



Tri-County Resource Guide

Crisis Lines

Crisis text line: text 'TALK' to 741-741 or text 'AYUDA' to 741-741 for Spanish
ERS Peoria County 309-671-8084
ERS Tazewell/Woodford Counties 309-347-1148
IL Mental Health Warm Line 866-359-7953
NorthShore Mom's Line 866-364-6667
Suicide & Crisis Lifeline 988 (press 1 for Veterans)
Trevor Project (LGBTQ+ youth) 866-488-7396 or text "START" to 678-678

For more information regarding all services in your area, visit:

<https://211hoi.myresourcedirectory.com> | dial 211 (from a local number) or 309-999-4029

mental health | physical health | DV/abuse/neglect services | parenting | housing |
rent/utility assistance | legal assistance | education/employment | transportation |
emergency/disaster

please note that 211 does not provide any direct assistance, rather, they are a national database that keeps the most up to date information regarding available resources in your area



Tazewell County

Agape Counseling

75 E Queenwood Rd, Morton, IL 61550

309-263-5565

Insurances accepted: Major commercial insurances

Medicaid/Medicare: No Medicaid, 1 Medicare provider on staff

Self-pay options: Certain therapists on staff do not bill insurance and offer a sliding scale fee based on income. Usually between \$25-\$75/session.

Services provided: Faith based counseling for individuals, families and parents. Psych assessments, group therapy, premarital and marital counseling, mediation services.

Waitlist: Depending on the provider, can usually be scheduled within 2 weeks.

Balanced, LLC

100 Hillcrest Dr, Ste C, Washington, IL 61571

Insurances accepted: Most commercial insurances

Medicaid/Medicare: No Medicaid, some Medicare - call your insurance plan to verify you are in network.

Self-pay options: \$125/session, no sliding scale.

Services provided: Individual, couples, children, teen and family counseling for abuse recovery, anxiety & depression, grief/loss, LGBTQ+, personality disorders, relationship issues, school-based issues, schizophrenia & related disorders, trauma & crisis recovery. In person & telehealth offered.

Waitlist: Depending on providers (some may be full), aim to schedule based on clinical fit and to get people scheduled within 1 week.

Ensignt Mental Health

111 N 6th St, Pekin, IL 61554

309-810-4407

Insurances accepted: Most commercial insurances including Aetna< BCBS, Cigna, United, Tricare, Optum

Medicaid/Medicare: Yes Medicaid, Yes Medicare

Self-pay options: Offers sliding scale based on income

Services provided: In-person and telehealth appointments available for child, adolescent and adult therapy, medication management, psychiatric evaluations and crisis intervention.

Waitlist: Can usually be scheduled within 1 week - best to call the office or visit www.ensightmentalhealth.com

Gelana McCloud Lifeline Counseling & Consulting

348 4th St, Pekin, IL 61554



309-407-7771

<https://www.lifelinecounselingconsulting.com/>

Insurances accepted: Aetna, Anthem, Cigna, BCBS, UHC, CAT, Health Alliance, Tricare, UMR
Medicaid/Medicare: No Medicaid, some Medicare - call your insurance plan to verify you are in network.

Self-pay options: Offers sliding scale based on income for those who qualify.

Services provided: In person and telehealth services for ages 6+ (younger children will need to be assessed prior to approval for telehealth visits).

Waitlist: Immediate openings with 2 providers. Other 2 providers have a 1-2 week waitlist.

Inner Wellness

2511 N Main St, East Peoria, IL 61611

309-670-0459

Insurances accepted: Most commercial insurances

Medicaid/Medicare: Yes Medicaid, No Medicare

Self-pay options: Flat rate of \$90/session. No sliding scale.

Services provided: Therapy for children, teens and adults. Have a psychiatric NP who offers medication management for 18+, who are actively in therapy while participating in medication management.

Waitlist: Have openings with no wait as of February 1, 2026. Location and name of practice will be changing in March. Phone and fax numbers will remain the same.

Centered Wellness

200 W Adams St, Morton, IL 61550

309-291-0306

Insurances accepted: Most commercial insurances.

Medicaid/Medicare: No Medicaid, working on getting credentialed with Medicare.

Self-pay options: Flat rate offered, \$125/session. Intern offers sessions for \$30/each. No sliding scale.

Services provided: In person and telehealth services offered for individuals, couples and families.

