

Resource Guide

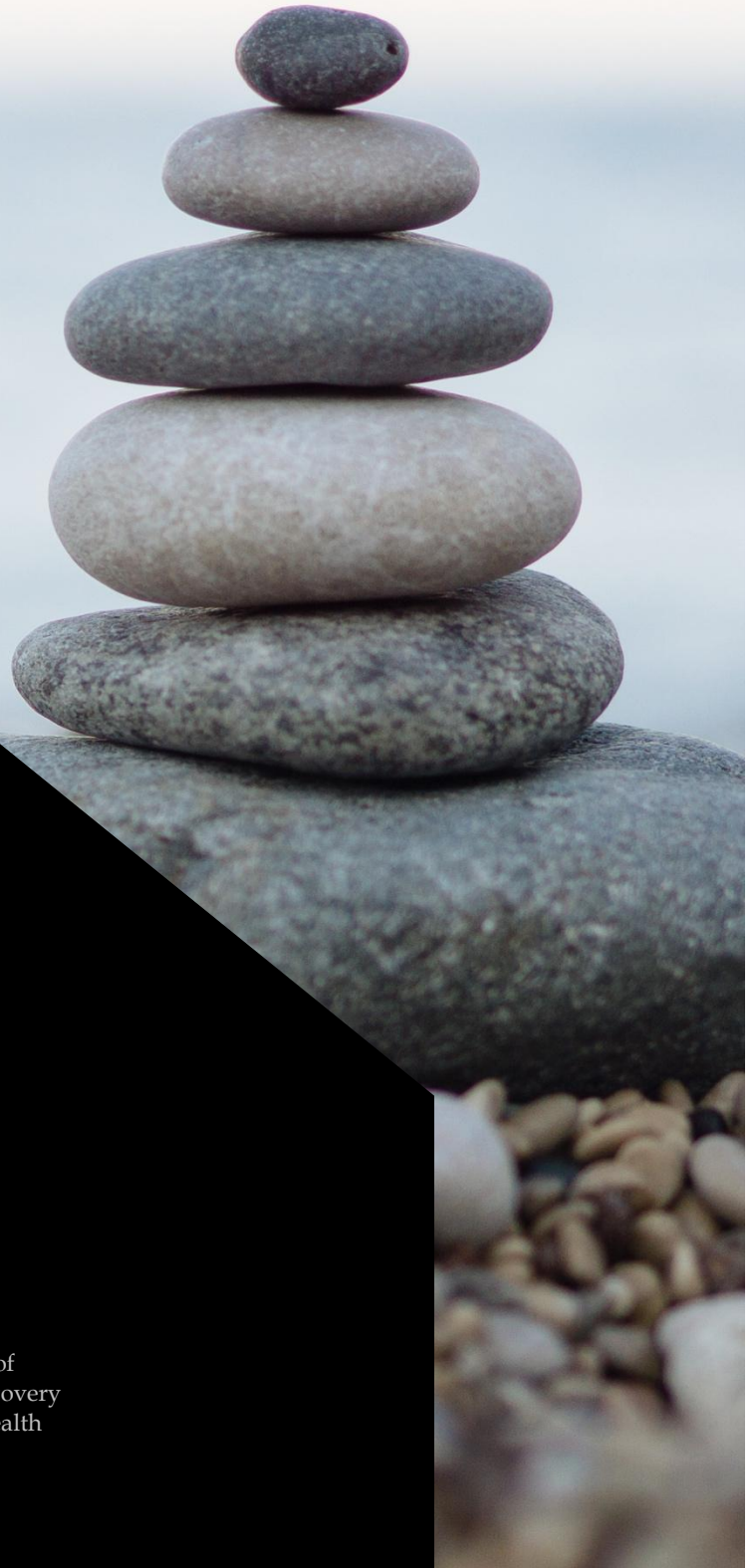
(Coles, Cumberland, Douglas, Effingham, Moultrie
And Shelby Counties)



Hour House Prevention June 2026

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Human Services, Division of Behavioral Health and Recovery
through a grant from the Substance Abuse & Mental Health
Services Administration

Information provided in part by Sarah Bush Lincoln's
Community Online Resource Directory (CORD)



CCAR Industries - Employment Placement
1530 Lincoln Ave.
Charleston, IL 61920
217-348-0127 Ext. 610
<http://www.ccarindustries.org>

CEFS - Adult & Dislocated Worker Training Assistance Program- Lake Land College Workforce Development Center
915 Lake Land Blvd.
Mattoon, IL 61938
217-238-8213
217-238-8282
217-235-2222
217-279-0371
<http://www.cefseoc.org>

CEFS Economic Opportunity Corporation- Outreach- Administrative Office
1805 South Banker St.
Effingham, IL 62401
217-342-2193
<http://www.cefseoc.org/>

CEFS - Youth Workforce Training and Education Program
915 Lake Land Blvd.
Mattoon, IL 61938
217-238-8213
217-238-8212
217-238-8282
217-235-2222
<http://www.cefseoc.org>

Core Academy- Effingham Career Development Center
*Assists with career paths, hands- on learning & job placement
1201 Althoff Drive
Effingham, IL 62401
217-540-3500
<https://coreacademyil.com/about-us/>

CSBG Scholarship Program
*Available to Shelbyville, Effingham & Moultrie Co. residents
515 North Cedar St.
Shelbyville, IL 62565
217-774-4541
<http://cefseoc.org/>

Douglas County Work Net
401 S. Main St.
Tuscola, IL 61953
217-253-7555
<https://www.eciwork.net/>

Effingham County Unemployment Office
2311 Hoffman Dr.
Effingham, IL 62401
217-347-7716
<https://ides.illinois.gov/>

Effingham Employment Security Office
2311 Hoffman Dr.
Effingham, IL 62401
217-558-0401
<https://ides.illinois.gov/>

EIU Career Services
*Career Counseling Services
1301 Human Services Building
Charleston, IL 61920
217-581-2412
<https://www.eiu.edu/careers/>

Express Employment Professionals
900 N 3rd St., Ste. D.
Effingham, IL 62401
217- 347-2224
www.expresspros.com

Express Employment Professionals
616 Charleston Ave.
Mattoon, IL 61938
217-234-2211
www.expresspros.com

ERBA – Skills Training Employment Program
400 W. Pleasant St.
Greenup, IL 62428
217-923-3113
<http://www.erbainc.org>

Global Team Staffing
700 Broadway Ave., Suite #8M
Mattoon, IL 61938
205-718-4460
www.globalteamstaffing.com

Heartland Human Services – Individual Placement & Support Services

1200 N. Fourth St.
Effingham, IL 62401
217-347-7179

<http://www.heartlandhs.org>

Illinois Employment & Training

115 N. 15th St.
Mattoon, IL 61938
217-235-0321

<https://dceo.illinois.gov/assistanceforindividuals/jobtraining.html>

Innovative Staff Solutions

*Temporary agency
800 W. Jefferson Ave.
Effingham, IL 62401
217-342-6999

www.staffsolutions.com

Innovative Staff Solutions

*Temporary agency
704 Broadway Ave.
Mattoon, IL 61938
217-235-2299

www.staffsolutions.com

Innovative Staff Solutions

1411 S. Hamilton St.
Sullivan, IL 61951
217-728-4972

www.staffsolutions.com

Lake Land College – Adult Education

5001 Lakeland Blvd.
Mattoon, IL 61938
217-238-8292

<https://www.lakelandcollege.edu/adult-ed/>

Lakeland College Workforce Development Center

5001 Lakeland Blvd.
Mattoon, IL 61938
217-235-2222

<https://www.lakelandcollege.edu/workforce-development-center/>

Life Links - Individual Placement & Support

750 Broadway Ave. East
Mattoon, IL 61938
217-238-5701

<http://www.lifelinksinc.org/ips.html>

Manpower

*Temporary agency
113 N. Logan St.
Mattoon, IL 61938
217-235-1441

www.manpowerillinois.com

PACE - Personal Assistant Referral

*Available in Douglas Co.
301 S. Vine, Suite 211
Urbana, IL 61801
217- 344-5433

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

SAIL-Family & Youth Services: Charleston

707 Windsor Rd., Suite B
Charleston, IL 61920
217-345-7245

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

SAIL-Family & Youth Services: Shelbyville

(Shelby Co. Outreach Office)
1604 W. Main St., Suite 100
Shelbyville, IL 62565
217-774-4322

217-876-8888

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

SAIL-Five Core Services: Charleston

707 Windsor Rd., Suite B
Charleston, IL 61920
217-345-7245

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

SAIL-Independent Living Services- Charleston

707 Windsor Rd., Suite B
Charleston, IL 61920
217-345-7245

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

SAIL-Independent Living Services: Shelbyville
(Shelby Co. Outreach Office)
1604 W. Main St. Suite 100
Shelbyville, IL 62565
217-774-4322
217-876-8888
<http://www.decatursail.com/>

SAIL-Personal Assistant Program- Charleston
707 Windsor Rd., Suite B
Charleston, IL 61920
217-345-7245
<http://www.decatursail.com/>

SAIL-Personal Assistant Program- Shelbyville
(Shelby Co. Outreach Office)
1604 W. Main St. Suite 100
Shelbyville, IL 62565
217-774-4322
217-876-8888
<http://www.decatursail.com/>

Salvation Army of Coles & Cumberland County
1300 Richmond Ave., PO Box 671
Mattoon, IL 61938
217-234-3915
<https://centralusa.salvationarmy.org/midland/mattoon/>

Staff Management SMX
1020 Broadway Ave.
Mattoon, IL 61938
217-234-3624
www.staffmanagement.com

Staff Quick
104 N 2nd St., Ste B.
Effingham, IL 62401
217-342-1100
www.staffquickjobs.com

Staff Quick
524B Lake Land Blvd.
Mattoon, IL 61938
217-295-1646
www.staffquickjobs.com

State of Illinois – Division of Rehabilitation
129 N. 15th St.
Mattoon, IL 61938
217-235-3154
<http://www.dhs.state.il.us/page.aspx?item=29764>

Talent Management Professionals
309 S. 21st St., Suite 1
Mattoon, IL 61938
217-238-8538
<https://www.tmpstaffing.com>

The Job Center
515 N. Cedar St.
Shelbyville, IL 62565
217-774-5550
<http://www.west-central.org>

University of Illinois Extension – Coles County
809 Broadway Ave.
Mattoon, IL 61938
217-345-7034
<http://extension.illinois.edu/>

University of Illinois Extension – Cumberland County
102 S. Meridian St.
Toledo, IL 62468
217-849-3931
<http://extension.illinois.edu/>

University of Illinois Extension – Moultrie & Douglas County
304 E. Progress
Arthur, IL 61911
217-543-3755
<http://extension.illinois.edu/>

University of Illinois Extension – Shelby County
1125 W. N. 2nd St.
Shelbyville, IL 62565
217-774-9546
<http://extension.illinois.edu/>

Veterans Employment

106 N. 3rd St

Effingham, IL 62401

217-342-4149

<https://veteransemployment.net/>

Westaff

400 N. Keller Dr. #A

Effingham, IL 62401

217-347-0553

<https://www.westaff.com>

**Workforce Innovation & Opportunity Act
Program (WIOA) Adult Program**

2311 Hoffman Drive

Effingham, IL 62401

217-347-2102

<https://www.cefseoc.org/wioa-adult>

**Workforce Innovation & Opportunity Act
Program (WIOA) Adult Program**

915 Lake Land Blvd.

Mattoon, IL 61938

217-279-0371

<https://www.cefseoc.org/wioa-adult>

Adult Children of Alcoholics/Dysfunctional Families

310-534-1815

<https://adultchildren.org/>

Adult Immunization Clinic

Adult Wellness Clinic

1700 W. South 3rd St.

Shelbyville, IL 62565

217-774-9555

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

AdvantAge 50

1000 Health Center Dr.

Mattoon, IL 61938

217-258-2422

<https://www.sarahbush.org/advantage50>

Aging Network in East Central Illinois

1003 Maple Hill Rd.

Bloomington, IL 61705

309-829-2065 ext. 1201

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

Alzheimer's Support Group – Charleston

Villas of Holly Brook

738 18th St.

Charleston, IL 61920

217-512-2773

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

American Cancer Society

1-800-227-2345

<http://www.cancer.org>

American Diabetes Association, Greater Illinois Area

2580 Federal Dr., Suite 403

Decatur, IL 62526

217-875-9011

1-800-445-1667

<http://www.diabetes.org>

American Kidney Fund – Financial Aid Programs

11921 Rockville Pike, Suite 300

Rockville, MD 20852

1-800-638-8299

<http://www.kidneyfund.org>

American Lung Association

3000 Kelly Lane

Springfield, IL 62711

217-787-5864

1-800-586-4872

<http://www.lung.org>

Anonymous HIV Counseling and Testing- Coles Co Health Department

753 Windsor Rd.

Charleston, IL 61920

217-348-0530

<https://www.colesco.illinois.gov/cchd/>

Arthur Home- Eberhardt Senior Community

431 W. Palmer St.

Arthur, IL 61911

217-543-2103

<https://eberhardtseniorcommunity.com/>

At Home Care Inc.

1519 University Dr.

Charleston, IL 61920

217-345-4003

Avid Health at Home

1901 S. 4th St., Suite 4

Effingham, IL 62401

217-994-9016

<https://avidhealthathome.com/>

Beauty from Ashes Healing

*Survivor led- Anti-Human Trafficking

Agency, focused on safe housing

417 Monroe Ave.

Charleston, IL 61920

<https://www.facebook.com/people/Beauty-From-Ashes-Healing/61566550293166/#>

Blackshire-Hiett Marriage & Family Therapy

17498 N. Livingston Rd.

Marshall, IL 62441

217-826-3477

Brandy Kelley Counseling

(Offers individual and group therapy)
Effingham, IL 62401
217-383-0964

Email: brandykelleylcp@gmail.com
<https://www.brandykelleycounseling.com/services>

Brightpoint

503 S. Country Fair Drive, Suite 2A
Champaign, IL 61821
217-530-4040

Email: HealthyFamiliesCoord@brightpoint.org
www.brightpoint.org

Bulthouse Counseling Services

16 N. Washington St., Suite B
Sullivan, IL 61951
217-254-6582
<https://bulthousecounseling.com/>

Care Horizon

845 18th Street
Charleston, IL 61920
217-348-3011
<http://www.carehorizon.org>

Care Horizon Headquarters

120 Courthouse Square
Toledo, IL 62468
1-800-626-7911
<http://info@carehorizon.org>

CARES Hotline in Illinois

*24/7 Mental Health Crisis Support for Youth and Adolescents
1-800-345-9049

Carle – Auditory Oral School

805 West Park St.
Urbana, IL 61801
217-326-2824
<https://caos.carle.org/>

Carle Cancer Institute Urbana

509 W. University Ave
Urbana, IL 61801
217-383-3010
<https://carle.org/services/institutes/cancer-center>

Carle Champaign on Curtis

1701 W. Curtis Rd.
Champaign, IL 61822
217-365-6200
<http://www.carle.org>

Carle – Child Diagnostic Clinic (CDC)

1802 S. Mattis Ave.
Champaign, IL 61821
217-383-3313
<https://carle.org/Services/Child-Diagnostic-Clinic>

Carle – Cleft Lip and Palate Team

602 W. University Ave.
Urbana, IL 61801
217-383-4383
<https://carle.org/Services/Cleft-Lip-Cleft-Palate-Clinic>

Carle – ECHO Program

805 W. Park St.
Urbana, IL 61801
217-383-4375
<https://carle.org/services/expanding-childrens-hearing-opportunities-echo>

Carle Effingham

401 N. Keller Dr., Suites 3 & 4
Effingham, IL 62401
217-347-6400
<https://carle.org/locations/carle-effingham>

Carle – Heart and Vascular Institute, Cardiac Rehabilitation

701 W. Park St.
Urbana, IL 61801
217-904-7000
<https://carle.org/services/institutes/heart-and-vascular-institute>

Carle Heart and Vascular Institute Mattoon

100 Lerna Rd. South
Mattoon, IL 61938
217-258-5900
<https://carle.org/locations/carle-heart-and-vascular-institute-mattoon>

Carle – Level 1 Trauma Center
611 West Park St.
Urbana, IL 61801
217-383-3311
<http://www.carle.org>

Carle – Mattoon on Lerna
200 Lerna Rd. South
Mattoon, IL 61938
217-258-5993
217-258-5900
<http://www.carle.org>

Carle - Patient Advisory Nurse
602 W. University Ave.
Urbana, IL 61801
217-383-3233
<http://www.carle.org>

Casey Rehab & Nursing
100 N.E. 15th St.
Casey, IL 62420
217-932-5217
<https://caseyrehab.com/>

Catholic Charities – Effingham: Med Assist Program
1502 E. Fayette Ave.
Teutopolis, IL 62467
217-857-1458
<http://www.cc.dio.org/>

Catholic Charities – Effingham: Dental Voucher Program
1502 E. Fayette Ave.
Teutopolis, IL 62467
217-857-1458
<http://www.cc.dio.org/>

