

Mental Health & Opioid Resource Guide

Springfield Area



HSHS Medical Group

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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

Alternative Counseling Solutions, LLC

1305 Wabash Ave., Suite E
Springfield, IL 62704
Phone: 217-698-3900

Clinical Counseling Group

701 South Durkin Dr.
Springfield, IL 62704
Phone: 217-891-6063

DUI Evaluation and Treatment Services

1999 Wabash Ave., Suite 209
Springfield, IL 62704
Phone: 217-891-6063

Family Guidance Centers

120 North 11th St.
Springfield, IL 62703
Phone: 217-544-9858

Gateway Foundation, Inc.

2323 Stevenson Dr.
Springfield, IL 62703
Phone: 877-505-4673

Gateway Springfield Center

2200 Lake Victoria Dr., 1st & 2nd Fl.
Springfield, IL 62703
Phone: 877-505-4673

HSHS St. Johns Hospital Behavioral Health Unit

800 East Carpenter St.
Springfield, IL 62769
Phone: 217-544-6464

Illinois Institute for Addiction Recovery

2050 West Iles Ave., Suite G
Springfield, IL 62704
Phone: 217-726-6611

Liberty Counseling Center

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

Lincoln Prairie Behavioral Health Center

5230 South 6th St.
Springfield, IL 62703
Phone: 888-501-1180

McFarland Mental Health Center

901 Southwind Dr.
Springfield, IL 62703
Phone: 217-786-6866

Memorial Behavioral Health

710 North 8th St.
Springfield, IL 62702
Phone: 217-525-1064

Memorial Behavioral Health Counseling

901 North 1st St.
Springfield, IL 62781
Phone: 217-788-4065

Personal Counseling Services

2659 Farragut Dr.
Springfield, IL 62704
Phone: 217-726-7273

Rebound Healthcare Systems

435 West Washington St.
Springfield, IL 62702
Phone: 217-210-2476

SIU Community Support Network

1135 North 9th St.
Springfield, IL 62702
Phone: 217-545-8251

Solutions Counseling and DUI Services

1306 South 6th St., Suite B
Springfield, IL 62703
Phone: 217-757-0000

TASC, Inc.

628-630 East Washington St.
Springfield, IL 62701
Phone: 217-544-0842

Behavioral Health Mixed Specialty

Bahn and Associates

1220 South 7th St.
Springfield, IL 62703
Phone: 217-679-5379

Killian and Associates, SC

1020 South 5th St., 2nd Fl.
Springfield, IL 62703
Phone: 217-544-3143

Psychological Association of Central Illinois

1124 South 6th St.
Springfield, IL 62703
Phone: 217-523-3143

Buprenorphine Physicians

Bussing, Robert, MD

Gateway Foundation
2200 Lake Victoria Dr.
Springfield, IL 62703
Phone: 217-529-0678

Chandra, Rakesh, MD

1201 South 4th St.
Springfield, IL 62703
Phone: 217-210-2353

Chandra, Sidharth

1201 South 4th St.
Springfield, IL 62703
Phone: 217-210-2353

Crabtree, Catherine, MD

Gateway Springfield
2200 Lake Victoria Dr.
Springfield, IL 62701
Phone: 217-529-9266

