

Students seeking options for longterm or ongoing counseling, and/or medication management in the Quad Cities are encouraged to contact the following low-cost or sliding fee counseling providers and groups for additional assistance.

IA/IL COMMUNITY RESOURCES

VERA FRENCH – 563-383-1900

Vera French offers same-day initial counseling evaluations. Located at 1441 West Central Park Ave., Davenport, Iowa. Hours: Mon., Tues. and Thurs. - 8 a.m.-7 p.m.; Wed. and Fri. - 8 a.m.-5 p.m. Visit www.verafrenchmhc.org/vera-french-mental-health-center/ for more information.

VERA FRENCH CAROL CENTER – 563-322-5276

A community support outreach center located adjacent to the campus at 808 North Harrison St., Davenport, Iowa. Open 8 a.m.-4 p.m., Mon.-Fri., the Center offers drop-in assistance with coping skills, social skills development, money management, and medication management.

FAMILY RESOURCES – 563-445-0557

Office locations in Iowa and Illinois. Family Resources provides mental health services and survivor services in a safe, confidential, and trauma-informed environment. Services are offered to individuals, couples, families, and children.

ROBERT YOUNG CENTER – 309-779-3000

Locations in Rock Island and Moline, Illinois. Inpatient and outpatient behavioral health services, addiction and substance abuse services, and other related community support program.

IMMEDIATE NEED CRISIS TELETHERAPY

EASTERN IOWA MENTAL HEALTH CRISIS LINE

(24/7) – 844-430-0375

ROBERT YOUNG CENTER (ILLINOIS) CRISIS LINE

(24/7) – 309-779-2999

NAMI GREATER MISSISSIPPI VALLEY

(Mon.-Fri. - 11 a.m.-5 p.m.) 800-950-6264
Crisis Text Line (24/7) – Text NAMI to 741

NATIONAL SUICIDE PREVENTION LIFELINE

(24/7) – 800-273-TALK (8255)

THE NATIONAL GRAD CRISIS LINE

877-472-3457

LGBT NATIONAL HOTLINE

Mon.-Fri. - 5 p.m.-1 a.m. and Sat. - 1 p.m.-6 p.m.
888-843-4564

VETERAN RESOURCES

MILITARY ONE SOURCE – is a one stop shop mental health hub for all armed forces veterans to find the right tools to support their mental health needs. www.militaryonesource.mil/health-wellness/mental-health/mental-health-resources

Free, confidential, online screenings for anxiety, depression, mood disorders, PTSD and other conditions are available at <http://www.mhascreening.org>, using Mental Health America's screening service.

ONLINE RESOURCES

U.S. Department of Health & Human Services
www.healthcare.gov and www.mentalhealth.gov

Center for Mental Health

www.center4mh.org

Substance Abuse and Mental Health Services

www.samhsa.gov

National Sexual Violence Resource Center

www.nsvrc.org

ONLINE SELF-MANAGEMENT/HELP ASSESSMENT TOOLS

<https://screening.mentalhealthamerica.net/screening-tools>

<https://ccmh-s.psu.edu/ccaps-web/Csp/0b66cf5622de49529c852a82f82ca700/MainMenu>

<http://helpyourselfhelpothers.org/>

<https://screening.mentalhealthscreening.org/hyho>



PALMER
College of Chiropractic

The Trusted Leader in Chiropractic Education®

CONTACT US

STUDENT ACADEMIC SUPPORT SERVICES

Holly Fischer, Megan Parketon,
Sonnet Busen, Bridgett Lance

1000 Brady Street
Experiential Learning Center, Suite 301

Phone: 563-884-5655

Email: academicsupport.ia@palmer.edu

YOU ARE NEVER ALONE



STUDENT ASSISTANCE PROGRAM (SAP)

SAP is a mental health solution-focused support resource for Off-Campus/ Teletherapy provided by locally contracted personal counseling services offered through the Student Academic Support Services.

UP TO 44% OF COLLEGE STUDENTS REPORTED HAVING SYMPTOMS OF DEPRESSION AND ANXIETY SINCE RETURNING TO CLASSES IN 2021.



PALMER
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Palmer has support resources for off-campus/teletherapy services that offers five (5) complementary mental health solution-focused sessions per academic calendar year (July 1 to June 30) with one of the local community mental health providers, under contract, for current enrolled students and their immediate family members living in the home. Palmer does not; however, cover/pay for long-term personal counseling therapy.

