

**OSF HealthCare Saint Anthony's  
Psychological Services – Employee Assistance**

**618-474-6240**

**1 Saint Anthony's Way, 4<sup>th</sup> floor; Alton IL 62002\***

*\*Please note our new address/location*

*At some point, everyone could benefit from a helping hand. If you feel overwhelmed, alone, or if worry and sadness are affecting your life on a regular basis, it may be time to call for confidential assistance. Talk about your concern before the issue escalates. Get support. You are not alone; we are here to help!*

OSF Saint Anthony's Psychological Services – Employee Assistance offers counseling provided by experienced professionals who specialize in treatment for stress, anxiety, depression, family conflicts, trauma, and other life concerns. Confidential counseling is available for seniors, adults, adolescents, and children ages 6+.

We are dedicated to meeting your needs. At this time a variety of options are available:  
Tele-Video sessions, and Personal visits while maintaining social distancing.

Silvercloud is a Free online digital tool, offered by OSF Healthcare, designed to provide you with mental health support, available 24/7 on your computer, tablet or mobile phone. To learn more or to sign up for Silvercloud online: <https://care.silvercloudhealth.com/signup/>.

In Honor of May being National Mental Health Month  
OSF Healthcare is offering Free Screenings for Anxiety and/or Depression.

To schedule a confidential appointment for a Telephone screening, please call: 618-474-6240.

For caring confidential assistance or more information about OSF Healthcare Behavioral Health Services please call: 618-474-6240. <https://www.osfhealthcare.org/mental-health/services/therapy/>



**OSF® HEALTHCARE**