

# Mental Health & Opioid Resource Guide

## Effingham Area



**HSHS Medical Group**

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## Disclaimer

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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**

### **ABBCON Counseling**

603 Monroe St.

Charleston, IL 61920

Phone: 217-345-3156

107 West South Central Ave.

Tuscola, IL 61953

Phone: 217-253-3111

### **ABC DUI Services**

1437 West Whittaker St.

Salem, IL 62881

Phone: 618-548-4490

### **Bond County Health Department**

1520 South 4th St.

Greenville, IL 62246

Phone: 618-664-1455

### **Care Horizon, Inc.**

120 Courthouse Square

Toledo, IL 62468

Phone: 217-849-3803

### **Central East Alcohol and Drug Council**

635 Division St.

Charleston, IL 61920

Phone: 2173488108

720 4th St.

Charleston, IL 61920

Phone: 217-348-8651

726 4th St.

Charleston, IL 61920

Phone: 217-348-8118

1501 1/2 18th St.

Charleston, IL 61920

Phone: 217-348-5444

8500 East County Rd. 150 North

Lerna, IL 62440

Phone: 217-235-1303

416 North 19th St.

Mattoon, IL 61938

Phone: 217-258-2968

### **Central East Alcohol and Drug Council**

*(continued)*

513 North 13th St.

Mattoon, IL 61938

Phone: 217-258-6018

155 South Morgan St.

Shelbyville, IL 62565

Phone: 217-774-5566

### **Community Resource Center**

315 Westgate St.

Salem, IL 62881

Phone: 618-548-2181

421 West Main St.

Vandalia, IL 62471

Phone: 618-283-4229

### **Compass Counseling**

204 South Meridian St.

Toledo, IL 62468

Phone: 217-259-5852

### **Continuing Recovery Center**

202 West Central St.

Irving, IL 62051

Phone: 217-533-4441

### **Cumberland Associate Counseling Services**

120 Courthouse Square

Toledo, IL 62468

Phone: 217-849-3803

### **Diel Counseling, Inc.**

903 West Lincoln Ave.

Charleston, IL 61920

Phone: 217-348-8384

444 South Willow St.

Effingham, IL 62401

Phone: 217-347-7384

### **Douglas County Mental Health and Family Counseling**

114 West Houghton St.

Tuscola, IL 61953

Phone: 217-253-4731

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

### **Heartland Human Services**

1200 North 4th St.  
Effingham, IL 62401  
Phone: 217-347-7179

### **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 Resources Center of Edgar and Clark County**

1006 South 6th St.  
Marshall, IL 62441  
Phone: 217-826-6212

### **Jasper County Health Department**

106 East Edwards St.  
Newton, IL 62448  
Phone: 618-783-4154

### **Kemmerer Village**

941 North 2500 East Rd.  
Assumption, IL 62510  
Phone: 217-226-4451

### **Liberty Counseling Center**

209 South Washington St.  
Taylorville, IL 62568  
Phone: 217-287-2550

### **LifeLinks Mental Health**

750 Broadway Ave. East  
Mattoon, IL 61938  
Phone: 217-238-5700

### **Montgomery County Health Department**

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

### **Moultrie County Beacon, Inc.**

401 West Water St.  
Sullivan, IL 61951  
Phone: 217-728-7396

### **Shelby County Community Services, Inc.**

101 East North 12th St.  
Shelbyville, IL 62565  
Phone: 217-774-1400

### **Southeastern IL Counseling Centers, Inc.**

901 West 3rd St.  
Flora, IL 62839  
Phone: 618-662-2871

208 East Main St.  
Olney, IL 62450  
Phone: 618-395-4306

504 Micah Dr.  
Olney, IL 62450  
Phone: 618-395-4306

204 West Highland St.  
Robinson, IL 62454  
Phone: 618-546-1021

## **Buprenorphine Physicians**

### **Agapito, Arnold, MD**

200 South Cedar St.  
Shelbyville, IL 62565  
Phone: 217-774-4400

