

Resource Guide

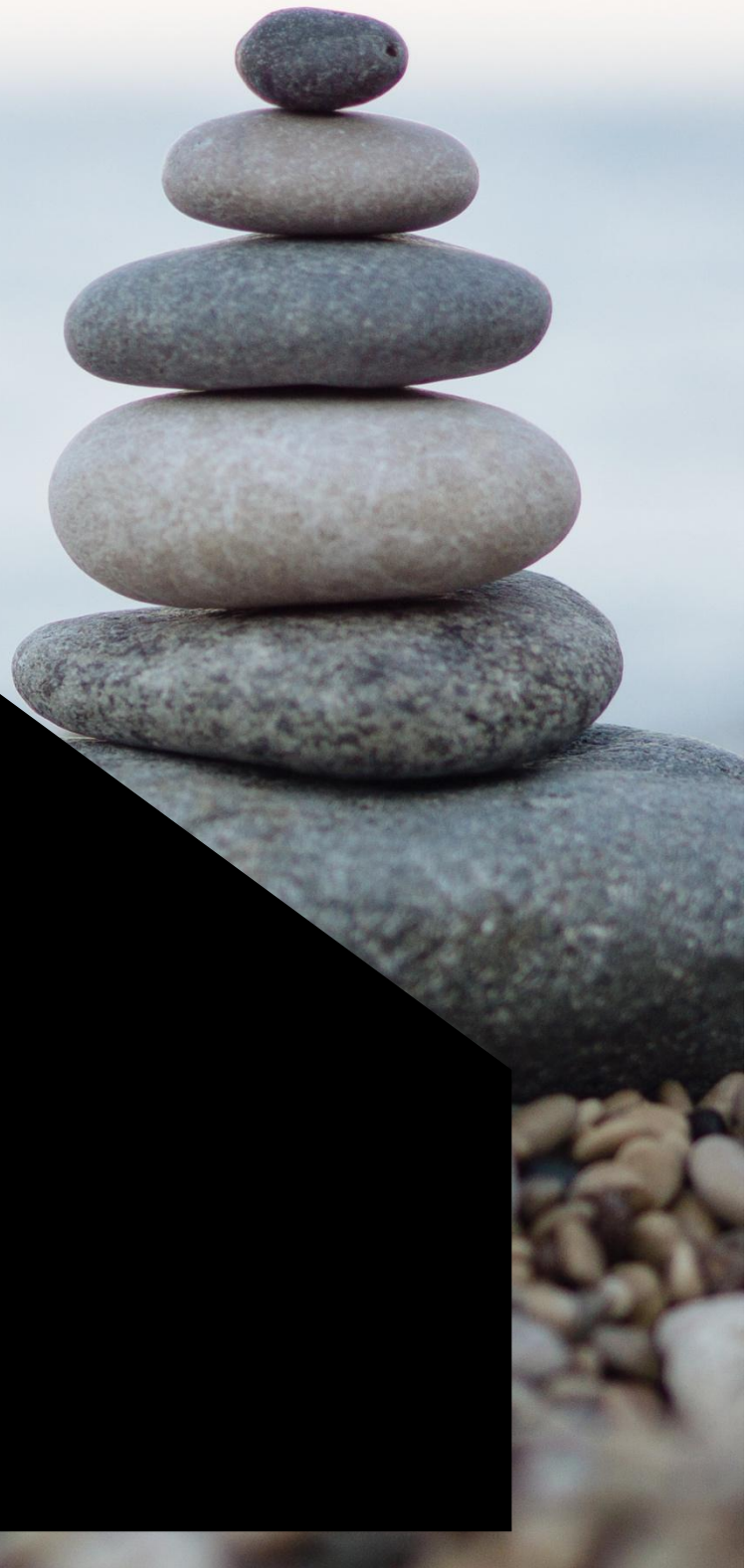
(Coles, Cumberland, Douglas, Effingham, Moultrie
And Shelby Counties)



**Hour House Prevention
June 2025**

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

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



CCAR Industries - Employment Placement
1600 Lincoln Ave.
Charleston, IL 61920
217-348-0127 Ext. 610
<http://www.ccarindustries.org>

CEFS - Adult & Dislocated Worker Training Assistance Program
305 Richmond Ave. East
Mattoon, IL 61938
217-238-8213
217-238-8282
217-235-2222
<http://www.cefseoc.org>

CEFS Economic Opportunity Corporation-Outreach
1805 South Banker St.
P.O. Box 928
Effingham, IL 62401
217-342-2193
<http://www.cefseoc.org/>

CEFS - Youth Workforce Training and Education Program
305 Richmond Ave. East
Mattoon, IL 61938
217-238-8213
217-238-8212
217-238-8282
217-235-2222
<http://www.cefseoc.org>

Coles Co. Workforce Center
109 N 16th St.
Mattoon, IL 61938
217-279-0371
<http://cefseoc.org/wioa>

CSBG Scholarship Program
515 North Cedar Street
Shelbyville, IL 62565
217-774-4541
<http://cefseoc.org/>

CTF Illinois - Vocational Services
6081 Development Dr.
Charleston, IL 61920
217-348-3869 Ext. 203
<http://www.ctfillinois.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
Charleston, IL 61920
217-581-2412
<https://www.eiu.edu>

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

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 - Employment Resource Lab
400 West Pleasant St.
Greenup, IL 62428
217-923-3113
<http://www.erbainc.org>

GAIL/CIL Personal Assistant Training & Referral Program
205 N. Fourth St.
Effingham, IL 62401
217-342-7110

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 Coalition for Community Services (ICCS) – Teen Reach & Community Service
719 W. Lincoln St.
Charleston, IL 61920
217-549-2987
<https://www.iccscares.org/>

