

Local mental health services

The following lists local mental health resources. These are all places you can reach out to for help coping with COVID-19 (or any other) stress.

Faculty Staff Assistance Services and service partners

The following resources are provided directly through campus/Faculty Staff Assistance Services (FSAS) or through providers the FSAS has partnerships with.

Faculty/Staff Assistance Services

Faculty/Staff Assistance Services (FSAS) is continuing to provide services by shifting to phone and virtual services. FSAS remains available to address any urgent needs and concerns. Please feel free to contact them at fsas@illinois.edu or 217-244-5312 during standard business hours of Monday through Friday, 8:00 AM – 5:00 PM. If this is a crisis situation, outside of regular business hours, please call the crisis line at (217) 244-7739.

Community Telehealth Therapists

FSAS also has a list of therapists in the community providing telehealth services and FSAS can facilitate those referrals. Please contact fsas@illinois.edu if you are interested in more information about those services.

Rosecrance

FSAS has a partnership with Rosecrance, a local mental health treatment center. For more information, please contact (217) 328-4500. They also operate a 24-hour emergency crisis line at (217) 359-4141.

Services in the broader community

In addition to the to the campus-affiliated services listed above, the following community agencies offer mental and behavioral health services. All are in Champaign County unless noted otherwise:

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Frances Nelson Community Health Center

A family medicine health center dedicated to providing affordable and accessible high-quality care. Services include but are not limited to mental health services. Bilingual services and interpreters are available.

- Contact: 217-356-1558 info@promisehealth.org
- Website: <https://www.promisehealth.org/health-center>

Prevention and Treatment Services (PAT)

Provides a wide range of mental and emotional health services for adults, children and adolescents. Providing services via Zoom and virtual meeting rooms.

- Contact: (217) 954-1128
- Website: <https://patsurbana.com>

Family Services

Provides individual, couple or family counseling for adults, children and teens. They also offer self-help webpages. You can find useful information and additional resources for several mental and emotional health issues including but not limited to caregiving, addiction, parenting, physical and emotional abuse and more.

- Contact: 217-352-0099 <http://www.famservcc.org/counseling/>
- For info about other services <http://www.famservcc.org/counseling/>

Crosspoint Human Services (Danville area)

Provides a variety of mental and emotional services for adults, children and adolescents. Currently conducting sessions via telehealth or zoom.

- Contact: 217-442-3200
- Website: <https://www.crosspointhumanservices.org/>

Piatt County Mental Health Center (Monticello area)

A variety of mental health and substance abuse services are available. For adults, children and adolescents. Individual, family and group therapy are available.

- Contact: 217-762-5371
- Website: <https://www.piattmhc.org/mentalhealth>

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CAMPUS WELLBEING SERVICES

humanresources.illinois.edu/campus-wellbeing-services

Crisis Text Line

You can reach a crisis counselor at any time via text: Text 741-741 with any key word or initial message. You will get two automated responses to learn more about what you need and then will be connected with a counselor. This usually takes less than five minutes.

- For more info: <https://www.crisistextline.org/text-us/>