

Peoria / Pekin / Bloomington Area Transgender/GNC Counseling Referrals

Local counseling referrals for transgender/gender non-conforming clients.

Counselors (also called therapists) can go by many different names:

Licensed Clinical Social Worker, Licensed Clinical Professional Counselor, License Clinical Psychologist, and License Marriage and Family Therapist, to name a few.

This is only a partial list of counseling agencies in the downstate Planned Parenthood served areas. We have emphasized agencies that accept Medicaid or may offer sliding scale fees (for those w/o insurance). Some of the listed agencies do accept private insurance. However, if you have private insurance, please refer to the information below how to best locate a therapist that accepts your insurance.

If you have private health insurance:

Call your insurance company (using the customer service # on your insurance card) before making an appointment.

Ask your insurance company to verify and explain how your behavioral health benefits work. Helpful questions to ask:

- I have the name of a counselor. Is the therapist “in network” with my insurance plan?
- I don’t have a therapist. What therapists are “in network” with my insurance plan.
- How much will the insurance pay? How much will I have to pay?
- Do I have co-payments, deductibles, or co-insurance?
- Do I need a referral?

Some insurance plans also require you to use a counselor/therapist from their network which they can provide for you. Check with your insurer. HMO plans often require you to use the behavioral health department of your primary care practice. Check with your plan for approved therapists.

To search for a therapist who accepts private insurance:

Websites used by many therapists that provide information about themselves:

Therapists.psychologytoday.com

Theravive.com

If you have a Medicaid Managed Care (MCO) plan:

Call the number on your Medicaid card how to locate an approved therapist. If you belong to a “medical home” you may need to use a therapist through your medical home.

Employee Assistance Programs (EAPs)—

Many employers contract with outside agencies called Employee Assistance Programs. EAPS can be used voluntarily by employees who would like to talk with a counselor about a personal, relationship, or family problem. EAP services are free to employees and no confidential information is provided to the employer. To find out if your employer has an Employee Assistance Program, contact your Human Resources department, employee handbook, or employee bulletin board.

If you have questions about locating behavioral health services, please feel free to contact a PPIL social worker.

Please call our main number at 1-877-200-PPIL to request to speak with a social worker. Our phone specialist will forward your name and number for a social worker to return your call.

ABC Counseling & Family Services

1). 705 Lincoln Ave, #303 Normal, IL. 61761

Phone: 309-451-9495 –

Fax: 309-451-9404

2). 7820 N. University Suite 101 Peoria, IL. 61614

Phone: 309-689-2990 –

Fax: 309-689-2991

3). 359 Margaret Street Pekin IL. 61554

Phone: 309-349-3886 –

Fax: 309-620-8647

They accept most major insurance, Medicaid and sliding scale

Services are limited to juveniles up to age 23, including transgender patients. They specialize in sex abuse and incest, family trauma.

<http://www.abccounseling.org/>

Antioch Group Inc.

6615 Big Hollow Rd. **Peoria, IL. 61615**

Phone: 309-692-6622

Fax: 309-692-6952

'Contemporary Christian Counseling and Psychological Services'

They accept Medicare, and most major insurance.

They offer counseling and psychiatric services for: Depression/Anxiety, transgender patients, substance and alcohol abuse.

<http://antiochgroup.com/>

Balanced LLC – Amy Braman, LCSW

100 Hillcrest Dr. Suite E

Washington, IL. 61571

Phone: 309-444-2800

*(Also with offices in **Peoria Heights** and **Bloomington** – call!)*

They accept most major insurance, and Medicare (not Medicaid) Self-pay fee is \$75.00

Services include: Abuse Recovery, Anxiety & Depression, Bipolar disorder, PTSD, Grief and Loss, LGBTQI Issues, Attention Deficit Hyperactivity Disorder (ADHD), Schizophrenia & Related Disorder, Trauma & Crisis Recovery

<http://balancedwashington.com>

Barnabas Center

1831 N. Knoxville Ave. **Peoria, IL.**

Phone: 309-688-9282

They accept most major insurance

They offer counseling for depression/anxiety, transgender patients, and more – call!