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
217-238-8383
<http://www.lakelandcollege.edu/adult-education>

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
1317 E. Florida Ave.
Urbana, IL 61801
217- 344-5433
<http://www.pacecil.org/>

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

SAIL-Family & Youth Services: Shelbyville
1810 W. South 3rd St.
Shelbyville, IL 62565
217-774-4322
217-876-8888
<http://www.decatursail.com/>

SAIL-Five Core Services: Charleston

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

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

SAIL-Independent Living Services- Charleston

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

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

SAIL-Independent Living Services: Shelbyville

1810 W. South 3rd St.
Shelbyville, IL 62565
217-774-4322
217-876-8888

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

SAIL-Personal Assistant Program- Charleston

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

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

SAIL-Personal Assistant Program- Shelbyville

1810 W. South 3rd St.
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/>

Sarah Bush Lincoln – Employee Wellness

1000 Health Center Dr.
Mattoon, IL 61938
217-348-2140
217-258-2140

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
Shelbyville, IL 62565
217-774-5550

<http://www.west-central.org>

University of Illinois Extension – Coles County

809 Broadway
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>

Addiction Guide

1-866-525-8023

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

Adult Children of Alcoholics/Dysfunctional Families

562-595-7831

<https://adultchildren.org/>

Adult Day Care

1610 N. Lakewood
Effingham, IL 62401
217-347-7781

<http://www.petersenhealthcare.net/effingham/>

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

<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.info@lung.org>

Anonymous HIV Counseling and Testing- Coles Co Health Department

825 18th St.
Charleston, IL 61920
217-348-0530

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

Aquatic Therapy

100 Professional Plaza
Mattoon, IL 61938
217-235-1245

<https://www.fyzical.com/mattoon-il>

Arthur Home- Eberhardt Senior Community

423 Eberhardt Dr.
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/>

Baby & Me Tobacco Free

1000 Health Care Dr.
Mattoon, IL 61938
217-238-4691

<http://sarahbush.org>

Brandy Kelley Counseling

(Offers virtual counseling online)
Effingham, IL 62401
217-383-0964

brandykelleylcpc@gmail.com

<https://www.brandykelleycounseling.com/services>

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

Bulthouse Counseling Services

16 N. Washington St., Suite B
Sullivan, IL 61951
217-254-6582

<https://bulthousecounseling.com/>

Campaign for Better Health Care

44 E. Main St., Suite 414
Champaign, IL 61820
217-352-5600

<https://www.facebook.com/cbhc411/>

Care Horizon

845 18th Street
Charleston, IL 61920
217-348-3011

<http://info@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

<http://www.carleschool.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
217-365-2855

<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

<http://www.carle.org>

Carle Effingham

401 N. Keller Dr., Suites 3 & 4
Effingham, IL 62401
217-347-6400

<http://www.carle.org>

Carle – Heart and Vascular Institute, Cardiac Rehabilitation

602 W. University Ave.
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

<http://www.carle.org>

Carle – Level 1 Trauma Center

600 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
217-383-3280

<http://www.carle.org>

Carpal Tunnel Syndrome – Alternative Approach—Central Illinois Physical Therapy, LTD

100 Professional Plaza
Mattoon, IL 61938
217-235-1245

<http://www.fyzical.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/>

Central Illinois Physical Therapy, LTD – Carpal Tunnel Syndrome, Alternative Approach
100 Professional Plaza
Mattoon, IL 61938
217-235-1245
<https://www.fyzical.com/mattoon-il>

Child and Family Connections #19
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
407 N.W. 3rd St.
Casey, IL 62420
217-932-5900
<https://choices4.me/>

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

Coles Co Health Department
825 18th St.
Charleston, IL 61920
217-348-0530
<https://www.co.coles.il.us/cchd/>

Coles County Health Department - Blood Lead Level Testing
825 18th St.
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) – Lisa Blackwell, Coles Co ROSC Coordinator & Jasmine Gast, Coles Co Recovery Navigator
513 N. 13th St.
Mattoon, IL 61938
217-258-6018
217-317-1407 (Lisa's Cell #)
217- 508-2304 (Jasmine's Cell #)
Email Lisa at lisab@hourhouserecovery.org
Email Jasmine at jasmineg@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

920 Country Club Road
Mattoon, IL 61938
217-235-0001

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

Covid-19 Testing Hotline

1-800-889-3931

www.dph.illinois.gov

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

213-488-4455

www.crystalmeth.org

CSBG Summer Youth Scholarship

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 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 – 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)

1102 S. West St.

Olney, IL 62450

618-395-2902

<https://dsccl.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 & Kandis Mills, Douglas Co Recovery Navigator

513 N. 13th St.
Mattoon, IL 61938
217-258-6018
217-549-7632 (Lyndsey's Cell #)
217-549-6751 (Kandis's Cell #)
Email Lyndsey at lyndseyr@hourhouserecovery.org
Email Kandis at kandism@hourhouserecovery.org
<https://www.facebook.com/douglascountyrosc>

Dynamic Homecare Inc.