Information can be found online at www.palmer.edu/wellness
- select Main campus button.

FOLLOW THESE 4 STEPS:

- 1) Select from any of the following listed providers that best fits your personal needs.
- 2) Schedule your appointment per provider's directions and make sure to identify as a Palmer student. The Provider will contact the College to verify current enrollment status.
- 3) If you prefer to have a Teletherapy session, please indicate at the beginning of your appointment scheduling process, so the provider can make the appropriate adjustments.
- 4) Show up for your appointment! When you attend the appointment take your student id to check-in. They will ask you to sign a consent form to invoice the College**.

**Palmer covers ONLY the complementary five sessions per academic year (July to June) and if the provider has a no-show or late cancellation fee, you, the student, are held accountable for fees incurred and the College is not responsible for payment.



GROUP PROVIDERS:

DEPRESSION AND ANXIETY, ANGER MANAGEMENT, CHILDREN'S THERAPY, AND FAMILY COUNSELING:

For Individuals, Couples, and Families

Compassion Counseling, Inc.

2435 Kimberly Road

Alpine Center, North #145N

Bettendorf, IA 52722

phone: 563-355-0780

fax: 563-355-0656

online: www.compassioncounselinginc.com

email: daveh@compassioncounselinginc.com

or janeth@compassioncounselinginc.com

Email or call to make an appointment.

Clinicians have flexible hours and vary by therapist.

PERSONAL GROWTH, RELATIONSHIPS, ANXIETY, DEPRESSION, TRAUMA, AND ANGER MANAGEMENT:

For Individuals, Couples, and Families

QC Counselor, PLC

2028 E. 38th Street, Suites 3-5

Davenport, IA 52807

phone: 563-424-2016

fax: 563-424-2017

online: www.qccounselor.com

email: GetHelp@QCCounselor.com

Email or call to make an appointment. Several Iowa Medicaid plans accepted.

RELATIONSHIPS, BOUNDARIES, NAVIGATING CONFLICT, AND COPING WITH ANXIETY:

For Couples and Families

Marriage and Family Counseling Services

1800 3rd Avenue, Suite 512

Rock Island, IL 61201

phone: 309-786-4492

online: www.mfcsqc.org

Evening hours by appointment. Intake forms are mailed in advance of your appointment.

RELATIONSHIPS, ANXIETY, DEPRESSION, STRESS, AND LIFE TRANSITIONS:

For Individuals, Couples, and Families

Therapy Professionals of the Quad Cities –

Carol Daniels, PhD, LMFT and Erica Bucy, LISW

1333 W. Lombard Street, Suite C

Davenport, IA 52804

phone: 563-324-9050

fax: 563-424-7827

online: therapyprosqc.com

email: therapyprosqc@gmail.com

Book online or call to make an appointment.

ANXIETY, RELATIONSHIPS, BOUNDARIES, TRAUMA, ABUSE, NAVIGATING CONFLICT, AND PERSONAL GROWTH:

For Individuals, Couples, and Families

Family Counseling & Psychology Center

2485 Tech Drive

Bettendorf, IA 52722

phone: 563-355-1611

fax: 563-6617

Gina Ellis, LCPC, is at

303 18th Street

Rock Island, IL 61201

phone: 309-788-6374

online: www.qcfamilycounseling.com

Individual Providers:

TRAUMA, LGBTQIA ISSUES, ANXIETY, AND DEPRESSION:

For Individuals, Couples, and Families

Alyson Pearson, LISW

Pearson Mental Health Therapy, PLLC

2322 East Kimberly Road, Suite 265N

Davenport, IA 52807

phone: 563-349-7948

email: alyson@pearsonmht.com

online: www.pearsonmentalhealththerapy.com or

www.instagram.com/pearsonmht,

or www.facebook.com/pearsonmht

Email to set up your first appointment.

SPIRITUALITY AND GENERAL CONCERNS:

For Individuals, Couples, and Families

Kimber Brokaw, LISW, LCSW

Connection Counseling

2305 7th Avenue

Moline, IL 61265

phone: 563-424-7137

fax: 563-424-7136

email: connectioncounseling@gmail.com