

Local Counseling Resources

Ask for Trauma Focused Cognitive Behavior Therapy (TF-CBT) for medical trauma.

Better Tomorrows Counseling Services

701 Devonshire Dr., Building C, Champaign, IL | (217) 722-2450

Accepts several insurances. Call to verify insurance coverage.

Recommended counselor: Carrie Winkler

Carle Behavioral Health

1802 S. Mattis Ave., Champaign, IL | (217) 365-2855

Accepts several insurances. Call to verify insurance coverage.

Carsten Counseling and Consulting

206 Randolph St., Suite 510, Champaign, IL | (888) 972-8933

Accepts several insurances, including Health Alliance.

Call to verify insurance coverage.

Counselor: Jolie Carsten

Champaign Counseling, LLC

313 N. Mattis Ave., Suite 209, Champaign, IL | (217) 203-2008

Accepts several insurances. Call to verify insurance coverage.

Creative Solutions Counseling Group

100 N. Chestnut St., Suite 225, Champaign, IL | (217) 202-2030

Accepts several insurances, including Health Alliance.

Call to verify insurance coverage.

Recommended counselor: Pamela Wendt

Crosspoint Human Services

210 Avenue C, Danville, IL | (217) 442-3200

Accepts Medicaid.

HopeSprings Counseling

701 Devonshire Dr., Suites B16-18, Champaign, IL | (217) 531-2360

Accepts the Medical Card and several insurances.

Call to verify insurance coverage.

Mindful Beginnings

112 W. Washington St., Monticello, IL | (217) 762-4842

Accepts several insurances, including Health Alliance.

Call to verify insurance coverage.

Recommended counselor: Amanda Sheppard

Promise Healthcare

819 Bloomington Rd., Champaign, IL | (217) 356-1558

Accepts Molina, Meridian and IlliniCare.

Psychology Specialists

2500 Galen Dr. Suite 104, Champaign, IL | (217) 693-6072

Accepts Molina, Meridian and IlliniCare.

Soaring Eagles Counseling

702 Bloomington Rd., #214, Champaign, IL | (217) 383-0157

Faith-based. Offers sliding fee scale and accepts several insurances.

Call to verify insurance coverage.

The Wellness Workshop, LLC

214 S. Garrard St., Rantoul, IL | (217) 299-3418.

Offers sliding fee scale and accepts several insurances.

Call to verify insurance coverage.

Recommended Counselor: Stephanie Beard

Therapy & Counseling Services

#6 Dunlap Ct., Savoy, IL | (217) 718-3632

Accepts several insurances, including Health Alliance.

Call to verify insurance coverage.

Counselor: Lisa Hayasaki

Two Roads Wellness Clinic

3115 Village Office Place, Champaign, IL | (217) 5314101

1101 E Winter Ave., Danville, IL | (217) 651-6801

Accepts several insurances, including Health Alliance.

Call to verify insurance coverage.

Recommended counselor: Shannon Schneider