5731 Park Dr.
Charleston, IL 61920
217-345-4614

Dual Recovery Anonymous

(For people with addiction & mental illness)
www.draonline.org

East Central Illinois Area Agency on Aging - Aging Network

1003 Maple Hill Rd.
Bloomington, IL 61704
309-829-2065
<http://www.eciaaaa.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/>

Edgar County Recovery Oriented Systems of Care (ROSC)- Nicki Hanks, Edgar Co ROSC Coordinator & Jessica Parrill, Edgar Co Recovery Navigator

513 N. 13th St.
Mattoon, IL 61938
217-258-6018
217-264-6465 (Nicki's Cell #)
765-828-1818 (Jessica's Cell #)
Email Nicki at nickih@hourhouserecovery.org
Email Jessica at jessicap@hourhouserecovery.org
<https://www.facebook.com/people/Edgar-County-ROSC/61555202862197/#>

Effingham County Recovery Oriented Systems of Care (ROSC)- Samantha Hicks, Effingham Co ROSC Coordinator & Felicia Depoister, Effingham Co Recovery Navigator

513 N. 13th St.
Mattoon, IL 61938
217-258-6018
217-663-0823 (Sam's Cell #)
217-690-3773 (Felicia's Cell #)
Email Samantha at samanthah@hourhouserecovery.org
Email Felicia at feliciad@hourhouserecovery.org
<https://www.facebook.com/profile.php?id=61553858292120>

EIU Speech – Language – Hearing Clinic

EIU 600 Lincoln Ave.
Charleston, IL 61920
217-581-2712
<https://www.eiu.edu/slhclinic/>

Elliott Counseling Group

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

Emotions Anonymous

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

Family Planning – Coles County

825 18th St.
Charleston, IL 61920
217-348-0547
<https://www.colesco.illinois.gov/cchd/>

Feed Me, I'm Yours! Breastfeeding Seminar

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

Gateway Foundation (HSHS St. Anthony)

Kat O'Brien
217-294-7997
(Assessments & Referrals, possible transport to treatment once assessed)

Gentle Care Consultants

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

Glaucoma Project

PO Box 429098
San Francisco, CA 94142
1-877-887-6327
<http://www.eyecareamerica.org/>

Grace Counseling

305 Professional Park Ave.
Effingham, IL 62401
217-500-2103
gracecounselingservices.info@gmail.com

Griffin Therapeutic Solutions

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

Hand Therapy – Central Illinois Physical Therapy, Fyzical Mattoon

100 Professional Plaza, Suite A
Mattoon, IL 61938
217-345-1245
<https://www.fyzical.com/mattoon-il>

Health Alliance

3310 Fields S. Dr.
Champaign, IL 61822
1-800-851-3379
<http://www.healthalliance.org/>

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
217-345-6822
<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

Help at Home

2128 Woodfall Dr.
Charleston, IL 61920
217-345-4930
<https://www.helpathome.com>

Hilltop Skilled Nursing & Rehabilitation

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

Home Care Ombudsman Program

One Natural Way, Suite 100
Springfield, IL 62702
1-800-252-8966
<https://ilaging.illinois.gov/programs/ltombudsman/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 – Charleston Adult Outpatient Office and DUI/Risk Ed.

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

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>

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

SHS ST. ANTHONY'S MEMORIAL HOSPITAL
503 North Maple Street
Effingham, IL 62401
217-342-2121
<https://www.hshs.org/st-anthonys/>

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

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/ILFAMILYRESOURCECENTER>

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

Immunization Clinic – Coles County Health Department
825 18th St.
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>

Incontinence Program

100 Professional Plaza, Suite A
Mattoon, IL 61938
217-345-1245

<https://www.fyzical.com/mattoon-il>

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

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

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

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

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>

Life's Journey Senior Living of Mattoon

300 Lerna Rd. South
Mattoon, IL 61938
217-234-3003

<https://lifesjourneymattoon.com/>

Lincoln Land Home Care of Sarah Bush Lincoln

1004 Health Center Dr., Ste 202
Mattoon, IL 61938
217-234-4044

<http://www.sarahbush.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

1004 Health Center Dr., Ste 202
Mattoon, IL 61938
1-800-454-4055

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

Living With Diabetes

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

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

Mattoon VA Clinic

501 Lakeland Boulevard, 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/>

MDA Summer Camp

102 E. Main St, Suite 201
Urbana, IL 61801
217-351-1853

<http://mda.org/>

MDA Worldwide Research

102 E. Main St, Suite 201
Urbana, IL 61801
217-351-1853

<http://mda.org/> or

<http://mda.org/research2>

Memorial Care in Sullivan

1220 W Jackson St
Sullivan, IL 61951
217-728-2042

<https://memorial.health/contact-us/>

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

114 E. Jefferson
Sullivan, IL 61951
217-728-8521

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

Midwest Neurofitness

5566 Lincoln Highway Rd.
Charleston, IL 61920

217-355-4012

www.midwestneurofitness.com

Midwest Neurofitness

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

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)- Skylar Miller, Moultrie Co ROSC Coordinator & Bonita Goodwin, Moultrie Co Recovery Navigator

*They also provide services in Shelby Co
513 N. 13th St.
Mattoon, IL 61938
217-258-6018
217-512-3517 (Skylar's Cell #)
773-759-2760 (Bonita's Cell #)
Email Skylar at
skylark@hourhouserecovery.org
Email Bonita at
bonitag@hourhouserecovery.org
https://www.facebook.com/profile.php?id=61555158494064¬if_id=1705537852705234¬if_t=fan_profile_v2&ref=notif

NAMI – Champaign

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

NAMI – Helpline

1-800-950-6264
Or text FRIEND 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.aao.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

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

New Light Counseling

*SUD 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 Street
Greenup, IL 62428
217-923-2024
<https://office-noblehlth.square.site/>

Nursing Home – Nursing Services – Nursing Facilities
100 N. E. 15th St.
Casey, IL 62420
217-932-5217
<http://www.petersenhealthcare.net/casey>

Odd Fellow – Rebekah Home
201 Lafayette Ave. East
Mattoon, IL 61938
217-235-5449
<http://www.heritageofcare.com/mattoon/>

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
695 Castle Dr.
Charleston, IL 61920
1-866-342-4144
<https://superiormedical.biz/>