Catholic Charities – Effingham: Diabetic Medical Program
1502 E. Fayette Ave.
Teutopolis, IL 62467
217-857-1458
<http://www.cc.dio.org/>

Catholic Charities – Prescription Medical Program
4217 DeWitt Ave.
Mattoon, IL 61938
217-235-0420
<https://cc.dio.org/locations/mattoon>

CCAR Industries – Birth Through Two Program
1530 Lincoln Ave.
Charleston, IL 61920
217-348-0127
<https://ccarindustries.org/services/early-intervention-birth-through-two/>

CEFS Emergency Services – Shelby County
515 N. Cedar St.
Shelbyville, IL 62565
217-774-4541
<http://www.cefseoc.org/>

Center for Healthy Living- Sarah Bush Lincoln
1004 Health Center Dr., Ste. 110
Mattoon, IL 61938
217-238-3488
<https://www.sarahbush.org/centerforhealthyliving/>

Child and Family Connections #19
*Serves many surrounding counties
141 S. Main St., Suite 601
Decatur, IL 62523
217-423-6199
<https://www.mcmhb.com/child>

Children Immunization Clinics – Shelby County
1700 W. South 3rd St.
Shelbyville, IL 62565
217-774-9555
<http://www.shelbyhealth.net/>

Choices Pregnancy & Health – Charleston
260 W. Locust Ave.
Charleston, IL 61920
217-345-5000
<https://choices4.me/>

Choices Pregnancy & Health – Mattoon
105 N. 10th St., Suite #3
Mattoon, IL 61938
217-234-3312
<https://choices4.me/>

Choices Pregnancy & Health – Casey
502 E. Delaware Ave.
Casey, IL 62420
217-932-5900
<https://choices4.me/>

Cocaine Anonymous
310-559-5833
www.ca.org

Coles County Health Department
753 Windsor Rd.
Charleston, IL 61920
217-348-0530
<https://www.co.coles.il.us/cchd/>

Coles County Health Department - Blood Lead Level Testing
753 Windsor Rd.
Charleston, IL 61920
217-348-0530
<https://www.co.coles.il.us/cchd/>

Coles County Office of IL Department of Human Services – Family Community Resource Center
1550 Douglas St.
Charleston, IL 61920
217-345-2188
www.dhs.state.il.us

Coles County Recovery Oriented Systems of Care (ROSC) – Skylar Kameron-Miller Coles Co ROSC Coordinator & Taylor Jones, Coles Co ROSC Recovery Navigator
513 N. 13th St.
Mattoon, IL 61938
217-258-6018
217-549-9045 (Skylar's Cell #)
217-549-7516 (Taylor's Cell #)
Email Skylar at skylark@hourhouserecovery.org
Email Taylo at taylorj@hourhouserecovery.org
<https://www.facebook.com/people/Coles-County-ROSC/61554298301081/>

Communicable Disease Control – Douglas Co. Community Health Education/Health Promotion, Dental Clinic
1250 E. US Hwy. 36
Tuscola, IL 61953
217-253-4137
<https://www.dchealthil.org/>

Community Support Services – Life Links
750 Broadway Ave. East
Mattoon, IL 61938
217-238-5700
<http://www.lifelinksinc.org>

Compass Counseling
*Offers mental health and SUD services
204 South Meridian Street
Toledo, IL 62468
217-259-5852

Copper Creek Cottages – Assisted Living Community – Memory Care Facility
920 Country Club Rd.
Mattoon, IL 61938
217-235-0001
<https://www.coppercreekcottages.com/>

Crossroads Counseling
(*Also offers Red Light Therapy Sessions)
702 N. Keller Dr.
Effingham, IL 62401
217-994-1074
<https://www.crossroadsemhc.com/>

Crystal Meth Anonymous
1-855-638-4373
www.crystalmeth.org

CSBG Summer Youth Scholarship
*Serving Effingham, Moultrie & Shelby
515 N. Cedar St.
Shelbyville, IL 62565
217-774-4541
<https://www.cefseoc.org/education-services>

Cumberland Co. Health Department — Direct Services Program, Health Works Program, Immunizations, Lead Screening, Risk Infant Program – APORS, Newborn Follow-Up Program

200 South Indiana, PO Box 130

Toledo, IL 62468

217-849-3211, Ext. 224

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

Cumberland Co. Health Department — Communicable Disease Program

200 South Indiana, PO Box 130

Toledo, IL 62468

217-849-3211, Ext. 234

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

Cumberland County Recovery Oriented Systems of Care (ROSC)- Kristina Drum, Cumberland Co ROSC Coordinator & Kyle Houser, Cumberland Co ROSC Recovery Navigator

513 N. 13th St.

Mattoon, IL 61938

217-258-6018

217-549-7125 (Kristina's Cell #)

217-549-7450 (Kyle's Cell #)

Email Kristina at

kristinad@hourhouserecovery.org

Email Kyle at kyleh@hourhouserecovery.org

<https://www.facebook.com/people/ClarkCumberland-County-ROSC/61555369714706/>

DaVita Mattoon at Home Dialysis

6051 Development Dr.

Charleston, IL 61920

1-800-424-6589

<https://www.davita.com/>

Diel Counseling – Charleston

903 W. Lincoln Ave.

Charleston, IL 61920

217-348-8384

<https://www.dielcounseling.com>

Diel- Evolve Counseling – Effingham

612 S. Willow St.

Effingham, IL 62401

217-347-7384

<https://www.dielcounseling.com>

Division of Specialized Care for Children (DSCC)

1102A S. West St.

Olney, IL 62450

618-395-2902

<https://dscc.uic.edu/office/olney-regional-office/>

Douglas County Dental and Health Clinic

1250 E. U.S. Hwy. 36

Tuscola, IL 61953

217-253-4137

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

Douglas Co ERBA Head Start

200 E. Issacher

Camargo, IL 61919

217-832-3001

<http://erbainc.org/>

Douglas County Recovery Oriented Systems of Care (ROSC)- Lyndsey Reedy, Douglas Co ROSC Coordinator & Josh Forbes, Douglas Co ROSC Recovery Navigator

513 N. 13th St.

Mattoon, IL 61938

217-258-6018

217-549-7632 (Lyndsey's Cell #)

217-549-7481 (Josh's Cell #)

Email Lyndsey at

lyndseyr@hourhouserecovery.org

Email Josh at joshf@hourhouserecovery.org

<https://www.facebook.com/douglascountyrosc>

Dynamic Homecare Inc.

*Home Health & Hospice Care

5731 Park Dr.

Charleston, IL 61920

217-345-4614

Dual Recovery Anonymous

(For people with addiction & mental illness)

1-785-230-8020

www.draonline.org

East Central Illinois Area Agency on Aging - Aging Network

1003 Maple Hill Rd.
Bloomington, IL 61704
309-829-2065 ext. 1201
<http://www.eciaaa.org>

East Central Illinois District 12 Alcoholics Anonymous – AA

217-373-4200 (24/7 hotline)
<http://aa-eci.org/>

Eastern Illinois Foodbank

2405 North Shore Dr.
Urbana, IL 61802
217-328-3663
<http://www.eifoodbank.org/>

Eberhardt Senior Community

431 W. Palmer St.
Arthur, IL 61911
217-543-2103
<https://eberhardtseniorcommunity.com/>

Effingham County Recovery Oriented Systems of Care (ROSC)- Haley Lovins, Effingham Co ROSC Coordinator & Stephanie Mercer, Effingham Co ROSC Recovery Navigator

513 N. 13th St.
Mattoon, IL 61938
217-258-6018
217-549-7260 (Haley's Cell #)
217-549-7713 (Stephanie's Cell #)
Email Haley at haley@hourhouserecovery.org
Email Stephanie at stephanieme@hourhouserecovery.org
<https://www.facebook.com/profile.php?id=61553858292120>

Effingham Healthcare & Senior Living

*Also provides respite care
1610 N. Lakewood Dr.
Effingham, IL 62401
217-347-7781
<https://www.petersenhealthcare.net/effingham>

EIU Speech – Language – Hearing Clinic

*2nd Floor of Human Service Building at EIU
2086 7th St.
Charleston, IL 61920
217-581-2712
<https://www.eiu.edu/slhclinic/>

Elliott Counseling Group

*Also offers Telehealth services
105 N. 8th St.
Mattoon, IL 61938
217-398-9066
<https://elliottcounselinggroup.com/>

Emotions Anonymous International

651-647-9712
www.emotionsanonymous.org

Environmental Health

1250 E. US Hwy. 36
Tuscola, IL 61953
217-253-4137
<https://www.dchealthil.org/>

ERBA Head Start (Cumberland Co)

215 N. Jay Hayden Dr.
Greenup, IL 62428
217-500-3080
<http://erbainc.org>

Family Case Management – Douglas Co.

1250 E. US Hwy. 36
Tuscola, IL 61953
217-253-4137
<http://www.douglascountyhealth.org/>

Family Planning – Coles County

753 Windsor Rd.
Charleston, IL 61920
217-348-0530
<https://www.colesco.illinois.gov/cchd/>

Feed Me, I'm Yours! Breastfeeding Seminar

1000 Health Center Dr.
Mattoon, IL 61938
217-258-2525
<https://www.sarahbush.org/ohbaby/>

Flu Clinics – Moultrie County Health Department

202 S. Main St.
Sullivan, IL 61951
217-728-4114
<http://www.moultriehealth.org/>

Fyzical Therapy & Balance Center

2 E. Harrison St.
Sullivan, IL 61951
217-728-8100
<https://www.fyzical.com/sullivan-il>

Gentle Care Consultants

*Offers mental health and SUD treatment services
602 W. Franklin Ave.
Effingham, IL 62401
217-342-6677
<https://www.gentlecareconsultants.com/>

Grace Counseling

305 Professional Park Ave.
Effingham, IL 62401
217-500-2103
<https://www.gracecounselingservicespllc.com/>

Griffin Therapeutic Solutions

405 S. 3rd St.
Effingham, IL 62401
217-994-9056
<https://gtscares.com/>

Guardian Angel Adult Daycare

16101 US- 40 E.
Teutopolis, IL 62467
217-813-6027

Health Education Programs

Shelby County Public Health Department
1700 W. South 3rd St.
Shelbyville, IL 62565
217-774-9555
<http://www.shelbyhealth.net/>

Healthy Communities

102 W. Buchanan Ave.
Charleston, IL 61920
217-345-6828
<https://www.sarahbush.org/healthycommunities/>

Heart Center - SBLHC

1000 Health Center Dr.
Mattoon, IL 61938
217-238-4960
<https://www.sarahbush.org/theheartcenter/>

Heartland Human Services

1200 N. 4th St.
Effingham, IL 62401
217-347-7179
www.heartlandhs.org

Heritage Woods of Charleston

480 W. Polk Ave
Charleston, IL 61920
217-792-6829
<https://www.gardant.com/heritagewoodscharleston/>

Hilltop Skilled Nursing & Rehabilitation

910 W. Polk Ave.
Charleston, IL 61920
217-345-7066
<https://www.hilltop-snr.com/>

Home Care Ombudsman Program

*Part of the Illinois Department of Aging
One Natural Resources Way, Suite 100
Springfield, IL 62702
1-800-252-8966
<https://ilaging.illinois.gov/programs/ltcombudsman/the-home-care-ombudsman-program.html>

Horizon Health

*Offers a variety of health care services
721 E. Court St.
Paris, IL 61944
217-465-4141
www.myhorizonhealth.org

Hour House – Adolescent Outpatient Services

513 N. 13th St.
Mattoon, IL 61938
217-258-6018
<http://hourhouserecovery.org>

Hour House – Adult Men's Residential and Detox Services

635 Division St.
Charleston, IL 61920
217-348-8108
<http://hourhouserecovery.org>

Hour House – Adult Women's Residential Services

8500 E. Co. Rd. 150 N.
Lerna, IL 62440
217-235-1303
<http://hourhouserecovery.org>

Hour House – Build, Amplify, Support, Empower (B.A.S.E.)

416 N. 19th St.
Mattoon, IL 61938
217-208-8984 or 217-258-2968

Hour House – Charleston Adult Outpatient Office and DUI/Risk Ed.

726 4th St.
Charleston, IL 61920
217-348-8118
<http://hourhouserecovery.org>

Hour House – Community Outreach and Recovery Support (CORS)

*Serves Coles, Douglas & Edgar Co. Assists with Substance Use Disorder, Opiate Use Disorder & Housing instability
217-254-8697 or 217-348-8118

Hour House – Mattoon Adult Outpatient Office and DUI/Risk Ed.

416 N. 19th St.
Mattoon, IL 61938
217-258-2968
<http://hourhouserecovery.org>

Hour House – Men's ¾ Recovery Home

657 Division St.
Charleston, IL 61920
217-348-8108
<http://hourhouserecovery.org>

Hour House – Prevention Services (serving Coles, Cumberland, Douglas, Effingham, Moultrie & Shelby Counties)

521 North 13th St.
Mattoon, IL 61938
217-258-6137
<http://hourhouserecovery.org>
<https://www.facebook.com/HourHousePrevention/>
https://www.instagram.com/hour_house_prevention/

Hour House – Shelbyville Adult Outpatient Office and DUI/Risk Ed.

155 South Morgan St.
Shelbyville, IL 62565
217-774-5566
<http://hourhouserecovery.org>

Hour House – Women's Recovery Home

720 4th St.
Charleston, IL 61920
217-348-8651
<http://hourhouserecovery.org>

Hour House – Women's Recovery Home and Office

1501 1/2 18th St.
Charleston, IL 61920
217-348-5444
<http://hourhouserecovery.org>

HRC-Marshall Forsythe Center

406 North 2nd St.
Marshall, IL 62441
217-826-6212
<https://www.hrcec.org/how-we-help/mental-health-services>

HSBS Good Shepherd Hospital

201 S. Pine St.
Shelbyville, IL 62565
217-774-3961
<https://www.hshs.org/goodshepherd>

HSHS St. Anthony's Memorial Hospital
503 North Maple Street
Effingham, IL 62401
217-342-2121
<https://www.hshs.org/st-anthonys/>

Illinois Cares Hotline – At Risk Youth (24/7) Sass Program
1-800-345-9049
https://dscc.uic.edu/dscc_resource/illinois-cares-line-24-7/

Illinois Family Resource Center – Hour House
513 N. 13th St.
Mattoon, IL 61938
217-258-6018
<https://illinoisfamilyresources.org/>
<https://www.facebook.com/ILFAMILYRESOURCENCENTER>

Illinois Poison Center
222 S. Riverside Plaza, Ste. 1900
Chicago, IL 60606
1-800-222-1222
TTY: 312-906-6185
<https://www.illinoispoisoncenter.org/>

Illinois Tobacco Quitline
1-866-784-8937
<http://www.quityes.org/>

Immediate Meds – Catholic Charities
4217 DeWitt Ave.
Mattoon, IL 61938
217-235-0420
E-mail: grena_matt@cc.dio.org

Immunization Clinic – Coles County Health Department
753 Windsor Rd.
Charleston, IL 61920
217-348-0530
<https://www.co.coles.il.us/cchd/>

Immunizations – Douglas County Health Department
1250 E. US Hwy. 36
Tuscola, IL 61953
217-253-4137
<https://www.dchealthil.org/>

Immunization Clinic – Moultrie County Health Department
202 S. Main St.
Sullivan, IL 61951
217-728-4114
<http://www.moultriehealth.org>

Infant/ Child CPR
1000 Health Center Dr.
Mattoon, IL 61938
217-258-2229
<https://www.sarahbush.org/ohbaby/>

In Home Support Services – Addus Healthcare
825 18th St.
Charleston, IL 61920
217-402-9054
<http://www.addus.com/>

Introductory Medical Exercise Program – Center for Healthy Living
1004 Health Center Dr. Suite 110
Mattoon, IL 61938
217-238-3488
<https://www.sarahbush.org/centerforhealthyliving/>

Journey Professional Counseling – Marriage, Family and Individual Therapy of All Ages, Christian Therapy and Group Therapy
121 W. State Street
Charleston, IL 61920
217-345-4642
<https://www.journeyprofessionalcounseling.com/>

Julie's Counseling
1901 S 4th St #7
Effingham, IL 62401
217-821-2876
<http://www.juliescounseling.com/>

Kirby Medical Group- Atwood
100 E. US Highway 36
Atwood, IL 61913
217-578-3814
<https://www.kirbyhealth.org/services/family-medicine/>

Lead Screening — Douglas County
1250 E. US Hwy. 36
Tuscola, IL 61953
217-253-4137
<https://www.dchealthil.org/>

Life Center of Cumberland County
507 E. Main St.
Toledo, IL 62468
217-849-3965

Lifeline- Suicide and Crisis Hotline
*Available 24 hrs./ 7 days a week
Call or text: 988
<https://988lifeline.org/contact-us/>

Life Links – Adult, Adolescent and Child Counseling, Mental Health Counseling
750 Broadway Ave. East
Mattoon, IL 61938
217-238-5700
<http://www.lifelinksinc.org>

