



SAFE & CAISA are services committed to provide counseling, advocacy, and support for all victims of sexual assault and their significant others regardless of age, gender, race, disability, spiritual preference, ethnicity, or sexual orientation. These services are also capable of making referrals to appropriate services as needed. Promoting awareness of issues and effects of sexual victimization through training programs can be provided through crisis intervention by phone, in-person, medical and legal advocacy, personal support, and emotional support to victims and their families. Services also help protect the rights of victims.

SAFE & CAISA members and trained staff provide full, comprehensive services to include counseling, advocacy, prevention education, and training throughout our area counties.

CAISA service area includes Crawford, Edwards, Jasper, Lawrence, Richland and Wabash Counties:

Toll Free Hotline: (866) 288-4888

Email: caisa@sacis.org

Facebook: [CAISA Counseling and Information for Sexual Assault/Abuse](#)

CAISA – Robinson IL Satellite Office:

Phone: (618) 544-9379 | Fax: (618) 544-8890

CAISA – Olney IL Satellite Office:

Phone: (618) 879-2130 | Fax: (618) 879-2131

SAFE service area includes Bond, Clay, Clinton, Effingham, Fayette, Hamilton, Jefferson, Marion, Washington, Wayne, and White Counties

Toll Free Hotline : 800-625-1414 (24-Hour)

<https://www.safecrisiscenter.org/>

Frontier Community College

Confidential Advisor*: SAFE; Mt. Vernon, IL; 618.244.9330;
24-Hour - 800.625.1414

Medical Care: Fairfield Memorial Hospital; 618.842.2611

Counseling: Wayne Family Counseling; 618.842.2125;

24-Hour - 618.395.5026

Law Enforcement: Wayne County Sheriff; 618.842.6631

Lincoln Trail College

Confidential Advisor*: CAISA; Robinson, IL; 618.544.9379;
24-Hour - 866.288.4888

Medical Care: Crawford Memorial Hospital; 618.544.3131

Counseling: Crawford Family Counseling; 618.546.1021;

24-Hour - 618.395.5026

Law Enforcement: Crawford County Sheriff; 618.546.1515

Olney Central College

Confidential Advisor*: CAISA; Robinson, IL; 618.544.9379;
24-Hour - 866.288.4888

Medical Care: Carle Richland Memorial Hospital;
618.395.2131

Counseling: Richland Family Counseling; 618.395.4306;

24-Hour - 618.395.5026

Law Enforcement: Richland County Sheriff; 618.395.7481

Wabash Valley College

Confidential Advisor*: CAISA; Robinson, IL; 618.544.9379;
24-Hour - 866.288.4888

Medical Care: Wabash General Hospital; 618.262.8621

Counseling: Depot Counseling; 618.263.4970

Law Enforcement: Wabash County Sheriff; 618.262.4186

*** SAFE/CAISA Confidential Advisors provide free legal/medical advocacy and sexual assault counseling.**



Mental Health Toolkit



Alcohol, Drugs, Eating Disorders

NCADD

National Council on Alcoholism and Drug Dependence
www.drugabuse.com

Phone # 800-622-2255 or 1-800-NCA-CALL

SAMHSA

Substance Abuse & Mental Health Services Administration

U.S Department of Health & Human Services

www.samhsa.gov/find-help/national-helpline

National Helpline # 1-800-662-HELP (4357)

National Eating Disorders Association

Phone # 800-931-2237

Text the word **NEDA** to 741741 for a representative

Eating Disorders

National Institute of Mental Health

www.nimh.nih.gov/health/topics/eating-disorders

Phone # 1-866-415-8051

Suicide, Depression, Stress, Anxiety

Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org/>

24 Hour Crisis Hotline # 800-273-8255

Crisis Support Services

www.cssnv.org

Phone # 800-273- 8255

Text the word **CARE** to 8399863 for a representative

Crisis Text Line

www.crisistextline.org

Text the word **HOME** to 741741 for a representative

Mental Health Services

www.mentalhelp.net/anxiety/hotline

Phone # 1-310-855-HOPE (4673)

or 1-800- 852-8336

LGBTQ, Grief, Sexuality

LGBTQ Resource Links

<https://www.sacis.org/helpful-links/lgbtq-online-resources/>

SAFE

www.safecrisiscenter.org

Phone # 618-244-9330

24 Hour Hotline # 800-625-1414

Mental Health Resources

www.mentalhealth.net/articles

Phone # 888-993-3112

CAISA

www.sacis.org/

24 Hour Crisis Hotline # 888-345-2846

National Alliance on Mental Health

www.nami.org/find-support/NAMI-helpline

Phone # 800-950-6264 (NAMI)