PACE – Equipment Loan
1317 E. Florida Ave.
Urbana, IL 61801
217-344-5433
<https://pacecil.org/>

Parenting – Earn While You Learn – Casey
407 N.W. 3rd St.
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/>

Petersen Health Care – Adult Day Care
1610 N. Lakewood
Effingham, IL 62401
217-347-7781
<http://www.petersenhealthcare.net/effingham>

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

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

Rehab. Serv. – Fyzical Therapy & Balance Center
100 Professional Plaza Suite A
Mattoon, IL 61938
217-345-1245
<https://www.fyzical.com/mattoon-il>

Respiratory Health Education – Superior Medical Equipment

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

<https://superiormedical.biz/>

Respite Care – Effingham Rehabilitation and Health Care

1610 N. Lakewood
Effingham, IL 62401
217-347-7781

<http://www.petersenhealthcare.net/effingham/>

Rise Behavioral Health & Wellness

114 West Houghton
Tuscola, IL 61953
217-253-4731

www.risedoco.com

SAIL- Community Reintegration Program: Charleston

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

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

SAIL-Community Reintegration Program: Shelbyville

325 East North 9th St.
Shelbyville, IL 62565
217-774-4322

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

SAIL-Disability Education & Awareness: Charleston

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

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

SAIL-Disability Education & Awareness: Shelbyville

325 East North 9th St.
Shelbyville, IL 62565
217-774-4322

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

SAIL-Family & Youth Services: Charleston

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

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

SAIL-Family & Youth Services: Shelbyville

325 East North 9th St.
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

325 East North 9th St.
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

325 East North 9th St.
Shelbyville, IL 62565
217-774-4322

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

SAMHSA (Substance Abuse and Mental Health Services Administration)

1-800-662-4357 (24/7)

<https://www.samhsa.gov/find-help/national-helpline>

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

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 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 Hospice- Lincoln Land Hospice
1004 Health Center Drive, Suite 202
Mattoon, IL 61938
1-800-454-4055
<https://www.sarahbush.org/>

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

Sarah Bush Lincoln Psychiatry and Counseling - Prairie Pavilion 1
1005 Health Center Dr., Suite 102
Mattoon, IL 61938
217-258-4042
<https://www.sarahbush.org/psychiatry/>

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 Case Management
1000 Health Center Dr.
Mattoon, IL 61938
217-258-2392
<http://www.sarahbush.org/>

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

SBLHC East Central IL Breast and Cervical Cancer Program
PO Box 372
1000 Health Center Dr.
Mattoon, IL 61938
1-800-331-1689
<http://www.sarahbush.org/>

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

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
1-800-331-1689
<http://www.sarahbush.org/>

SBLHC Lifeline

300 Coles Center Parkway
Mattoon, IL 61938
217-235-0660

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

SBLHC Marketplace (Insurance) Assistance

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

1000 Health Center Dr.
Mattoon, IL 61938
217-258-2576

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

SBLHC Step in the Right Direction

1000 Health Center Dr.
PO Box 372
Mattoon, IL 61938
217-238-4808

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

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.sblfch.org/resources/sbl-home-medical-equipment/>

SBL Neoga Clinic

650 Oak Ave.
Neoga, IL 62447
217-895-2222

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

SBL Outpatient Counseling

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

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

SBL Pathways Through Grief Support Group

1004 Health Center Drive
Mattoon, IL 61938
217-234-4075

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

SBL Patient Psychiatric Unit

1000 Health Center Drive
Mattoon, IL 61938
217-258-2397

<http://www.sarahbush.org>

SBL Regional Cancer Center

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

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

SBL Sleep Disorder Center

1005 Health Center Dr.
Mattoon, IL 61938
217-238-4908

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

SBL Sullivan Center

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
217-540-6123

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

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

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

E-mail: mid-ilseniors@hotmail.com

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

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

1810 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)- Skylar Miller, Shelby Co ROSC Coordinator & Bonita Goodwin, Shelby Co Recovery Navigator

***They also provide services in Moultrie Co**

513 N. 13th St.

Mattoon, IL 61938

217-258-6018

217-512-3517 (Skylar's Cell #)

773-759-2760 (Bonita's Cell #)

Email Skylar at

skylark@hourhouserecovery.org

Email Bonita at

bonitag@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)

Shriner's Hospital

PO Box 1411

Mattoon, IL 61938

217-234-3677

SIHF Healthcare – Arthur

1710 State Route 133

Arthur, IL 61911

217-543-2446

<https://www.sihf.org/contact-us>

SIHF Healthcare – Effingham

900 West Temple Ave. Building A, Suite 208

Effingham, IL 62401

217-342-0211

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

Speakers Bureau – Faces of Recovery

750 Broadway Avenue East

Mattoon, IL 61938

217-238-5701

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

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

988 (24/7)

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/>

Supportive Living Facility

480 W. Polk Ave.

Charleston, IL 61920

217-345-4900

<https://www.gardant.com/heritagewoodscharleston/>

The Arthur Home

423 Eberhardt Dr.

Arthur, IL 61911

217-543-2103

<https://eberhardtseniorcommunity.com/>

The Oaks Manor, Senior Living

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

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
825 18th St.
Charleston, IL 61920
1-888-373-7888
<http://www.traffickingresourcecenter.org/>

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

Tuberculosis Control
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
618-395-202
<https://dsccl.uic.edu/>

UIC, DSCC Home Care Program – Specialized Care for Children
3135 Old Jacksonville Rd.
Springfield, IL 62704
217-524-2000
<https://dsccl.uic.edu/>
E-mail: dmanders@uic.edu

