STUDENT ASSISTANCE PROGRAM (SAP)

YOU ARE NEVER ALONE

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

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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

UP TO 44% OF COLLEGE STUDENTS REPORTED HAVING SYMPTOMS OF DEPRESSION AND ANXIETY SINCE RETURNING TO CLASSES IN 2021.
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: therapyprosqqc.com
email: therapyprosqqc@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