<https://www.wcicfm.org/your-life/community-resources/item/barnabas-center>

Catherine J. Kilbourn - LCSW

2500 N. Main St, **East Peoria, IL. 61611** Suite 2B

Phone: 309-761-4176

2500 N. Main St, East Peoria, IL. 61611

Insurance plans accepted: Aetna, Alliance, Blue Cross Blue Shield, Caterpillar, HAP | Health Alliance Plan, Health Alliance, Health Net, Humana, LifeSynch, MHN Net Behavioral Health, Magellan Behavioral Health, Medicare, Optum, United Healthcare, Value Options

Wide range of counseling available, including LGBTQ+

<https://www.psychologytoday.com/us/therapists/catherine-j-kilbourn-east-peoria-il/255546>

Cheryl Strong LCPC

2416 E. Washington St. Suite #2 **Bloomington, IL. 61704**

Phone: (309) 518-4429

Cheryl accepts most major insurance. Cheryl specializes in LGBTQ+ counseling, including transgender counseling.

[https://therapists.psychologytoday.com/rms/name/Cheryl Walton%2BStrong_MA,LCPC Bloomington Illinois 278823](https://therapists.psychologytoday.com/rms/name/Cheryl%20Walton%2BStrong_MA,LCPC_Bloomington_Illinois_278823)

Christopher Holly MSW, LCSW

(Associates in Mental Health)

900 Main St. Suite 580 **Peoria, IL. 61602** Phone: 309-637-4266

They accept and as a courtesy will bill your insurance, and they participate as a provider in many managed care plans.

The firm offers a full line of services; Christopher specializes in Sexual and Gender Identity Disorders

www.aimh.com

Elliot Counseling Services LLC

1). 1820 N. Sterling Ave Peoria, IL.

Phone: 309-212-3606

2). 706 Oglesby Ave. Suite 115 Bloomington, IL. (With a counseling location in **Normal as well)**

Phone: 309-212-3606

They accept most major insurance, Medicaid, and have sliding scale available.

They offer a full line of services, including transgender counseling

<http://www.elliottcounselingservices.com/>

Joy Miller & Associates

7617 N. Villa Wood Lane #1 **Peoria, IL 61611** Phone: 309-693-8200

They accept most major insurance. They offer a wide range of counseling including depression/anxiety, transgender patients.

<http://joymiller.com/>

Lavick Counseling Services

Vicki Lavick, MEd, LCPC, CRADC, PCGC
4809 N. Sheridan Rd.

Peoria, IL. 61614

Phone: 309-550-9903

Web: www.lavickcounselingservices.com

Email: vicki@lavickcounselingservices.com

Social media: www.facebook.com/lavickcounseling

They accept BCBS, Healthcare Alliance, Humana, Cigna and United Healthcare

Vicki works with teens 13+ and adults, and specializes in: Addiction recovery,

depression/anxiety, LGBTQ issues, chronic pain management, and anger & stress management.

Lori Farley - LCSW

200 West Monroe St. Suite 303

Bloomington, IL. 61701

Phone: 309-750-2508

Areas of focus: *Adolescents, teens and adults.*

LGBT+, gender issues, depression and anxiety, bipolar, trauma.

Insurance: *Lori accepts BCBS, Aetna, Cigna, Magellan, United and Medicare*

Nancy Egger LCSW

2500 N. Main St, East Peoria, IL. 61611

Phone: 309-282-2372

Insurance plans accepted: Anthem, BlueCross BlueShield, Cigna, First Choice Health, HAP |, Health Alliance Plan, HealthLink, Humana, Magellan Behavioral Health, Meridian, Out of Network, United HealthCare for Caterpillar, ValueOptions, some Medicaid.

Nancy offers a wide range of counseling, including LGBTQ+.

<https://www.psychologytoday.com/us/therapists/nancy-egger-east-peoria-il/117138>

Phoenix Wellness LLC

Erin Surratt MSW, LCSW owner/therapist. (3 therapists are available)

2020 W. War Memorial Dr. Suite 304 Peoria, IL. 61614

Phone: (309) 928-7717

Fax: (309) 966-1821

Website: <https://www.phoenixwellnesspeoria.com/>

Email: erin@phoenixwellnesspeoria.com

They offer counseling services in the areas of: *depression/anxiety, bipolar and personality disorders, ADHD, mood disorders, trauma, gender and sexuality for children, adolescents, teens, adults and families. Erin will match you to the therapist that best suits your needs.*

Phoenix Wellness *accepts insurance from: Blue Cross/Blue Shield, United Health Care, Caterpillar, OSF, and is an EAP provider for Morneau Shepell (previously Chestnut Health Services); they do not take Medicaid but do offer a modified sliding fee scale.*

Psychology Specialists (7 area locations!)

