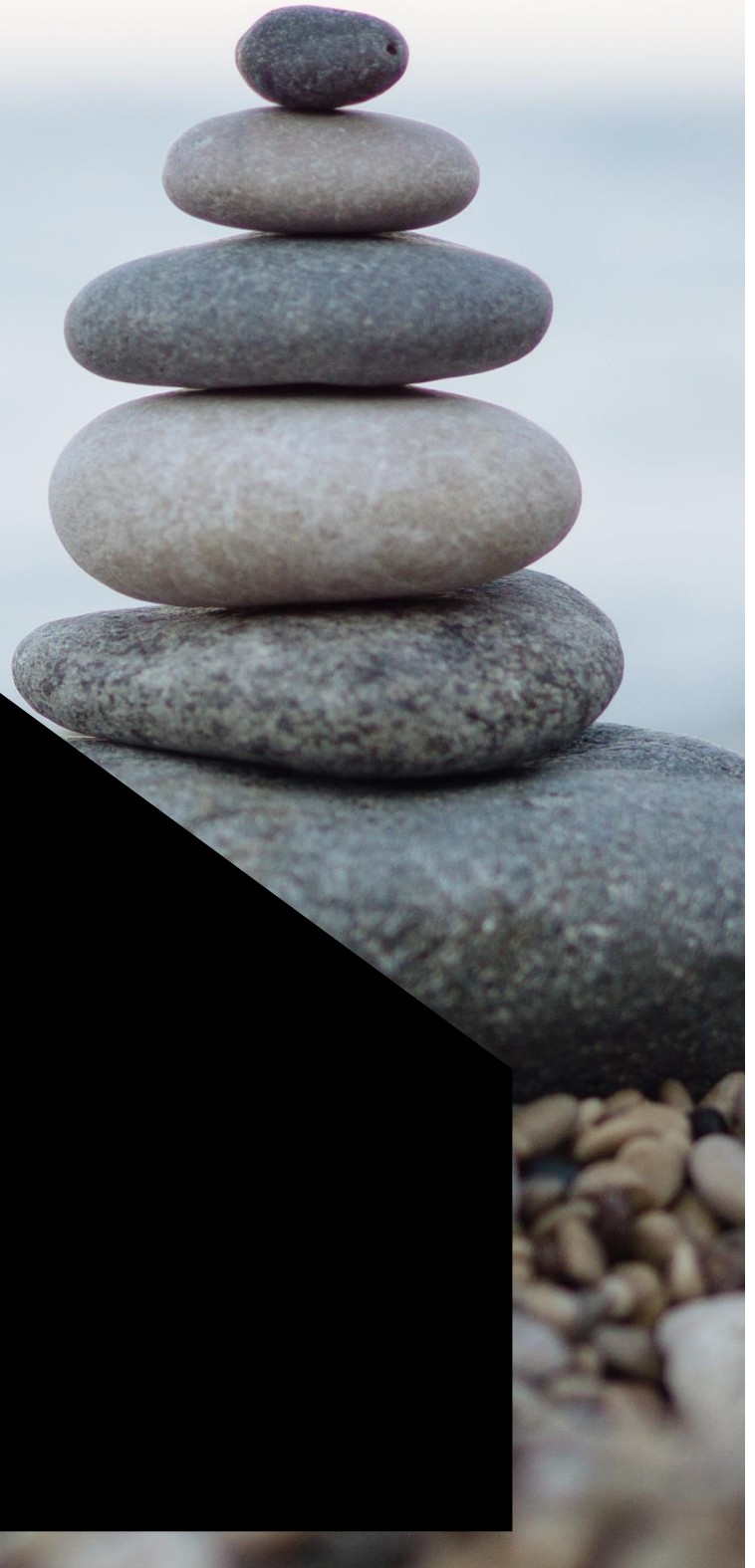


Resource Guide

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



Hour House Prevention
June 2024

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)

Employment Services

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>

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

Douglas County WorkNet
 401 S. Main Street
 Tuscola, IL 61953
 217-253-7555
https://www.ccrpc.org/divisions/workforce_development/index.php

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
 2086 7th St
 Charleston, IL 61920
 217-581-2412

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

Employment Services

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

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

www.staffsolutions.com

Innovative Staff Solutions

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

www.staffsolutions.com

Job Match Incorporated

137 E Jefferson Ave.
Effingham, IL 62401
217-347-0586

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

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

www.manpowerillinois.com

No Job Left Behind

*Employment Agency
112 W Harrison St
Sullivan, IL 61951
217-728-2684

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/>

Employment Services

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.decatursal.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 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>

