mental health services & support groups

Missouri Listings

Al-Anon
Phone: 314- 645-1572
2683 S. Big Bend Blvd., # 17, St. Louis, MO 63143
Website: www.missouri-al-anon.org
Counties Served: Franklin, Jefferson, St. Charles, St. Louis, St. Louis City, Bond, Clinton, Madison, Monroe, Randolph, St. Clair, Washington
Description: The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery. Al-Anon is not allied with any sect, denomination, political entity, organization, or institution; does not engage in any controversy; neither endorses nor opposes any cause. There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions. Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

Alcoholics Anonymous - St. Louis
Central Service Office
Phone: 314- 647-3677
2683 S. Big Bend Blvd., # 17, St. Louis, MO 63141
Website: www.aastl.org
Counties Served: Franklin, Jefferson, St. Charles, St. Louis, St. Louis City, Bond, Clinton, Madison, Monroe, Randolph, St. Clair, Washington
Description: Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

Alzheimer’s Association, St. Louis Chapter
Phone: 314-432-3422 Fax: 314.432.3824
9370 Olive Blvd, St. Louis, MO 63132
Email: helpline@alzstl.org
Website: www.alzstl.org
Counties Served: Franklin, Jefferson, St. Charles, St. Louis, St. Louis City, Clinton, Madison, Monroe, Randolph, St. Clair
Description: The St. Louis Chapter provides 24-hour Helpline, care consultations, education classes for families and professionals, support groups, MedicAlert®+SafeReturn®, and advocacy. We serve 38 counties in Missouri and Illinois. We are the oldest, most trusted resource for Alzheimer’s disease and dementia.

This section focuses on mental health promotion, treatment, rehabilitation and recovery, including supporting individuals and families in self-care and resiliency. Area support groups are included as well which offer a wide variety of concentrations and a vast network of area resources.

Aging can be difficult.
When faced with major changes in ability, health or mental status, making the right decision can be confusing and complicated.

Continuum offers...

• Care Coordination
• Resource Referrals
• Counseling & Support
• Assessments and much more

Now accepting Medicare!

Please visit ContinuumCare.com for FREE online resources.

ContinuumCare.com • Phone (314) 863-9912 • (636) 861-3336 • info@ContinuumCare.com

Locally owned and operated by Barth Holohan, MSW, MBA

2010 Information For Older Adults Resource Guide 197
Arthritis Support Group - (Christian Hospital)
Graham Medical Center / 1150 Graham Road, #104, Florissant, MO 63031
Website: www.christianhospital.org
Counties Served: St. Louis
Description: The third Wednesday of each month, 6:30pm – 7:30pm. Anyone having one of the more than 100 types of arthritis-- including the three most common types, osteoarthritis, rheumatoid arthritis and fibromyalgia -- is invited to Arthritis Support Group meetings. The Arthritis Support Group is free but space is limited; please pre-register.

Beyond Chronic Pain
Phone: 636-300-3948 Fax: 636-300-3481
6209 Mid Rivers Mall Dr., #199, St. Charles, MO 63304
Email: Rebecca@BeyondChronicPain.com
Website: www.BeyondChronicPain.com
Counties Served: Franklin, Jefferson, St. Charles, St. Louis, St. Louis City, Bond, Clinton, Madison, Monroe, Randolph, St. Clair, Washington
Description: Beyond Chronic Pain is a program to provide support, understanding and tools to help people improve functioning and mood while decreasing pain. Approximately 50 million Americans suffer with chronic pain. If you suffer from chronic pain or know someone who does, this program is for you.

Bi-Lingual International Assistant Services
Phone: 314-692-9010 Fax: 314-692-9014
8390 Delmar Blvd., Suite 210, St. Louis, MO 63124
Email: bilingualstl@cs.com Website: www.bilingualstl.org
Counties Served: Jefferson, St. Charles, St. Louis, St. Louis City
Description: Geriatric assessment, service plan and full care management in persons’ homes; family and individual therapy, and planning services.

Brain Injury Association
Phone: 314-426-4024, 800-377-6442 Fax: 314-426-3290
10270 Page Avenue, St. Louis, MO 63132
Email: info@biamo.org Website: www.biamo.org
Counties Served: Franklin, Jefferson, St. Charles, St. Louis, St. Louis City, St. Clair
Description: The mission of the Brain Injury Association of Missouri is to reduce the incidences of brain injury; to promote acceptance, independence and productivity of persons with brain injury; and to support their families and caregivers. More than 3,000 individuals are served by the Brain Injury each year.