Maher, Chauncey, MD

3000 Professional Dr.
Springfield, IL 62703
Phone: 217-793-9593

Takahashi, Ayame, MD

5220 South 6th St., Suite 1200
Springfield, IL 62703
Phone: 217-545-7644

Yakel, Donald

435 West Washington St.
Springfield, IL 62702
Phone: 217-210-2476

Child & Adolescent Psychiatry

Dobbins, Mary I., MD

5220 South 6th St., Ste. 2400
Springfield, IL 62703
Phone: 217-757-7700

Medina, Juan, MD

1124 South 6th St.
Springfield, IL 62703
Phone: 217-523-3143

Licensed Clinical Psychology

Appleton, Helen P., PhD

3416 Liberty Dr.
Springfield, IL 62704
Phone: 217-793-3949

Arroyo, John D., PsyD

1220 South 7th St.
Springfield, IL 62703
Phone: 217-679-5379

3000 Professional Dr., Ste. D

Springfield, IL 62703
Phone: 217-679-5379

Bahn, Sara J., Psy

1220 South 7th St.
Springfield, IL 62703
Phone: 217-679-5379

Buescher, Keith L., PhD

2921 Greenbriar Dr., Ste. B1
Springfield, IL 62704
Phone: 217-546-3118

Licensed Clinical Psychology ***(continued)***

Dimond, Richard E., PhD

2921 Greenbriar Dr., Ste. B1
Springfield, IL 62704
Phone: 217-546-3118

Fank, Patricia M., PsyD

315 West Carpenter St.
1st Fl., Clinic A
Springfield, IL 62702
Phone: 217-545-8000

Fritz, Steven L., PSY

1020 South 5th St.
Springfield, IL 62703
Phone: 217-544-3143

Fyans Jr., Leslie J., PhD

3001 Spring Mill Dr.
Springfield, IL 62704
Phone: 217-793-8900

Heatherton, Brian F., PhD

1124 South 6th St.
Springfield, IL 62703
Phone: 217-523-3143

Hickey, Anna M., PhD

301 North 8th St., Pavillion 3A
Springfield, IL 62701
Phone: 217-545-8000

Kessler, Michael J., PsyD

1220 South 7th St.
Springfield, IL 62703
Phone: 217-679-5379

Lutheran Child Family Services

431 South Grand Ave. West
Springfield, IL 62704
Phone: 217-544-4631

Matthews, Beverly J., PsyD

215 South Grand Ave. West
Springfield, IL 62704
Phone: 217-825-9010

McKenzie, Loretta K., PsyD

3416 Liberty Dr.
Springfield, IL 62704
Phone: 217-793-3949

Meyer Cox, Therese M., PSY

501 North 1st St.
Springfield, IL 62702
Phone: 217-788-4180

Miller, John G., PSY

215 South Grand Ave. West
Springfield, IL 62704
Phone: 217-744-3525

Minelli, Rachel M., PhD

5220 South 6th St., Ste. 1700
Springfield, IL 62703
Phone: 217-525-8332

Moredock, William E., PSY

900 Stevenson Dr.
Springfield, IL 62703
Phone: 217-553-4804

Mousette, Joanne G., PsyD

2921 Greenbriar Dr., Ste. B1
Springfield, IL 62704
Phone: 217-546-3118

Myers, James E., PsyD

1 West Old State Capitol Plaza
Myers Building Ste. 521
Springfield, IL 62701
Phone: 217-523-3955

Noggle, Chad A., PhD

701 North 1st St
Springfield, IL 62702
Phone: 217-545-8000

Ottino, Brittany, PsyD

319 East Madison St.
3rd Fl., Centrum Building
Springfield, IL 62701
Phone: 217-545-8000

Licensed Clinical Psychology (continued)

Pacheco, Nicole PsyD

1124 South 6th St.
Springfield, IL 62703
Phone: 217-523-3143

Paoni, Melissa F., PhD

3416 Liberty Dr.
Springfield, IL 62704
Phone: 217-793-3949

Pollock, Kimberly L., PsyD

5220 South 6th St., Ste. 1700
Springfield, IL 62703
Phone: 217-525-8332

Psychological Services of Central Illinois

2921 Greenbriar Dr., Ste. B1
Springfield, IL 62704
Phone: 217-546-3118

Shapinsky, Alicia C., PhD

2921 Greenbriar Dr., Ste. B1
Springfield, IL 62704
Phone: 217-546-3118

Springfield Psychological Center

3416 Liberty Dr.
Springfield, IL 62704
Phone: 217-793-3949

Trieger, Michael PsyD

3416 Liberty Dr.
Springfield, IL 62704
Phone: 217-793-3949

Trivedi, Mehul A., PSY

319 East Madison St., 3rd Fl.
Springfield, IL 62701
Phone: 217-545-8000

Licensed Clinical Social Workers & Professional Counselor Groups

Capitol Community Health Center

2239 East Cook St.
Springfield, IL 62703
Phone: 217-788-2300

Catholic Charities of Springfield, Illinois

1625 West Washington St.
Springfield, IL 62702
Phone: 217-523-9201

Central Counties Health Centers

1141 North Cheney St.
Taylorville, IL 62568
Phone: 217-788-2300

Family Guidance Center

120 North 11th St.
Springfield, IL 62703
Phone: 217-788-2300

Helping Hands of Springfield

1023 East Washington St.
Springfield, IL 62703
Phone: 217-788-2300

Living Hope Counseling Center

3000 Lenhart Rd.
Springfield, IL 62711

2600 South MacArthur Blvd.

Springfield, IL 62704
Phone: 217-698-7150

Montvale Counseling Center

2050 West Iles Dr., Ste. F
Springfield, IL 62704
Phone: 217-793-2770

Salvation Army Adult Rehab Center

221 North 11th St.
Springfield, IL 62703
Phone: 217-788-2311

Licensed Clinical Social Workers & Professional Counselor Groups *(continued)*

SIU Center for Family Medicine

520 North 4th St.
Springfield, IL 62702
Phone: 217-757-8100

SIU FQHC Clinic Support Offices

319 East Madison St., Ste. 3A
Springfield, IL 62701
Phone: 217-545-8000

Springfield Family Counseling Center

1700 South Spring St.
Springfield, IL 62704
Phone: 217-245-5103

The Center For Youth and Family

614 North 6th St.
Springfield, IL 62702
Phone: 217-528-3694

Opioid Treatment Programs

Family Guidance Centers, Springfield

120 North 11th St.
Springfield, IL 62703
Phone: 217-544-9858

Rose Medical Association, Inc.