Life Links – Caregiver Connections
Childcare providers in Coles Cumberland, Clark, Edgar, Moultrie, and Shelby Counties
750 Broadway Ave. East
Mattoon, IL 61938
217-238-5700
<http://www.lifelinksinc.org>

Lincoln Land Home Medical Equipment of Sarah Bush Lincoln – Mattoon
300 Coles Centre Parkway
Mattoon, IL 61938
217-235-0660
217-347-7372
<https://www.sarahbush.org/homemedicalequipment/>

Lincoln Land Home Medical Equipment of Sarah Bush Lincoln – Effingham
903 N. Maple
Effingham, IL 62401
217-347-7372
<https://www.sarahbush.org/homemedicalequipment/>

Lincoln Land Hospice of Sarah Bush Lincoln
700 W. Lincoln Ave., Suite 100
Charleston, IL 61920
1-800-454-4055
<https://www.sarahbush.org/hospice/>

Living With Diabetes – SBL Diabetes Program
1000 Health Center Dr.
Mattoon, IL 61938
217-258-2135
217-238-4808
<https://www.sarahbush.org/livingwithdiabetes>

Long Term Care Ombudsman Program
1003 Maple Hill Rd.
Bloomington, IL 61704
309-829-2065
<http://www.eciaaa.org/>

Maranatha Christian Counseling
408 E. Fayette Ave.
Effingham, IL 62401
618-401-9803
www.maranathacounseling.com

Marijuana Anonymous
1-800-766-6779
www.marijuana-anonymous.org

Mattoon Area YMCA
221 N. 16th St.
Mattoon, IL 61938
217-234-9494
<http://mattoonymca.org/>

Mattoon Lions Club
Box 242
Mattoon, IL 61938
<https://e-clubhouse.org/sites/mattoon/>

Mattoon Rehab. and Health Care Center
2121 S. 9th St.
Mattoon, IL 61938
217-235-7138
<https://tutera.com/location/mattoon-rehabilitation-health-care-center/>

Mattoon VA Clinic
501 Lakeland Blvd., Suite D
Mattoon, IL 61938
217-258-3370
<https://www.va.gov/illiana-health-care/locations/mattoon-va-clinic/>

MDA Clinic – Carle Spine Institute
610 N. Lincoln Ave.
Urbana, IL 61801
217-383-3440
<http://mda.org/>

Memorial Care in Sullivan
1220 W. Jackson St.
Sullivan, IL 61951
217-728-2042
<https://memorial.health/memorial-care-in-sullivan/overview/>

Mid- Illinois Family Community Resource Center (formerly: Department of Human Services) serving Clark, Coles, Cumberland, Douglas, Edgar, Effingham, Moultrie, Piatt, and Shelby Counties
1550 Douglas St.
Charleston, IL 61920
217-345-2188
www.abe.illinois.gov

Mid- Illinois Senior Services - Outreach Program
113 E. Jefferson St.
Sullivan, IL 61951
217-728-8521
https://www.chamberorganizer.com/sullivanchamber/mem_midilseniors

Midwest Neuro-fitness
5566 Lincoln Highway Rd.
Charleston, IL 61920
217-348-1086

Midwest Neuro-fitness
Lincoln Land Building
1901 S. 4th, Suite 201
Effingham, IL 62401
217-342-6963

Moultrie County Counseling Center
12 West Harrison St.
Sullivan, IL 61951
217-728-4358
<http://www.moultriecounseling.org/>

Moultrie County Health Department
200 S. Main St.
Sullivan, IL 61951
217-728-4114
<http://www.moultriehealth.org/>

Moultrie County Recovery Oriented Systems of Care (ROSC)- Kandis Mills, Moultrie Co
ROSC Coordinator & Josh Forbes, Moultrie Co
ROSC Recovery Navigator
513 N. 13th St.
Mattoon, IL 61938
217-258-6018
217-549-7427 (Kandis's Cell #)
217-549-7481 (Josh's Cell #)
Email Kandis at
kandism@hourhouserecovery.org
Email Josh at
joshf@hourhouserecovery.org
<https://www.facebook.com/profile.php?id=61578587579242>

NAMI – Champaign
P.O. Box 3552
Champaign, IL 61826
217-419-5345
<https://namichampaign.org/>

NAMI – Helpline
1-800-950-6264
Or text NAMI to 62640

Narcotics Anonymous
1-818-773-9999
<https://na.org/>

National Crisis Text Line
Text HOME to 741741

National Eye Care Project
PO Box 429098
San Francisco, CA 94142
1-877-887-6327
<https://www.aaio.org/eyecare-america>

National Suicide Prevention Line
1-800-273-TALK (1-800-273-8255)

Neal Center YMCA
130 Courthouse Square
Toledo, IL 62468
217-235-2500
<http://mattoonymca.org/>

Nebulizer Asthma Medication Program – Superior Medical Equipment
*Also assists with CPAP devices, mobility devices, bath safety equipment & more
689 Castle Dr.
Charleston, IL 61920
1-866-342-4144
<https://superiormedical.biz/>

Neoga Camp New Hope
1364 County Rd. 100 E.
Neoga, IL 62447
217-895-2341
<https://campnewhopeillinois.org/>

Newborn Follow-up Program
200 South Indiana
PO Box 130
Toledo, IL 62468
217-849-3211 ext. 221
<http://www.cumberlandhealth.org/>

New Light Counseling
*SUD therapy & tele-therapy available also
1300 S. Raney St., Ste. 2
Effingham, IL 62401
217-342-7155
<https://www.newlightcounseling.org/>

Noble Health Associates – Psychiatric medication management, psychotherapy services, medication assisted treatment, and low acuity physical problems
106 West Cumberland St.
Greenup, IL 62428
217-923-2024
<https://office-noblehlth.square.site/>

Odd Fellow – Rebekah Home
201 Lafayette Ave. E.
Mattoon, IL 61938
217-235-5449
<https://oddfellowrebekahhome.org/>

Opportunities for Access
102 Greenview Dr.
Effingham, IL 62401
217-342-5521
<http://www.ofacil.org/>

Outpatient Mental Health Counseling – Moultrie County
12 West Harrison
Sullivan, IL 61951
217-728-4358
<http://www.moultriecounseling.org/>

Overnight Oximetry Program – Superior Medical Equipment
*Also assists with CPAP devices, nebulizers, mobility devices, bath safety equipment & more
695 Castle Dr.
Charleston, IL 61920
1-866-342-4144
<https://superiormedical.biz/>

PACE – Equipment Loan
301 S. Vine, Suite 211
Urbana, IL 61801
217-344-5433
<https://pacecil.org/>

Parenting – Earn While You Learn – Casey
502 E. Delaware Ave.
Casey, IL 62420
217-932-5900
<https://choices4.me/>

Parenting – Earn While You Learn – Charleston
260 W. Locust Ave.
Charleston, IL 61920
217-345-5000
<https://choices4.me/>

Parenting-Earn While You Learn – Mattoon
105 N. 10th, Ste. #3
Mattoon, IL 61938
217-234-3312
<https://choices4.me/>

Pinnacle Providers In-Home Care LLC
1511 W. North 2nd St.
Shelbyville, IL 62565
217-827-8226
<https://www.pinnacleprovidersinhomecarellc.com/>

ProRehab Physical & Occupational Therapy
1813 Broadway Ave.
Mattoon, IL 61938
217-961-0690
<https://prorehab.com/location/mattoon-il-physical-therapy/>

Recovery Oriented Systems of Care (ROSC) – Hour House
513 N. 13th St.
Mattoon, IL 61938
217-258-6018
<https://www.govst.edu/Recovery-Support/Find-Your-Local-ROSC-Council/>

Respiratory Health Education – Superior Medical Equipment
695 Castle Dr.
Charleston, IL 61920
1-866-342-4144
<https://superiormedical.biz/>

SAIL- Community Reintegration Program: Charleston
707 Windsor Rd., Suite B
Charleston, IL 61920
217-345-7245
<http://www.decatursail.com/>

SAIL-Community Reintegration Program: Shelbyville (Shelby Co. Outreach Office)
1604 W. Main St., Suite 100
Shelbyville, IL 62565
217-774-4322
<http://www.decatursail.com/>

SAIL-Disability Education & Awareness: Charleston
707 Windsor Rd. Suite B
Charleston, IL 61920
217-345-7245
<http://www.decatursail.com/>

SAIL-Disability Education & Awareness: Shelbyville (Shelby Co. Outreach Office)
1604 W. Main St., Suite 100
Shelbyville, IL 62565
217-774-4322
<http://www.decatursail.com/>

SAIL-Family & Youth Services: Charleston
707 Windsor Rd., Suite B
Charleston, IL 61920
217-345-7245
<http://www.decatursail.com/>

SAIL-Family & Youth Services: Shelbyville (Shelby Co. Outreach Office)
1604 W. Main St., Suite 100
Shelbyville, IL 62565
217-774-4322
<http://www.decatursail.com/>

SAIL-FIVE CORE SERVICES: Charleston
707 Windsor Rd., Suite B
Charleston, IL 61920
217-345-7245
<http://www.decatursail.com/>

SAIL-Independent Living Services: Charleston
707 Windsor Rd., Suite B
Charleston, IL 61920
217-345-7245
<http://www.decatursail.com/>

SAIL Low Vision Support Group – Shelbyville (Shelby Co. Outreach Office)
1604 W. Main St., Suite 100
Shelbyville, IL 62565
217-774-4322
<http://www.decatursail.com/>

SAIL-Personal Assistant Program: Charleston
 707 Windsor Rd., Suite B
 Charleston, IL 61920
 217-345-7226
 217-345-7245
<http://www.decatursail.com/>

SAIL-Personal Assistant Program: Shelbyville
(Shelby Co. Outreach Office)
 1604 W. Main St., Suite 100
 Shelbyville, IL 62565
 217-774-4322
<http://www.decatursail.com/>

SAMHSA (Substance Abuse and Mental Health Services Administration) National Help Line
 1-800-662-4357 (24/7)
<https://www.samhsa.gov/find-help/national-helpline>

Sarah Bush – Center for Healthy Living
 1004 Health Center Dr., Suite 110
 Mattoon, IL 61938
 217-238-3488
<https://www.sarahbush.org/centerforhealthyliving/>

Sarah Bush Lincoln Adult Psychiatry and Counseling - SBL Lincoln Avenue Building
 700 West Lincoln Ave., Suite 200
 Charleston, IL 61920
 217-258-4042
<https://www.sarahbush.org/psychiatry/>

Sarah Bush Lincoln - Bootie Camp! Infant Care Session
 1000 Health Center Dr.
 Mattoon, IL 61938
 217-258-2229
<https://www.sarahbush.org/ohbaby>

Sarah Bush Lincoln Child Psychiatry, Outpatient Counseling - SBL Lincoln Avenue Building
 700 West Lincoln Ave., Suite 200
 Charleston, IL 61920
 217-238-4866
<https://www.sarahbush.org/psychiatry/>

Sarah Bush Lincoln Dental Services
 225 Richmond Ave. E., Suite B
 Mattoon, Illinois 61938
 217-235-0800
<https://www.sarahbush.org/dental/>

Sarah Bush Lincoln Home Care
 700 West Lincoln Ave.
 Entrance A, Suite 100
 Charleston, IL 61920
 217-234-4418
 217-345-1033
<https://www.sarahbush.org/services/sbl-home-care/>

Sarah Bush Lincoln Infant/ Child CPR
 1000 Health Center Dr.
 Mattoon, IL 61938
 217-258-2229
<https://www.sarahbush.org/ohbaby/>

Sarah Bush Lincoln Wellness and Weight Loss Program
 1000 Health Center Dr.
 Charleston, IL 61920
 217-238-3488
<https://www.sarahbush.org/centerforhealthyliving/wellness-and-weight-loss-program/>

SBLHC Diabetes Nutritional Counseling
 1000 Health Center Dr.
 Mattoon, IL 61938
 217-258-2199 (Cindy Foster)
 Email: cfoster@sblhs.org
<http://www.sarahbush.org/>

SBLHC East Central IL Breast and Cervical Cancer Program
 1000 Health Center Dr.
 Mattoon, IL 61938
 1-888-522-1282
<https://www.sarahbush.org/ibccp/>

SBLHC Emergency Medical Technician (EMT) Course
 5001 Lake Land Blvd.
 Mattoon, IL 61938
 217-235-5370
<https://www.lakelandcollege.edu/>

SBLHC Heart Smart Series

1000 Health Center Dr.

PO Box 372

Mattoon, IL 61938

217-258-2177

<https://www.sarahbush.org/heartsmart/>

SBLHC Illinois Breast & Cervical Cancer Program (IBCCP)

1005 Health Center Dr., PP1

Mattoon, IL 61938

217-348-2588

1-888-522-1282

<https://www.sarahbush.org/ibccp/>

SBLHC Lifeline

300 Coles Center Parkway

Mattoon, IL 61938

217-235-0660

<https://www.sarahbush.org/cord/program/181/>

SBLHC Marketplace (Insurance) Assistance

*Services provided to SBL patients only

1000 Health Center Drive

Mattoon, IL 61938

217-238-4994

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

SBLHC Medical Library

1000 Health Center Dr.

Mattoon, IL 61938

217-258-2262

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

SBLHC Mobile Mammography Services

1000 Health Center Dr.

Mattoon, IL 61938

217-258-2588

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

SBLHC Oh Baby! – Prenatal & Infant Education Classes

1000 Health Center Dr.

Mattoon, IL 61938

217-258-2229

<https://www.sarahbush.org/ohbaby/>

SBLHC Rotarian High School Athletic Heart Scan- SBL Heart Center

*Available to athletes 15-17 yrs. old

1000 Health Center Dr.

Mattoon, IL 61938

217-258-2576

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

SBL Effingham Clinic

905 N. Maple St., Suite D

Effingham, IL 62401

217-347-7030

<https://www.sarahbush.org/effinghamclinic/>

SBL Evergreen Clinic

1104 W. Evergreen Ave.

Effingham, IL 62401

217-347-2500

<https://www.sarahbush.org/evergreenclinic/>

SBL Home Medical Equipment- Effingham

903 N. Maple

Effingham, IL 62401

217-347-7372

<https://www.sblfch.org/resources/sbl-home-medical-equipment/>

SBL Home Medical Equipment – Mattoon

300 Coles Centre Pkwy.

Mattoon, IL 61938

217-235-0660

<https://www.sarahbush.org/services/sbl-home-medical-equipment/>

SBL Hospice House – Willow Breeze

10660 County Road 800 N.

Mattoon, IL 61938

217-258-1090

<https://www.sarahbush.org/willow-breeze/>

SBL Neoga Clinic

650 Oak Ave.

Neoga, IL 62447

217-895-2222

<https://www.sarahbush.org/neogaclinic/>

SBL Outpatient Counseling

905 N. Maple St., Suite D
Effingham, IL 62401
217-258-4042

<https://www.sarahbush.org/psychiatry>

SBL Pathways Through Grief Support Group

1004 Health Center Dr.
Mattoon, IL 61938
1-800-454-4055

<https://www.sarahbush.org/hospice/bereavement-services/>

SBL Patient Psychiatric Unit

1000 Health Center Dr.
Mattoon, IL 61938
217-258-2397

<http://www.sarahbush.org>

SBL Regional Cancer Center

1001 Health Center Dr.
Mattoon, IL 61938
217-258-2250

<https://regionalcancercenter.sarahbush.org/>

SBL Sleep Disorder Center

*Located in Prairie Pavilion 1
1005 Health Center Dr., Suite 106
Mattoon, IL 61938
217-238-4908

<https://www.sarahbush.org/sleepdisorderscenter/>

SBL Sullivan Clinic

7 Hawthorne Lane
Sullivan, IL 61951
217-728-8441

<https://www.sarahbush.org/sullivanclinic/>

SBL Bonutti Clinic – Effingham

1303 W. Evergreen Ave., Suite 100
Effingham, IL 62401
217-540-6123

<https://orthopedics.sarahbush.org/sbl-bonutti-clinic/>

SBL Walk-in Clinic – Charleston

2040 Lincoln Ave., Suite 100
Charleston, IL
217-345-2030

<https://www.sarahbush.org/walkinclinics/>

SBL Walk-in Clinic – Mattoon

1201 Wooddell Way, Suite B
Mattoon, IL 61938
217-238-3000

<https://www.sarahbush.org/walkinclinics/>

Screening Assessment and Supportive Services (SASS) for Children and Adolescents

750 Broadway Ave. East
Mattoon, IL 61938
217-238-5700

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

Senior Counseling Program – Care Horizon

120 Courthouse Square
Toledo, IL 62468
217-849-3803

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

Senior Information Services –SHIP Counseling (Senior Health Insurance Program) Mid-Illinois Senior Services

114 E. Jefferson St.
Sullivan, IL 61951

217-728-8521

E-mail: mid-ilseniors@hotmail.com

https://www.chamberorganizer.com/sullivanchamber/mem_midilseniors

Senior Services – Effingham

209 S. Merchant St.
Effingham, IL 62401
217-347-5569

1-800-283-4070 (after hours or weekends)