Center for Senior Renewal - Christian Hospital
Phone: 314-653-5123 Fax: 314-653-4425
11133 Dunn Rd., Suite 1120 PD, St. Louis, MO 63136
Email: cxt5024@bjc.org
Website: www.christianhospital.org/csr
Counties Served: St. Charles, St. Louis, St. Louis City, Madison, Monroe
Description: The Center for Senior Renewal provides mental health services for seniors and older adults who have medicare Part A & B and/or Medicare disability benefits for the following disorders: Depression, bi-polar, anxiety & grief. The outpatient program provides the following: group therapy & individual therapy sessions, on-site psychiatrist, on-site therapists, on-site RN, van transportation, hot lunch.

CenterPointe Hospital
Phone: 636-441-7300
5931 Highway 94 South, St. Charles, MO 63304
Email: cmcdonald@cphmo.net
Website: www.centerpointehospital.com

Christian Hospital
Phone: 314-653-5123 Fax: 314-653-4425
11133 Dunn Rd., St. Louis, MO 61136
Email: lxh5841@bjc.org
Website: www.christianhospital.org
Counties Served: St. Louis
Description: The Center for Senior Renewal is coming to the aid of older adults who struggle with depression, anxiety and other forms of mental illness. We provide individual and group therapy to help individuals cope with loss, grief, sadness and other issues. Patients are under the medical direction of a psychiatrist.

Christian Family Services, Inc.
Phone: 314-968-2216 Fax: 314-968-2335
7955 Big Bend Blvd, St. Louis, MO 63119
Email: parents@cfserve.org
Website: www.cfserve.org
Counties Served: Franklin, Jefferson, St. Charles, St. Louis, St. Louis City, Washington, Bond, Clinton, Madison, Monroe, Randolph, St. Clair
Description: One on one Christian counseling with a licensed professional.

Continuum - Counseling & Psychotherapy
Phone: 314-863-9912, 636-861-3336
Fax: 314-863-9918
12882 Manchester Road, Suite 201, St. Louis, MO 63131
Email: info@ContinuumCare.com
Website: www.ContinuumCare.com
Counties Served: Franklin, St. Charles, St. Louis, St. Louis City
Description: Continuum provides counseling and psychotherapy services in an individual’s home or retirement community. We use Licensed Clinical Social Workers with specific geriatric experience to assist individuals dealing with such topics as: depression, anxiety, loss, community support, hopelessness, finding resources, psychosocial assessments, end of life issues etc. Medicare and insurance can be billed for those that qualify.

Diabetes Support Group - (Christian Hospital)
Christian Hospital Diabetes Institute, 11155 Dunn Rd., St. Louis, MO 63136
Website: www.christianhospital.org
MENTAL HEALTH SERVICES & SUPPORT GROUPS - Missouri

Counties Served: St. Louis
Description: The third Wednesday of each month from 7:00pm – 8:30pm (there is no meeting in January.) Diabetes has no cure; therefore, it is vital to control diabetes with a doctor’s advice, diet and exercise. Since there is no cure, a support system is often needed to help patients acquire and retain a healthy lifestyle to control their diabetes. The diabetes support group is open to diabetes patients and their families.

Ferris Counseling Services: An Integral Approach to Mind, Body, Spirit
Phone: 314-308-1124
939 Gardenview Office Parkway, Creve Coeur, MO 63141
Email: SmallEpiphanies@aol.com
Website: www.FerrisCounselingServices.com
Counties Served: St. Louis, St. Louis City
Description: I specialize in clients with life-threatening illness (cancer, ALS, etc.), issues of Grief and Loss, and Bereavement.

Gamblers Anonymous
Phone: 314-831-4444, St. Louis Hotline 888-746-9427
137 Graham Road, Florissant, MO 63031
Website: www.gamblersanonymous.org
Counties Served: Franklin, Jefferson, St. Charles, St. Louis, St. Louis City, Bond, Clinton, Madison, Monroe, Randolph, St. Clair, Washington
Description: Gamblers Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem. The only requirement for membership is a desire to stop gambling. There are no dues or fees for Gamblers Anonymous membership; we are self-supporting through our own contributions. Gamblers Anonymous is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any cause. Our primary purpose is to stop gambling and to help other compulsive gamblers do the same.