United Ostomy Association
1-800-826-0826
<https://www.ostomy.org/contact/>

Veterans Crisis Line
988 then press “1” or text 838255

Villas of Holly Brook- Effingham
904 West Evergreen Ave.
Effingham, IL 62401
618-703-2370
https://www.meridiansenior.com/senior-living/il/effingham/villas-of-holly-brook-effingham/?utm_source=GBP&utm_medium=organic

Villas of Holly Brook and Reflection’s Memory Care – Charleston
738 18th St.
Charleston, IL 61920
217-512-2773
<https://www.villasofhollybrook.com/charleston-il/>

Villas of Holly Brook – Shelbyville
2201 W. Main St.
Shelbyville, IL 62565
217-728-1445
https://www.meridiansenior.com/senior-living/il/shelbyville/villas-of-holly-brook-shelbyville/?utm_source=GBP&utm_medium=organic

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
825 18th St.
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
825 18th St.
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 Drive

Charleston, IL 61920

217-345-4144

1-866-342-4144

<https://superiormedical.biz/>

Women, Infants and Children—Shelby County

1700 W. South Third St.

Shelbyville, IL 62565

217-774-9555

217-774-5812

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

Yellow Fever Center

825 18th St.

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/>

Abundant Blessings Food Pantry
3400 DeWitt Ave.
Mattoon, IL 61938
217-234-4777
<http://www.mbcmattoon.com/>

Addiction Guide
121 S. Orange Ave., Ste. 1410
Orlando, FL 32801
1-888-733-5032
<http://www.addictionguide.com/>

Addus Home Care
825 18th St.
Charleston, IL 61920
217-402-9054
<https://addus.com/>

Adult, Adolescent and Child Counseling
750 Broadway Avenue East
Mattoon, IL 61938
217-238-5700
<http://www.lifelinksinc.org/>

Adult and Dislocated Worker Training Assistance Program
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://www.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 61704
309-829-2065
<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- Greater Illinois Chapter – 24hr Helpline
303 N. Hershey Rd., Suite D3
Bloomington, IL 61704
1-800-272-3900
<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, Greater Illinois Area
2524 Farragut Drive, Suite A
Springfield, IL 62704
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 Avenue
Effingham, IL 62401
217-347-4600
<http://www.il.redcross.org/>

American Red Cross Coles & Clark Counties IL Branch Office
825 18th St.
Charleston, IL 61920
217-345-5166
<http://www.il.redcross.org/>

American Red Cross Mid-Illinois Chapter, Donor Center
2674 N. Main St.
Decatur, IL 62526
1-800-448-3543
<http://www.redcross.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
217-348-0151
<https://roe11.org/youth-services/aim/>

The Autism Program of CTF Illinois
6081 Development Dr.
Charleston, IL 61920
217-348-3869
<https://www.ctfillinois.org/>

BBBS Early Intervention Program
825 18th St.
Charleston, IL 61920
217-348-8741
<https://joinsomethingbig.org/>

Big Brother Big Sister Program (BBBS) – Effingham Office
3901 S. Banker Street
Effingham, IL 62401
217-540-1413
<https://joinsomethingbig.org/>

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
217-235-0420
<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

brandykelleylcp@gmail.com<https://www.brandykelleycounseling.com/services>**Bridges – Humboldt**

308 Adams

Humboldt, IL 61931

217-268-4101

<https://roe11.org/youth-services/bridges/>**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.orgWebsite: www.brightpoint.org**Budget Taxi**309 S. 21st St

Mattoon, IL 61938

217-317-1654

Caregiver Advisory Services – Mid Illinois Senior Services

114 E. Jefferson

Sullivan, IL 61951

217-728-8521

https://www.chamberorganizer.com/sullivanchamber/mem_midiliseniors**Care Horizon Inc.**

120 Courthouse Square

Toledo, IL 62468

1-800-626-7911

www.carehorizon.org**Care Horizon**845 18th St.

Charleston, IL 61920

217-348-3011

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

602 W. University Ave.

Urbana, IL 61801

217-383-4581

217-383-3010

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

1701 W. Curtis Rd.

Champaign, IL 61822

217-365-6214

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

611 West Park St.

Urbana, IL 61801

217-383-6962

<http://www.carle.org/>**Carle Heart****Center – Heart Disease Prevention Clinic**

509 W. University Ave.

Urbana, IL 61801

217-383-3010

<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: Food Pantry Ramblin Rose Bus

1502 E. Fayette Ave.
Effingham, IL 62401
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

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

204 W. Washington, Suite 103
Effingham, IL 62401
217-347-7033

<https://www.nld.org/cefs-literacy-program-0>

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

1010 W. Jefferson Ave
Effingham, IL 62401
217-347-7514

<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 North 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 East Harrison
Sullivan, IL 61951
217-728-7721

<http://www.cefsoc.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 North Cedar
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/>

CEFS Financial Capabilities Workshops—Shelby County

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

<http://www.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

2206 South 4th St.
Charleston, IL 61920

217-345-3111

www.charlestoneyearlylearningcenter.org

Charleston Community Early Learning Center

2206 South 4th St.
Charleston, IL 61920

217-345-3111

<http://www.charlestondaycare.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

<http://www.petersenhealthcare.net/charleston>

Charleston Soup Stop

2175 Harrison St.
Charleston, IL 61920
217-345-7264

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

Children's Advocacy Center of East Central Illinois
119 W. State St.
Charleston, IL 61920
217-345-8256
<http://www.caceci.org/>

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

Choices Pregnancy & Health—Charleston
260 W. Locust Ave.
Charleston, IL 61920
217-345-5000
<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 Street
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
990 W. State St., PO Box 945
Charleston, IL 61920
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)- Lisa Blackwell, Coles Co ROSC Coordinator & Jasmine Gast, Coles Co Recovery Navigator
513 N. 13th St.
Mattoon, IL 61938
217-258-6018
217-317-1407 (Lisa's Cell #)
217- 508-2304 (Jasmine's Cell #)
Email Lisa at lisab@hourhouserecovery.org
Email Jasmine at jasmineg@hourhouserecovery.org
<https://www.facebook.com/people/Coles-County-ROSC/61554298301081/>