Waitlist: There is no waitlist if your availability is flexible. If you require an evening appointment, spots are limited.

Integrated Family Therapy of IL

204 N Main St, Morton, IL 61550

309-320-8840

Insurances accepted: Aetna, UHC, BCBS, Health Alliance and more. No Cigna or Tricare.



Medicaid/Medicare: No Medicaid, no Medicare

Self-pay options: Have self-pay options including a standard rate as well as a sliding scale for those who qualify.

Services provided: In person and telehealth offered. No medication management. Offer appointments as late as 6pm.

Waitlist: Depends on the provider and patients availability.

John Day & Associates

131 N Parkway Dr, Unit D, Pekin, IL 61554 (*locations in Peoria, Eureka, Canton, Bloomington & Palatine*)

309-692-7755

Insurances accepted: Aetna, BCBS, Carleon, Cigna, Consociate, Health Alliance, Health Link, Health Partners, Humana, Magellan, Mutual Medical, OSF, Pekin Insurance, Tricare, UBH Allsavers, UHC/Optum, UHC CAT, UMR and some EAPs.

Medicaid/Medicare: Yes Medicaid (Meridian, Molina, BCBS Community, Aetna BH), Yes Medicare

Self-pay options: Offers self-pay options including a sliding scale based on income for who qualify.

Services provided: Individual adult and child therapy, martial/relationship counseling, psychological testing, trauma assessment and counseling, senior services, Veteran psych services, court services (*not typically covered by insurance – verify with your plan*).

Waitlist: No waitlist - scheduled within one week.

Occult Mental Health

107 W Walnut St, Tremont, IL 61568

309-929-2030

Insurances accepted: Most commercial insurances including Aetna, BCBS, UHC, Optum, Humana, NO Tricare (as of 2/2026)

Medicaid/Medicare: Some Medicaid, no Medicare

Self-pay options: Accepts self-pay, offers sliding scale fee based on income for those who qualify.

Services provided: Offers in-person and telehealth services to those 10+. Usually have weekend or evening availability. Offers ketamine treatments, psychiatric evaluations, crisis intervention, individual therapy and medication management. 15% discount to Veterans and active duty Military.

Waitlist: No waitlist

One Counseling

1003 N Cummings Ln, Washington, IL 61571

309-444-1000



Insurances accepted: Most commercial insurances

Medicaid/Medicare: No Straight Medicaid (some providers are in-network with Molina and Meridian), no Medicare

Self-pay options: Accepts self-pay, offers sliding scale based on income to those who qualify.

Services provided: Offers in person and telehealth for individual, couples and family counseling.

Waitlist: Usually able to schedule within two weeks.

Tazwood-Pekin (Heartland)

3428 Van De Ver Ave, Suite B, Pekin, IL 61554

309-680-7800

Insurances accepted: Most commercial insurances

Medicaid/Medicare: Yes Medicaid, yes Medicare

Self-pay options: Offers self-pay options and financial assistance for services.

Services provided: Behavioral health services such as psychiatry, psychotherapy, Medication Assisted Treatment (MAT)/substance use counseling, medication management.

Offers in-person and telehealth, based on provider's discretion.

Waitlist: Depends on services required by the patient.

Trillium Place - East Peoria

111 W Washington St, East Peoria, IL 61611

309-694-6462

Insurances accepted: Most commercial insurances

Medicaid/Medicare: Yes Medicaid, no Medicare

Self-pay options:

Services provided: Individual, group, family counseling, medication management, discharge planning, substance use, mental health and DUI services. Patients with medicaid must complete a walk-in assessment. Hours for assessment are Tuesday, Wednesday, Thursday 8-2 or until slots are filled. It is recommended that those needing an assessment arrive between 7:30-8:00 am due to walk-in appointments filling up quickly.

Waitlist: No waitlist.

Trillium Place - Pekin

3248 Van De Ver Ave, Ste A, Pekin, IL 61554

309-347-5522

Insurances accepted: Most commercial insurances

Medicaid/Medicare: Yes Medicaid, no Medicare

Self-pay options:



Services provided: Individual, group, family counseling, medication management, discharge planning, substance use, mental health and DUI services. Patients with medicaid must complete a walk-in assessment. Hours for assessment are Tuesday, Wednesday, Thursday 8-2 or until slots are filled. It is recommended that those needing an assessment arrive between 7:30-8:00 am due to walk-in appointments filling up quickly.

Waitlist: No waitlist.

