



**CITY OF URBANA POLICE
DEPARTMENT**

CRISIS CO-RESPONSE TEAM

**RESOURCE
GUIDE**



YOU ARE NOT ALONE

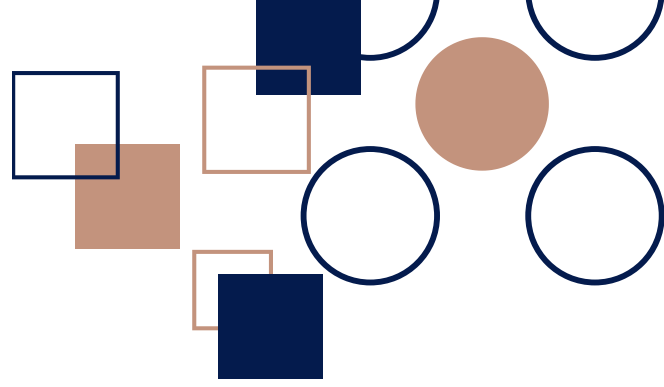
We hope that these resources can help you move forward in your life journey.



If you need additional resources, please contact the Urbana Police Department Crisis Co-Response Team at 217-384-2320 or bennetpl@urbanaininois.us.

If you have an emergency situation, please immediately call 9-1-1.

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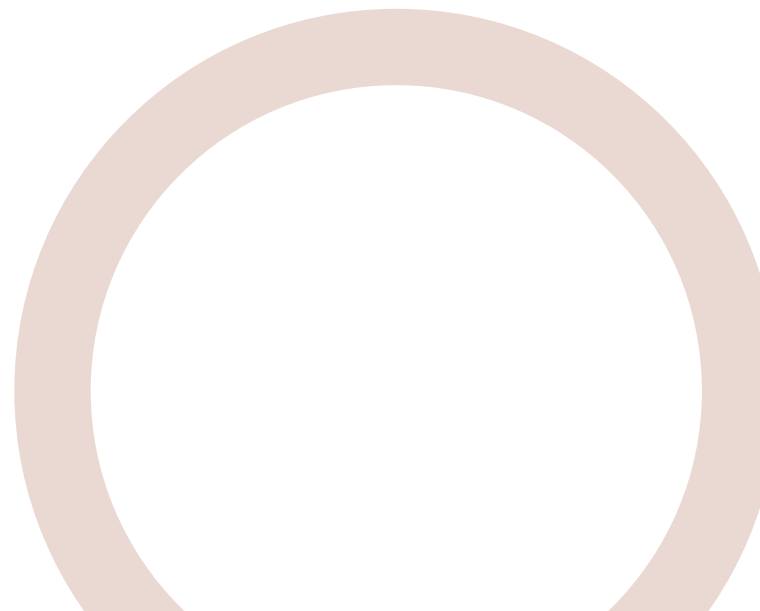
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IMMEDIATE CRISIS

Courage Connection provides help to anyone experiencing domestic violence. If you or a loved one needs immediate help, please call their Domestic Violence HOTLINE. 217-384-4390 OR 1-877-384-4390. Courage Connection is located at 1304 East Main Street, Urbana, IL 61802. Go [here](#) for information.

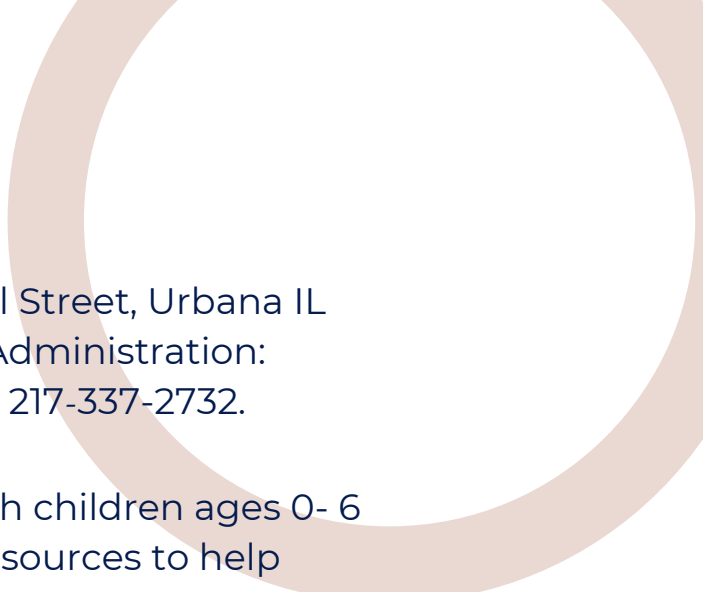
Courage Connection services include but are not limited to: shelter, legal advocacy, therapy/counseling, and housing assistance.

