

Resources

Counseling

Local Catholic Counselors

[Rest in You LLC](#)

Justin Brown, LCSW

309-948-2072

justinbrown@restinyoucounseling.com

[Genesis Counseling](#)

Dr. Emma Bucher, Psy. D

emmabucher1@gmail.com

Dianne Lang

765-505-6111

[Dr. Kathleen Bush](#)

309-459-1080

[The Therapy Spot](#) (in-person & telehealth)

Lindsey Holzhauer, LCSW

309-433-4828

lholtzhauer@thetherapy-spot.com

Catholic Counseling Virtual Options

[Bethany Psychotherapy & Wellness](#)

Mia Teehan, ALMFT

402-413-5668

mia@bethanypsych.com

Zoe Myers Solomon, ALMFT

309-704-0009

zoe@bethanypsych.com

[Serenity Now Counseling](#)

Justin Cody

331-704-0543

justin@serenity-now-counseling.com

[Snyder Counseling Services](#) (or Peoria in-person)

Brenda Snyder, LCSW

309-431-9345

Katy Lindsey, LPC

309-431-2242

Monica Pulley, LMFT

309-323-0351

[Catholic Psych Institute](#) (has additional resources)

[Catholic Therapists Informed by Internal Family Systems](#)

[Lily Counseling](#)

312-248-3567

Office@lilycounseling.com

[Selah Counseling](#)

331-260-5963

info@selahprofessionalcounselors.com

[Vita Optimum](#)

312-768-8073

Help with Finding Counseling:

[Catholic Therapists.com](#)

[OSF Behavioral Health Navigation Link](#) (free program where someone helps connect you to what you might be looking for)

309-308-8150

Sister M. Clare, FSGM is one of our local Navigators for adults. When you call, let the scheduler know if you want to speak with her specifically. There are otherwise two other Navigators for the B-N area.

In Crisis:

Upper Room Crisis Hotline: 1-888-808-8724 OR www.catholichotline.org

Suicide or Crisis Hotline: Text “HELP” to 988 or call 988

Additional Resources

Most Holy Eucharist Parish Support

Befrienders (supportive one-on-one listening)

309-662-7361 (Parish Office)

Dianne Lerman

lermandianne@gmail.com

GriefShare (can inquire when next group begins)

Rich Gordon

richgordon13@yahoo.com

Sharing the Grief Journey (monthly gathering; can inquire when next begins)

Dianne Lerman

lermandianne@gmail.com

Recovering from Divorce for Catholics (can inquire when next group begins)

Pam Goode

recoveringfromdivorce@stpatrickmerna.org

Resource by Topic

Abortion

[Rachel's Vineyard](#) (a retreat for those who have suffered the loss of an abortion, personally or family)

Colleen Harmon

309-264-1489

rvrpeoria@gmail.com

Diocese of Peoria

309-671-1550

[Project Joseph](#) (a retreat/pathway to healing for men who have been hurt by abortion in Dallas, TX)

Addiction-Related

[Bloom for Catholic Women](#) (online Catholic-based ministry for women whose husbands struggle with pornography addiction)

hello@bloomforcatholicwomen.com

[Chestnut Health Systems](#)

888-924-3786

[Cedar Lake Fellowship](#) (hosts many 12-step meetings)

309-829-8811

[Alcoholics Anonymous Groups](#)

309-828-7092

[Narcotics Anonymous Groups](#)

866-504-6974

[Al-anon & Alateen Groups](#) (relatives & friends of alcoholics)

[Spring of Hope Counseling PLLC](#)

Crystal Hiser, LCPC, LMFT, CSAT, CPTT

Certified Sex Addiction Therapist & Certified Partner Trauma Therapist

309-533-9015

[Gregory Skibinski](#), LCPC, CMAT, CSAT

Certified Sex Addiction Therapist & Certified Multiple Addiction Therapist

Agape Counseling

309-263-5565

gskibinski@agapecounselors.net

Autism Spectrum Disorder

[Autism Spectrum Disorder](#)

309-661-9440

info@autismmclean.org

Caregivers

[Rock Zoom Support Group](#) (caregivers caring for grandchildren/other relatives)

Angie Raymer

309-661-6400

angie.raymer@ccsiccu.com

[Caregiver Support “Walking Down Memory Lane”](#)

Angie Raymer

309-661-6400

angie.raymer@ccsiccu.com

Divorce/Annulment Support

[Carolyn Klika](#)

Online Catholic Life Coach

Eating Disorders

[One Hope Project](#) (for those struggling with eating disorders, or for family/friends of someone)

309-501-1991

info@onehopeproject.org

Human Trafficking

[Allies Against Trafficking](#)

info@alliesagainsttrafficking.org

Mental Illness

[Bloomington/Normal Illinois Depression and Bipolar Disorder Support Group \(& Obsessive Compulsive Disorder\)](#)

309-533-9796

knitterlefty@gmail.com

[NAMI Mid Central Illinois](#) (Support Groups for: Families/Friends of Mentally Ill, those with Mental Illness/Emotional Disabilities, Parent Support Groups)

309-336-7396

namimidcentralil@gmail.com

Miscarriage Support

[A Mom's Peace Ministry](#)

[Video from Bobby and Jackie Angel](#)

Postpartum Support

Bloomington Postpartum Support Group

Mondays from 12:30p-1:30p

The Birth Center of Bloomington-Normal

Group Leader: Rebecca Freeman

contact@thevillagecu.com

217- 262-9975

Prenatal Diagnosis Support

[Be Not Afraid](#)

Psychiatry – Virtual Options (medication management)

[Melanie Rylander](#), MD

[Mary LoGalbo](#), NP

888-460-1994

Other

[SilverCloud](#)

A free, online program offered by OSF to help individuals manage symptoms of anxiety, depression, and stress. For the first few weeks, you are assigned a coach who will follow your progress, offer support, and answer questions.

[Healing the Whole Person Retreat](#)

A weekend retreat option with topics on healing (virtual or in-person at various locations throughout the country)

[Restore the Glory Podcast](#)

Dr. Bob Schuchts & Jake Khym speak on many mental health topics through a Catholic lens.

[Unbound](#) (Neal Lozano)

Both a [book](#) and prayer ministry, focused on God's freeing us to live more fully in the heart of the Father.