<https://eccoa.org/senior-services/effingham-county>

Sexually Transmitted Disease

*Cumberland Co. Health Department
200 South Indiana
PO Box 130
Toledo, IL 62468
217-849-3211 ext. 234

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

Shelby County Community Services

*Also offers DUI & Substance Services

810 W. South 3rd St.

Shelbyville, IL 62565

217-774-5587

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

Shelby County Public Health Department

1700 W. South 3rd St.

Shelbyville, IL 62565

217-774-9555

<https://www.shelbyhealth.net/>

Shelby County Recovery Oriented Systems of Care (ROSC)- Landriah Hardiek, Shelby Co ROSC Coordinator & Taylor Jones, Shelby Co ROSC Recovery Navigator

513 N. 13th St.

Mattoon, IL 61938

217-258-6018

217-459-4826 (Landriah's Cell #)

217-549-7516 (Taylor's Cell #)

Email Landriah at

landriahh@hourhouserecovery.org

Email Taylor at

taylorj@hourhouserecovery.org

https://www.facebook.com/profile.php?id=61555158494064¬if_id=1705537852705234¬if_t=fan_profile_v2&ref=notif

[5234¬if_t=fan_profile_v2&ref=notif](https://www.facebook.com/profile.php?id=61555158494064¬if_id=1705537852705234¬if_t=fan_profile_v2&ref=notif)

SIHF Healthcare – Arthur

1710 State Route 133

Arthur, IL 61911

217-543-2446

<https://www.sihf.org/health-center/arthur>

SIHF Healthcare – Effingham

900 West Temple Ave. Building A, Suite 208

Effingham, IL 62401

217-342-0211

<https://www.sihf.org/health-center/effingham>

Springfield Clinic

223 E. 6th St.

Neoga, IL 62447

217-895-2320

<https://www.springfieldclinic.com/our-locations/springfield-clinic-neoga>

Suicide and Crisis Life Line

*Call, text or chat

988 (24/7)

<https://988lifeline.org/>

Sullivan Family Care

2 W. Adams St.

Sullivan, IL 61951

217-728-7353

Superior Medical Equipment

689 Castle Dr.

Charleston, IL 61920

217-345-4144

<https://superiormedical.biz/>

The Oaks Manor

*Senior Living Facility

111 S. Walnut St. PO Box 974

Oakland, IL 61943

217-346-2042

<https://www.oakseniorcare.com/>

The TREVOR Project

1-866-488-7386 or text START to 678678

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

The Wellness Loft

*Offers mental health and SUD services

408 S. 4th St.

Effingham, IL 62401

217-347-5118

<https://www.thewellnessloft.com/>

Trafficking Victim Assistance Program – Illinois Coalition for Community Services (ICCS) partnering with Heartland Alliance and U.S. Committee for Refugees and Immigrants

753 Windsor Rd.

Charleston, IL 61920

1-888-373-7888

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

Tuberculosis Clinic- Shelby Co. Health Department

1700 W. South 3rd St.

Shelbyville, IL 62565

217-774-9555

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

Tuberculosis Control- Douglas Co. Health Department

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

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

U of I, DSCC Core Program

1102 S. West St.
Olney, IL 62450
1-800-322-3722

<https://dsc.uic.edu/>

UIC, DSCC Home Care Program – Specialized Care for Children

3135 Old Jacksonville Rd.
Springfield, IL 62704
217-524-2000

<https://dsc.uic.edu/>

United Ostomy Association

1-800-826-0826

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

Veterans Crisis Line

988 then press “1” or text 838255

Villas of Holly Brook- Effingham

904 West Evergreen Ave.
Effingham, IL 62401
217-708-2190

<https://www.meridiansenior.com/senior-living/il/effingham/villas-of-holly-brook-effingham/>

Villas of Holly Brook and Reflection’s Memory Care – Charleston

738 18th St.
Charleston, IL 61920
217-790-3840

<https://www.villasofhollybrook.com/communities/charleston/>

Villas of Holly Brook – Shelbyville

2201 W. Main St.
Shelbyville, IL 62565
217-619-8266

<https://www.meridiansenior.com/senior-living/il/shelbyville/villas-of-holly-brook-shelbyville/>

Vial of Life Program – Douglas County Health Department

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

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

Vision and Hearing Screening - Coles County

753 Windsor Rd.
Charleston, IL 61920
217-348-0530

www.colescohealth.org

Warm Line in Illinois- Mental Health and Substance Resource

1-866-359-7953

Wellness Check - Coles County

753 Windsor Rd.
Charleston, IL 61920
217-348-0530

www.colescohealth.org

Wellness Clinic—Douglas County

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

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

Wheelchair Evaluation Program

695 Castle Dr.
Charleston, IL 61920
217-345-4144
1-866-342-4144

<https://superiomedical.biz/>

Women, Infants and Children—Shelby County

1700 W. South 3rd St.
Shelbyville, IL 62565
217-774-9555
217-774-5812

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

Yellow Fever Center

753 Windsor Rd.
Charleston, IL 61920
217-348-0530

www.colescohealth.org

24 Hour Crisis Line (Coles, Cumberland, Edgar, Clark and Effingham Counties)

750 Broadway East
Mattoon, IL 61938
1-866-567-2400

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

Addus Home Care

825 18th St.
Charleston, IL 61920
217-402-9054

<https://addus.com/>

Adult and Dislocated Worker Training Assistance Program – CEFS

305 Richmond Ave. East
Mattoon, IL 61938
217-238-8213
217-238-8212
217-238-8282
217-235-2222

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

Adult Protective Services Hotline

120 Courthouse Square
Toledo, IL 62468
217-849-3065

<https://info@carehorizon.org/>

AdvantAge 50

1000 Health Center Drive
Mattoon, IL 61938
217-348-2422
217-258-2422

<https://www.sarahbush.org/advantage50/>

After School Club -- Charleston Schools Only K-12 grades

520 Jackson Ave.
Charleston, IL 61920
217-345-6897

<https://www.charlestonillinois.org/cprdchildcare>

Agency Funding — United Way of Coles Co

114 N. 16th St. PO Box 868
Mattoon, IL 61938
217-234-8022

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

Aging Network in East Central Illinois

1003 Maple Hill Rd.
Bloomington, IL 61705
309-829-2065 ext. 1201

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

Alcoholics Anonymous

<https://www.aa.org/find-aa>

All Kids Application Site – Douglas Co Health Department (DCHD)

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

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

Alzheimer's Association – 24hr Helpline

2144 S. MacArthur Blvd., Suite 301
Springfield, IL 62704
217-726-5184

<http://www.alz.org/illinois>

American Cancer Society

1-800-227-2345

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

American Council of the Blind

225 Reinekers Lane, Suite 660
Alexandria, VA 22314
1-800-424-8666

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

American Diabetes Association, Greater Illinois Area

2580 E. Federal Drive, Suite 403
Decatur, IL 62526
1-800-445-1667
217-875-9011

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

American Heart Association - National Center

7272 Greenville Avenue
Dallas, TX 75231
1-800-242-8721

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

American Kidney Fund Financial Aid Program
11921 Rockville Pike, Suite 300
Rockville, MD 20852
1-800-638-8299
<http://www.kidneyfund.org/>

American Red Cross
603 North Eden Ave.
Effingham, IL. 62401
217-347-4600
1-800-733-2767
<http://www.il.redcross.org/>

**American Red Cross Coles & Clark Counties
IL Branch Office**
825 18th St., Suite #4
Charleston, IL 61920
217-345-5166
1-800-733-2767
<http://www.il.redcross.org/>

**American Red Cross Mid-Illinois Chapter,
Donor Center**
2674 N. Main St.
Decatur, IL 62526
217-428-7758
1-800-448-3543
<http://www.redcross.org>

**American Stroke Association
National Center**
7272 Greenville Ave.
Dallas, TX 75231
1-888-478-7653
<https://www.heart.org/>

Arthur Public Library
225 S. Walnut
Arthur, IL 61911
217-543-2037
<https://www.arthurlibrary.org/>

Attendance Improvement Matters (AIM)
730 7th St.
Charleston, IL 61920
217-348-0171
<https://roe11.org/youth-services/aim/>

Autism Program of CTF Illinois
914 17th St.
Charleston, IL 61920
708-429-1260 ext. 5002
<https://tap-illinois.org/ctf/>

**Big Brother Big Sister Program (BBBS) –
Charleston Office**
825 18th St., Suite #5
Charleston, IL 61920
217-348-8741

Birth Through Two Program—CCAR Industries
1530 Lincoln Ave.
Charleston, IL 61920
217-348-0127
<https://ccarindustries.org/>

Blackshire-Hiett Marriage & Family Therapy
17498 N. Livingston Rd.
Marshall, IL 62441
217-826-3477

Blessings Food Pantry
4217 DeWitt Ave.
Mattoon, IL 61938
217-317-1806
<https://cc.dio.org/>

Bootie Camp! Infant Care Session
1000 Health Center Dr.
Mattoon, IL 61938
217-258-2229
<https://www.sarahbush.org/ohbaby/>

Brandy Kelley Counseling
(Offers virtual counseling online)
Effingham, IL 62401
217-383-0964
Email: brandykelleylcpc@gmail.com
[https://www.brandykelleycounseling.com/se
rvices](https://www.brandykelleycounseling.com/services)

Bridges – Lerna
10 Third Street
PO Box 129
Lerna, IL 62440
217-235-4867
<https://roe11.org/youth-services/bridges/>

Bridges – Regional Office730 7th St.

Charleston, IL 61920

217-348-0151

<https://roe11.org/youth-services/bridges/>**Bridges -- Shelbyville**201 East North 12th Street

Shelbyville, IL 62565

217-774-1037

<https://roe11.org/youth-services/bridges/>**Brightpoint**

503 South Country Fair Dr., Suite 2A

Champaign, IL 61821

Office Number: 217-530-4040

Fax Number: 217-607-0498

Email: HealthyFamiliesCoord@brightpoint.orgWebsite: www.brightpoint.org**Budget Taxi**309 S. 21st St

Mattoon, IL 61938

217-317-1654

Caregiver Advisory Services – Mid Illinois Senior Services

113 E. Jefferson St.

Sullivan, IL 61951

217-728-8521

https://www.chamberorganizer.com/sullivanchamber/mem_midilseniors**Care Horizon**845 18th St.

Charleston, IL 61920

217-348-3011

www.carehorizon.org**Care Horizon Inc. - Headquarters**

120 Courthouse Square

Toledo, IL 62468

1-800-626-7911

www.carehorizon.org**Carle Cancer Center – Cancer Support Group**

509 W. University Ave.

Urbana, IL 61801

217-383-4581

217-383-3010

<http://www.carle.org/>**Carle- Child Diagnostic Clinic (CDC)**

1802 S. Mattis Ave.

Champaign, IL 61821

217-383-3313

<http://www.carle-clinic.com/Pediatric>**Carle – Having Your Baby**

611 W. Park St.

Urbana, IL 61801

217-383-6962

<http://www.carle.org/>**Carle Heart Center**

701 W. Park St.

Urbana, IL 61801

217-904-7000

<http://www.carle.org/>**Catholic Charities – Boomerang Blessings Thrift Store**

4217 DeWitt Ave.

Mattoon, IL 61938

217-235-0420

<https://cc.dio.org/locations/mattoon>**Catholic Charities – Blessed Baby Program**

4217 DeWitt Ave.

Mattoon, IL 61938

217-235-0420

<https://cc.dio.org/locations/mattoon>**Catholic Charities-Effingham Co: Food Pantry Ramblin Rose Bus**

1502 E. Fayette Ave.

Teutopolis, IL 62467

217-857-1458

<http://www.cc.dio.org/>

Catholic Charities – Effingham: Professional Counseling Solutions

*Also offers clothing aid
1502 E. Fayette Ave.
Teutopolis, IL 62467
217-857-1458
<http://www.cc.dio.org/>

CBHC Health Care Helpline and Story Bank

*Healthcare resources & advocates for access
1325 S. Wabash Ave., Ste 305
Chicago, IL 60605
1-888-544-8271
<http://www.camargotownship.lib.il.us/>

CCSI – Case Coordination Unit

111 N Cedar St., Ste 1
Shelbyville, IL 62565
217-774-7885
<https://ccsiccu.com/>

CEFS Adult Volunteer Literacy Program-

1805 S. Banker St.
Effingham, IL 62401
217-342-2193
<https://www.cefseoc.org/literacy>

CEFS Continuum of Care for Homeless Services – Moultrie County

114 E. Harrison St.
Sullivan, IL 61951
217-728-7721
<http://www.cefseoc.org/>

CEFS Continuum of Care for Homeless Services – Shelby County

515 N. Cedar St.
Shelbyville, IL 62565
217-774-4541
<http://www.cefseoc.org/>

CEFS Economic Opportunity Corporation

1805 South Banker St.
PO Box 928
Effingham, IL 62401
217-342-2193
<http://www.cefseoc.org/>

CEFS Effingham County Outreach- Learning Center

1010 W. Jefferson Ave
Effingham, IL 62401
217-347-7033
<https://www.cefseoc.org/>

CEFS Emergency Services—Shelby County

515 N. Cedar St.
Shelbyville, IL 62565
217-774-4541
<http://www.cefseoc.org/>

CEFS Financial Capabilities Workshops- Shelby County

515 N. Cedar St.
Shelbyville, IL 62565
217-774-4541
<http://www.cefseoc.org/>

CEFS Illinois Home Weatherization Assistance Program

515 N. Cedar St.
Shelbyville, IL 62565
217-774-4541
<http://www.cefseoc.org/>

CEFS Moultrie County Outreach Office

114 E. Harrison
Sullivan, IL 61951
217-728-7721
<http://www.cefseoc.org/>

CEFS Retired Senior Volunteer Program (RSVP) – Douglas County

48 Main St.
Champaign, IL 61820
217-359-6500
<https://www.famservcc.org/retired-and-senior-volunteer-program>

CEFS Retired Senior Volunteer Program (RSVP) – Moultrie County

114 E. Harrison St.
Sullivan, IL 61951
217-728-7721
<http://www.cefseoc.org/>

CEFS Retired Senior Volunteer Program (RSVP) — Shelby County
 515 N. Cedar St.
 Shelbyville, IL 62565
 217-774-4541
<http://www.cefseoc.org/>

CEFS Shelby County Outreach Office
 515 N. Cedar St.
 Shelbyville, IL 62565
 217-774-4541
<http://www.cefsoc.org/>

Central Illinois Public Transit — Clay, Fayette, Moultrie, Christian, Montgomery and Shelby Counties
 1805 South Banker St.
 Effingham, IL 62401
 1-855-755-2478
<http://cefseoc.org/>

Charleston Area Churches Food Pantry
 990 W. State St., P.O. Box 411
 Charleston, IL 61920
 217-508-5390
 217-246-3083
 217-348-3030
 217-549-5451
<http://www.charlestonfoodpantry.org/>

Charleston Community Early Learning Center
 *Child care & Day care
 2206 South 4th St.
 Charleston, IL 61920
 217-345-3111
www.charlestoneyearlylearningcenter.org

Charleston Public Library
 712 6th St.
 Charleston, IL 61920
 217-345-4913
<http://charlestonlibrary.org/>

Charleston Rehabilitation & Health Care Center
 716 18th St.
 Charleston, IL 61920
 217-345-7054
<https://charlestonsnf.com/>

Charleston Soup Stop
 2175 Harrison Ave.
 Charleston, IL 61920
 217-345-7264
 1-833-878-5115
<http://soupstop.org/>

Charleston Township General Assistance
 511 Jackson Ave.
 Charleston, IL 61920
 217-345-4013
<https://www.charlestonillinois.org/index.asp>

Child and Family Connections #19 – Macon Co Mental Health
 141 S. Main St., Suite 601
 Decatur, IL 62523
 217-423-6199
 1-800-758-2705
<https://www.mcmhb.com/>

Child Care Resource and Referral
 600 Lincoln Ave.
 Charleston, IL 61920
 217-581-6698
 1-800-545-7439
<https://www.eiu.edu/ccrr/>

Child Care Resource Service (CCRS)
 905 S. Goodwin, #314 Bevier Hall
 Urbana, IL 61801
 217-333-3252
<http://www.ccrs.illinois.edu>

Children's Advocacy Center of East Central Illinois
 119 W. State St.
 Charleston, IL 61920
 217-345-8250
<http://www.caceci.org/>

Choices Pregnancy & Health—Charleston
 260 W. Locust Ave.
 Charleston, IL 61920
 217-345-5000
<https://choices4.me/>

Choices Pregnancy & Health—Mattoon105 N. 10th St., Suite #3

Mattoon, IL 61938

217-234-3312

<https://choices4.me/>**Clothing/Household Items/Furniture****Vouchers- Salvation Army Mattoon Corps**

1300 Richmond Ave.

Mattoon, IL 61938

217-234-3915

<https://centralusa.salvationarmy.org/midland/mattoon/>**Coalition for People In Need**

990 W. State St.

Charleston, IL 61920

217-345-5099

Coles Co Family Caregiver Resource Center

11021 E. Co. Rd. 800 N.

Charleston, IL 61920

217-639-5150

<https://ilaging.illinois.gov/programs/caregiver/crc.html>**Coles County Habitat for Humanity**720 N. 3rd St.