All services are free and confidential. They include:

- 24/7 Hotline
- Shelter Services
- Legal Advocacy Program
- Therapy and Counseling Service
- Housing Assistance Program

Crisis Nursery creates an "Island of Safety" dedicated to the prevention of child abuse and neglect by providing 24-hour emergency care for children and support to strengthen families in crisis. Crisis Nursery is the only emergency-based childcare facility in Champaign County that is open 24 hours, 365 days a year for the entire community to access with no fees or income eligibility (see next page).





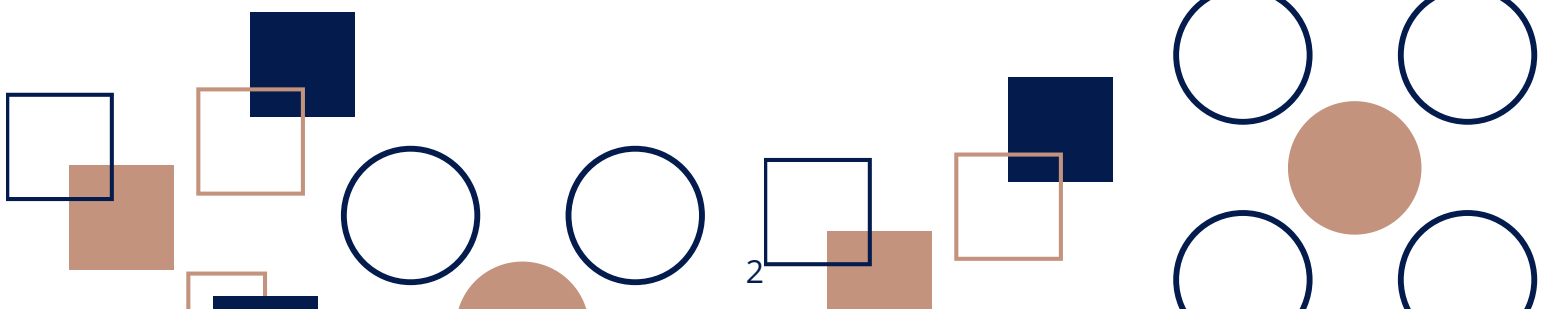
Crisis Nursery is located at 1309 West Hill Street, Urbana IL 61801. 24-hour Crisis Line: 217-337-2730, Administration: 217-337-2731, Text Line: 217-636-4221, Fax: 217-337-2732.


Support, resources and services

- **Safe Children** – This is for families with children ages 0- 6 years in emergencies that have no resources to help them.
- **Strong Families** - This program provides support and resources to families dealing with challenges such as parental stress, perinatal depression, homelessness, teen parenting, and more.
- **Beyond Blue** – this program deals with Post-Partum Depression stress on families.
- **Paving Pathways** - Within the Strong Families program, Paving Pathways strengthens families by supporting interactions between parents and children, contributing to early childhood development and preparing children for success during life’s most critical period.

Go [here](#) for more.

CU at Austin’s Place is an emergency shelter for homeless women. It is open nightly to provide overnight shelter for women. They are open from 8 p.m. to 7 a.m. Austin’s Place is located at 504 North Market Street, Champaign, IL 61820. Email: austinsplace@champaignfumc.org or click [here](#).