Judy Koehler, MA, PLPC
Phone: 314-249-5444
Fax: 314-863-5904
The Marriage & Family Institute, 225 S. Meramec Ave., Suite 404, St. Louis, MO 63105
Email: judykoehler@sbeglobal.net
Website: www.JudyKoehlerTherapist.com
Counties Served: St. Louis, St. Louis City
Description: Psychotherapeutic services for older adults and caregivers. Individual sessions and caregiver workshops offered.

Laclede Groves Alzheimer’s Support Group (Lutheran Senior Services)
Phone: 314-968-5570 Fax: 314-968-2497
723 S. Laclede Station Road, Webster Groves, MO 63119
Email: lacledegroves@lssmo.org
Website: www.lssliving.org

Counties Served: St. Louis, St. Louis City
Description: Serving older adults living with Alzheimer’s and related dementias, as well as their families and friends. Held the second Wednesday of each month from 1 - 2 p.m.

Laclede Groves Bereavement Support Group (Lutheran Senior Services)
Phone: 314-968-5570 Fax: 314-968-2497
709 S. Laclede Station Road, Webster Groves, MO 63119
Email: danderson@lssmo.org
Website: www.lssliving.org
Counties Served: St. Louis, St. Louis City
Description: Offering comforting support for widows and widowers in times of crisis.

Life Memories Renewed
Phone: 314-368-7969
Fax: 801-912-7662
P.O. Box 181, Chesterfield, MO 63017
Email: memorykits@lifememoriesrenewed.com
Website: www.lifememoriesrenewed.com
Counties Served: Franklin, Jefferson, St. Charles, St. Louis, St. Louis City, Madison, St. Clair
Description: Life Memories Renewed provides reminiscing “edutainment” programs and vintage memorabilia that elicit fond memories of the past for residents of retirement communities and members of social groups and clubs. Other services include facilitating small group/individual reminiscing hours, turn-key vintage displays, and reminiscing activity kits.

Meramec Bluffs Alzheimer’s Support Group (Lutheran Senior Services)
Phone: 636-861-0600
Fax: 636-861-1960
1 Meramec Bluffs Dr, Ballwin, MO 63021
Email: meramecbluffs@lssmo.org
Website: www.lssliving.org
Counties Served: St. Louis, St. Louis City
Description: Serving older adults living with Alzheimer’s and related dementias, as well as their families and friends. Held the first Thursday of each month in the main office starting at 9 a.m.

National Council on Alcoholism and Drug Abuse - St. Louis Area
Phone: 314-962-3456
Fax: 314-968-7394
8790 Manchester Rd., St. Louis, MO 63144
Email: ncada@ncada-stl.org
Website: www.ncada-stl.org
Counties Served: Franklin, Jefferson, St. Charles, St. Louis, St. Louis City, Madison, Monroe, Randolph, St. Clair
Description: National Council on Alcoholism and Drug Abuse-St. Louis Area is a private, non-profit community health agency, providing the metropolitan area with information and resources on issues pertaining to substance use, abuse and addiction through education, prevention, intervention and referral services.
MENTAL HEALTH SERVICES & SUPPORT GROUPS - Missouri

Nazareth Living Center
Phone: 314-487-3950
Fax: 314-487-8001
2 Nazareth Lane, St. Louis, MO 63129
Email: jvise@nlcscsi.com
Website: www.nazarethlivingcenter.com
Counties Served: Franklin, Jefferson, St. Charles, St. Louis, St. Louis City
Description: Alzheimer's Support Group - This support group offers education and support to caregivers of persons with Alzheimer's Disease. Group meeting times vary. Please call for information.

Nurses To Go, LLC
Phone: 314-677-6800
Fax: 314-677-6808
12813 Flushing Meadows Dr., #170, St. Louis, MO 63131
Email: carolynt@nursestogo.org
Website: www.nursestogo.org
Counties Served: Franklin, Jefferson, St. Charles, St. Louis, St. Louis City
Description: Nurses To Go employs highly qualified psychiatric registered nurses with extensive experience in mental health who provide visits in the home. The nurses, together with the patient and their physician, develop a holistic careplan to address the patient's psychological, medical and psychosocial well being.

