

## **Social/Emotional And Emergency Resources For Support During COVID-19 School Closures**

- **If the situation is an emergency, call 911**
  
- **Mental Health Crisis Resources**
  - **Chestnut Health Systems Crisis Line (24/7)**
    - 618-877-0316
    - Chestnut.org
  - **National Suicide Prevention Lifeline (24/7)**
    - 1-800-273-TALK (8255)
    - Suicidepreventionlifeline.org
    - Text Home to 741741
  - **CARES Line (SASS - crisis assessment, state insured - 24/7)**
    - 1-800-345-9049
  - **Kids Under 21 Crisis Line**
    - 1-888-644-5886
  - **DCFS**
    - 1-800-25-ABUSE (2873)
  - **National Domestic Violence Hotline**
    - 1-800-799-7233
  - **Call for Help Sexual Assault Victim Care Unit**
    - 618-797-1049
    - www.callforhelp.org
  - **The Trevor Project (LGBTQ)**
    - 1-866-488-7386
    - thetrevorproject.org
  - **List of area counselors/therapists**
    - Psychologytoday.com
  
- **Taking Care of Your Mental Health During the COVID-19**
  - <https://www.apa.org/practice/programs/dmhi/research-information/social-distancing>
  - [https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\\_factsheet\\_1.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)
  - [https://www.nctsn.org/sites/default/files/resources/fact-sheet/parent\\_caregiver\\_guide\\_to\\_helping\\_families\\_cope\\_with\\_the\\_coronavirus\\_disease\\_2019-sp.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/parent_caregiver_guide_to_helping_families_cope_with_the_coronavirus_disease_2019-sp.pdf)

- <https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>
- <https://starr.org/covid-19-school-cancellation-and-trauma/>

- **Online Resources for Emotional Support and Practice**

- [www.gonoodle.com](http://www.gonoodle.com)
- [www.mindfulpowersforkids.com](http://www.mindfulpowersforkids.com)
- <https://www.calm.com/>
- [www.mindful.org](http://www.mindful.org)
- [www.headspace.com](http://www.headspace.com)
- [www.biglifejournal.com/pages/podcast](http://www.biglifejournal.com/pages/podcast)
- <https://gozen.com/>

- **Counselors**

- **Balanced Solutions Counseling**
  - Vicky Ginder and Kacie Wall
  - [www.balancedsolutionscounseling.com](http://www.balancedsolutionscounseling.com)
  - 618-207-3456
  - 4972 Benchmark Centre Dr., Swansea, IL 62226
  - Takes insurance
- **Family Life Consultants**
  - [www.familylifeconsultants.com](http://www.familylifeconsultants.com)
  - 618-345-9536
  - 2014 Vandalia Street, Collinsville, IL 62234
  - Takes insurance
- **Gayla Fields Counseling, LLC**
  - 618-402-7735
  - 1161 Fortune Blvd., Ste. 400, Shiloh, IL 62269
  - Takes insurance
- **Cornerstone Counseling**
  - 618-288-8787
  - 2016 Vadalabene Dr. #A, Maryville, IL 62062
  - Takes insurance
- **Bill Schwartz Counseling & Art Therapy, LLC**
  - 618-740-4296, extension 4
  - 6201 W Main St., Ste. 110, Maryville, IL 62062
- **ANEW Perspective Counseling Inc.**
  - [www.anewperspectiveinc.com](http://www.anewperspectiveinc.com)
  - 618-977-6252

- 6201 W. Main St. #120, Maryville, IL 62062
  - **Chestnut Health Systems**
    - 618-288-3546
    - Locations in Belleville, Granite City, and Maryville
  - **Christina Kittstein, Art Therapist**
    - 618-204-1696
    - Located in Maryville, IL
  - **Radzom Counseling**
    - [www.radzomcounseling.com](http://www.radzomcounseling.com)
    - 618-248-2040
    - Located in Maryville, IL
  - **Jim Harting, LCSW**
    - 618-632-3145
    - 4972 Benchmark Centre Dr., Swansea, IL 62226
    - \$125 per hour, does not accept insurance
  - **Counselors Associates**
    - Brandi Garlich, LCSW
    - 618-972-1568
    - 3 Oak Dr., Ste. B, Maryville, IL 62062
    - Counselorsassociates.com
  - **Creative Connections Counseling**
    - Creativeconnectionsounseling.com
    - 618-339-6200
    - Troy, IL
  - **Puentes de Esperanza (Bridges of Hope)**
    - Hoyleton Youth and Family Services
    - Spanish and Bilingual Services
    - 618-688-4727 or 618-398-0557
    - Everyday from 9:30-3:30
  - **List of area counselors/therapists**
    - Psychologytoday.com
- **Social Skills Groups**
  - **Metro East Therapy**
    - Making and Keeping Friends (Social Club 11+)
    - Metroeasttherapy.com
    - 618-581-8304
  - **Creative Connections Counseling**
    - Social Skills Group
    - Creativeconnectionsounseling.com

- 618-339-6200

- **Psychiatrists**

- **Dr. Hina Sarwar - BJC Behavioral Health**
  - 314-206-3400
  - 11102 Lindbergh Business Ct., St. Louis, MO 63123
- **Dr. Jackie Hall-Davis**
  - O'Fallon office: 618-622-9240
  - Belleville office: 618-397-0900
- **Dr. Gavini**
  - 618-332-2083 OR 618-332-2740
  - Located at the Mother and Child Center in Centreville, IL
- **Dr. Lloyd**
  - 618-332-2740
  - Located at the Mother and Child Center in Centreville, IL
- **Dr. Mark Freeman and Dr. Mark Napier**
  - 618-656-2000
  - 103 S Pointe Dr. A, Edwardsville, IL 62025
- **Dr. Asner**
  - 314-251-6898
  - Mercy Hospital, St. Louis, MO
- **Dr. David Krojanker, M.D.**
  - 314-373-6930
  - Located near Barnes Hospital West in West County
- **Dr. Scott Arbaugh, M.D.**
  - 314-839-5232
  - Located near Christian Hospital NW off of 270 in North County

- **Additional Assessment Resources for Adolescent Behavioral Health**

- **Gateway Regional Hospital**
  - 618-798-3888
  - 2100 Madison Ave, Granite City, IL 62040
  - Evaluations are provided at the ER
- **SSM DePaul Hospital**
  - 314-344-6000
  - 12303 DePaul Dr, Bridgeton, MO
  - Evaluations are provided at the ER

- **Emergency Resources**

- Madison County Homeless Hotline - 1-618-296-5300
- St. Clair County Homeless Hotline - 618-825-3330
- Collinsville Food Pantry - [\(618\) 346-1861](tel:6183461861)
- Alpha and Omega Christian Fellowship - State Park - (618) 344-4091
- Caseyville Emergency Food Pantry - 618-344-5792
- Maryville Outreach Center -(618) 345-9693,  
<https://fbmaryville.org/maryville-outreach-center/>
- United Way 211 <https://helpingpeople.org/united-way-2-1-1/>
- Internet Access
  - Charter will offer free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription at any service level up to 100 Mbps. To enroll call 1-844-488-8395. Installation fees will be waived for new student households.