Mattoon, IL 61938

217-348-7063

<http://www.colescountyhabitat.net/>**Coles County Office of IL Department of Human Services**

1550 Douglas St.

Charleston, IL 61920

217-345-2188

<http://www.dhs.state.il.us/><http://www.ABE.Illinois.gov>**Coles County Recovery Oriented Systems of****Care (ROSC) – Skylar Kameron-Miller Coles****Co ROSC Coordinator & Taylor Jones, Coles****Co ROSC Recovery Navigator**513 N. 13th St.

Mattoon, IL 61938

217-258-6018

217-549-9045 (Skylar's Cell #)

217-549-7516 (Taylor's Cell #)

Email Skylar at

skylark@hourhouserecovery.org

Email Taylor at

taylorj@hourhouserecovery.org<https://www.facebook.com/people/Coles-County-ROSC/61554298301081/>**Coles County Telecare****LifeSpan Center**

11021 E. Co. Rd. 800 N.

Charleston, IL 61920

217-639-5150

<http://www.colescouncilonaging.org/>**Communicable Disease Section - Coles****County Health Department**

753 Windsor Rd.

Charleston, IL 61920

217-348-0530

<https://www.co.coles.il.us/cchd/>**Community Support Services- Life Links**

750 Broadway Ave. East

Mattoon, IL 61938

217-238-5702

<http://www.lifelinksinc.org>**Compass Counseling**

*Offers mental health and SUD services

204 South Meridian St.

Toledo, IL 62468

217-259-5852

Computer Gaming Addicts Anonymous

970-364-3497

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

Court Appointed Special Advocates- CASA of East Central Illinois

604 Jackson Ave. #13
Charleston, IL 61920
217-348-0599

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

Courtyard Estates of Sullivan

20 Courtyard Blvd.
Sullivan, IL 61951
217-728-4300

<https://courtyardstates.net/sullivan/>

Crisis Nursery of Effingham Co.

924 N. Merchant St.
Effingham, IL 62401
217-342-3000

<https://www.crisisnurseryofeffingham.com/contact>

Crossroads Counseling

(Also offers Red Light Therapy Sessions)

702 N. Keller Dr.
Effingham, IL 62401
217-994-1074

<https://www.crossroadsemhc.com/>

CSBG Scholarship Program - CEFS

1805 S. Banker St.
Effingham, IL 62401
217-342-2193

<http://www.cefseoc.org/education-services>

CSBG Scholarship Program

515 N. Cedar St.
Shelbyville, IL 62565
217-774-4541

<http://www.cefseoc.org/education-services>

CTF ILLINOIS—A 24- hour CILA (Residential) Services

6081 Development Dr.
Charleston, IL 61920
217-348-3869

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

Cumberland County Health Department – Breastfeeding Program

200 South Indiana, PO Box 130
Toledo, IL 62468
217-849-3211, Ext. 234

<http://www.cumberlandhealth.org>

Cumberland County Recovery Oriented Systems of Care (ROSC)- Kristina Drum, Cumberland Co ROSC Coordinator & Kyle Houser, Cumberland Co ROSC Recovery Navigator

513 N. 13th St.
Mattoon, IL 61938
217-258-6018

217-549-7125 (Kristina's Cell #)
217-549-7450 (Kyle's Cell #)

Email Kristina at

kristinad@hourhouserecovery.org

Email Kyle at kyleh@hourhouserecovery.org

<https://www.facebook.com/people/ClarkCumberland-County-ROSC/61555369714706/>

Developmental Training – CCAR

1530 Lincoln Ave.
Charleston, IL 61920
217-348-0127

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

Dial-A-Ride ZIP LINE Program

*Serving Coles and Douglas Counties

11021 E. County Rd. 800 N.
Charleston, IL 61920
217-639-5169

1-800-500-5505

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

Diel Counseling-Charleston

903 W. Lincoln Ave.
Charleston, IL 61920
217-348-8384

<https://www.dielcounseling.com>

Diel- Evolve Counseling-Effingham

612 S. Willow St.
Effingham, IL 62401
217-347-7384

<https://www.dielcounseling.com>

Division of Specialized Care for Children (DSCC)

1102 S. West St.
 Olney, IL 62450
 618-395-8461
<https://dscc.uic.edu/>

Divorce Mediation

750 Broadway Ave. East
 Mattoon, IL 61938
 217-238-5700
<http://www.lifelinksinc.org>

Domestic Violence Hotline

1-800-799-7233 or text START to 88788

Douglas Co Dental Clinic

1250 E. US. Hwy. 36
 Tuscola, IL 61953
 217-253-4137
<https://www.dchealthil.org/dental-clinic-homepage>

Douglas County Recovery Oriented Systems of Care (ROSC)- Lyndsey Reedy, Douglas Co ROSC Coordinator & Josh Forbes, Douglas Co ROSC Recovery Navigator

513 N. 13th St.
 Mattoon, IL 61938
 217-258-6018
 217-549-7632 (Lyndsey's Cell #)
 217-549-7481 (Josh's Cell #)
 Email Lyndsey at lyndseyr@hourhouserecovery.org
 Email Josh at joshf@hourhouserecovery.org
<https://www.facebook.com/douglascountyrosc>

Douglas County Senior Services

107 South Central West, Suite #2
 Tuscola, IL 61953
 217-253-3113

Douglas County State's Attorney

401 S. Center St., Rm. 105
 Tuscola, IL 61953
 217-253-5471
<https://douglascountyil.gov/states-attorney>

Dove, Inc.—Moultrie County

1102 W. Jackson St., Suite #4
 Sullivan, IL 61951
 217-728-9303
 217-728-9334
<http://www.doveinc.org/>

Dove, Inc.—Shelby County- Domestic Violence

1200 S. Hickory
 Shelbyville, IL 62565
 217-774-3121
<http://www.doveinc.org/>

Driving Under the Influence (DUI) Evaluation and Risk Education Classes—Life Links

750 Broadway Ave. East
 Mattoon, IL 61938
 217-238-7500
<http://www.lifelinksinc.org/>

East Central Illinois District 12 Alcoholics Anonymous-AA

217-373-4200 (24/7 hotline)
<https://aa-eci.org/>

East Central Illinois ROSC – Hour House

513 N. 13th St.
 Mattoon, IL 61938
 217-258-6018
<https://www.govst.edu/Recovery-Support/Find-Your-Local-ROSC-Council/>

Eastern Illinois Foodbank – Foodmobile

2405 North Shore Dr.
 Urbana, IL 61802
 217-549-8426
 217-328-3663
<http://www.eifoodbank.org/>

Eastern Illinois Foodbank- Volunteer Opportunities

Urbana, IL 61802
 217-328-3663
<http://www.eifoodbank.org/>

Eating Disorder Anonymous

www.eatingdisordersanonymous.org

Effingham County Health Department/ WIC
 901 W. Virginia Ave.
 Effingham, IL 62401
 217-342-9237
<https://effcohealth.org/>

Effingham County Public Transportation
 1805 S. Banker St.
 Effingham, IL 62401
 1-855-755-2478
<https://www.cefseoc.org/>

Effingham County Recovery Oriented Systems of Care (ROSC)- Haley Lovins, Effingham Co ROSC Coordinator & Stephanie Mercer, Effingham Co ROSC Recovery Navigator
 513 N. 13th St.
 Mattoon, IL 61938
 217-258-6018
 217-549-7260 (Haley's Cell #)
 217-549-7713 (Stephanie's Cell #)
 Email Haley at
haley1@hourhouserecovery.org
 Email Stephanie at
stephanieme@hourhouserecovery.org
<https://www.facebook.com/profile.php?id=61553858292120>

Effingham County Unemployment
 2311 Hoffman Dr.
 Effingham, IL 62401
 217-347-7716

Effingham Service Center of the American Red Cross
 603 Eden Ave.
 Effingham, IL 62401
 309-662-0500
<http://www.redcrossblood.org>

Effingham Transport
 *For medicated assisted recovery only, call for more details
 217-342-3120

EIU Booth Library
 600 Lincoln Ave.
 Charleston, IL 61920
 217-581-6072
<http://www.library.eiu.edu/>

EIU Child Care Resource and Referral
 3015 Ninth St. Hall
 Charleston, IL 61920
 217-581-6698
 1-800-545-7439
 217-581-7081
 1-800-643-1026
<http://www.eiu.edu/ccrr>

EIU Department of Public Health
 Klehm Hall 4303
 Charleston, IL 61920
 217-581-5761
<http://www.eiu.edu/healthst>

EIU Women's Resource Gender, and Sexuality Studies Program Center
 *Room 3744 in Coleman Hall
 600 Lincoln Ave.
 Charleston, IL 61920
 217-581-5947
 217-581-6970
<https://www.eiu.edu/women/wrc.php>

Elder Abuse Intervention Services – Care Horizon
 120 Courthouse Square
 Toledo, IL 62468
 217-849-3065
<https://www.carehorizon.org/>

Enduring Freedom Ministries
 *Offers clothing aid
 304 S. West St.
 Shumway, IL 62461
 217-240-0059
<https://www.my-christian-space.com/Enduring-Freedom-Ministries.html>

Environmental Health Programs—Shelby County

1700 W. South 3rd St.
Shelbyville, IL 62565
217-774-9555

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

ERBA CSBG Scholarships—Cumberland County

400 W. Pleasant
PO Box 307
Greenup, IL 62428
217-923-3113

<http://www.erbainc.org>

ERBA CSBG Scholarships—Douglas County

107 South Central Ave. W.
Tuscola, IL 61953
217-276-7128

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

ERBA Emergency Food and Shelter - Coles County

696 Castle Dr.
Charleston, IL 61920
217-500-3120

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

ERBA Emergency Food and Shelter - Douglas County

107 South Central Ave. W.
Tuscola, IL 61953
217-253-4434

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

ERBA Federal Surplus Commodities Distribution—Cumberland County

400 W. Pleasant
Greenup, IL 62428
217-923-3599

<http://www.erbainc.org>

ERBA Head Start Program

215 Jay Hayden Dr.
Greenup, IL 62428
217-500-3080

<http://www.erbainc.org>

ERBA Homeless Program—Cumberland County

400 W. Pleasant
Greenup, IL 62428
217-923-3599

<http://www.erbainc.org>

ERBA - Housing Counseling - Coles County

696 Castle Dr.
Charleston, IL 61920
217-923-3113 ext. 229

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

ERBA Housing Counseling - Cumberland County

400 W. Pleasant
Greenup, IL 62428
217-331-7031
217-961-0834

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

ERBA Housing Counseling—Douglas County

107 South Central Ave. W.
Tuscola, IL 61953
217-253-4434

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

ERBA Low Income Home Energy Assistance (LIHEAP) — Cumberland County

115 S. Kentucky
Greenup, IL 62428
217-921-5505
Email: denisec@erbainc.org

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

ERBA Low Income Home Energy Assistance (LIHEAP)- Coles County

696 Castle Dr.
Charleston, IL 61920
217-500-3120

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

ERBA Low Income Home Energy Assistance (LIHEAP)- Douglas County

107 South Central Ave. W.
Tuscola, IL 61953
217-253-4434

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

Family Caregiver Resource Center
11021 E. Co. Rd. 800 N.
Charleston, IL 61920
217-639-5168

Family Care Insurance/ALL KIDS Insurance
200 South Indiana
PO Box 130
Toledo, IL 62468
217-849-3211
<http://www.cumberlandhealth.org/>

Family Case Management - Coles County
753 Windsor Rd.
Charleston, IL 61920
217-348-0530
<https://www.co.coles.il.us/cchd/>

Family Community Resource Center
1550 Douglas St.
Charleston, IL 61920
217-345-2188
<https://www.dhs.state.il.us>

Family Life Center
605 N. Eden Ave.
Effingham, IL 62401
217-342-5433
<https://www.empowerflc.com/>

Family Life Center
225 E. South 1st St.
Shelbyville, IL 62565
217-774-4874
<https://www.empowerflc.com/>

Family Mental Health Support
202 N. Banker St., Suite 110
Effingham, IL 62401
217-500-7489
www.familymentalhealthsupport.com

Family Planning Center - Charleston
618 W. Lincoln Ave.
Charleston, IL 61920
217-508-4910
<https://www.ilfhc.org/>

Feed Me, I'm Yours! Breastfeeding Seminar
1000 Health Center Dr.
Mattoon, IL 61938
217-258-2229
<https://www.sarahbush.org/ohbaby/>

First United Methodist Church Counseling Program
1601 Charleston Ave.
Mattoon, IL 61938
217-235-5676
<http://www.mattoonumc.com/>

FISH
708 S. Linden St.
Effingham, IL 62401
217-342-2200
chamber@effinghamcountychamber.com

Food - Environmental Health Division
753 Windsor Rd.
Charleston, IL 61920
217-348-0530
217-258-0530
<https://www.colesco.illinois.gov/cchd>

Food Pantry- Salvation Army Mattoon Corps
1300 Richmond Ave.
Mattoon, IL 61938
217-234-3915
<https://www.salvationarmy.org/>

Gamblers Anonymous National Hotline
1-855-222-5542
www.gamblersanonymous.org

Gentle Care Consultants
*Offers mental health and SUD treatment services
602 W. Franklin Ave.
Effingham, IL 62401
217-342-6677
<https://www.gentlecareconsultants.com/>

Good Will
562 W. Lincoln Ave.
Charleston, IL 61920
217-512-2178
<https://www.wvgoodwill.org/>

Good Will

228 Broadway Ave.
Mattoon, IL 61938
217-295-1057
<https://www.wvgoodwill.org/>

Grace Counseling

214 W. Jefferson Ave.
Effingham, IL 62401
217-500-2103
gracecounselingservices.info@gmail.com

**Grandparents Raising Children - Coles County
Family Caregiver Resource Center**

11021 East County Road 800 N.
Charleston, IL 61920
217-639-5168
<https://ilaging.illinois.gov/programs/caregiver/crc.html#aaa5>

**Grasp (Grief Recovery After a Substance
Passing)**

11819 N. Deerfield Dr.
Dunlap, IL 61614
<http://grasphelp.org/>

Griffin Therapeutic Solutions

405 S. 3rd St.
Effingham, IL 62401
217-994-9056
<https://gtscares.com/>

Habitat for Humanity

720 N. 3rd
Mattoon, IL 61938
217-348-7063
<https://www.habitat.org/>

Habitat for Humanity

401 S. Hamilton St.
Sullivan, IL 61951
217-728-8700
<https://www.habitat.org/>

Health Education Programs

1700 W. South 3rd St.
Shelbyville, IL 62565
217-774-9555
<http://www.shelbyhealth.net/>

Healthy Moms, Healthy Kids

1700 W. South 3rd St.
Shelbyville, IL 62565
217-774-9555
<http://www.shelbyhealth.net/>

Heartland Human Services

*Offers mental health and SUD services
1200 N. 4th St.
Effingham, IL 62401
217-347-7179
www.heartlandhs.org

**Home-Based Services for Adults and
Children- CTF ILLINOIS**

6081 Development Dr.
Charleston, IL 61920
217-348-3869
<http://www.ctfillinois.org/>

Hope House

1011 Pennsylvania Ave.
Windsor, IL 61957
217-335-4673
217-569-6884
www.hopehouseofwindsor.org

HOPE of East Central Illinois

1927 18th St.
Charleston, IL 61920
217-348-5931
217-348-8815
1-888-345-3990 (Crisis line- 24/7)
<http://www.hope-eci.org/>

Hour House - Adolescent Outpatient Services

513 N. 13th St.
Mattoon, IL 61938
217-258-6018
<http://hourhouserecovery.org>

**Hour House - Adult Men's Residential and
Detox Services**

635 Division St.
Charleston, IL 61920
217-348-8108
<http://hourhouserecovery.org>

Hour House - Adult Women's Residential Services

8500 E. Co. Rd. 150 N.

Lerna, IL 62440

217-235-1303

<http://hourhouserecovery.org>

Hour House – Build, Amplify, Support, Empower (B.A.S.E.)

416 N. 19th St.

Mattoon, IL 61938

217-208-8984 or 217-258-2968

Hour House – Charleston Adult Outpatient Office and DUI/Risk Ed.

726 4th St.

Charleston, IL 61920

217-348-8118

<http://hourhouserecovery.org>

Hour House – Community Outreach and Recovery Support (CORS)

*Serves Coles, Douglas & Edgar Co. Assists with Substance Use Disorder, Opiate Use Disorder & Housing instability

217-254-8697 or 217-348-8118

Hour House - Mattoon Adult Outpatient Office and DUI/Risk Ed.