## **Buprenorphine Physicians** *(continued)*

### **Amin, Hetal, MD**

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

### **Arora, Narinder, MD**

1104 West Evergreen  
Effingham, IL 62401  
Phone: 217-994-1865

### **Arora, Navdip, MD**

1104 West Evergreen  
Effingham, IL 62401  
Phone: 217-994-1865

### **Lystila, Aja, MD**

2512 Hurst Dr.  
Mattoon, IL 61938  
Phone: 217-258-5900

### **Newton, Matthew, DO**

2512 Hurst Dr.  
Mattoon, IL 61938  
Phone: 217-258-5900

### **Skow, Glenn, MD**

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

## **Child & Adolescent Psychiatry**

### **Hecksel, Kathleen, MD**

1005 Health Center Dr.  
Prairie Pavilion 1  
Mattoon, IL 61938  
Phone: 217-238-4866

## **Licensed Clinical Psychology**

### **Bernstein, Avis, PhD**

200 Lerna Rd. South  
Mattoon, IL 61938  
Phone: 217-258-5900

### **Boyd, Jerry, PhD**

1901 18th St.  
Charleston, IL 61920  
Phone: 217-348-7911

206 North Pearl St.  
Teutopolis, IL 62467  
Phone: 217-857-6481

### **Cole, Jack, PhD**

302 South Kitchell Ave., Ste. E  
Olney, IL 62450  
Phone: 618-395-6261

### **Douglas County Mental Health Center**

114 West Houghton St.  
Tuscola, IL 61953  
Phone: 217-253-4731

### **Levine, Howard, PhD**

750 Broadway Ave. East  
Mattoon, IL 61938  
Phone: 217-238-5700

### **Marks Frey, Marilyn, PhD**

723 East Court St.  
Paris, IL 61944  
Phone: 217-463-2002

### **Phillips, Derek, Psy**

200 Richmond Ave. East, Suite 3  
Mattoon, IL 61938  
Phone: 217-234-7000

## **Licensed Clinical Social Workers & Professional Counselor Groups**

### **Arc Community Support System Counseling Services**

1901 South 4th St., Ste. 209  
Effingham, IL 62401  
Phone: 217-347-5118

### **Baptist Children's Home and Family Services**

213 West Fayette  
Effingham, IL 62401  
Phone: 217-342-3976

721 West Main St.  
Salem, IL 62881  
Phone: 618-548-4060

RR 3, Box 576  
Vandalia, IL 62471  
Phone: 618-283-0542

### **Catholic Charities of Springfield, IL**

1502 East Fayette  
Effingham, IL 62401  
Phone: 217-523-9201

601 West Fayette  
Effingham, IL 62401  
Phone: 217-342-9800

4217 Dewitt Ave.  
Mattoon, IL 61938  
Phone: 217-235-0420

### **Jubilee House Outreach**

114a E Main St.  
Greenville, IL 62246  
Phone: 618-664-2360

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

## **Pain Centers**

**Mitry, Ragai, MD**  
1000 Health Center Dr., Ste. 106  
Mattoon, IL 61938  
Phone: 217-238-4495

**Ogan, Brian, MD**  
901 Medical Park Dr., Ste. 201  
Effingham, IL 62401  
Phone: 217-347-2332

**Pain Management Group, LLC**  
1000 North Allen St.  
Robinson, IL 62454  
Phone: 618-546-2405

## **Psychiatry**

**Alexander, Richard, MD**  
201 East Pleasant St., 4th Fl.  
Taylorville, IL 62568  
Phone: 217-824-3331

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

**Bidiuc, Martha, MD**  
444 North Pleasant Ave.  
Centralia, IL 62801  
Phone: 618-436-5665

**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

**Buch, Sandip, MD**  
1005 Health Center Dr., Suite 102  
Mattoon, IL 61938  
Phone: 217-258-4042

## **Psychiatry (continued)**

### **Chalfant, Jeffery, MD**

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

### **Chopra, Archana, MD**

120 Courthouse Square, P.O. Box 385  
Toledo, IL 62468  
Phone: 217-849-3803

### **Freeman, Mark, MD**

650 West Taylor St.  
Vandalia, IL 62471  
Phone: 618-656-2000

### **Halper, Michell, MD**

503 North Maple St.  
Effingham, IL 62401  
Phone: 217-342-2121

### **Harshawat, Paras, MD**

204 West Highland  
Robinson, IL 62454  
Phone: 618-546-1021