Overeaters Anonymous - St. Louis Bi-State Area Intergroup
Phone: 314-638-6070
Fax: 314-638-6071
9907 E Gravois Road, St. Louis, MO 63123
Email: bistateoa1@prodigy.net
Website: www.stlouisoa.org
Counties Served: Franklin, Jefferson, St. Charles, St. Louis, St. Louis City
Description: Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome anyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with and public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and to carry this message to those who still suffer.

Pathways for Aging
Phone: 314-361-3530 Fax: 314-685-1047
6614 Clayton Rd., #235, St. Louis, MO 63117
Email: info@pathwaysforaging.com
Website: www.pathwaysforaging.com
Counties Served: St. Charles, St. Louis, St. Louis City
Description: Helping older adults to cope with the multitude of changes, losses and stresses of aging, depression, anxiety, and end-of-life issues, through in-home or on-site counseling/psychotherapy. Caregiver counseling is also available. Counseling services are provided by Licensed Clinical Social Workers and may be billed to Medicare and Insurance for qualifying individuals.

Senior Care Psychological Counseling and Assessment
Phone: 636-300-9922
2451 Executive Drive Ste. 103, St. Charles, MO 63303
Email: seniorcarepsych@yahoo.com
Website: www.seniorcareservices.org
Counties Served: Jefferson, St. Charles, St. Louis, St. Louis City
Description: Provide psychological counseling and assessment to geriatric and individuals with chronic medical conditions in homes, long term care facilities and at an office based practice in St. Charles, MO.

SSM DePaul Health Center
Phone: 636-288-1340 Fax: 314-344-6139
12303 DePaul Drive, St. Louis, MO 63044
Email: Diana_Jenkins@ssmhc.com
Website: www.ssmdepaul.com
Counties Served: St. Charles, St. Louis
Description: SSM Behavioral Health Services provide geriatric in-patient and out-patient services, geriatric day program, chemical dependency program, 24 hour central intake (314-344-6700) and physician services.

SSM St. Joseph Health Center - Wentzville
Phone: 314-750-5561 Fax: 636-327-1110
500 Medical Drive, Wentzville, MO 63385
Email: Kate_Pilkington@ssmhc.com
Website: www.ssmhc.com
Counties Served: St. Charles, St. Louis
Description: SSM Behavioral Health Services include geriatric in-patient and out-patient services, geriatric day program, chemical dependency program, 24 hour central intake (314-344-6700) and physician services.
MENTAL HEALTH SERVICES & SUPPORT GROUPS

Illinois Listings

623 Alano Club, Inc.
Phone: 618-234-8335
120 North 3rd Street, Belleville, IL 62220

Counties Served: Bond, Clinton, Madison, Monroe, Randolph, St. Clair, Washington

Description: This facility holds Alcoholics Anonymous/ALA-NON meetings. This facility provides a safe place for recovering alcoholics and their families and friends to socialize and meet. Groups are held throughout the week and a speaker meeting is held on Saturdays at 8:00pm.

Alzheimer’s Association Support Group of St. Joseph’s Hospital, Breese
Phone: 618-526-5699 Fax: 618-526-1408
HealthPlex, 14160 Jamestown Road, Breese, IL 62230-0099
Email: sradford@sjb.hshs.org
Website: www.stjoebreese.com

Counties Served: Clinton

Description: This group offers support and education to caregivers of those with Alzheimer’s Disease. Meetings are the fourth Thursday of every month at 1:30pm in the Senior Renewal Conference Room at St. Joseph’s Hospital Healthplex. Please call to confirm.

Alzheimer’s Support Group
Phone: 618-234-4410 Ext. 7033
St. Elizabeth’s Hospital - St. Elizabeth’s Home Health, 211 South Third Street, Belleville, IL 62220
Website: www.steliz.org/about/support_groups.php

Counties Served: St. Clair

Description: This support group offers support and education to the caregivers of persons with Alzheimer’s disease. The group meets on the second Wednesday of each month at 6:30pm in the Staff Conference Room.

Alzheimer’s Support Group
Phone: 618-463-7330
Alton Memorial Hospital, One Memorial Drive,
Alton, IL 62002
Website: www.altonmemorialhospital.org/amh_content.aspx?id=263

Counties Served: Madison, St. Clair

Description: This support group offers support for those caring for loved ones affected by Alzheimer’s disease. The group meets the third Thursday of each month from 1:00pm to 3:00pm in the Eunice Smith Home board room. Eunice Smith home is located on the campus of Alton Memorial Hospital.