CU at Home engages and mobilizes our community to house and support the most vulnerable homeless on their journey of healing and restoration. CU at Home provides a number of important supportive services to individuals who are experiencing homelessness.

- Year-round emergency men's and women's shelters (open nightly 8:30 p.m. to 7 a.m.)
- The Phoenix Daytime Drop-in Center (open M-F noon to 5 p.m.)
- Advanced Shelter for those coming out of rehab, incarceration, or progressing through our shelter program
- Street outreach and transportation
- The C-U at Work Program (in partnership with the City of Champaign Township)

Call 217-819-4569 or go [here](#).

Illinois Department of Children and Family Services (DCFS) is located at 508 South Race Street, Urbana, IL 61801. They offer housing assistance, parent education, and family support. To report child abuse, call the hotline at 1-800-252-2873. Go [here](#).



RACES – Rape Advocacy, Counseling, & Education Services – is the community-based rape crisis center serving East-Central Illinois. They provide free, confidential services to anyone who has been affected by sexual assault, abuse, or harassment. They are located at 301 South Vine Street, Suite 211, Lincoln Square Mall, Urbana, IL 61801. Business telephone: 217-344-6298. If you need immediate help, call 217-384-4444, or TOLL FREE at 1-877-236-3727. [Go here](#) for more.

- Individual, group, family, and child counseling is available for both victims and survivors and their non-offending significant others. There are no fees, and your insurance will not be charged.

Strides Low Barrier Shelter

The City of Champaign Township operates Strides, which provides year-round, full day, low-barrier shelter services to adults. This program will not require sobriety, abstinence, or criminal background check to participate in services. The right to self-determination is not only preserved but encouraged by the program so that the community member determines what they consider success and how they will achieve success. Case managers are assigned to every community member that utilizes the shelter, but ultimately the community member makes the decision on how and when they would like to interact with the case manager. Daytime services are available 8 a.m. to 7 p.m. daily, and is located at 70 East Washington Street, Champaign. Contact: 217-403-6150.

Substance Abuse Treatment in Central Illinois

Addressing an individual's struggle with substance abuse means understanding all the factors involved and developing a comprehensive treatment plan. **Rosecrance Central Illinois** offers substance abuse rehab treatment centers for teens, adults and families in a friendly recovery environment. Our board-certified, licensed psychiatrists, counselors, and licensed social workers provide the highest quality of care and tools to help you live life well in recovery:

- Confidential free substance abuse assessments
- Adult residential rehabilitation services
- Adult substance abuse IOP (intensive outpatient treatment)
- Adult COD/co-occurring disorders IOP
- Teen's substance abuse treatment services
- Substance abuse continuing care recovery groups for Adults and Teens in Illinois

They are located at 809 West Walnut Street, Champaign, IL 61820, 217-373-1700. Hours: Monday through Friday, from 8 a.m., to 5 p.m. Go [here](#) for more.

Prevention and Treatment Services (P.A.T.S.)

P.A.T.S Prevention and Treatment Services provide kind, compassionate, and evidence-based services for men, women, and adolescents suffering from substance abuse as well as co-occurring mental health disorders such as anxiety, depression, bipolar disorder, or PTSD. The staff at P.A.T.S have devoted their lives to helping clients experience the benefits of sober living. P.A.T.S programming combines educational and process-oriented groups. Located at: 300 South Broadway Avenue, Suite 110A, Urbana, Illinois 61801. Telephone: 217-954-1128. Click [here](#) for more information.

MENTAL HEALTH

Center for Youth and Family Solutions

Critical counseling, casework, and support services to help people struggling with trauma, grief, loss, abuse, neglect, and other family life challenges. Trauma-informed, LGBTQ+ affirming, individual, family, and couples therapy offered. Go here for more information. CYFS is located at 1315A Curt Drive, Champaign, IL 61820. Telephone: 217-352-5179. Hours: Monday through Friday 9 a.m. through 5 p.m. Go [here](#) for more.

