



SIU MEDICINE

Employee Resources
for Personal Wellness and Support Services

click each link below (where applicable) to learn more

Emotional Health, Resilience, & Personal Wellbeing

- x [National Alliance on Mental Illness](#) (1-800-950-NAMI)
- x [Memorial Behavioral Health](#)
 - o [The Living Room *walk-in or crisis services*](#) (217-525-1064)
 - o [Crisis Clinic](#) / Emotional Support Hotline (217-588-5509)
 - o Crisis Services (24 hours/day, 365 days/year) 1-800-273-8255 (TALK)
 - o National Crisis (Suicide) Life Lin602 Tw (-)Tj -0.002512.3 (73)]TJ 6(ppo254 (T)-1o4 (LK)2.3 ())[TJ 0 T86 -0

- x [LifeStance Health](#)
- x [Lincoln Prairie Behavioral Health Center](#)
- x [Thrive Center for Wellness](#)
- x [SIU Medicine Survivor Recovery Center](#) (217-545-7815)
- x [Be Well Illinois – Mental Health Resources](#) (State of Illinois Employee Resource Page)
- x Illinois HIV/AIDS/STD Hotline (1-800-243-2437)
- x



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Family, Child Welfare, Pregnancy, & Domestic Violence Resources

(continued)

- x [Rape, Abuse, Incest National Network \(RAINN\)](#) (1-800-656-4673)
- x [National Dating Abuse Helpline](#) (1-866-331-9474 | TTY: 1-866-331-8453)
- x [Trevor Project Lifeline](#) (1-866-488-7386)
- x [Illinois Crisis & Referral Entry Services](#) (CARES) (1-800-345-9049)
- x [National Runaway Safeline](#) (1-800-786-2929)
- x [Childhelp National Child Abuse Hotline](#) (1-800-422-4453)
- x [Teen Line Outreach](#) (1-310-855-4673)
- x [Catholic Charities](#) (217-523-9201)

Substance Abuse Resources

- x [Gateway Foundation](#) (217-529-9266)
- x [Family Guidance Centers](#) (217-544-9858)
- x [Illinois Poison Center](#) (1-800-222-1222)

Shelter & Housing Resources

- x [Helping Hands of Springfield](#) (217-522-0048)
- x [Inner City Mission](#) (217-525-3940)
- x [MERCY Communities, Inc.](#) (217-744-1128)
- x [Salvation Army](#) (217-525-2196)
- x [Family Guidance Centers](#) (217-544-9858)
- x [Sojourn Shelter & Services](#) (217-726-5100)

SIU School of Medicine also offers the following:

- x [Employee Assistance Program](#) (non-AFSCME employees)
 - o Organization Web ID:
 - o 24/7 support: 1-833-955-3400 (TDD: 1-800-697-0353)
- x [Personal Support Program](#)**
 - o 1-800-647-8776 (TTY: 1-800-526-0844)
- x [Victims' Economic Security & Safety Act Leave \(VESSA\)](#)

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Please contact benefits@siumed.edu for more information about the leaves listed above or any not listed here, ie: Family & Medical Leave, Bereavement, Sick, Vacation, Authorized Leave without Pay, etc.