American Cancer Society
Phone: 618-288-2320 Fax: 618-288-2054
#5 Schiber Ct., Maryville, IL 62062
Email: jennifer.monken@cancer.org
Website: www.cancer.org

Counties Served: Bond, Clinton, Madison, Monroe, St. Clair

Description: This agency offers several different services such as: prevention and early detection, research funding, advocacy, information and referral, education and support groups. The office hours are Monday through Friday 9:00 am to 5:00 pm.

American Lung Association of Illinois - Southwest Region
Phone: 618-344-8891 Fax: 618-344-8933
1660 Golf View Drive, #260, Collinsville, IL 62234
Email: info@lungil.org
Website: www.lungusa.org

Counties Served: Clinton, Madison, Monroe, St. Clair

Description: This association offers several different programs and services: such as advocacy, research, education, counseling, information, referral, stop smoking campaign, support groups, and much more.

Belleville Memorial Hospital / Memorial Senior Care
Phone: 618-257-5900
4500 Memorial Drive, Belleville, IL 62226
Website: www.memhosp.com

Counties Served: St. Clair

Description: The operating hours are Monday through Friday from 8:00am to 5:00pm. They offer outpatient mental health counseling (group therapy, individual therapy, and family therapy) to the elderly.

Brain Injury Support Group
Phone: 618-235-9988, 618-235-9988
Fax: 618-233-3729
LINC Belleville Office – 120 East A Street, Belleville, IL 62220
Email: info@lincinc.org
Website: www.lincinc.org/support.htm

Counties Served: Monroe, Randolph, St. Clair
MENTAL HEALTH SERVICES & SUPPORT GROUPS - Illinois

Description: The group is for those who have suffered a brain injury and their loved ones. The support group meets at Glad Tidings Church, 4180 Smelting Works Rd. in Swansea, Illinois 62226. The group meets every third Friday from 10:00am to noon.

Breast Cancer - Reach to Recovery
(American Cancer Society)
Phone: 618-288-2320 Fax: 618-288-2054
# 5 Schiber Ct., Maryville, IL 62062
Email: jennifer.monken@cancer.org
Website: www.cancer.org
Counties Served: Bond, Clinton, Madison, Monroe, St. Clair
Description: Specially trained breast cancer survivors offer one-on-one support and information in person or by phone to help address the concerns of those facing a breast cancer diagnosis, treatment, recurrence or recovery.

Breast Cancer Support Group
Phone: 618-234-2120 Ext. 1575
St. Elizabeth’s Hospital, 211 South Third Street, Belleville, IL 62220
Website: www.steliz.org/about/support_groups.php
Counties Served: St. Clair
Description: This group is held on the forth Monday of each month at 7:30pm. This group offers support and education to those who have had a lumpectomy or mastectomy surgery. The group is open to any age.

Breast Cancer Support Group
(American Cancer Society)
Phone: 618-288-2320 Fax: 618-288-2054
# 5 Schiber Ct., Maryville, IL 62062
Email: jennifer.monken@cancer.org
Website: www.cancer.org
Counties Served: Bond, Clinton, Madison, Monroe, St. Clair
Description: This group is held on the second Thursday of each month at 1:00pm in the hospital auditorium. This group offers support and education to those who suffer or have suffered from any form of cancer, and their loved ones.

Cancer Support Group
Phone: 618-234-2120 Ext. 1338
Fax: 618-222-4761
St. Elizabeth’s Hospital, 211 South Third Street, Belleville, IL 62220
Website: www.steliz.org/about/support_groups.php
Counties Served: St. Clair
Description: This group offers support and education to those dealing with depression, bipolar, and other mood disorders. The group meets every Wednesday at 7:00pm in the Cypress room in the hospital.

Cancer Support Group
Phone: 618-257-5860 Fax: 618-257-6658
Memorial Hospital, 4500 Memorial Drive, Belleville, IL 62226
Website: www.memhosp.com/p11.htm
Counties Served: St. Clair
Description: This group is held on the forth Monday of each month at 9:00am in the hospital auditorium. This group offers support and education to those who suffer from diabetes, and their loved ones.
Diabetic Support Group of St. Joseph’s Hospital, Breese
Phone: 618-526-5743 Fax: 618-526-1476
HealthPlex, 14160 Jamestown Road, Breese, IL 62230
Email: bvoss@sjb.hshs.org
Website: www.stjoebreese.com
Counties Served: Clinton
Description: Meetings are open to anyone with type 1 or type 2 diabetes and their family and friends. A wide range of topics concerning diabetes and coping skills are covered at the Monday evening meetings held every other month. Please call to confirm.