Compass Counseling

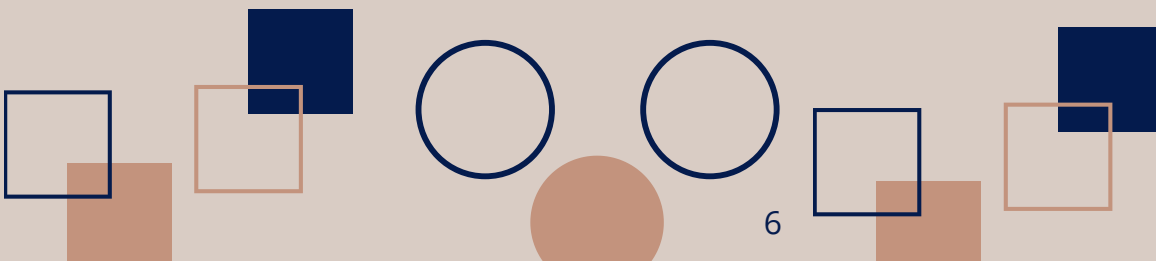
Provides individual, couples/marital, and family counseling. Counseling and consultative services for schools, churches, and community organizations. They are located at 201 West Springfield Avenue, #1005. Call 217-693-4918 to schedule an appointment or request an appointment online. Go [here](#) for more information.

Counseling Center - UIUC

The Counseling Center offers one-on-one therapy or group sessions, as well as workshops. Must call to make an appointment. The center is located at Turner Students Services Building, 610 East John Street, Champaign, IL 61820, 217-333-3704. Go [here](#).

Depression and Bipolar Support Alliance

DBSA Urbana-Champaign meetings are open to people who have depression, bipolar disorder, and/or related mental health problems, whether formally diagnosed or not. They also offer support for the friends and families of those who struggle with these illnesses. Visit their [website](#) for more information.



Family Service of Champaign County

Traditional family, couples, and individual counseling. Located at 405 South State Street, Champaign, IL 61820. Call: 217-352-0099. Go [here](#) for more information.

Hope Springs

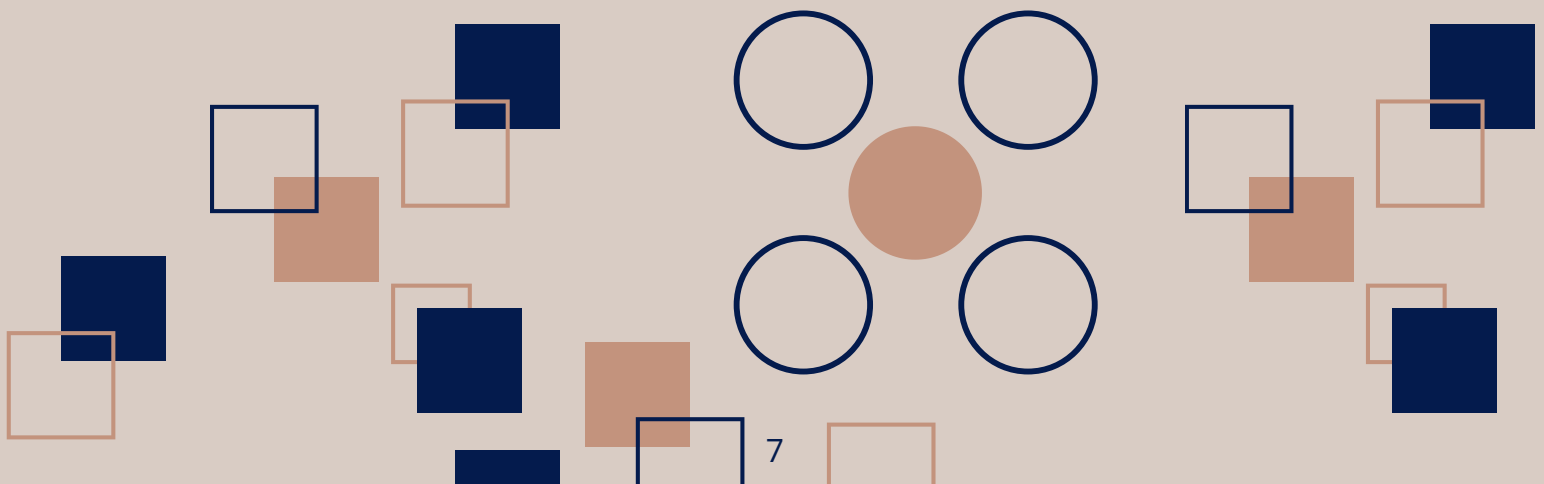
HopeSprings works with primarily youth, families, and young adults. Services are very family-focused and require parental/guardian involvement. It is located at 701 Devonshire Drive, Suites B16-18, Champaign, IL 61820. Call: 217-531-2360. Click [here](#) for more.