The Job Center
 515 N. Cedar
 Shelbyville, IL 62565
 217-774-5550
<http://www.west-central.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 Street
 Charleston, IL 61920
 1-888-373-7888
 217-549-2987
<http://www.traffickingresourcecenter.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/>

Addiction Guide

1-866-525-8023

<http://www.addictionhelp.com/>**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 61705-9327

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>**At Home Care Inc.**

1519 University Dr.

Charleston, IL 61920

217-345-4003

Arthur Home- Eberhardt Senior Community

423 Eberhardt Dr

Arthur, IL 61911

217-543-2103

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

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>

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. Suite 3 and 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/>

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>

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

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

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

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)- Dana Tell, Coles Co ROSC Coordinator & Whitley Grayson, Coles Co Recovery Navigator
 513 N. 13th St.
 Mattoon, IL 61938
 217-258-6018
 217-549-9045 (Dana’s Cell #)
 217- 549-7516 (Whitley’s Cell #)
 Email Dana at danat@hourhouserecovery.org
 Email Whitley at whitleyg@hourhouserecovery.org
<https://www.facebook.com/people/Coles-County-ROSC/61554298301081/>

Coles County ROSC DOPP (Drug Overdose Prevention Program) Distribution Site List–Narcan
<https://publuu.com/flip-book/515070/1157837>

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/>

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/>

Cumberland County ROSC DOPP (Drug Overdose Prevention Program) Distribution Site List- Narcan

<https://publuu.com/flip-book/515070/1157837>

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://dsc.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)- Leanna Morgan, Douglas Co ROSC Coordinator & Darlene Smith, Douglas Co Recovery Navigator

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

Douglas County ROSC DOPP (Drug Overdose Prevention Program) Distribution Site List- Narcan

<https://publuu.com/flip-book/515070/1157837>

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

East Central Illinois Area Agency on Aging - Aging Network
1003 Maple Hill Rd.
Bloomington, IL 61704
309-829-2065
<http://www.eciaaa.org>

East Central Illinois District 12 Alcoholics Anonymous – AA
217-373-4200 (24/7 hotline)
<http://aa-eci.org/>

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

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
217-549-7260 (Sam's Cell #)
217-549- 7713 (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 ROSC DOPP (Drug Overdose Prevention Program) Distribution Site List– Narcan
<https://publuu.com/flip-book/515070/1157837>

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/>

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/>

Fit Girls
655 W Lincoln Ave., Suite 14
Charleston, IL 61920
217-345-6826
<https://www.sarahbush.org/fitgirls/>

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
 214 W Jefferson Avenue
 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>

Hour House - Adolescent Outpatient Services

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

<http://hourhourecovery.org>

Hour House - Adult Men's Residential and Detox Services

635 Division St.
Charleston, IL 61920
217-348-8108

<http://hourhourecovery.org>

Hour House - Adult Women's Residential Services

8500 E. Co. Rd. 150N.
Lerna, IL 62440
217-235-1303

<http://hourhourecovery.org>

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

726 4th St.
Charleston, IL 61920
217-348-8118

<http://hourhourecovery.org>

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

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

<http://hourhourecovery.org>

Hour House - Men's ¾ Recovery Home

657 Division St.
Charleston, IL 61920
217-348-8108

<http://hourhourecovery.org>

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

521 North 13th St.
Mattoon, IL 61938
217-258-6137

<http://hourhourecovery.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://hourhourecovery.org>

Hour House - Women's Recovery Home and Office

1501 1/2 18th St.
Charleston, IL 61920
217-348-5444

<http://hourhourecovery.org>

Hour House - Women's Recovery Home

720 4th St.
Charleston, IL 61920
217-348-8651

<http://hourhourecovery.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>

HSHS Good Shepherd Hospital

201 S Pine St
Shelbyville, IL 62565
217-774-3961

<https://www.hshs.org/goodshepherd>

HSBS 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/ILFAMILYRESOURCERCENTER>

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>

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

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/>

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/>

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/>

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/sullivan_chamber/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)- Tess Miller, Moultrie Co ROSC Coordinator & Skylar Kamerer-Miller, Moultrie Co Recovery Navigator
***They also provide services in Shelby Co**
513 N. 13th St.
Mattoon, IL 61938
217-258-6018
217-549-7427 (Tess's Cell #)
217-549-7519 (Skylar's Cell #)
Email Tess at
tessm@hourhousetrecovery.org
Email Skylar at
skylark@hourhousetrecovery.org
https://www.facebook.com/profile.php?id=61555158494064¬if_id=1705537852705234¬if_t=fan_profile_v2&ref=notif

Moultrie County ROSC DOPP (Drug Overdose Prevention Program) Distribution Site List- Narcan
<https://publuu.com/flip-book/515070/1157837>

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

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.ao.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/>