Coles County Shuttle

7616 N. County Road 1800 East
Charleston, IL 61920
217-348-7074

Coles County Telecare**LifeSpan Center**

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

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

Coles County Transportation

31 State Street, Unit 2, PO Box 251
Charleston, IL 61920
217-345-7433

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

Communicable Disease Section - Coles County

825 18th St.
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 Street
Toledo, IL 62468
217-259-5852

Computer Gaming Addicts Anonymous

www.cgaa.info

Court Appointed Special Advocates- CASA

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

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

Courtyard Estates of Sullivan

20 Courtyard Boulevard
Sullivan, IL 61951
217-728-4300

<https://courtyardestates.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 - Emergency Services, Family Functioning Development, Home Repair/ Rehab, Rural Health, School Supplies, Skills Training Program

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

<http://erbainc.org/>

CSBG Scholarship Program

1805 S. Banker St.
Effingham, IL 62401

<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 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.orgEmail Kyle at kyleh@hourhouserecovery.org<https://www.facebook.com/people/ClarkCumberland-County-ROSC/61555369714706/>**Developmental Training – CCAR**

1600 Lincoln Ave.

Charleston, IL 61920

217-348-0127

<http://www.ccarindustries.org/>**Developmental Training- CTF ILLINOIS**

6081 Development Dr.

Charleston, IL 61920

217-348-3869

<http://www.ctfillinois.org/>**DHS Homeless Prevention Services**

107 W. South Central St.

Tuscola, IL 61953

217-253-4434

<http://erbainc.org/>**Dial-A-Ride ZIP LINE Program**

*Serving Coles and Douglas Counties

11021 E. County Road 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

**Doorway to Homeownership: Pre-Purchase
Workshop**

515 North Cedar St.

Shelbyville, IL 62565

217-774-4541

<http://cefseoc.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 & Kandis Mills, Douglas Co Recovery Navigator513 N. 13th St.

Mattoon, IL 61938

217-258-6018

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

217-549-6751 (Kandis's Cell #)

Email Lyndsey at

lyndseyr@hourhouserecovery.org

Email Kandis at

kandism@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, 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**Independent Road, West South 11th St.

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/ROSC-GSU/ROSCC/>**Eastern Illinois Education for Employment System**

1617 Lake Land Blvd.

Mattoon, IL 61938

217-258-6283

<http://www.eiefes.k12.il.us/>**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**Edgar County Recovery Oriented Systems of Care (ROSC)- Nicki Hanks, Edgar Co ROSC Coordinator & Jessica Parrill, Edgar Co Recovery Navigator**513 N. 13th St.

Mattoon, IL 61938

217-258-6018

217-264-6465 (Nicki's Cell #)

765-828-1818 (Jessica's Cell #)

Email Nicki at nickih@hourhouserecovery.org

Email Jessica at

jessicap@hourhouserecovery.org<https://www.facebook.com/people/Edgar-County-ROSC/61555202862197/#>

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)- Samantha Hicks, Effingham Co ROSC Coordinator & Felicia Depoister, Effingham Co Recovery Navigator
 513 N. 13th St.
 Mattoon, IL 61938
 217-258-6018
 217-663-0823 (Sam's Cell #)
 217-690-3773 (Felicia's Cell #)
 Email Samantha at samanthah@hourhouserecovery.org
 Email Felicia at feliciad@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
 1501 W. Fayette Ave.
 Effingham, IL 62401
 217-342-4344
<http://www.redcrossblood.org>

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

EIU Booth Library
 EIU 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
 600 Lincoln Avenue
 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

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 W. South Central
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. West
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
307 S. Kentucky
Greenup, IL 62428
217-921-5505
<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 Services – Help at Home
2128 Woodfall Dr.
Charleston, IL 61920
217-345-4930
<https://www.helpathome.com/>

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
825 18th St.
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 Eden Ave.
Effingham, IL 62401
217-342-5433
<https://familylifepcc.org/>

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

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

Family Planning Center
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
Effingham, IL 62401
217-342-2200
chamber@effinghamcountychamber.com

Food - Environmental Health Division
825 18th St.
Charleston, IL 61920
217-348-0530
217-258-0530
<https://www.co.coles.il.us/cchd/>

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

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

Gamblers Anonymous
1-888-424-3577
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 Avenue
Effingham, IL 62401
217-500-2103

gracecounselingservices.info@gmail.com

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

11021 East County Road 800 North
Charleston, IL 61920
217-639-5150

<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

520 W. Lincoln Ave.
Charleston, IL 61920
217-348-7066

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

Habitat for Humanity

401 S. Hamilton St.
Sullivan, IL 61951
217-728-8700

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

Health Alliance Individual Plans

206 W. Anthony Dr.
Champaign, IL 61822
1-877-686-1168

<http://www.healthalliance.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/>

Health Presentations Program

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

<https://cumberlandhealth.org/>

Heartland Human Services

*Offers mental health and SUD services
1200 N. 4th St

Effingham, IL 62401
217-347-7179

www.heartlandhs.org

Help at Home

2128 Woodfall Dr., Suite 7
Charleston, IL 61920
217-345-4930

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

**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

701 6th St.
Charleston, IL 61920
217-348-5931
217-348-8815
1-888-345-3990
<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 - Charleston Adult Outpatient Office and DUI/Risk Ed.