McKinley Mental Health

McKinley offers one-on-one counselling services to UIUC students for up to 8 sessions. Go [here](#) for more information.

The Pavilion Behavioral Health System

Psychiatric evaluation and comprehensive assessment, individualized treatment plan, individual, family and group therapy, play therapy, psychological testing, medication management and education, discharge planning and after-care coordination, parent education and training, 24-hour nursing care, and more. Located at 809 West Church Street, Champaign, IL 61820. Call 217-373-1700 or click [here](#).



Rosecrance SASS – Screening, Assessment, and Support Services

Rosecrance provides help, hope and lasting recovery to children, youth, and adolescents in psychiatric crisis. They serve juveniles 17 and under OR wards of the state up to 21 years old. Locally, they are located at 2302 Moreland Boulevard, Champaign, IL 61822. The Rosecrance Central Illinois Crisis Team can be reached any time by contacting the Crisis Line at 217-359-4141. For those in need of a crisis assessment for anyone under 21 with Medicaid, please do call the CARES Line at 1-800-345-9049. Go [here](#).

Rosecrance Living Room -The Living Room, a safe, quiet space where people experiencing emotional distress can find respite. The program is staffed with Certified Recovery Support Specialists who staff the center, at 801 North Walnut Street, Champaign, during operating hours (10 a.m. to 6 p.m., Monday-Friday). These team members are there to listen, counsel, and mentor people who stop by. Go [here](#).

