: 618-259-0365

Tabora, Janell, MD

211 South Lincoln Blvd.
Centralia, IL 62801
Phone: 618-244-2414

Psychiatry (continued)

Tabora, Janell, MD (continued)

400 North Pleasant Ave.
Centralia, IL 62801
Phone: 618-436-8000

Thompson, Jeanie, MD

150 Healthcare Dr.
Greenville, IL 62246
Phone: 618-664-9830

850 West Wall St.
Mulberry Grove, IL 62262
Phone: 618-326-7709

Hotlines

Disaster Distress Helpline

Phone: 1-800-985-5990
Website: samhsa.gov/find-help/disaster-distress-helpline

Stress, anxiety, and other depression-like symptoms are common reactions after any natural or human-caused disaster. Call this toll-free number to be connected to the nearest crisis center for information, support, and counseling.

Drug-Free Workplace

Phone: 1-800-WORKPLACE (967-5752)
Website: samhsa.gov/workplace/resources/drug-free-helpline

Assists employers and union representatives with policy development, drug testing, employee assistance, employee education, supervisor training and program implementation.

SAMHSA's National Helpline

Phone: 1-800-662-HELP (4357)
TTY: 1-800-487-4889
Website: samhsa.gov/find-help/national-helpline

Also known as the Treatment Referral Routing Service, this Helpline is available for free, 24/7, in English and Spanish. It provides confidential treatment, referrals and information about mental and/or substance use disorders, prevention and recovery.

Suicide Prevention Lifeline

Phone: 1-800-273-TALK (8255)
TTY: 1-800-799-4889
Website: suicidepreventionlifeline.org

24-hour, toll-free, confidential suicide prevention hotline available to anyone in a suicidal crisis or emotional distress. Your call is routed to the nearest crisis center in the national network of more than 150 crisis centers.

Veteran's Crisis Line

Phone: 1-800-273-TALK (8255)
TTY: 1-800-799-4889
Website: veteranscrisisline.net

Connects veterans in crisis (and their families and friends) with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat, or text.

Self-Help Groups - Addiction

Al-Anon Family Groups

Phone: 757-563-1600
Website: al-anon.org

Helps family and friends recover from the effects of someone else's drinking through a 12-step program, including regular attendance at group meetings

Self-Help Groups - Addiction (continued)

Alcoholics Anonymous (AA)

Phone: 800-307-6600

Websites:

- Alton, Carlinville, Collinsville, Edwardsville, Gillespie, Glen Carbon, Granite City, Highland and Maryville: aa-district18.org
- Belleville, Collinsville, Shiloh and Waterloo: aa-district14.org
- Breese, Carlyle, Centralia, Flora, Hoyleton, Kell, Mt. Vernon and Salem: district7aa.com
- Mulberry Grove and Vandalia: ildistrict13aa.org

Recovery from alcohol addiction through a 12-step program, including regular attendance at group meetings.

Cocaine Anonymous (CA)

Phone: 312-834-3784

Website: illinoisareaca.org

Recovery from crystal meth addiction through a 12-step program, including regular attendance at group meetings.

Crystal Meth Anonymous

Phone: 855-638-4373

Website: crystallmeth.org

Comprehensive information about disability programs, services, laws and benefits.

Dual Recovery Anonymous

Phone: 877-883-2332

Website: draonline.qwknetllc.com

Recovery from joint chemical dependence & emotional/psychiatric illness through a 12-step program, including regular attendance at group meetings.

Marijuana Anonymous

Phone: 800-766-6779

Website: marijuana-anonymous.org

Recovery from marijuana addiction through a 12-step program, including regular attendance at group meetings.

Nar-Anon

Phone: 800-477-6291

Website: nar-anon.org

Helps family and friends of addicts recover from the effects of living with an addicted relative or friend.

Narcotics Anonymous (NA)

Phone: 818-773-9999

Website: na.org

Recovery from drug addiction through a 12-step program, including regular attendance at group meetings - pamphlets available on website.

SMART Recovery

Phone: 866-951-5357

Website: smartrecovery.org

4-Point Program that helps people recover from all types of addictive behaviors by teaching them how to change self-defeating thinking, emotions and actions.



HSHS Medical Group

HSHSMedicalGroup.org