416 N. 19th St.

Mattoon, IL 61938

217-258-2968

<http://hourhouserecovery.org>

Hour House - Men's ¾ Recovery Home

657 Division St.

Charleston, IL 61920

217-348-8108

<http://hourhouserecovery.org>

Hour House - Prevention Services (serving Coles, Cumberland, Douglas, Effingham, Moultrie & Shelby Counties)

521 North 13th St.

Mattoon, IL 61938

217-258-6137

<http://hourhouserecovery.org>

<https://www.facebook.com/HourHousePrevention/>

https://www.instagram.com/hour_house_prevention/

Hour House - Shelbyville Adult Outpatient Office and DUI/Risk Ed.

155 South Morgan St.

Shelbyville, IL 62565

217-774-5566

<http://hourhouserecovery.org>

Hour House - Women's Recovery Home and Office

1501 1/2 18th St.

Charleston, IL 61920

217-348-5444

<http://hourhouserecovery.org>

Hour House - Women's Recovery Home

720 4th St.

Charleston, IL 61920

217-348-8651

<http://hourhouserecovery.org>

HUD Continuum of Care (Homeless Services)

515 N. Cedar St.

Shelbyville, IL 62465

217-774-4541

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

HUD - Housing Counseling Program, Permanent Housing for the Disabled, Permanent Housing—Rapid Rehousing

107 S. Central Ave. W.

Tuscola, IL 61953

217-253-4434

<http://erbainc.org/>

HUD Permanent Housing for the Disabled
 107 S. Central Ave. W.
 Tuscola, IL 61953
 217-253-4434
<http://erbainc.org/>

IDHS Homeless Prevention Services
 *Serves Coles Co.
 696 Castle Dr.
 Charleston, IL 61920
 217-500-3120
<http://erbainc.org/>

IDHS Homeless Prevention Services
 *Serves Cumberland Co.
 115 S. Kentucky
 Greenup, IL 62428
 217-921-5505
<http://erbainc.org/>

IDHS Homeless Prevention Services
 *Serves Douglas Co.
 107 W. South Central
 Tuscola, IL 61953
 217-253-4434
<http://erbainc.org/>

IDHS Homeless Prevention Services
 *Serves Effingham, Moultrie & Shelby Co.
 1805 S. Banker St.
 Effingham, IL 62401
 217-342-2193 ext. 3451
<https://www.cefseoc.org/>

Illinois Coalition for Community Services (ICCS) - Open Door
 719 W. Lincoln St., Suite A
 Charleston, IL 61920
 217-210-2301
<https://www.iccscares.org/>

Illinois Coalition for Community Services (ICCS)- Comprehensive Community Based Youth Services (CCBYS)
 719 W. Lincoln St., Suite A
 Charleston, IL 61920
 217-210-2301
<https://www.iccscares.org/>

Illinois Coalition for Community Services (ICCS)- Donated Fund Initiative (DFI)
 719 W. Lincoln St., Suite A
 Charleston, IL 61920
 217-210-2301
<https://www.iccscares.org/>

Illinois Coalition for Community Services (ICCS)- Teen REACH (Youth 11-17 yrs)
 719 W. Lincoln St.
 Charleston, IL 61920
 217-210-2301
 217-549-2106
<https://www.iccscares.org/>

Illinois Domestic Violence Helpline
 1-877-863-6338

Illinois Department of Human Services
 600 500 E. Ash St.
 Springfield, IL 62703
 217-782-0400
 1-800-843-6154
<http://www.dhs.state.il.us/>

Illinois Family Resource Center- Hour House
 513 N. 13th St.
 Mattoon, IL 61938
 217-258-6018
<https://illinoisfamilyresources.org/>
<https://www.facebook.com/ILFAMILYRESOURCECENTER>

Illinois Hunger Coalition Hotline
 312-629-9580
 1-800-359-2163
www.ilhunger.org

Illinois Poison Center
 222 S. Riverside Plaza, Ste. 1900
 Chicago, IL 60606
 1-800-222-1222
<http://www.illinoispoisoncenter.org/>

Illinois Tobacco Quitline
 1-866-784-8937
<http://www.quityes.org/>

Infant/ Child CPR

1000 Health Center Dr.
Mattoon, IL 61938
217-258-2229

<https://www.sarahbush.org/ohbaby/>

Intermittent CILA (Residential) Services- CTF ILLINOIS

6081 Development Dr.
Charleston, IL 61920
217-348-3869

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

IREAD

14 N. Main St.
Villa Grove, IL 61956
217-832-5211

<https://camargotownship.org/>

Journey Professional Counseling – Marriage, Family and Individual Therapy of All Ages, Christian Therapy and Group Therapy

121 W. State St.
Charleston, IL 61920
217-345-4642

<https://www.journeyprofessionalcounseling.com/>

Julie's Counseling

1901 S. 4th St. #7
Effingham, IL 62401
217-821-2876

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

Lake Land College Adult Education

5001 Lake Land Blvd.
Mattoon, IL 61938
217-238-8292

<https://www.lakelandcollege.edu/adult-ed/>

Lake Land College Community and Professional Programs

LLC - Workforce Development Center
5001 Lake Land Blvd.
Mattoon, IL 61938
217-235-2222

<https://www.lakelandcollege.edu/workforce-development-center/>

Lake Land College Cosmetology Clinic

5001 Lake Land Blvd.
Mattoon, IL 61938
217-234-5253

<https://www.lakelandcollege.edu/cosmetology/>

Lake Land College Library

5001 Lake Land Blvd.
Mattoon, IL 61938
217-234-5367

217-234-5440

<https://www.lakelandcollege.edu/library/>

Lake Land College Pantry

5001 Lake Land Blvd.
Mattoon, IL 61938
217-234-5276

Lake Land College Project PAL-Workforce Development Center

5001 Lake Land Blvd.
Mattoon, IL 61938
217-235-2222

<https://www.lakelandcollege.edu/workforce-development-center/>

Land of Lincoln- Legal Assistance

737 Windsor Rd.
Charleston, IL 61920
217-883-4355

<https://lincolnlegal.org/>

Life Center of Cumberland County

507 E. Main St.
Toledo, IL 62468
217-849-3965

Life Center of Sullivan

1365 Jonathan Creek Rd.
Sullivan, IL 61951

<https://newlifesullivan.org/>

LifeSpan Volunteer Program- LSVP

11021 E. CR. 800 N.
Charleston, IL 61920
217-639-5150

<https://lifespancecenter.org/>

LIHEAP - Emergency Furnace, Energy Assistance

400 W. Pleasant St.
Greenup, IL 62428
217-923-3113
<https://erbainc.org/>

LIHEAP - Emergency Furnace, Energy Assistance

107 S. Central Ave. W.
Tuscola, IL 61953
217-253-4434
<http://erbainc.org/>

Lincolnlnd Hospice Volunteer Program

700 W. Lincoln Ave., Suite 100
Charleston, IL 61920
1-800-454-4055
<https://www.sarahbush.org/>

Low Income Home Energy Assistance Program

515 N. Cedar St.
Shelbyville, IL 62565
217-774-4541
<http://cefseoc.org/>

Maranatha Baptist Church - Food pantry

3400 Dewitt Ave.
Mattoon, IL 61938
217-234-4777
<http://www.mbcmattoon.com/>

Mattoon Community Food Center

600 Moultrie Ave.
Mattoon, IL 61938
217-258-8321
<https://mattoon-community-food-center.hub.biz/>

Medical Transportation

217-247-7125

Mid Illinois Big Brothers Big Sisters Core Program

825 18th St., Suite 5
Charleston, IL 61920
217-348-8741
<http://www.joinsomethingbig.org/>

Mid-Illinois Senior Services

113 E. Jefferson St.
Sullivan, IL 61951
217-728-8521
https://www.chamberorganizer.com/sullivanchamber/mem_midilseniors

Midwest Neuro-fitness

5566 Lincoln Highway Rd.
Charleston, IL 61920
217-348-1086
www.midwestneurofitness.com

Midwest Neuro-fitness

1901 S. 4th Suite 201 Lincoln Land Building
Effingham, IL 62401
217-342-6963
www.midwestneurofitness.com

Mothers Against Drunk Driving (MADD)

3309 Robbins Road Suite #186
Springfield, IL 62704
217-523-6233
<https://madd.org/illinois/>

Moultrie County Beacon Inc.

401 West Water St.
Sullivan, IL 61951
217-728-7396
<http://www.mcbeacon.org/>

Moultrie County Grandparents Raising Grandchildren Support

113 E. Jefferson St.
Sullivan, IL 61951
217-728-8521
1-800-736-4675
https://www.chamberorganizer.com/sullivanchamber/mem_midilseniors

Moultrie County Health Department

202 S. Main St.
Sullivan, IL 61951
217-728-4114
<http://www.moultriehealth.org/>

**Moultrie County Recovery Oriented Systems of Care (ROSC)- Kandis Mills, Moultrie Co
ROSC Coordinator & Josh Forbes, Moultrie Co
ROSC Recovery Navigator**513 N. 13th St.

Mattoon, IL 61938

217-258-6018

217-549-7427 (Kandis's Cell #)

217-549-7481 (Josh's Cell #)

Email Kandis at

kandism@hourhoukerecovery.org

Email Josh at

joshf@hourhoukerecovery.org<https://www.facebook.com/profile.php?id=61578587579242>**Moultrie County Senior Center**

113 E. Jefferson St.

Sullivan, IL 61951

217-728-8521

1-800-736-4675

https://www.chamberorganizer.com/sullivanchamber/mem_midilseniors**NAMI—Champaign County**

PO Box 3552

Champaign, IL 61826

217-419-5345

<https://namichampaign.org/>**NAMI Helpline**

1-800-950-6264

Or text NAMI to 62640

<https://ets.nami.org/helpline>**National Council on Alcoholism and Drug Dependence**

1-800-622-2255

ncaddms.org**National Crisis Text Line**

Text HOME to 741741

National Domestic Violence Hotline

1-800-799-7233

<https://www.thehotline.org/>**National Intervention Referral**

1-800-622-2255

National Poison Control Center

1-800-222-1222

<https://www.poison.org/>**National Runaway Safeline**

1-800-786-2929

Neoga Community Food Pantry

641 W. 6th St.

Neoga, IL 62447

217-273-1198

New Light Counseling

*SUD therapy available also

1300 S. Raney St., Ste 2

Effingham, IL 62401

217-342-7155

<https://www.newlightcounseling.org/>**New Vision**

HSHS Good Shepherd Hospital

200 S. Cedar St.

Shelbyville, IL 62565

217-774-6436

<https://specialcarecorp.com/locations/shelbyville-illinois/>**Newman Catholic Center**

500 Roosevelt Ave.

Charleston, IL 61920

217-348-0188

<http://www.eiunewman.org>**Oakland Food Pantry**

10 N. Pike St.

Oakland, IL 61943

oaklandfoodpantry@hotmail.com**Office of the State Appellate Defender
Expungement Unit**

400 W. Monroe, Suite 202

Springfield, IL 62704

1-866-787-1776

<https://osad.illinois.gov/expungement.html>

Oh Baby! - Two Week Comprehensive and Oh Baby! Express

1000 Health Center Dr.
Mattoon, IL 61938
217-258-2229

<https://www.sarahbush.org/ohbaby/>

One Hope United

1901 S. 4th St., #213
Effingham, IL 62401
217-347-5880

<https://onehopeunited.org/>

One Stop Community Christmas – Southeastern Illinois Community Foundation – Serving Coles, Clark, Cumberland, Edgar, Shelby, Moultrie and Douglas Counties

PO Box 1211
Effingham, IL 62401

<https://www.onestopcommunitychristmas.com/>

Opioid Helpline—Ending Opioid Misuse

1-833-234-6343

www.HelplineIL.org

Opportunities for Access CIL

102 Greenview Dr.
Effingham, IL 62401
217-342-5521

<http://www.ofacil.org>

Orange is the New Ride Taxi Service – Effingham

217-258-8294

<http://orangeisthenewride.com/>

Orange is the New Ride Taxi Service - Mattoon

1501 Charleston Ave.
Mattoon, IL 61938
217-235-2227
217-234-7474

<http://orangeisthenewride.com/>

Outpatient Mental Health Counseling

12 W. Harrison St.
Sullivan, IL 61951
217-728-4358

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

Outreach-CEFS Economic Opportunity Corporation

1805 S. Banker St.
Effingham, IL 62401
217-342-2193
217-774-4541
217-728-7721

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

Outreach and Referral Service

107 South Central Ave. W.
Tuscola, IL 61953
217-253-4434

<http://erbainc.org/>

Outreach Program

113 E. Jefferson St.
Sullivan, IL 61951
217-728-8521

https://www.chamberorganizer.com/sullivanchamber/mem_midilseniors

PACE- Disability Awareness Speakers DEAF Services Independent Living Skills Training Personal Assistant Program Universal Community Access Network (UCAN) Vision Impairment Services

301 S. Vine St., Suite 211
Urbana, IL 61801
217-344-5433

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

Parenting- Earn While You Learn – Charleston

260 W. Locust Ave.
Charleston, IL 61920
217-345-5000

<https://choices4.me/>

Parenting-Earn While You Learn – Mattoon

105 N. 10th St., Suite #3
Mattoon, IL 61938
217-234-3312

<https://choices4.me/>

Partnership to End Addiction

711 Third Avenue
5th Floor, Suite 500
New York, NY 10017
1-855-378-4373 or text "Connect" to 55753
<https://drugfree.org/>

Pathway of Hope - Salvation Army Mattoon Corps

1300 Richmond Ave.
Mattoon, IL 61938
217-234-3915
<https://centralusa.salvationarmy.org/midland/mattoon/>

Pathways

5001 Lakeland Blvd.
Mattoon, IL 61938
217-238-8383
<https://www.lakelandcollege.edu/pathways/>

Post Abortion Stress Support (PASS) - Casey

502 E. Delaware Ave.
Casey, IL 62420
217-932-5900
<https://choices4.me/>

**Post Abortion Stress Support (PASS)-
Charleston**

260 W. Locust Ave.
Charleston, IL 61920
217-345-5000
<https://choices4.me/>

**Post Abortion Stress Support (PASS)-
Mattoon**

105 N 10th St., Suite #3
Mattoon, IL 61938
217-234-3312
<https://choices4.me/>

**Post Abortion Stress Support (PASS)-
Mattoon**

105 N 10th St., Suite #3
Mattoon, IL 61938
217-234-3312
<https://choices4.me/>

Pregnancy and Labor Support (PALS)

260 W. Locust Ave.
Charleston, IL 61920
217-345-5000
217-234-3312
217-463-7800
<https://choices4.me/>

Prenatal Classes

1700 W. South 3rd St.
Shelbyville, IL 62565
217-774-9555
<http://www.shelbyhealth.net/>

Prevail (Formerly SACIS)

825 18th St.
Charleston, IL 61920
217-348-5033
<http://www.prevail.org>

**Rape Advocacy Counseling and Education
Services (R.A.C.E.S.)**

301 S. Vine St., Suite 103
Urbana, IL 61801
217-324-4444
1-877-236-3727 (24/7 Crisis line)
<https://www.cu-races.org>

RBHN Crisis Line

750 Broadway Ave. East
Mattoon, IL 61938
1-866-567-2400
<http://www.lifelinksinc.org/>

**Recovery Oriented Systems of Care (ROSC) –
Hour House**

513 N. 13th St.
Mattoon, IL 61938
217-258-6018
<https://www.govst.edu/Recovery-Support/Find-Your-Local-ROSC-Council/>

**Region 4 Substance Use Prevention
Integration Center (RSUPIC)**

*Provides resources & educational materials
Email: rsupic4@fgcinc.org
<https://www.preventionintegrationcenter.org/>

Regional Behavioral Health Network (RBHN)–
A 24 Hour Crisis Line
 Coles, Cumberland, Edgar, Clark, and
 Effingham Counties
 1-866-567-2400
<http://www.lifelinksinc.org/>

Restoration Farms
 *Christ centered residential program for
 women and children
 Herrick, IL 62431
<https://restorationfarms.org/>

Rides Mass Transit
 104 S. Marietta St.
 Greenup, IL 62428
 217-923-4079
<http://www.ridesmtd.com/>

Rides Mass Transit District
 1304 Frank Leberman Dr.
 Harrisburg, IL 62946
 618-253-8761
<http://www.ridesmtd.com/>

SAFE- Sexual Assault & Family Emergencies
 (Clay & Effingham Co)
 401 East Washington Street
 Effingham, IL 62401
 217-342-6623
 1-800-625-1414 (24 hr. Crisis)
www.safecrisiscenter.org

SAFE HAVENS
<https://saveabandonedbabies.org/>

SAIL—Community Reintegration Program–
Charleston
 707 Windsor Rd., Suite B
 Charleston, IL 61920
 217-345-7245
<http://www.decatursail.com/>

SAIL—Community Reintegration Program–
Shelbyville – Shelby Co. Outreach Office
 1604 W. Main St., Suite 100
 Shelbyville, IL 62565
 217-774-4322
 217-876-8888
<http://www.decatursail.com/>

SAIL—Disability Education and Awareness–
Charleston
 707 Windsor Rd., Suite B
 Charleston, IL 61920
 217-345-7245
<http://www.decatursail.com/>

