

DO YOU:

- ❖ have problems sleeping?
- ❖ feel like giving up?
- ❖ feel like you are running in circles?
- ❖ find yourself not wanting to have fun?
- ❖ not want to go home because of family stress?
- ❖ rely on substances to deal with everyday life?



THERE IS HOPE...

COMMUNITY HOPE & RECOVERY CENTER

The HOPE Trust is partnering with Community Hope & Recovery Center to offer in-person, telephone, or video behavior health services for members, including a 24-hour crisis line (same as day time phone):

217-323-2980

- **Comprehensive Outpatient Counseling** – Assessments and counseling for individuals, couples, families, and groups for a variety of mental health conditions and substance use disorders.
- **New Hope/SASS** – Intensive mental health services for 90 days for individuals who may be experiencing a mental health crisis or needing psychiatric hospitalization.
- **Domestic Violence Services**—State-certified 26 week long perpetrator program providing assessments and services designed to educate individuals involved in domestic violence.

*****As a Preferred Provider, expenses will be waived for everyone utilizing these services. For members enrolled in *Qualified High Deductible Health Plans (QHDHP)*, members may have to first meet the IRS mandated \$1,400 annual deductible before the plan can waive further expenses. *****