Disabilities Support Group
Phone: 618-235-9988 Fax: 618-233-3729
LINC Belleville Office, 120 East A St., Belleville, IL 62220
Email: info@lincinc.org
Website: www.lincinc.org/support.htm
Counties Served: Monroe, Randolph, St. Clair
Description: This group meets on the first Tuesday of each month at 1:00pm to 3:00pm. This group is to advocate for those with disabilities. Those with disabilities or the family of those with a disability can participate in this group.

Divorce and Grief Support Groups
Phone: 618-656-4330 Fax: 618-656-4384
Eden United Church of Christ, 903 North Second St., Edwardsville, IL 62025
Email: jgusewelle@eden-ucc.org
Counties Served: Madison
Description: Two support groups are offered through the church: divorce care and grief share groups. They both are offered three times a year; for more information please call the above number.

Eden United Church of Christ
Phone: 618-656-4330 Fax: 618-656-4384
903 N. Second St., Edwardsville, IL 62025
Email: jgusewelle@eden-ucc.org
Website: www.eden-ucc.org
Description: We offer a divorce and bereavement support group facilitated by our Parish Nurse. Both series are offered a couple of times a year. The divorce group meets on Mon. eves. and the bereavement group on Tues. eves. Call the church for more information.

Fibromyalgia and Lupus Support Group
Phone: 618-463-7247
Alton Memorial Hospital, One Memorial Drive, Alton, IL 62002
Website: www.altonmemorialhospital.org/amh_content.aspx?id=263
Counties Served: Madison
Description: The group meets on the second Thursday of each month at 6:30pm to 8:30pm in the cafeteria conference room in the hospital. This group offers information and insight to those with fibromyalgia and lupus and their loved ones.

Fibromyalgia Support Group
Phone: 618-257-5649
Memorial Hospital, 4500 Memorial Drive, Belleville, IL 62226
Website: www.memhosp.com/p11.htm
Counties Served: St. Clair
Description: The group meets on the third Thursday of each month at 7:00pm at Memorial Hospital auditorium. To make reservations call 618-345-6962. This group offers information and insight to those with fibromyalgia and their loved ones.

Gamblers Anonymous
Phone: 618-234-0314
Union United Methodist Church, 721 East Main St., Belleville, IL 62220
Website: www.gamblersanonymous.org
Counties Served: St. Clair
Description: This meeting is held on Monday and Thursday nights at 7:30pm. This group’s main goal is to help its members stop gambling.

Gateway Regional Medical Center - Behavioral Health Services
Phone: 618-798-3000
2100 Madison Avenue, Granite City, IL 62040
Website: www.gatewayregional.net
Counties Served: Madison
Description: full continuum of care for children, adolescents, adults and older adults, 24 hour resource center, Board certified and compassionate psychiatrists oversee the treatment to ensure a quality experience for the patient.

Heart Disease Support Group
Phone: 618-462-2388 or 618-474-3278
St. Anthony’s Health Center, 1 St. Anthony’s Way, Alton, IL 62002
Website: www.sahc.org
Counties Served: Madison
Description: This group meets every even month on the first Tuesday of the month at 1:00pm. The group is free and open to the public. The group offers support and education to those with heart disease and their families.

Heart Disease Support Group
Phone: 618-257-5420
Memorial Hospital, Belleville, IL 62226
Website: www.mendedhearts.org
Counties Served: St. Clair
Description: Mended Hearts is a group and organization consisting of people who have heart disease, their families, medical professionals and other interested people. These members form a support group for each other. The group meets the third Monday of each month. The group rotates between Memorial Hospital and St. Elizabeth’s Hospital.

Human Service Center / Mental Health and Aging Outreach Program
Phone: 618-282-6233 Fax: 618-282-6220
10257 State Route Three, Red Bud, IL 62278
**MENTAL HEALTH SERVICES & SUPPORT GROUPS - Illinois**

**Website:** www.humanservicegroup.com/MHA.asp  
**Counties Served:** Monroe, Randolph  
**Description:** The agency is open Monday through Friday from 8:00am to 5:00pm. This program focuses on working with those individuals who are taking care of loved ones with Alzheimer’s. They provide outreach services in efforts to ensure that older adults with mental illness remain in the community in safe and rewarding manner.