HEALTHCARE INSTITUTIONS

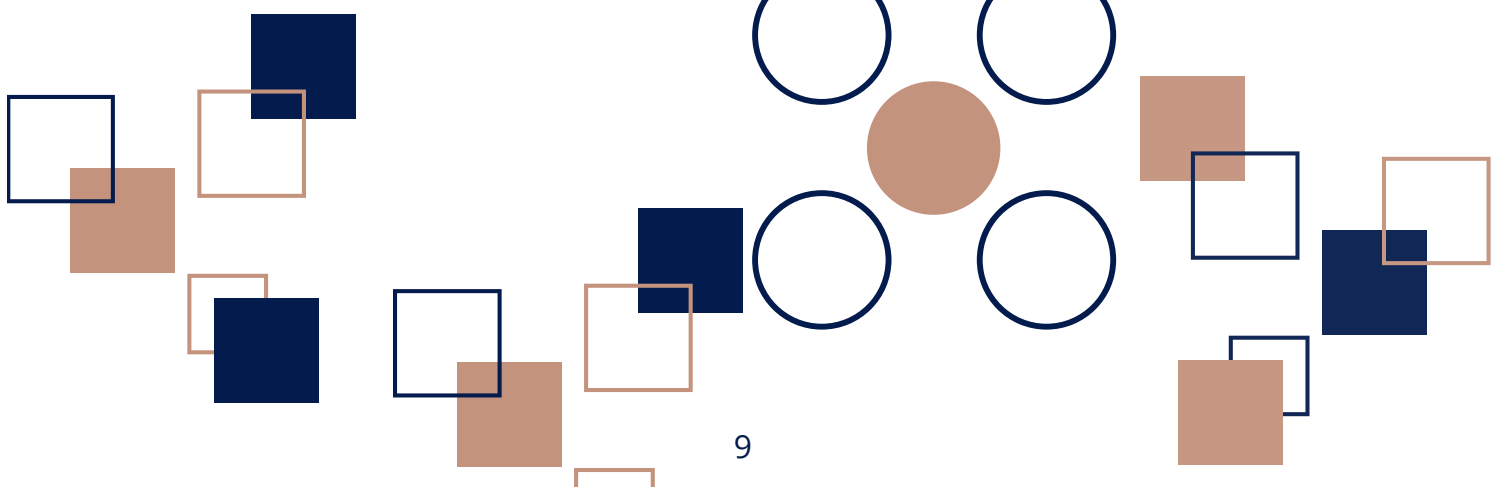


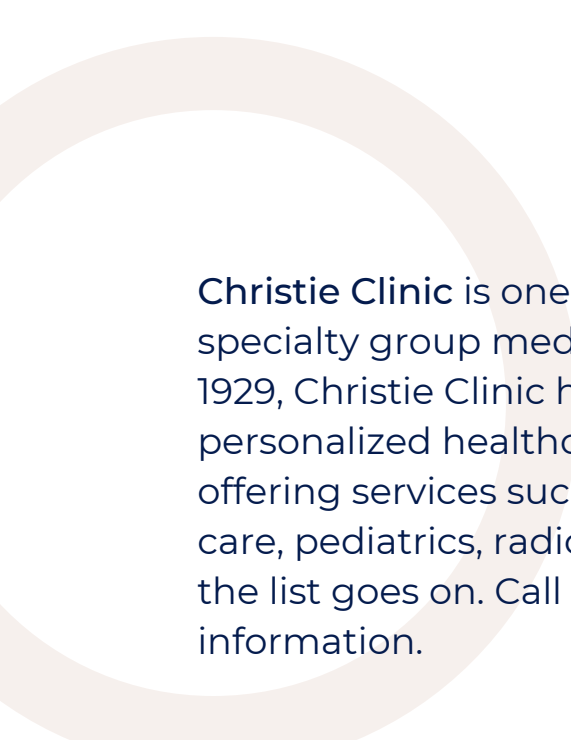
Avicenna Community Health Center

A free clinic for people who are uninsured or underinsured. Avicenna is Open on Sundays from 1 to 4 p.m. Avicenna is operated by volunteer team comprising of healthcare providers, healthcare professionals students and community members. They are located at 201 West Kenyon Road, Champaign IL, 61820. Telephone: 309-306-1358. Email for information at: Info@AvicennaHealth.org. Click [here](#) for more information.

Carle Clinic

Based in Urbana, IL, Carle Health is an integrated system of healthcare services, which includes a five-hospital system, multi-specialty physician groups, as well as Carle Illinois College of Medicine and the Stephens Family Clinical Research Institute. The system includes five hospitals with 827 beds, multi-specialty physician group practices with more than 1,000 doctors and advanced practice providers, and health plans including First Carolina Care and Health Alliance. For general information, call: 217-383-3311. For emergencies, call 9-1-1. Go [here](#).





Christie Clinic is one of the largest physician-owned, multi-specialty group medical practices in Illinois. Established in 1929, Christie Clinic has a rich history of delivering quality and personalized healthcare to the East Central Illinois region offering services such as lab work, convenient care, primary care, pediatrics, radiology, gynecology, adult medicine, and the list goes on. Call 217-366-1200 or visit [here](#) for more information.

Community Health Partnership services include Primary care (all ages) family medicine, pediatric care, women's health, men's health, asthma, cancer screenings, chronic care management, diabetes program, family planning, flu clinics, hypertensive program, infectious disease management, internal medicine, physical therapy, podiatry, preventative screenings, school-based health, sexual health, specialty referrals, ultrasounds. There are two locations: Champaign CHP: 201 West Kenyon Road, 217-893-3052; and Rantoul: 520 East Wabash Avenue, 217-893-3052. Go [here](#) for more information.