Peoria, Pekin & Canton locations:

Phone: 309-648-0782

- 1). 900 Main St. Suite 780 **Peoria, IL 61602** (at Methodist Atrium Building)
- 2). 5401 N. Knoxville Ave. Suite 117 **Peoria, IL 61614** (at Proctor Professional Building)
- 3). 113 N. Parkway Dr. **Pekin, IL 61554**
- 4). 180 S. Main St. **Canton, IL 61520**

Bloomington and Pontiac locations:

- 5). 808 S. Eldorado Rd. Suite 102 **Bloomington, IL 61704**

Phone 309-706-3190

- 6). 2406 E. Empire **Bloomington, IL 61704**

Phone 309-706-3190

- 7). 2500 Reynolds St. Suite 209 **Pontiac, IL 61764**

Phone 815-579-9002

They offer a full line of counseling services, including transgender counseling, and accept most major insurance.

<http://www.psychologyspecialists.com/>

Seventh Direction

Lisa M. Kyle-Wolf, MSW, LCSW

5016 N. University, Suite 106

Peoria, IL 61614

Phone: 309-696-8369

Lisa accepts most major insurance including Medicare and Medicaid.

Specialties are in the areas of trauma, grief, addictions, LGBTQ+ and pain management.

"I have been providing counseling for 32 years so I am confident in working with all issues."

www.seventhdirectionwithin.com

Shelly Smith MA, LMFT

(United Counseling & Wellness)

They recently moved from the Peoria / Pekin area, but now offer online therapy/counseling

Phone: 312-635-4354

<http://unitedcounselingwellness.com>

Stacy Cassidy Munoz, LCPC

(Inspire Counseling & Wellness)

6707 N. Sheridan Rd. Suite N

Peoria, IL 61614

Phone: 309-453-3604

They accept: BCBS, United HealthCare, Health Alliance, Humana, and have sliding fee scale available.

They offer a range of counseling services for adults, children and teens, including transgender counseling.

<http://inspirecounselingandwellness.com>

Victoria West LCPC, CADC NCC

6401 N. Sheridan Rd. Suite 104

Peoria, IL. 61614

Phone: 309-589-0909

west.victoria@att.net

Whole Life Solutions LLC

Lisa Schwab, LCPC, NCC, CTC, DCC, EAS-C

4806 N. Prospect Rd.

Peoria Heights, IL. 61616

Phone: 309-691-5502

They accept most major insurance carriers, Medicare, Molina and Meridian, BCBS-MCO. They offer sliding fee scale if qualified.

Specialties: Trauma, PTSD, Relationship Issues, Substance Abuse, Sexuality (Lesbian, Bisexual, Transgender)

<http://www.wholelifesolutions.net/>

Email: lschab@wholelifesolutions.net

Youth Service Team

1200 Hamilton Blvd.

Peoria, IL.

Phone: 309-589-7980

(Client line: 309-671-8040)

They accept Medicaid, Medicare, Most major insurance, managed care Molina & Meridian.

They specialize in youth services for substance/alcohol abuse, transgender counseling, and behavioral health services.

Are you a victim of domestic abuse/assault or human trafficking?... ...LGBTQ+ accepting help and shelter are right here!

Center For Prevention of Abuse

"Helping all people live free from violence and abuse."

PO Box 3855, Peoria IL 61612

All victim services are free and confidential.

Abuse is an intentional act one person uses to control another person.

Abuse may be physical, verbal, emotional, sexual, digital and/or financial.

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

Crisis Hotline: 1-800-559-SAFE (7233)

Peoria: (309) 691-0551

Pekin, Carol House of Hope: (309) 353-7512

Adult protective services: (309) 637-3905

Family violence intervention project: (309) 698-2874

Phone numbers to Obtain Orders of Protection

Peoria County – (309) 672-6074

Tazewell County – (309) 346-6645

Woodford County – (309) 467-7345