3535 Mayflower Blvd.
Springfield, IL 62711
Phone: 217-670-0654

Springfield Treatment Center, LLC

1227 South 9th St.
Springfield, IL 62703
Phone: 217-679-1406

Pain Centers

HSHS St. John's Center for Pain Management

301 North 8th St.
Springfield, IL 62701
Phone: 217-525-7246

Memorial Physician Services, Lincoln

515 North College St.
Lincoln, IL 62656
Phone: 800-444-7541

Memorial SpineWorks Pain Center

501 North 1st St.
Springfield, IL 62702
Phone: 217-788-3792

Pain Management Service at Abraham Lincoln Memorial Hospital

200 Stahlhut Dr.
Lincoln, IL 62656
Phone: 217-605-5374

Springfield Clinic Midwest Occupational Health Associates

775 Engineering Ave.
Springfield, IL 62703
Phone: 217-522-4300

Psychiatry

Agarwal, Digisha, MD

1020 South 5th St., 2nd Fl.
Springfield, IL 62703
Phone: 217-544-3143

5230 South 6th St.
Springfield, IL 62703
Phone: 217-585-1180

Adaramola, Dorcas O., MD

701 North 1st St.
Springfield, IL 62702
Phone: 217-545-8000

Psychiatry (continued)

Alexander, Richard B., MD

3225 Hedley Rd.
Springfield, IL 62711
Phone: 217-726-7300

Alluri, Vinod N., MD

319 East Madison St.
Springfield, IL 62701
Phone: 217-545-8000

Bennett, Jeffrey I., MD

319 East Madison St., 3rd Fl.
Springfield, IL 62701
Phone: 217-545-8000

Black, Eric R., MD

319 East Madison St., 3rd Fl.
Springfield, IL 62701
Phone: 217-545-8000

Bland, Raymond S., MD

520 North 4th St.
Springfield, IL 62702
Phone: 217-545-8000

Broquet, Karen E., MD

701 North 1st St.
Springfield, IL 62702
Phone: 217-545-8000

Brisan, Rodica S., MD

3225 Hedley Rd.
Springfield, IL 62711
Phone: 217-726-7300

Buoy, Abigail G., MD

3225 Hedley Rd.
Springfield, IL 62711
Phone: 217-726-7300

Campbell, Pamela A., MD

5230 South 6th St.
Springfield, IL 62703
Phone: 217-585-1180

Decker, David H., MD

7000 Piper Glen Dr., Ste. B
Springfield, IL 62711
Phone: 217-483-5800

Dobbins, Mary I., MD

3416 Liberty Dr.
Springfield, IL 62704
Phone: 217-793-3949

Fox, Catherine M., MD

Memorial Physician Services
3225 Hedley Rd.
Springfield, IL 62711
Phone: 217-726-7300

Hardwick, Jennifer, MD

1020 South 5th St., 2nd Fl.
Springfield, IL 62703
Phone: 217-544-3143

Hughes, Brad S., MD

5230 South 6th St.
Springfield, IL 62703
Phone: 217-585-1180

Kakumani, Seetal, MD

1025 South 6th St.
Springfield, IL 62703
Phone: 217-528-7541

Killian, Terry M., MD

1020 South 5th St., Suite B
Springfield, IL 62703
Phone: 217-544-3143

Macintosh, Bette Ann M., MD

3132 Old Jacksonville Rd.
Springfield, IL 62704
Phone: 217-862-0800

Medina, Juan, MD

1124 South 6th St.
Springfield, IL 62703
Phone: 217-523-3143

Onwuameze, Obiora E., MD

701 North 1st St.
Springfield, IL 62702
Phone: 217-545-8000

Psychiatry (continued)

Pan, Philip D., MD

520 North 4th St.
Springfield, IL 62702
Phone: 217-545-8000

Pary, Robert J., MD

701 North 1st St.
Springfield, IL 62702
Phone: 217-545-8000

Shea, Laura K., MD

701 North 1st St.
Springfield, IL 62702
Phone: 217-545-8000

Shrestha, Santosh, MD

319 East Madison St., 3rd Fl.
Springfield, IL 62701
Phone: 217-545-8000

Stonecipher, Andrea K., MD

7000 Piper Glen Dr., Ste. B
Springfield, IL 62711
Phone: 217-483-5800

Tabatabai, Fared, MD

3225 Hedley Rd.
Springfield, IL 62711
Phone: 217-726-7300

Takahashi, Ayame MD

5220 South 6th St., Ste. 2200
Springfield, IL 62703
Phone: 217-757-7700

Thomas, Sheila A., MD

319 East Madison St., 3rd Fl.
Springfield, IL 62701
Phone: 217-545-8000

Van Uift, Stephanie A., MD

800 East Carpenter St.
Springfield, IL 62702
Phone: 217-545-8000

Wolf, Kari M., MD

319 East Madison St., 3rd Fl.
Springfield, IL 62701
Phone: 217-545-8000

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.

Hotlines (continued)

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

Alcoholics Anonymous (AA)

Phone: 217-525-5795

TTY: 1-866-525-5795

Website: aaspringfield.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: crystalmeth.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.

Self-Help Groups - Addiction (continued)

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.