Peoria County

Center for Youth and Family Solutions

2610 W Richwoods, Peoria, IL 61614

309-363-6600

Insurances accepted: Most commercial insurances

Medicaid/Medicare: Yes Medicaid, yes Medicare

Self-pay options: Offer sliding scale based on income. Forms available at cysolutions.org/services/behavioral-health-counseling

Services provided: Outpatient individual, family, couples, co-parenting and group therapy, parent education, mediation services, family support programs and youth guidance programs. Telehealth offered.

Waitlist: Can be as long as 4-6 weeks, but depends on the service requested by parents.

Edge Counseling & Wellness

719 W Lake Ave, Peoria, IL 61614

309-408-1493

Insurances accepted: Most commercial insurances

Medicaid/Medicare: Yes Medicaid (Molina, Meridian, Aetna BH, YouthCare, BCBS Community), yes Medicare

Self-pay options: Self-pay rate of \$125/session or a sliding scale based on income for those who qualify.

Services provided: In person and telehealth services offered to individuals ages 6+.

Waitlist: Usually able to schedule within 7-10 days.

FamilyCore

330 SW Washington St, Peoria, IL 61602

309-676-2400

Insurances accepted: UHC, Cigna, BCBS, Aetna

Medicaid/Medicare: Yes Medicaid, No Medicare

Self-pay options: Sliding scale fee available for those who qualify.

Services provided: In-person and telehealth



Waitlist: Usually within 3-4 weeks

Gateway Foundation

Insurances accepted: Most commercial insurances

Medicaid/Medicare: Yes Medicaid

Self-pay options: Offers self-pay options, including a sliding scale based on income for those who qualify.

Services provided: Peoria location offers outpatient services for substance use, anxiety, depression, OCD, PTSD, ADHD, regardless of the presence of a substance use disorder. This office can help link to residential inpatient treatment. In-person and telehealth services offered.

Waitlist: Contact the practice - may be a short wait for inpatient/residential.

OSF Strive - Trauma Recovery Program

306 Pecan St, Peoria, IL 61602

309-308-2030

Insurances accepted: Free of charge

Medicaid/Medicare: N/A

Self-pay options: N/A

Services provided: Provides in-person, trauma recovery services in victims of, and witnesses to, violent crimes. Individuals must be 6+, reside in the county of Peoria and the crime must have occurred within the last ten years. As of 4/2025, medication management is offered.

Waitlist: No waitlist.

Solvera Health

3525 N University St, Peoria, IL 61604

309-886-9172

Insurances accepted: Most commercial insurances, including Aetna, BCBS, UHC, Cigna, Tricare

Medicaid/Medicare: Yes Medicaid, yes Medicare

Self-pay options: Offers sliding scale fee based on income for those who qualify.

Services provided: In-person and telehealth services offered for behavioral health psychiatry (ages 5+), therapy (ages 17+), on site pharmacy, transportation and medication delivery (Peoria only).

Waitlist: No waitlist.

Trillium Place - Young Minds Center

2223 W Heading Ave, West Peoria, IL 61604

309-570-1800



Insurances accepted: Most commercial insurances

Medicaid/Medicare: Yes Medicaid, Yes Medicare

Self-pay options: Financial assistance offered by Carle, may offer a sliding scale based on income for those who qualify.

Services provided: Designed to be a one-stop-shop for youth behavioral health services such as assessments, inpatient and outpatient services for youth ages 4-17. Offers lab and pharmacy services. Inpatient services usually range between 5-7 days and focus on crisis stabilization, coping and problem-solving skills. Offers individual and group therapies, family involvement, education and skill-building groups, medication management, art therapy, spirituality and on-site educators.

Waitlist: Depends on provider and services required by each patient.

Woodford County

Mended Hearts Therapeutic and Riding Center

1431 Lourdes Rd, Metamora, IL 61548

309-688-4773

Insurances accepted: Most commercial insurances, such as UHC, UHC CAT, BCBS

Medicaid/Medicare: No Medicaid, some Medicare - call Medicare to confirm you are in-network. Currently working toward Medicaid credentialing.

Self-pay options: Offers a sliding scale based on income for those who qualify.

Services provided: Individual, couple and marital therapy for all ages, childhood through adulthood. Counseling, equine therapy and animal assisted therapy to those who are or have been in the military. Offers in-person and telehealth services. .

Waitlist: Currently, no waitlist.