**Leukemia and Lymphoma Support Group**  
**Phone:** 618-236-1010 Ext. 344  
St. Elizabeth’s Hospital, 211 South Third Street,  
Belleville, IL 62220  
**Website:** www.steliz.org/about/support_groups.php  
**Counties Served:** St. Clair  
**Description:** This support group offers support, education, and hope to those with leukemia and lymphoma and their loved ones. The meetings are held at the Cancer Treatment Center, 4000 N. Illinois, Swansea, IL 62226. The group meets the second Tuesday of each month at 6:30pm.

**Life Threatening Illnesses Support Group**  
**Phone:** 618-465-2264  
St. Anthony’s Wellness Center,  
St. Clare’s Hospital 915 E 5th Street, Alton, IL 62002  
**Counties Served:** Madison  
**Description:** This group meets on the third Thursday day of each month at 5:00pm in Saint Clare’s professional building suite 308. This group is free and open to the public. This particular group is for those diagnosed with life-threatening illnesses. It also offers support to those living with the patient.

**Lung Disease Support Group**  
**Phone:** 618-798-3118  
Gateway Regional Medical Center - Pascal Hall, 2100 Madison Ave., Granite City, IL 62040  
**Counties Served:** Madison  
**Description:** This group meets on the second Thursday of every month from 12:00pm to 2:30pm. The group provides support and education for people with lung disease including emphysema, chronic bronchitis and asthma and their families.

**Lupus Support Group**  
**Phone:** 618-257-5860  
Memorial Hospital, 4500 Memorial Drive,  
Belleville, IL 62226  
**Website:** www.memhosp.com/p11.htm  
**Counties Served:** St. Clair  
**Description:** Meetings offer information and insight for coping with lupus on the third Tuesday of every month (except June, July, and August) at 7:00pm in the hospital auditorium.

**Madison County Association for the Blind**  
**Phone:** 618-466-2924  
5800 Godfrey Rd., Godfrey, IL 62034  
**Email:** jbailey@lincinc.org

---

“I feel like my ol’ self again.”

There was a time when I felt like I had lost all hope. Small everyday tasks were overwhelming.

Thanks to Memorial Senior Care Program I feel like my ol’ self again. Memorial Senior Care is a day program that helps senior adults who are struggling with depression, anxiety, or sadness due to grief and loss.

---

“It’s like you’re falling down this big sinkhole and you can’t pull yourself out.”

—Patrick McCathern, 1st Sergeant, U.S. Air Force, Retired

Real Men. Real Depression.  
“It starts slowly and the only person you’re talking to is yourself. You’re lost. It’s dark, the pain is twenty-four/seven. I tried to numb my head. I mean, we’re talking many, many beers to get to that state where you could shut your head off. But you have to deal with it. It doesn’t just go away.” Depression is a real disease that can be successfully treated. For information, call 1-866-227-6464, visit www.nimh.nih.gov, or contact your health care provider.

It takes courage to ask for help. Pat did.
Multiple Sclerosis Support Group
Phone: 618-235-8823
St. Elizabeth’s Hospital, 211 South Third Street,
Belleville, IL 62220
Website: www.steliz.org/about/support_groups.php
Counties Served: St. Clair
Description: This support group offers support and education, to those with Multiple Sclerosis and their loved ones. The group meets the fourth Tuesday of even-numbered months at 7:00pm in the Medical Arts Building, fourth floor.

Nu-Voice Club
Phone: 618-257-5255
Memorial Hospital, 4500 Memorial Drive,
Belleville, IL 62226
Website: www.memhosp.com/p11.htm
Counties Served: St. Clair
Description: This group is conducted in cooperation with the American Cancer Society; the Nu-Voice Club is for laryngetomized - people who have had their voice boxes (larynxes) removed. The group encourages family and friends to come to meetings. For more information please call the Speech Pathology Department at the above number. The program is free and open to the public.

Overeaters Anonymous –
Overeaters Support Group
Phone: 618-656-8834
Esic Baptist Church, 1000 University Drive,
Edwardsville, IL 62025
Website: www.oa.org/index.htm
Counties Served: St. Clair
Description: The group meets every Monday at 7:30pm. This is a self-help group for those with a compulsive overeating problem. It is based on a twelve step program.