Kirby Medical Center services include prevention & health screenings, family medicine, pediatric and adolescent care, women's health, men's health, internal medicine, school & sports physicals, and much more. They are located at 1000 Medical Center Drive, Monticello, IL 61856. Call 217-762-2115 or go [here](#) for more information.

Francis Nelson

Frances Nelson Health Center (COMMUNITY HEALTH IMPROVEMENT CENTER) is a Federally Qualified Health Center (FQHC) in Champaign, Illinois. Primary care clinics acts as principal point of healthcare services to patients of all ages - evaluation and treatment is usually provided by general practitioners and family medicine doctors. They accept Medicaid, most insurances and those without the ability to pay. A sliding fee scale is also available. Go [here](#) for more information.

Locations:

Frances Nelson
819 Bloomington Road
Champaign, IL 61820
Health Center
217-356-1558
info@promisehealth.org

Promise Healthcare on Neil Street
821 South Neil Street
Champaign, IL 61820
Health Center
217-356-1558
info@promisehealth.org

Love Clinic – Church of Living God - Free health screenings and prescription drug assistance. Walk-in services offered on the last Saturday of each month from 9 to 11:30 a.m., except in November and December due to holidays. Services will begin again in January. If the patient has a problem paying for their prescriptions (except pain medication), they will assist them in getting it. There is a limit to assistance because it is solely funded by The Church of the Living God. Located at 312 East Bradley Avenue, Champaign, IL 61820. Telephone: 217-359-6920. Email: info@thechurchofthelivinggod.com Go [here](#) for information.

OSF Heart of Mother Mary Medical Center - OSF heart of Mother Mary Medical Center services include behavioral and mental health, breast health, brain and spine health, cancer care, diabetes & endocrinology care, emergency services, fertility care, gynecology, heart and vascular health, hospice, lung and pulmonology care, occupational health, orthopedics, pediatrics, pregnancy and birth care, primary care, rehabilitation, sleep health, urgent care, women's health, and more. Located at 1400 West Park Street, Urbana IL 61801. Telephone: 217-377-2000. Go [here](#).

Planned Parenthood is one of the nation's leading providers of high-quality, affordable health care, and the nation's largest provider of sex education. With or without insurance, you can always come to them for your health care. They are located at 302 East Stoughton Street, Champaign, IL 61820. Call 217-359-8022 or go [here](#) for more.

SUPPORT GROUPS

Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situation, whether or not the alcoholic admits the existence of a drinking problem or seeks help. Go [here](#) for more information.

Alcoholics Anonymous -This is a group meeting for individuals who are struggling with alcohol addiction. For information on locations and times of local group meetings, call the hotline number or click [here](#).

Life After Loss Support Group - Participation is free of charge, but registration is required. To register, or for a list of the current schedule, please contact the Carle Hospice Bereavement Coordinator at 217-383-3151 or 1-800-239-3620. Interested participants may also place their name on a list for future sessions that aren't yet scheduled. Go [here](#).

Survivors of Suicide - This group is for family and friends who have had a loved one commit suicide. Attendance in the group is ongoing. An initial screening and orientation interview are required to join. Contact the group facilitator: survivorsofsuicideloss.cu@gmail.com or go [here](#).

The UP Center of Champaign County - Advocates for the equality, wellness, advocacy, and visibility of the LGBTQ+communities in Champaign County. They offer support and social groups, community-building events, educational workshops, clothing drives, arts festivals, political advocacy, and more. Click [here](#).

CHILD & YOUTH ADVOCATE GROUPS

Champaign County CASA (Court Appointed Special Advocates) believes that every child in our community who has experienced abuse or neglect deserves the opportunity to thrive in a safe and permanent home. CASA volunteers and staff are the only ones in the foster care system who concentrate solely on the needs of the kids, giving them the opportunity for hope, stability, and a safe and permanent home. Go [here](#).