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

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

Illinois Coalition for Community Services (ICCS) - Open Door
719 W. Lincoln St. Suite A
Charleston, IL 61920
217-549-2987
<https://www.iccscares.org/>

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

Illinois Coalition for Community Services (ICCS)- Donated Fund Initiative (DFI)
719 W. Lincoln St.
Charleston, IL 61920
217-549-2987
<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
100 S. Grand Avenue East
Springfield, IL 62762
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
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 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/>

Lake Land College Adult Education
1617 Lake Land Blvd.
Mattoon, IL 61938
217-238-8292
<http://www.lakeland.cc.il.us/as/ade/ged/cm>

Lake Land College Community and Professional Programs

LLC - Workforce Dev. 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
217-234-5344

<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/>

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/>

Life's Journey Senior Living of Mattoon

300 Lerna Road South
Mattoon, IL 61938
217-234-3003

<https://lifesjourneymattoon.com/>

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

<http://erbainc.org/>

Lincolnland Hospice Volunteer Program

1004 Health Center Dr., Ste 202
Mattoon, IL 61938
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/>

Mattoon Community Food Center

600 Moultrie Ave.
Mattoon, IL 61938
217-258-8321

<https://mattoon-community-food-center.hub.biz/>

MDA Summer Camp
 102 E. Main St., Suite 201
 Urbana, IL 61801
 217-351-1853
<http://mda.org/>

Medical Transportation
 217-247-7125

Mental Health Counseling
 114 W. Houghton St.
 Tuscola, IL 61953
 217-253-4731
<https://www.risedoco.com>

Mid Illinois Big Brothers Big Sisters Core Program
 825 18th St., Suite 5
 Charleston, IL 61920
 217-348-8741
<http://www.joinssomethingbig.org/>

Mid Illinois Big Brothers Big Sisters Program
 3901 S. Banker St.
 Effingham, IL 62401
 217-540-1413
<https://joinssomethingbig.org/>

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

Midwest Neurofitness
 5566 Lincoln Highway Rd.
 Charleston, IL 61920
 217-355-4012
www.midwestneurofitness.com

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

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

Mothers Against Drunk Driving (MADD)
 3309 Robbins Road Suite #186
 Springfield, IL 62704
 1-630-541-6099
<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
 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)- Skylar Miller, Moultrie Co ROSC Coordinator & Bonita Goodwin, Moultrie Co Recovery Navigator
 *They also provide services in Shelby Co
 513 N. 13th St.
 Mattoon, IL 61938
 217-258-6018
 217-512-3517 (Skylar's Cell #)
 773-759-2760 (Bonita's Cell #)
 Email Skylar at skylark@hourhouserecovery.org
 Email Bonita at bonitag@hourhouserecovery.org
https://www.facebook.com/profile.php?id=1555158494064¬if_id=1705537852705234¬if_t=fan_profile_v2&ref=notif

Moultrie County Senior Center

114 E. Jefferson
Sullivan, IL 61951
217-728-8521
1-800-736-4675

https://www.chamberorganizer.com/sullivan_chamber/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 FRIEND 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

SHS 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

22 W. Main 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://www2.illinois.gov/osad/Expungement/Pages/default.aspx>

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

701 Monroe Ave.
Charleston, Illinois 61920
217-294-6727
<https://onehopeunited.org/>

One Hope United

1901 S. 4th Street #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 Drive
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**

217-235-2227

217-234-7474

<http://orangeisthenewride.com/>

Outpatient Mental Health Counseling

12 West Harrison
Sullivan, IL 61951

217-728-4358

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

**Outreach-CEFS Economic Opportunity
Corporation**

1805 S. Banker St.
Effingham, IL 62401

217-347-7514

217-774-4541

217-728-7721

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

Outreach and Referral Service

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

<http://erbainc.org/>

Outreach Program

114 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**

1317 E. Florida Ave.

Urbana, IL 61801

217-344-5433

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

Parent 2 Parent

1000 Health Center Dr.

Mattoon, IL 61938

217-962-0765

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

**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

1-212-841-5200 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**407 N.W. 3rd St.

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 Ste. #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)**

Charleston, IL 61920

217-348-5033

<http://www.prevail.org>**Rape Advocacy Counseling and Education
Services**

301 S. Vine, Suite 211

Urbana, IL 61801

217-344-6298

<https://www.cu-races.org>**Rape Crisis Services at A Woman's Fund**

310 W. Church St.

Champaign, IL 61820

217-355-5214

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.facebook.com/Recoveryispossibleeastcentralillinoisrosc/><https://www.govst.edu/Recovery-Support/Find-Your-Local-ROSC-Council/>**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

115 S. Kentucky St.
Greenup, IL 62428
217-923-4079

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

Rides Mass Transit District

30 Veterans Dr.
Harrisburg, IL 62946
618-253-8761

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

RISE Behavioral Health and Wellness

114 W. Houghton St.
Tuscola, IL 61953
217-253-4731

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

Safe Kids Chapter

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

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

SAFE- Sexual Assault & Family Emergencies

(Clay & Effingham Co)
401 East Washington Street
Effingham, IL 62401
217-342-6623

www.safecrisiscenter.org

SAFE HAVENS

<https://saveabandonedbabies.org/>

**SAIL—Community Reintegration Program—
Charleston**

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

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

**SAIL—Community Reintegration Program—
Shelbyville**

1810 W. South 3rd St.
Shelbyville, IL 62565
217-876-8888
217-774-4322

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

**SAIL—Disability Education and Awareness—
Charleston**

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

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

**SAIL— Disability Education and Awareness –
Shelbyville**

1810 W. South 3rd St.
Shelbyville, IL 62565
217-876-8888
217-774-4322

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

SAIL—Family and Youth Services—Charleston

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

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

SAIL— Family and Youth Services –Shelbyville

1810 W. South 3rd St.
Shelbyville, IL 62565
217-876-8888
217-774-4322

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

SAIL—FIVE CORE SERVICES: Charleston

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

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

**SAIL—Independent Living Services—
Charleston**

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

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

**SAIL— Independent Living Services –
Shelbyville**1810 W. South 3rd St.

Shelbyville, IL 62565

217-876-8888

217-774-4322

<http://www.decatursail.com/>**SAIL—Personal Assistant Program—
Charleston**

757 Windsor Rd., Suite B

Charleston, IL 61920

217-345-7245

<http://www.decatursail.com/>**SAIL— Personal Assistant Program –
Shelbyville**1810 W. South 3rd St.