SAIL— Disability Education and Awareness –
Shelbyville
 1604 W. Main St., Suite 100
 Shelbyville, IL 62565
 217-774-4322
 217-876-8888
<http://www.decatursail.com/>

SAIL—Family and Youth Services–Charleston
 707 Windsor Rd., Suite B
 Charleston, IL 61920
 217-345-7245
<http://www.decatursail.com/>

SAIL— Family and Youth Services –Shelbyville
 1604 W. Main St., Suite 100
 Shelbyville, IL 62565
 217-774-4322
 217-876-8888
<http://www.decatursail.com/>

SAIL—FIVE CORE SERVICES: Charleston
 707 Windsor Rd., Suite B
 Charleston, IL 61920
 217-345-7245
<http://www.decatursail.com/>

SAIL—Independent Living Services–
Charleston
 707 Windsor Rd., Suite B
 Charleston, IL 61920
 217-345-7245
<http://www.decatursail.com/>

SAIL— Independent Living Services –
Shelbyville
 1604 W. Main St., Suite 100
 Shelbyville, IL 62565
 217-774-4322
 217-876-8888
<http://www.decatursail.com/>

**SAIL—Personal Assistant Program—
Charleston**

707 Windsor Rd., Suite B
Charleston, IL 61920
217-345-7245

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

**SAIL— Personal Assistant Program –
Shelbyville**

1604 W. Main St., Suite 100
Shelbyville, IL 62565
217-774-4322
217-876-8888

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

**Salvation Army of Coles & Cumberland
County**

1300 Richmond Ave.
PO Box 671
Mattoon, IL 61938
217-234-3915

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

**Sarah Bush Community Online Resource
Directory (CORD)**

1-866-511-2673

<https://www.sarahbush.org/cord/>

Sarah Bush Lincoln Center for Healthy Living

1004 Health Center Dr., Suite 110
Mattoon, IL 61938
217-238-3488

<https://www.sarahbush.org/centerforhealthyliving/>

SBL Employee Assistance Program

700 W. Lincoln Ave., Ent. B
Charleston, IL 61920
217-258-4040

<https://www.sarahbush.org/psychiatry/>

SBL Financial Assistance

1000 Health Center Dr.
Mattoon, IL 61938
1-800-381-0040

<https://www.sarahbush.org/hospital-services/financial-assistance/>

**SBL Hopeful Horizons Grief Support Group –
SBL Education Center, Ent. C**

1000 Health Center Dr.
Mattoon, IL 61938
1-800-454-4055

<https://www.sarahbush.org/hospice/>

SBL Pathways Through Grief Support Group

1000 Health Center Dr.
Mattoon, IL 61938
1-800-454-4055

<https://www.sarahbush.org/hospice/>

SBL Peace Meal Senior Nutrition Program

694 Castle Dr.
Charleston, IL 61920
217-345-1800

Email: peacemeal@sblhs.org

<http://www.sarahbush.org/peacemeal>

SBLHC Cardiac Rehabilitation

1000 Health Center Dr., Ent. H
Mattoon, IL 61938
217-238-4960

<https://www.sarahbush.org/theheartcenter>

SBLHC CPR Course

1000 Health Center Dr.
Mattoon, IL 61938
217-258-4076

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

SBLHC Community First Aid Course

1000 Health Center Dr.
Mattoon, IL 61938
217-258-4076

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

SBLHC Diabetes Nutritional Counseling

1000 Health Center Dr.
Mattoon, IL 61938
217-258-2135

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

SBLHC Diabetic Support Group

1000 Health Center Dr.
PO Box 372
Mattoon, IL 61938
217-258-2135

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

SBLHC Emergency Medical Technician (EMT) Course - Sarah Bush Lincoln Hospital
 1000 Health Center Dr.
 Mattoon, IL 61938
 217-258-2403
 217-348-2403
<https://www.sarahbush.org/ems/class-schedule/>

SBLHC First Aid for Emergencies and Adult & Pediatric CPR
 1000 Health Center Dr.
 PO Box 372
 Mattoon, IL 61938
 217-258-4076
<http://www.sarahbush.org/>

SBLHC Ostomy Support Group
 1000 Health Center Dr.
 Mattoon, IL 61938
 217-238-4850
<http://www.sarahbush.org/>

SBLHC Outpatient Nutritional Counseling
 1000 Health Center Dr.
 Mattoon, IL 61938
 217-258-2199
<http://www.sarahbush.org/>

SBLHC Parent to Parent Breastfeeding Support Group
 1000 Health Center Dr.
 PO Box 372
 Mattoon, IL 61938
 217-258-2229
<http://www.sarahbush.org/>

SBLHC Pulmonary Rehabilitation
 1000 Health Center Dr., Suite 101, Ent. F
 Mattoon, IL 61938
 217-258-4158
<https://www.sarahbush.org/pulmonology/>

School Assistance and Support – Regional Office of Education
 730 7th St.
 Charleston, IL 61920
 217-348-0151
<https://roe11.org/>

School Based Mentoring
 825 18th St.
 Charleston, IL 61920
 217-348-8660
<http://www.joinsomethingbig.org/>

Screening Assessment and Supportive Services (SASS) For Children and Adolescents
 750 Broadway Ave. East
 Mattoon, IL 61938
 1-800-345-9049
 1-866-567-2400
<http://www.lifelinksinc.org/>

Second Hand Rose
 *Offer clothing aid
 1701 S. Raney St.
 Effingham, IL 62401
 217-857-1482
<https://www.cc.dio.org/>

Senior Citizen Counseling
Senior Living - Blackshire-Hiett Marriage and Family Therapy
 17498 N. Livingston Rd.
 Marshall, IL 62441
 217-826-3477

Senior Counseling Program – Care Horizon
 120 Courthouse Square
 Toledo, IL 62468
 217-849-3803
<https://www.carehorizon.org/>

Senior Information Services-Ship Counseling (Senior Health Insurance Program)
 113 E. Jefferson St.
 Sullivan, IL 61951
 217-728-8521
 1-800-736-4575
<https://ilaging.illinois.gov/ship.html>

Sex Addicts Anonymous
www.saa-recovery.org
 1-713-869-4902

Sexual Assault Counseling and Information Service- Prevail Illinois-Formerly known as SACIS

825 18th St.
 Charleston, IL 61920
 217-348-5033
<http://www.sacis.org/>

Shelby Co. Community Services - Developmental Training

810 W. S. 3rd St.
 Shelbyville, IL 62565
 217-774-5587
<http://www.sccsil.org/>

Shelby Co. Community Services - DUI and Substance Abuse Program

101 East North 12th St.
 Shelbyville, IL 62565
 217-774-1400
 217-774-5587
<http://www.sccsil.org/>

Shelby Co. Community Services - Outpatient Services

314 N. Cedar, PO Box 650
 Shelbyville, IL 62565
 217-774-2113
 217-774-3961
<http://www.sccsil.org/>

Shelby Co. Community Services – Residential Services

810 W. South 3rd St.
 Shelbyville, IL 62565
 217-744-3112
 217-774-5587
<http://www.sccsil.org/>

Shelby Co Head Start

711 W. South 7th St.
 Shelbyville, IL 62565
 217-774-5918
<https://www.cefseoc.org/>

Shelby County Public Health Department

1700 W. South 3rd St.
 Shelbyville, IL 62565
 217-774-9555
<https://www.shelbyhealth.net/>

Shelby County Recovery Oriented Systems of Care (ROSC)- Landriah Hardiek, Shelby Co ROSC Coordinator & Taylor Jones, Shelby Co ROSC Recovery Navigator

513 N. 13th St.
 Mattoon, IL 61938
 217-258-6018
 217-459-4826 (Landriah's Cell #)
 217-549-7516 (Taylor's Cell #)
 Email Landriah at
landriahh@hourhouserecovery.org
 Email Taylor at
taylorj@hourhouserecovery.org
https://www.facebook.com/profile.php?id=61555158494064¬if_id=1705537852705234¬if_t=fan_profile_v2&ref=notif

Shelbyville Public Library

154 N. Broadway
 Shelbyville, IL 62565
 217-774-4432
<https://www.shelbyvillelibrary.org/>

Silk Purse

*Offer clothing aid
 908 W. Fayette Ave.
 Effingham, IL 62401
 217-342-3319
<https://www.silkpursethriftstore.com/>

Smoking Cessation Program

1250 E. US. Hwy. 36
 Tuscola, IL 61953
 217-253-4137
<https://www.dchealthil.org/>

SNAP (Food Stamps)

Apply online at:
<https://abe.illinois.gov/access/>
 1-800-843-6154

Social Security Administration Office

1207 Network Centre Dr. #2
 Effingham, IL 62401
 1-800-772-1213
www.ssa.gov

Soup Kitchen

2175 Harrison Ave.
Charleston, IL 61920
1-833-878-5115
<http://soupstop.org/>

Supportive Services for Veteran Families**Outreach Coordinator – SSVF**

Contact Heather: 309-232-7097

Prescreen Line: 217-278-9897

SSVF Program Details:

<https://www.va.gov/homeless/ssvf/index.html>

Landlord Information:

<https://www.va.gov/homeless/landlords.asp>

Standing Stone Community Center

201 N. 6th St.
Charleston, IL 61920
217-348-6085
www.standingstonecc.com

State of Illinois Division of Rehabilitation

129 N. 15th St.
Mattoon, IL 61938
217-235-3154
<https://www.dhs.state.il.us/page.aspx>

Stepping Stones Children's Center of Mattoon

2820 Moultrie Ave.
Mattoon, IL 61938
217-235-0114
<https://www.steppingstoneschildrenscenterilc.com/>

Stepping Stones Children's Center of Charleston

240 Decker Springs Rd.
Charleston, IL 61920
217-348-1228
<https://www.steppingstoneschildrenscenterilc.com/location>

St. Louis District Dairy Council – Bloomington Office

10226 E. 1400 N. Rd.
Bloomington, IL 61705
309-681-4629
<http://www.stldairyCouncil.org/>

Suicide and Crisis LifeLine

988 (24/7)

Sullivan Civic Center

600 N. Washington St.
Sullivan, IL 61951
217-728- 4541
<https://sullivanciviccenter.recdesk.com/Community/Home>

Supportive Living Facility – Heritage Woods of Charleston

480 W. Polk Ave.
Charleston, IL 61920
217-345-4900
<http://www.hw-charleston-slf.com/>

SWAN- Stopping Woman Abuse Now

(Effingham Co)
1108 S. Willow St.
Effingham, IL 62401
217-342-4526
<http://swandvhl.org/>

Tanning, Well and Septic Program – Cumberland Co Health Department

200 S. Indiana St.
PO Box 130
Toledo, IL 62468
217-849-3211
<http://www.cumberlandhealth.org>

The Haven (Formerly known as Pads-Homeless Shelter)

1812 Western Ave.
Mattoon, IL 61938
217-234-7237
<http://mattoonhaven.org/>

“The Living Room” – Mental Health-Counseling Services

406 N. Second St.
Marshall, IL 62441
217-826-6212

The Trevor Project

1-866-488-7386
<https://www.thetrevorproject.org/get-help/>

The Wellness Loft

*Offers mental health and SUD services
 408 S. 4th St.
 Effingham, IL 62401
 217-347-5118
<https://www.thewellnessloft.com/>

Thrifty Boutique – Sullivan

14 South Washington St.
 Sullivan, IL 61951
 217-728-4058

Tobacco-Free Program

200 S. Indiana
 PO Box 130
 Toledo, IL 62468
 217-849-3121
<http://www.cumberlandhealth.org/>

Tobacco Cessation Program

901 W. Virginia Ave.
 Effingham, IL 62401
 217-342-9237
<https://effcohealth.org/tobacco-prevention-program/>

**Trafficking Victim Assistance Program -
 Illinois Coalition for Community Services
 (ICCS) partnering with Heartland Alliance and
 U.S. Committee for Refugees and
 Immigrants**

753 Windsor Rd.
 Charleston, IL 61920
 1-888-373-7888
<http://www.traffickingresourcecenter.org/>

Tuscola Community Foundation

P.O. Box 252
 Tuscola, IL 61953
 217-253-2265
<https://www.tuscolafoundation.org/>

Tuscola Public Library

112 E. Sale St.
 Tuscola, IL 61953
 217-253-3812
 217-253-4024
<https://www.tuscolalibrary.org/>

Tuscola Senior Center

214 N. Main St.
 Tuscola, IL 61953
 217-253-2112
<https://tuscola.org/residents/senior-center>

United Methodist Children's Ministry

1601 Charleston Ave.
 Mattoon, IL 61938
 217-235-5676
<http://www.mattoonumc.com/>

**University of Illinois Extension - Coles,
 Cumberland, Douglas, Moultrie, and Shelby
 County**

707 Windsor Rd., Suite A
 Charleston, IL 61920
 217-345-7034
<http://extension.illinois.edu/>

**University of Illinois Extension –
 Cumberland/Jasper Unit**

130 Courthouse Square
 Toledo, IL 62468
 217-849-3931

**University of Illinois Extension – Shelby
 County**

1125 W. N. Second St.
 Shelbyville, IL 62565
 217-774-9546

**University of Illinois Extension Youth
 Development**

304 E. Progress St.
 Arthur, IL 61911
 217-543-3755
<http://www.extension.illinois.edu/ccdms/>

**Utility/Rental Assistance- Salvation Army
 Mattoon Corps**

1300 Richmond Ave.
 Mattoon, IL 61938
 217-234-3915

Veterans Crisis Line

988 then press “1” or text 838255

Villas of Holly Brook—Effingham

904 W. Evergreen Ave.

Effingham, IL 62401

217-708-2184

<https://www.meridiansenior.com/senior-living/il/effingham/villas-of-holly-brook-effingham/>**Villas of Holly Brook-Shelbyville**

2201 W. Main St.

Shelbyville, IL 62565

217-619-8266

<https://www.meridiansenior.com/senior-living/il/shelbyville/villas-of-holly-brook-shelbyville/contact-us>**Vision and Hearing Screening—Douglas County Health Department**

1250 E. US. Hwy. 36

Tuscola, IL 61953

217-253-4137

<https://www.dchealthil.org/>**Visiting Angels**

*Offers Home Care & Living Assistance

120 E. Section Ave.

Effingham, IL 62401

217-690-4564

<http://www.visitingangels.com/effingham>**VITA—Volunteer Income Tax Assistance**

515 N. Cedar St.

Shelbyville, IL 62565

217-774-4541

<http://cefseoc.org/>**Vocational Services—CTF ILLINOIS**

6081 Development Dr.

Charleston, IL 61920

217-348-3869

<http://www.ctfillinois.org/>**Warm Line in Illinois- Mental Health and Substance Resource**

1-866-359-7953

Weatherization

107 South Central Ave. W.

Tuscola, IL 61953

217-253-4434

<http://www.erbainc.org>**WEIU FM & TV**

1521 Buzzard Hall

600 Lincoln Ave.

Charleston, IL 61920

217-581-9348

<http://www.weiunet/>**Women, Infants and Children - Coles County**

753 Windsor Rd.

Charleston, IL 61920

217-348-0530

<https://www.colesco.illinois.gov/cchd/>**Women, Infants and Children - Shelby County**1700 W. South 3rd St.

Shelbyville, IL 62565

217-774-9555

217-774-5812

<http://www.shelbyhealth.net/>**Workforce Investment Act**

515 N. Cedar

Shelbyville, IL 62565

217-774-5559

Youth Workforce Training and Education Program

2311 Hoffman Dr.

Effingham, IL 62401

217-347-2102

<https://www.cefseoc.org/wioa-youth>**Youth Workforce Training and Education Program**

915 Lake Land Blvd.

Mattoon, IL 61938

217-279-0372

<https://www.cefseoc.org/wioa-youth>

After School Club -- Charleston Schools Only K-12 grades

520 Jackson Ave.
Charleston, IL 61920
217-345-6897
<https://www.charlestonillinois.org/cprdchildcare>

Arthur Public Library

*Summer reading programs, family fun & more
225 S. Walnut St.
Arthur, IL 61911
217-543-2037
<https://www.arthurlibrary.org/>

Attendance Improvement Matters (AIM)

730 7th St.
Charleston, IL 61920
217-348-0171
<https://roe11.org/youth-services/aim/>

Autism Program of CTF Illinois

914 17th St.
Charleston, IL 61920
708-429-1260 ext. 5002
<https://tap-illinois.org/ctf/>

Big Brother Big Sister Program (BBBS) - Charleston Office

825 18th St., Suite #5
Charleston, IL 61920
217-348-8741

Bridges – Lerna

10 Third Street
PO Box 129
Lerna, IL 62440
217-235-4867
<https://roe11.org/youth-services/bridges/>

Bridges – Regional Office

730 7th St.
Charleston, IL 61920
217-348-0151
<https://roe11.org/youth-services/bridges/>

Bridges -- Shelbyville

201 East North 12th Street
Shelbyville, IL 62565
217-774-1037
<https://roe11.org/youth-services/bridges/>

Brightpoint

503 South Country Fair Drive, Suite 2A
Champaign, IL 61821
Office Number: 217-530-4040
Fax Number: 217-607-0498
Email: HealthyFamiliesCoord@brightpoint.org
Website: www.brightpoint.org

C.E.F.S Economic Opportunity Corporation

*Offers youth scholarships for summer camps, swimming lessons and more
1805 South Banker Street
Effingham, IL 62401
<https://www.cefseoc.org/scholarships>

C.E.F.S. Learning Center

*Offers literacy & tutoring services to adults and youth. Also offers youth scholarships for summer camps, swimming lessons & more
1010 West Jefferson
Effingham, IL 62401
<https://www.cefseoc.org/literacy>

C.E.F.S. Shelby Co.

