Emergency Contacts

In an Emergency	Dial 911 or go to the nearest Emergency room

Illinois

SCC Counseling, Donna Price, MSW	(618) 481-3322 After-hours call (618) 306- 0960
Arrowleaf 24/7 crisis line	(618) 658-2611
Massac County Mental Health	(618) 524- 9368
Massac Memorial Hospital	(618) 427-2680
Choate Mental Health	(618) 833- 5161
Illinois Centerstone Crisis Hotline	(855) 985-0911
Cairo Domestic Violence Shelter	(618) 734- 4357, ext. 105

Rape &/or Abuse Crisis Center

Carbondale	(800) 334- 2094
Marion	(618) 993- 0803
Harrisburg	(618) 294- 8641
Metropolis	(618) 524- 9922

United Way- Local After-Hours Crisis Numbers

Alexander County	(618) 658-2611
Johnson County	(618) 658-2611
Massac County	(618) 524-9368
Union County	(618) 833-8551

Southeast Missouri

Southeast Behavioral Hospital	(573) 708-5000
Southeast Behavioral Health Unit	(573) 614-1976
Bootheel Counseling Center Crisis Service Line	(800) 356-5395

(serving Scott, New Madrid, Mississippi, and Stoddard counties)

United Way- Southeast Missouri	(573) 334- 9634
Rape & /or Abuse Crisis Center Cape Girardeau	(573) 335-7745

Western Kentucky

Four Rivers Behavioral Health	(800) 592-3980
Pennyroyal Center	(877) 473-7766
Adanta Group Behavioral Health	(800) 954-4782

United Way of Western Kentucky	(270) 442-1691
Mercy Health Lourdes Hospital	(270) 444- 2444
Rape & / or Abuse Crisis Center	(270) 443-6001

National Hotlines

National Suicide & Crisis Lifeline	***988***
Veteran Crisis line Dial 988 then press 1	
National Suicide & Crisis chatline	*988lifeline.org*
National Suicide Prevention Lifeline	For TTY users: Use your
For Hearing Impaired	preferred relay service or dial 711 then 9-8-8
Rape, Abuse, & Incest National Network	*(800) 656-4673*
(RAINN) National Sexual Assault Hotline	
Domestic Violence Helpline	*(800) 799-7233*
	Text "START" to 88788
Veteran's Crisis Line	(800) 273- 8255 free 24/7
For Veterans hard of hearing	Call (800) 799-4889 or text 838255
Crisis Text Line	Text Hello to 741741

Trevor Projects for LGBTQ under 25 years of age	(866) 488- 7386 or text “start” to 678-678
Transgender Lifeline	(877) 565-8860
Substance Abuse and Mental Health Services Administration (SAMHSA) National Hotline	*(800) 662-4357*
NEDA (National Eating Disorder Association)	(800) 931-2237