The Children's Advocacy Center is a facility dedicated to pursuing the truth in child abuse investigations. Designed as a safe and welcoming place for children to be heard, the CAC ensures that children are not further victimized by the systems intended to protect them. The Children's Advocacy Center facilitates investigations, makes medical and treatment referrals, and assists with any consequent legal proceedings in order to protect and support the children it serves and their families. Go [here](#) to see more.

Youth Assessment Center - Social service linkage in relation to delinquency, aggression, substance use, family issues, mental health concerns, school conduct, and life skills building. Go [here](#).

Youth and Family Alliance - The Youth & Family Peer Support Alliance, also known as The Alliance, is a family-run organization that works to empower families of youth with emotional, behavioral, and mental health challenges in their quest to live whole and healthy lives. The Alliance, a family-run organization, was incorporated in 2014 and is the only organization of its kind operating in Illinois. Go [here](#).



HOTLINES



Crisis Text Line: HOME to 741741

La Línea Directa Nacional de la Agresión Sexual

Llamar: 1-800-656-HOPE (4673)

Click [here](#).

La Línea Directa Nacional de la Prevención del Suicidio (Español)

Llamar: 1-888-628-9454

Click [here](#).

La Línea Directa Nacional de la Violencia Doméstica Llamar: 1-800-942-6908

National Domestic Violence Hotline: 1-800-799-SAFE (7233)

National Human Trafficking Resource Center Call: 1-800-373-7888

Text: HELP to 233733

Click [here](#).

National Sexual Assault Hotline:

Call: 1-800-656-HOPE (4673)

Click [here](#).

National Suicide Prevention Hotline:

Call: 1-888-273-8855

Click [here](#).



HOTLINES

National Teen Dating Abuse Helpline:

Call: 1-866-331-9474

[Click here.](#)

Text: LOVEIS to 22522

Poison Control Center:

Call: 1-800-222-1222

[Click here.](#)

Text: 797979

Rosecrance Crisis Line

217-359-4141

Substance Abuse and Mental Health Services

Administration National Help Line:

Call: 1-800-662-4357

Trevor Lifeline:

Call: 1-866-488-7386

[Click here.](#)

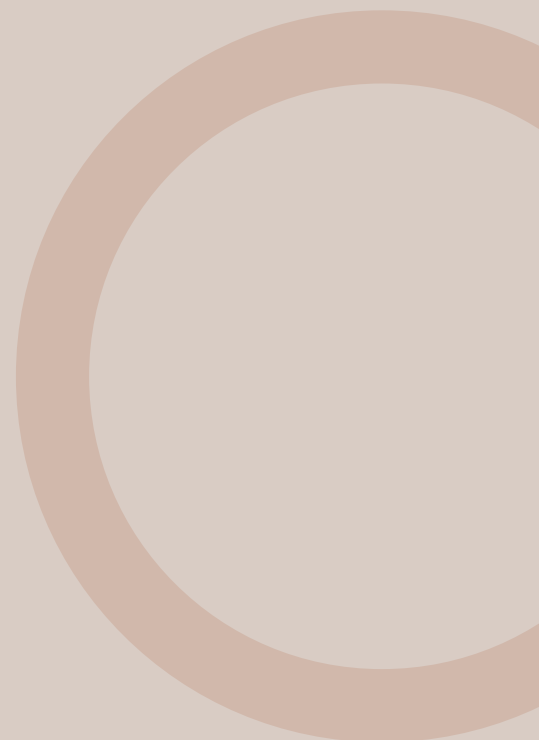
Text: START to 678678

Veterans Crisis Hotline:

Call: 1-800-273- 8255 (press 1)

[Click here.](#)

Text: 838255





IMPORTANT INFORMATION

*DISCLAIMER: The content of this resource guide is for informational purposes only and is not intended to diagnose, treat, cure, or prevent any condition or disease. You understand that this resource guide is not intended as a substitute for consultation with a licensed practitioner. Please consult with a licensed physician or healthcare specialist regarding the suggestions and recommendations made in this resource guide. The use of this guide implies your acceptance of this disclaimer.

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