### **Hecksel, Kathleen, MD**

1005 Health Center Dr.  
Prairie Pavilion  
Mattoon, IL 61938  
Phone: 217-238-4866

### **Hungerford, Linda, MD**

1401 15th St.  
Lawrenceville, IL 62439  
Phone: 618-839-4618  
  
130 West 7th St.  
Mount Carmel, IL 62863  
Phone: 618-263-3873

106 Edwards St.  
Newton, IL 62448  
Phone: 618-783-4154

### **Keeven, Judy, MD**

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

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

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

### **Kuhn, Lawrence, MD**

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

### **Lauer, John, MD**

1005 Health Center Dr.  
Prairie Pavilion  
Mattoon, IL 61938  
Phone: 217-258-4042

### **Lee, Elbert, MD**

1005 Health Center Dr.  
Prairie Pavilion  
Mattoon, IL 61938  
Phone: 217-258-4042

### **Lobacz, Steve, MD**

800 East Locust St.  
Olney, IL 62450  
Phone: 618-395-7340

### **Minogue, Thomas, MD**

200 Lerna Rd. South  
Mattoon, IL 61938  
Phone: 217-258-5900

### **Naidu, Mohanakumari, MD**

727 East Court St.  
Paris, IL 61944  
Phone: 217-465-8411

### **Napier, Mark, MD**

911 Stacy Burk Dr.  
Flora, IL 62839  
Phone: 618-656-2000

## Psychiatry (continued)

### **Nigam, Sanjay, MD**

200 Health Care Dr.  
Greenville, IL 62246  
Phone: 618-644-1230

### **Patil, Rohidas, MD**

2 West Adams St.  
Sullivan, IL 61951  
Phone: 217-728-4358

730 North Pawnee St.  
Taylorville, IL 62568  
Phone: 217-824-4905

### **Repetto, Martin, MD**

750 Broadway Ave. East  
Mattoon, IL 61938  
Phone: 217-238-5700

### **Rowjee, Zehra, MD**

750 Broadway Ave. East  
Mattoon, IL 61938  
Phone: 217-238-5700

### **Syed, Saba, MD**

727 East Court St.  
Paris, IL 61944  
Phone: 217-465-8411

### **Tabora, Janell, MD**

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

### **Vengrow, Michael, MD**

1418 College Dr.  
Mount Carmel, IL 62863  
Phone: 618-262-8621

### **Yost, Johnathon, MD**

1005 Health Center Dr., Ste. 102  
Mattoon, IL 61938  
Phone: 217-258-4042

## Hotlines

### **Disaster Distress Helpline**

Phone: 1-800-985-5990  
Website: [samhsa.gov/find-help/disaster-distress-helpline](https://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](https://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](https://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.*



## Hotlines (continued)

### Suicide Prevention Lifeline

Phone: 1-800-273-TALK (8255)

TTY: 1-800-799-4889

Website: [suicidepreventionlifeline.org](http://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](http://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](http://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*

### Alcoholics Anonymous (AA)

Phone: 800-307-6600

Website: [ildistrict13aa.org](http://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](http://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: [crystalmeth.org](http://crystalmeth.org)

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

### Dual Recovery Anonymous

Phone: 877-883-2332

Website: [draonline.qwknetllc.com](http://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](http://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](http://nar-anon.org)

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

## **Self-Help Groups - Addiction (continued)**

### **Narcotics Anonymous (NA)**

Phone: 818-773-9999

Website: [na.org](http://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](http://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](http://HSHSMedicalGroup.org)**