Shelbyville, IL 62565

217-876-8888

217-774-4322

<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 Drive, Suite 110

Mattoon, IL 61938

217-238-3488

<https://www.sarahbush.org/centerforhealthyliving/>**SBL Employee Assistance Program**

1005 Health Center Dr., Ste. 101

Mattoon, IL 61938

217-258-4040

<https://www.sarahbush.org/psychiatry/>**SBL Financial Assistance**

1000 Health Center Dr.

Charleston, IL 61920

1-800-381-0040

<https://www.sarahbush.org/hospital-services/financial-assistance/>**SBL Hopeful Horizons Grief Support Group**

1004 Health Center Drive Prairie Pavilion 2

Mattoon, IL 61938

1-800-454-4055

<http://www.sarahbush.org/cordlink>**SBL Pathways Through Grief Support Group**

1004 Health Center Dr., Ste 202

Mattoon, IL 61938

1-800-454-4055

217-234-4075

<http://www.sarahbush.org/>**SBL Peace Meal Senior Nutrition Program**

915 Lincoln Ave.

Charleston, IL 61920

217-345-1800

<http://www.sarahbush.org/peacemeal>**SBL Tobacco Cessation Services**

1000 Health Center Dr.

Mattoon, IL 61938

217-258-2140

<http://www.sarahbush.org/your-health/tobacco-cessation-services/>**SBLHC A.W.A.K.E. Support Group**

1000 Health Center Dr.

Mattoon, IL 61938

217-238-4908

<http://www.sarahbush.org/>**SBLHC Cardiac Rehabilitation**

1000 Health Center Dr.

Mattoon, IL 61938

217-258-2177

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

SBLHC Community CPR Course

1000 Health Center Dr.
Mattoon, IL 61938
217-258-2403
217-348-2403

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

SBLHC Community First Aid Course

1000 Health Center Dr.
Mattoon, IL 61938
217-258-2403
217-348-2403

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

SBLHC Diabetes Nutritional Counseling

1000 Health Center Dr.
Mattoon, IL 61938
217-258-2199

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

SBLHC Diabetic Support Group

1000 Health Center Dr.
PO Box 372
Mattoon, IL 61938
217-258-2199
217-348-2199

<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
217-258-2403

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

SBLHC Ostomy Support Group

1000 Health Center Dr.
Mattoon, IL 61938
217-238-4804

<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.
Mattoon, IL 61938
217-258-2177

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

SBLHC Safe and Snug " Car Seat Class"

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

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

**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
217-348-8741

<http://www.joinssomethingbig.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
1502 E. Fayette Ave.
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)

114 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., Suite 409
Charleston, IL 61920
217-348-5033
<http://www.sacis.org/>

Shelby Co. Community Services - Developmental Training

1810 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 North Cedar, PO Box 650
Shelbyville, IL 62565
217-774-2113
217-774-3961
<http://www.sccsil.org/>

Shelby Co. Community Services – Residential Services

PO Box 650
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

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)- Skylar Miller, Shelby Co ROSC Coordinator & Bonita Goodwin, Shelby Co Recovery Navigator

***They also provide services in Moultrie Co**

513 N. 13th St.

Mattoon, IL 61938

217-258-6018

217-512-3517 (Skylar's Cell #)

773-759-2760 (Bonita's Cell #)

Email Skylar at

skylark@hourhouserecovery.org

Email Bonita at

bonitag@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: www.dhs.state.il.us

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

311 7th St.

Charleston, IL 61920

217-345-7264

<http://soupstop.org/>

Speakers Bureau- Faces of Recovery

750 Broadway Ave. East

Mattoon, IL 61938

217-238-5701

<http://www.lifelinksinc.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

375 North 14th St.

Charleston, IL 61920

217-549-3378

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.steppingstoneschildrenscenterllc.com/>

Stepping Stones Children's Center of

Charleston

240 Decker Springs Rd.

Charleston, IL 61920

217-348-1228

<https://www.steppingstoneschildrenscenterllc.com/location>

St. Louis District Dairy Council - Springfield Office

3600 Wabash Avenue
Springfield, IL 62711
217-726-8480

<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
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 Street
Marshall, IL 62441
217-712-9766 (24 hr crisis line)

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
217-849-3211

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

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

825 18th St.
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

122 S. Walnut
Arthur, IL 61911
217-543-3755

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
618-703-2370
<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 W. South Central
Tuscola, IL 61953
217-253-6133

<http://www.erbainc.org>

WEIU FM & TV

1521 Buzzard Hall
600 Lincoln Ave.
Charleston, IL 61920
217-581-9348

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

Women, Infants and Children - Coles County

825 18th St.
Charleston, IL 61920
217-348-0526

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

Women, Infants and Children - Shelby County

1700 W. South Third 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 Drive
Effingham, IL 62401
(217) 347-2102
(217) 240-3078
(217) 240-3079

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

Youth Workforce Training and Education Program

109 N. 16th St.
Mattoon, IL 61938
217-279-0371

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