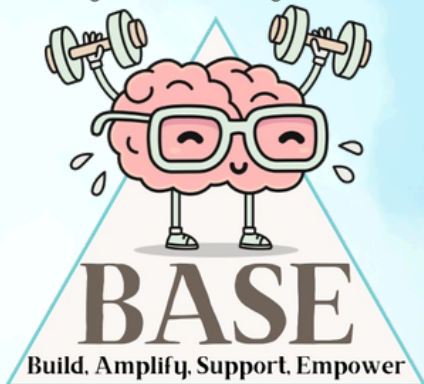


YOUTH RESOURCE GUIDE

Serving Coles and Douglas Counties



Funding provided in whole or in part by the Illinois Department of Human Services.

SWIPE RIGHT AND LEFT
TO VIEW RESOURCES!



HOTLINES

Suicide Prevention
Call or Text: 988

Illinois Warmline
1-866-359-7953
Mon-Sat, 8am-8pm

Teen Dating Violence
Helpline
1-866-331-9474
(Txt LOVEIS to 22522) (24/7)

PREVAIL Sexual Assault/
Abuse Crisis line
888-345-2846

RACES Rape Crisis Hotline
(217) 384-4444

HOPE of ECI
Coalition Against Domestic
Violence
1-888-345-3990

NAMI Teen & Young Adult Helpline
1-800-950-6264
(Txt Friend to 62640)
(M-F, 9am-9pm)

Boys Town National Hotline
(Abuse)
1-800-448-3000 (24/7)

LGBT National Youth Talk line
1-800-246-7743
(M-F, 3pm-11pm, SAT, 11am-4pm)

The Trevor Project
1-866-488-7386
or text START to 678-678

Trained counselors who understand the challenges
LGBTQAI+ young people face. 24/7

DOMESTIC VIOLENCE / SEXUAL ASSAULT

HOPE of East Central Illinois
Coalition Against Domestic
Violence
888-345-3990

RACES Rape Crisis Hotline
217-384-4444

RACES is a community-based rape crisis center that provides free, confidential services to anyone who has been affected by sexual assault, abuse, or harassment.

PREVAIL
Sexual Assault/Abuse
Crisis line
888-345-2846

for other services:
825 18th Street, Suite 409, Charleston
217-348-5033

Counseling Services available to survivors of sexual violence as well as non-offending family members and loved ones effected by it.



MENTAL HEALTH/ SUBSTANCE USE

Hour House
217-348-8108
Offers substance use counseling for adolescents and adults.

Journey Professional Counseling
121 W State St., Charleston IL
217-345-4642

LifeLinks
750 Broadway Ave E Mattoon IL
Crisis Hotline 1-866-567-2400

Neuro Harmony, LLC
1836 Victoria Ln, Charleston IL
217-253-8080
Mon-Fri 8-5

RISE Behavioral Health and Wellness
114 W. Houghton Street, Tuscola
217-253-4731
Crisis Hotline 217-253-3511

Additional services outside of Coles and Douglas Counties.

The Pavilion Behavioral Health System
1-800-373-1700

Chestnut Health Systems
1-888-924-3786

Lincoln Prairie Behavioral Health Center
217-585-1180

Rosecrance Behavioral Health
1-866-784-3021

QUIT SMOKING/VAPING

1-800-QUIT -YES

Free for IL residents

Smoke Free Teen

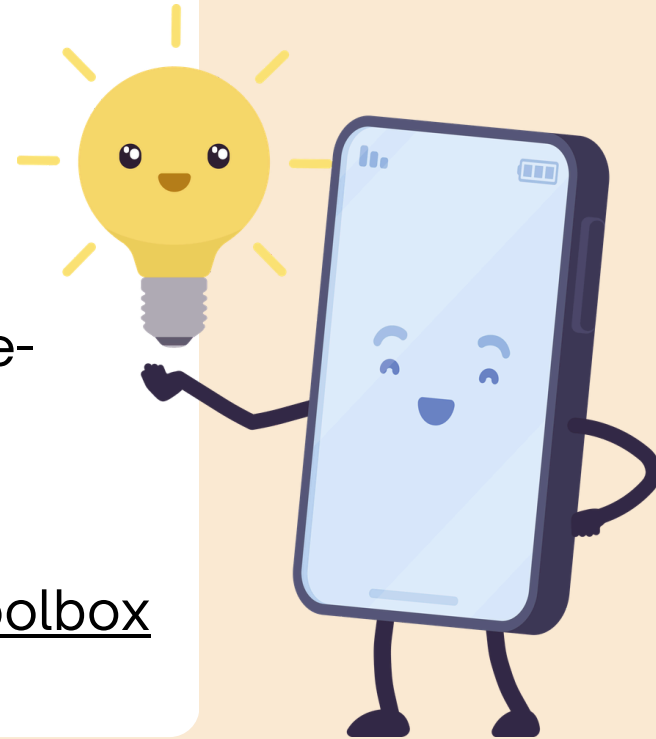
teen.smokefree.gov

quitSTART app

teen.smokefree.gov/become-smokefree/quitstart-app

Smart Recovery Toolkit

<https://smartrecovery.org/toolbox>



UNHOUSED STUDENTS/ HOUSING INFORMATION

ROE 11 McKinney-Vento Liaison
(800) 215-6379

Resources and assistance for
unhoused students.