*Offers youth scholarships for summer camps, swimming lessons and more
515 N. Cedar St.
Shelbyville, IL 62565
217-774-4541
<https://www.cefseoc.org/scholarships>

Child and Family Connections #19

*Serves many surrounding counties
141 S. Main St., Suite 601
Decatur, IL 62523
217-423-6199
<https://www.mcmhb.com/child>

Children's Advocacy Center of East Central Illinois

119 W. State St.
Charleston, IL 61920
217-345-8250
<http://www.caceci.org/>

Choices Pregnancy & Health—Charleston
260 W. Locust Ave.
Charleston, IL 61920
217-345-5000
<https://choices4.me/>

Choices Pregnancy & Health—Mattoon
105 N. 10th St., Suite #3
Mattoon, IL 61938
217-234-3312
<https://choices4.me/>

Clothing/Household Items/Furniture Vouchers- Salvation Army Mattoon Corps
1300 Richmond Ave.
Mattoon, IL 61938
217-234-3915
<https://centralusa.salvationarmy.org/midland/mattoon/>

Coalition for People In Need
990 W. State St.
Charleston, IL 61920
217-345-5099

Coles County Habitat for Humanity
720 N. 3rd St.
Mattoon, IL 61938
217-348-7063
<http://www.colescountyhabitat.net/>

Coles County Office of IL Department of Human Services
*Apply for SNAPs, Medicaid & more
1550 Douglas St.
Charleston, IL 61920
217-345-2188
<http://www.dhs.state.il.us/>
<http://www.ABE.Illinois.gov>

Coles County Recovery Oriented Systems of Care (ROSC) – Skylar Kameron-Miller Coles Co ROSC Coordinator & Taylor Jones, Coles Co ROSC Recovery Navigator
513 N. 13th St.
Mattoon, IL 61938
217-258-6018
217-549-9045 (Skylar's Cell #)
217-549-7516 (Taylor's Cell #)
Email Skylar at skylark@hourhouserecovery.org
Email Taylor at taylorj@hourhouserecovery.org
<https://www.facebook.com/people/Coles-County-ROSC/61554298301081/>

Comprehensive Community- Based Youth Services
*Provides crisis assistance to youth
845 18th St.
Charleston, IL 61920
217-345-1221

Core Academy- Effingham Career Development Center
*Hands- on learning opportunities for youth
1201 Althoff Dr.
Effingham, IL 62401
217-540-3500
<https://coreacademyil.com/about-us/>

CSBG Summer Youth Scholarship
*Serving Effingham, Moultrie & Shelby
515 N. Cedar St.
Shelbyville, IL 62565
217-774-4541
<https://www.cefseoc.org/education-services>

Cumberland County Recovery Oriented Systems of Care (ROSC)- Kristina Drum, Cumberland Co ROSC Coordinator & Kyle Houser, Cumberland Co ROSC Recovery Navigator

513 N. 13th St.
Mattoon, IL 61938
217-258-6018
217-549-7125 (Kristina's Cell #)
217-549-7450 (Kyle's Cell #)
Email Kristina at kristinad@hourhouserecovery.org
Email Kyle at kyleh@hourhouserecovery.org
<https://www.facebook.com/people/ClarkCumberland-County-ROSC/61555369714706/>

Dial-A-Ride ZIP LINE Program

*Serving Coles and Douglas Counties
11021 E. County Rd. 800 N.
Charleston, IL 61920
217-639-5169
1-800-500-5505
<http://www.dialaridetransit.org/>

Division of Specialized Care for Children

510 Devonshire, Suite A
Champaign, IL 61820
1-800-322-4212
<https://dscc.uic.edu/>

Don Moyer Boys & Girls Club

201 E Park St.
Champaign, IL 61820
217-355-5437
<http://www.dmbgc-cu.org>

Douglas Co Dental Clinic

1250 E. US. Hwy. 36
Tuscola, IL 61953
217-253-4137
<https://www.dchealthil.org/dental-clinic-homepage>

Douglas County Recovery Oriented Systems of Care (ROSC)- Lyndsey Reedy, Douglas Co ROSC Coordinator & Josh Forbes, Douglas Co ROSC Recovery Navigator

513 N. 13th St.
Mattoon, IL 61938
217-258-6018
217-549-7632 (Lyndsey's Cell #)
217-549-7481 (Josh's Cell #)
Email Lyndsey at lyndseyr@hourhouserecovery.org
Email Josh at joshf@hourhouserecovery.org
<https://www.facebook.com/douglascountyrosc>

Eastern Illinois Foodbank – Foodmobile

2405 North Shore Dr.
Urbana, IL 61802
217-549-8426
217-328-3663
<http://www.eifoodbank.org/>

Eastern Illinois Foodbank- Volunteer Opportunities

Urbana, IL 61802
217-328-3663
<http://www.eifoodbank.org/>

Eating Disorder Anonymous

www.eatingdisordersanonymous.org

ERBA CSBG Scholarships—Cumberland County

400 W. Pleasant
PO Box 307
Greenup, IL 62428
217-923-3113
<http://www.erbainc.org>

ERBA CSBG Scholarships—Douglas County

107 South Central Ave. W.
Tuscola, IL 61953
217-276-7128
<http://www.erbainc.org/>

ERBA Emergency Food and Shelter - Coles County

696 Castle Dr.
Charleston, IL 61920
217-500-3120
<http://www.erbainc.org/>

ERBA Emergency Food and Shelter - Douglas County

107 South Central Ave. W.
Tuscola, IL 61953
217-253-4434
<http://www.erbainc.org/>

ERBA Low Income Home Energy Assistance (LIHEAP)- Douglas County

107 South Central Ave. W.
Tuscola, IL 61953
217-253-4434
<http://www.erbainc.org/>

ERBA- Youth Extra- Curricular Program

400 West Pleasant St.
Greenup, IL 62428
217-923-3113
<https://erbainc.org/csbg/>

Family Case Management — Douglas Co.

1250 E. US Hwy. 36
Tuscola, IL 61953
217-253-4137
<http://www.douglascountyhealth.org/>

Gamblers Anonymous National Hotline

1-855-222-5542
www.gamblersanonymous.org

Gaming Addicts Anonymous

970-364-3497
<https://www.gamingaddictsanonymous.org/>

Good Will

562 W. Lincoln Ave.
Charleston, IL 61920
217-512-2178
<https://www.wvgoodwill.org/>

Good Will

228 Broadway Ave.
Mattoon, IL 61938
217-295-1057
<https://www.wvgoodwill.org/>

Habitat for Humanity

720 N. 3rd
Mattoon, IL 61938
217-348-7063
<https://www.habitat.org/>

Habitat for Humanity

401 S. Hamilton St.
Sullivan, IL 61951
217-728-8700
<https://www.habitat.org/>

Hour House - Adolescent Outpatient Services

513 N. 13th St.
Mattoon, IL 61938
217-258-6018
<http://hourhouserecovery.org>

Hour House – Build, Amplify, Support, Empower (B.A.S.E.)

416 N. 19th St.
Mattoon, IL 61938
217-208-8984 or 217-258-2968

Hour House – Community Outreach and Recovery Support (CORS)

*Serves Coles, Douglas & Edgar Co. Assists with Substance Use Disorder, Opiate Use Disorder & Housing instability
217-254-8697 or 217-348-8118

Hour House - Prevention Services (serving Coles, Cumberland, Douglas, Effingham, Moultrie & Shelby Counties)

521 North 13th St.
Mattoon, IL 61938
217-258-6137
<http://hourhouserecovery.org>
<https://www.facebook.com/HourHousePrevention/>
https://www.instagram.com/hour_house_prevention/

IDHS Homeless Prevention Services

*Serves Coles Co.
696 Castle Dr.
Charleston, IL 61920
217-500-3120
<http://erbainc.org/>

IDHS Homeless Prevention Services

*Serves Cumberland Co.
115 S. Kentucky
Greenup, IL 62428
217-921-5505
<http://erbainc.org/>

IDHS Homeless Prevention Services

*Serves Douglas Co.
107 W. South Central
Tuscola, IL 61953
217-253-4434
<http://erbainc.org/>

IDHS Homeless Prevention Services

*Serves Effingham, Moultrie & Shelby Co.
1805 S. Banker St.
Effingham, IL 62401
217-342-2193 ext. 3451
<https://www.cefseoc.org/>

Illinois Coalition for Community Services (ICCS)- Teen REACH (Youth 11-17 yrs)

*Provides many different services to youth
719 W. Lincoln St.
Charleston, IL 61920
217-210-2301
217-549-2106
<https://www.iccscares.org/>

Illinois Domestic Violence Helpline **1-877-863-6338**

Illinois Department of Human Services

600 500 E. Ash St.
Springfield, IL 62703
217-782-0400
1-800-843-6154
<http://www.dhs.state.il.us/>

Illinois Family Resource Center- Hour House

*Offers resources and support for family & youth
513 N. 13th St.
Mattoon, IL 61938
217-258-6018
<https://illinoisfamilyresources.org/>
<https://www.facebook.com/ILFAMILYRESOURCECENTER>

Illinois Hunger Coalition Hotline

312-629-9580
1-800-359-2163
www.ilhunger.org

Illinois Poison Center

222 S. Riverside Plaza, Ste. 1900
Chicago, IL 60606
1-800-222-1222
<http://www.illinoispoisoncenter.org/>

Illinois Tobacco Quitline

1-866-784-8937
<http://www.quityes.org/>

Land of Lincoln- Legal Assistance

737 Windsor Rd.
Charleston, IL 61920
217-883-4355
<https://lincolnlegal.org/>

Lake Land College – Adult Education

*GED offered- 17yrs and older
5001 Lakeland Blvd.
Mattoon, IL 61938
217-238-8292
<https://www.lakelandcollege.edu/adult-ed/>

Life Links – Adult, Adolescent and Child Counseling, Mental Health Counseling

*Also offers a variety of family services
750 Broadway Ave. East
Mattoon, IL 61938
217-238-5700
<http://www.lifelinksinc.org>

Life Links – Caregiver Connections
 Childcare providers in Coles Cumberland,
 Clark, Edgar, Moultrie, and Shelby Counties
 750 Broadway Ave. East
 Mattoon, IL 61938
 217-238-5700
<http://www.lifelinksinc.org>

LIHEAP - Emergency Furnace, Energy Assistance
 400 W. Pleasant St.
 Greenup, IL 62428
 217-923-3113
<https://erbainc.org/>

LIHEAP - Emergency Furnace, Energy Assistance
 107 S. Central Ave. W.
 Tuscola, IL 61953
 217-253-4434
<http://erbainc.org/>

Low Income Home Energy Assistance Program
 515 N. Cedar St.
 Shelbyville, IL 62565
 217-774-4541
<http://cefseoc.org/>

Maranatha Baptist Church - Food pantry
 3400 Dewitt Ave.
 Mattoon, IL 61938
 217-234-4777
<http://www.mbcmattoon.com/>

Mattoon Community Food Center
 600 Moultrie Ave.
 Mattoon, IL 61938
 217-258-8321
<https://mattoon-community-food-center.hub.biz/>

Medical Transportation
 217-247-7125

Moultrie County Recovery Oriented Systems of Care (ROSC)- Kandis Mills, Moultrie Co
ROSC Coordinator & Josh Forbes, Moultrie Co
ROSC Recovery Navigator
 513 N. 13th St.
 Mattoon, IL 61938
 217-258-6018
 217-549-7427 (Kandis's Cell #)
 217-549-7481 (Josh's Cell #)
 Email Kandis at
kandism@hourhouserecovery.org
 Email Josh at
joshf@hourhouserecovery.org
<https://www.facebook.com/profile.php?id=61578587579242>

National Poison Control Center
 1-800-222-1222
<https://www.poison.org/>

National Runaway Safeline
 1-800-786-2929

Outreach and Referral Service
 107 South Central Ave. W.
 Tuscola, IL 61953
 217-253-4434
<http://erbainc.org/>

Partnership for Drug- Free Kids
 *Resources for both parents & teens
 TEXT CONNECT to 55753
 1-855-378-4373
<https://drugfree.org/>

Prevail (Formerly SACIS)
 825 18th St.
 Charleston, IL 61920
 217-348-5033
<http://www.prevail.org>

Quit Tobacco Illinois
 *Offers help with Nicotine Replacement Therapy to quit smoking/ vaping
 1-866-784-8937
www.quityes.org

Rape Advocacy Counseling and Education Services (R.A.C.E.S.)

301 S. Vine St., Suite 103
Urbana, IL 61801
217-324-4444
1-877-236-3727 (24/7 Crisis line)
<https://www.cu-races.org>

RBHN Crisis Line

750 Broadway Ave. East
Mattoon, IL 61938
1-866-567-2400
<http://www.lifelinksinc.org/>

Recovery Oriented Systems of Care (ROSC) – Hour House

513 N. 13th St.
Mattoon, IL 61938
217-258-6018
<https://www.govst.edu/Recovery-Support/Find-Your-Local-ROSC-Council/>

Region 4 Substance Use Prevention Integration Center (RSUPIC)

*Provides resources & education for parents
<https://www.preventionintegrationcenter.org/>

SAIL-Family & Youth Services: Charleston

*Family Advocate Program
707 Windsor Rd., Suite B
Charleston, IL 61920
217-345-7245
<http://www.decatursail.com/>

SAIL-Family & Youth Services: Shelbyville

1604 W Main St., Suite 100
Shelbyville, IL 62565
217-774-4322
217-876-8888
<http://www.decatursail.com/>

SBLHC Rotarian High School Athletic Heart Scan- SBL Heart Center

*Available to athletes 15-17 yrs. old
1000 Health Center Dr.
Mattoon, IL 61938
217-258-2576
<http://www.sarahbush.org/>

School Assistance and Support – Regional Office of Education

730 7th St.
Charleston, IL 61920
217-348-0151
<https://roe11.org/>

Shelby County Recovery Oriented Systems of Care (ROSC)- Landriah Hardiek, Shelby Co ROSC Coordinator & Taylor Jones, Shelby Co ROSC Recovery Navigator

513 N. 13th St.
Mattoon, IL 61938
217-258-6018
217-459-4826 (Landriah's Cell #)
217-549-7516 (Taylor's Cell #)
Email Landriah at
landriahh@hourhouserecovery.org
Email Taylor at
taylorj@hourhouserecovery.org
https://www.facebook.com/profile.php?id=61555158494064¬if_id=1705537852705234¬if_t=fan_profile_v2&ref=notif

Silk Purse

*Offer clothing aid
908 W. Fayette Ave.
Effingham, IL 62401
217-342-3319
<https://www.silkpursethriftstore.com/>

Smoking Cessation Program

1250 E. US. Hwy. 36
Tuscola, IL 61953
217-253-4137
<https://www.dchealthil.org/>

Suicide and Crisis Life Line

*Call, text or chat
988 (24/7)
<https://988lifeline.org/>

The Trevor Project

1-866-488-7386
<https://www.thetrevorproject.org/get-help/>

Tuscola Public Library

*Tasks Mentorship Program ages 5-18

112 E. Sale Street

Tuscola, IL 61953

www.tuscolalibrary.org

University of Illinois Extension – Coles County

*Offers a variety of Youth Services

809 Broadway Ave.

Mattoon, IL 61938

217-345-7034

<http://extension.illinois.edu/>

University of Illinois Extension – Cumberland County

*Offers a variety of Youth Services

102 S. Meridian St.

Toledo, IL 62468

217-849-3931

<http://extension.illinois.edu/>

University of Illinois Extension – Moultrie & Douglas County

*Offers a variety of Youth Services

304 E. Progress St.

Arthur, IL 61911

217-543-3755

<http://extension.illinois.edu/>

University of Illinois Extension – Shelby County

*Offers a variety of Youth Services

1125 W. N. 2nd St.

Shelbyville, IL 62565

217-774-9546

<http://extension.illinois.edu/>

Workforce Innovation & Opportunity Act Program (WIOA) Youth Program

*GED, employment, tuition and supportive services for young adults & youth

2311 Hoffman Dr.

Effingham, IL 62401

217- 347-2102

<https://www.cefseoc.org/wioa-youth>

Workforce Innovation & Opportunity Act Program (WIOA) Youth Program

*GED, employment, tuition and supportive services for young adults & youth

915 Lake Land Blvd.

Mattoon, IL 61938

217- 279-0371

<https://www.cefseoc.org/wioa-youth>