Parents Care and Share
Children’s Home & Aid
Phone: 618-452-8900 Ext. 112
Fax: 618-452-9136
2133 Johnson Rd., #101, Granite City, IL 62040
Website: www.chasi.org
Counties Served: Bond, Clinton, Madison, Monroe, Randolph, St. Clair, Washington
Description: The Grandparent’s Raising Grandchildren Program (GRG) provides services and resources to grandparents who are the primary caretakers of their grandchildren. The GRG Program offers case management, which includes resource and referral assistance, respite, gap-filling assistance, legal assistance, and support groups targeting the GRG population. The office hours are Monday through Friday 8:30am to 4:30pm.

Parkinson’s Support Group
Phone: 618-463-7494, 618-463-7330
Alton Memorial Hospital,
1 Memorial Drive, Alton, IL 62002
### Parkinson’s Support Group

**Phone:** 618-234-4410 Ext. 7033  
St. Elizabeth’s Hospital, 201 North Church Street, Belleville, IL 62220  
**Website:** www.steliz.org/about/support_groups.php  
**Counties Served:** St. Clair  
**Description:** This support group is to support and educate those with Parkinson’s and their loved ones. The group meets the second Monday each month at 1:30pm in Saint Clare’s professional building auditorium A. This group is free and open to the public. This particular group is for those diagnosed with pulmonary disease. It also offers support to those living with the patient.

### Pulmonary Disease Support Group

**Phone:** 618-234-4410 Ext. 7033  
St. Anthony’s Wellness Center, 915 E 5th Street, Alton, IL 62002  
**Counties Served:** Madison  
**Description:** This group meets on the second Thursday day of each month at 1:00pm in Saint Clare’s professional building auditorium A. This group is free and open to the public. This particular group is for those diagnosed with pulmonary disease. It also offers support to those living with the patient.

### Sight-Loss Support Group

**Phone:** 618-234-4410 Ext. 7033  
St. Elizabeth’s Hospital, 211 South Third Street, Belleville, IL 62220  
**Website:** www.steliz.org/about/support_groups.php  
**Counties Served:** St. Clair  
**Description:** This support group offers support and education to those concerned with unresolved reduced vision. The group meets on the second Thursday each month at 1:00pm at 201 North Church, Belleville, IL 62220.

### Southwestern Illinois College Programs and Service for Older Persons

**Phone:** 618-234-4410 Ext. 7031  
Fax: 618-234-8131  
201 North Church Street, Belleville, IL 62220  
**Website:** www.swic.edu/psop/counseling.jsp  
**Counties Served:** St. Clair  
**Description:** The agency is available Monday through Friday from 8:00am to 4:30pm. The agency can provide short-term crisis intervention counseling sessions are offered for seniors 60 and over and caregivers. Clients must reside in the St. Clair county area. Caregivers can be of any age but must be attending to a senior citizen. Workshops and educational trainings along with support groups are offered by this office in cooperation with the wellness clinic.

### St. John’s Home & Community Care

**Phone:** 618-344-0276  
**Fax:** 618-344-4946  
222 Goethe Avenue, Collinsville, IL 62234-3306  
**Email:** stjohnhcc@eldercareandmore.net  
**Website:** www.eldercareandmore.net  
**Counties Served:** Madison  
**Description:** Alzheimer’s Support Group meets on the second Tues of each month from 1:30pm to 3:00pm.

### St. Joseph’s Hospital Senior Renewal

**Phone:** 618-526-5699  
**Fax:** 618-526-1408  
HealthPlex, 14160 Jamestown Road, Breese, IL 62230-0099  
**Email:** sradford@sjb.hshs.org  
**Website:** www.stjoebreese.com  
**Counties Served:** Clinton  
**Description:** Personalized, outpatient counseling committed to renewing the quality of life for senior adults. Through individual counseling, group therapy and medication management overseen by a geriatric psychiatrist, seniors overcome grief, depression, nerves and emotional issues. Transportation may be available. Medicare and insurance plans may help cover costs.

### Vintage Support Group, Inc.

**Phone:** 618-277-4100  
**Fax:** 618-277-4355  
900 Royal Heights Rd, Belleville, IL 62226  
**Email:** hartman_sss@yahoo.com  
**Website:** www.vintagesupportgroup.com  
**Counties Served:** St. Clair  
**Description:** Developmental Training And Supported Employment Program for Individuals with a Developmental Disability.