Salvation Army Mattoon Corps
Community Center
(217) 234-3915

Warming Center Hours
Monday-Friday 9AM-5PM

Embarras River Basin Agency
(217) 253-4434

The Haven- Shelter (Mattoon)
(217) 234-7237

Community Outreach and
Recovery Support (CORS)

Coles County
Brandy Schlanser, Recovery Navigator
217-254-9733
brandys@hourhouserrecovery.org

Douglas County
Misty Robinson, Recovery Navigator
217-254-8697
mistyr@hourhouserrecovery.org

HEALTH DEPARTMENTS

Coles County Health Department

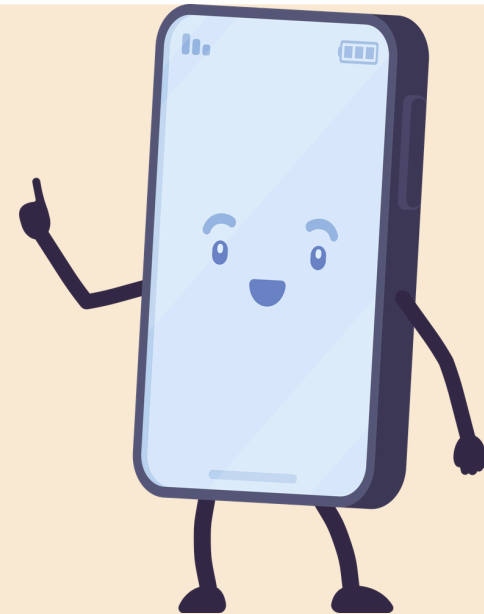
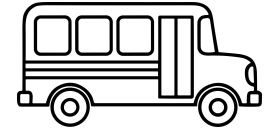
753 Windsor Road
Charleston, IL 61920
Phone: (217) 348-0530

Douglas County Health Department School Based Health Center and Dental Clinic

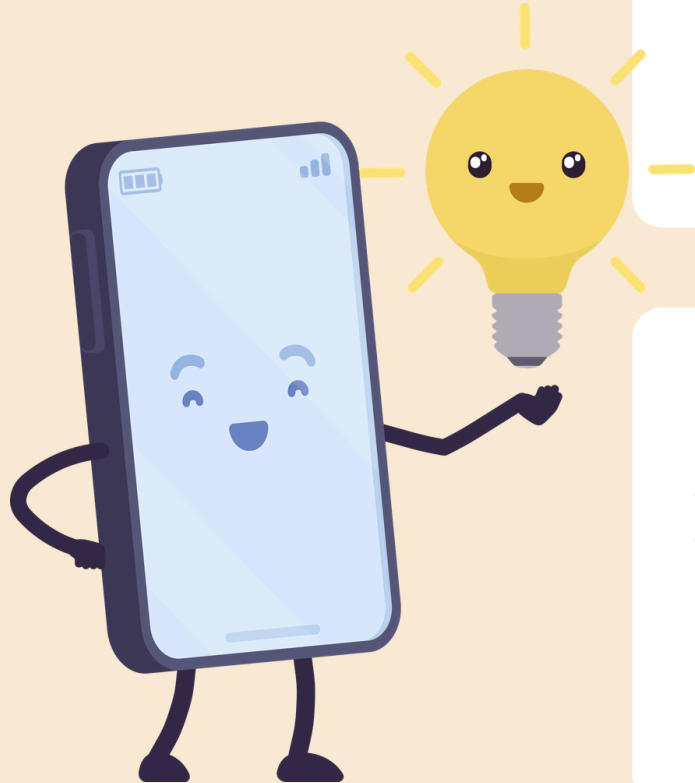
1250 E. US Hwy 36
Tuscola, IL 61953
217-253-4137
www.dchealthil.org

PUBLIC TRANSPORTATION

Dial-A-Ride
(800) 500-5505



YOUTH SUPPORT GROUPS



Alateen

al-anon.org/newcomers/teen-corner-alateen/

Electronic Meeting in the Al-Anon Family Groups Mobile App. Alateen meetings in the Mobile App are for young people aged 13 to 18 who have been affected by someone else's drinking.

SMART Recovery

meetings.smartrecovery.org/

Virtual meetings available for teens 13+ and young adults.

SMART Recovery is an evidence-informed approach to overcoming addictive behaviors and leading a balanced life. SMART is stigma-free and emphasizes self-empowerment.

Nar-Anon Family Groups

www.nar-anon.org

A 12-Step Program
for Family & Friends

CONTACT THE BASE TEAM

Recovery Navigator/ Intervention Specialists

Coles County

Ayla Holford

217-218-9274

aylah@hourhouserecovery.org

Sarah Dulske

217-218-9382

sarahd@hourhouserecovery.org

Douglas County

Nick Spidle, CPRS

217-218-9972

nicks@hourhouserecovery.org

Megan Janes

217-218-9514

meganj@hourhouserecovery.org

Program Coordinator

Leanna Morgan

217-208-8984

leannam@hourhouserecovery.org