Oh, Baby! Prenatal and Infant Care Education
 1000 Health Center Dr.
 Mattoon, IL 61938
 217-258-2229
<https://www.sarahbush.org/ohbaby/>

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/>

ROSC DOPP (Drug Overdose Prevention Program) Distribution Site List– Narcan

<https://publuu.com/flip-book/515070/1157837>

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/centerforhealthy-living/>

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 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/centerforhealthy-living/wellness-and-weight-loss-program/>

SBLHC Big Brother, Big Sister Pajama Party" Sibling Class"

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

SBLHC Case Management

1000 Health Center Dr.
Mattoon, IL 61938
217-258-2392
<http://www.sarahbush.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! - Two Week Comprehensive and Oh Baby! Express

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

SBL Neoga Clinic

650 Oak Ave.
Neoga, IL 62447
217-895-2222
<https://www.sarahbush.org/neogaclinic/>

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 Sullivan Center

7 Hawthorne Ln
Sullivan, IL 61951
217-728-8441
<https://www.sarahbush.org/sullivanclinic/>

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/>

SBLHC We've Got Your Back! Epidural Class

1000 Health Center drive
Mattoon, IL 61938
217-238-4994

<http://sarahbush.org/>

Senior Counseling Program – Care Horizon

120 Courthouse Sq.
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)- Tess Miller, Shelby Co ROSC Coordinator & Skylar Kamerer-Miller, Shelby Co Recovery Navigator

*They also provide services in Moultrie Co
513 N. 13th St.
Mattoon, IL 61938

217-258-6018
217-549-7427 (Tess's Cell #)
217-549-7519 (Skylar's Cell #)

Email Tess at

tessm@hourhouserecovery.org

Email Skylar at

skylark@hourhouserecovery.org

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

Shelby County ROSC DOPP (Drug Overdose Prevention Program) Distribution Site List- Narcan

<https://publuu.com/flip-book/515070/1157837>

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 Avenue 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://dsc.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

https://www.meridiansenior.com/senior-living/il/effingham/villas-of-holly-brook-effingham/?utm_source=GBP&utm_medium=organic

[=organic](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

https://www.meridiansenior.com/senior-living/il/shelbyville/villas-of-holly-brook-shelbyville/?utm_source=GBP&utm_medium=organic

[=organic](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/>

Wright Choice Counseling

1901 S 4th St #236

Effingham, IL 62401

618-699-8874

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
brandykelleylpc@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/>

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_midilseniors

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 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/>

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/>

CFS 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 S 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.charlestone daycare.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)- Dana Tell, Coles Co ROSC Coordinator & Whitley Grayson, Coles Co Recovery Navigator

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

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

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

Email Dana at danat@hourhouserecovery.org

Email Whitley at

whitleyg@hourhouserecovery.org

<https://www.facebook.com/people/Coles-County-ROSC/61554298301081/>

Coles County ROSC DOPP (Drug Overdose Prevention Program) Distribution Site List-Narcan

<https://publuu.com/flip-book/515070/1157837>

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

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@hourhourecovery.org

Email Kyle at kyleh@hourhourecovery.org

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

Cumberland County ROSC DOPP (Drug Overdose Prevention Program) Distribution Site - Narcan

<https://publuu.com/flip-book/515070/1157837>

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.dialaridettransit.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://dsc.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)- Leanna Morgan, Douglas Co ROSC Coordinator & Darlene Smith, Douglas Co Recovery Navigator

513 N. 13th St.

Mattoon, IL 61938

217-258-6018

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

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

Email Leanna at

leannam@hourhouserecovery.org

Email Darlene at

lorettas@hourhouserecovery.org

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

Douglas County ROSC DOPP (Drug Overdose Prevention Program) Distribution Site List- Narcan

[https://publuu.com/flip-](https://publuu.com/flip-book/515070/1157837)

[book/515070/1157837](https://publuu.com/flip-book/515070/1157837)

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://douglascountyiil.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

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
217-549-7260 (Sam's Cell #)
217-549- 7713 (Felicia's Cell #)

Email Samantha at

samanthah@hourhourecovery.org

Email Felicia at

feliciad@hourhourecovery.org

<https://www.facebook.com/profile.php?id=61553858292120>

**Effingham County ROSC DOPP (Drug
Overdose Prevention Program) Distribution
Site List- Narcan**

<https://publuu.com/flip-book/515070/1157837>

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

ERBA Federal Surplus Commodities Distribution—Cumberland County
 400 W. Pleasant
 Greenup, IL 62428
 217-923-3599
http://www.erbainc.org

ERBA Head Start Program
 215 Jay Hayden Dr
 Greenup, IL 62428
 217-500-3080
<http://www.erbainc.org>

ERBA Homeless Program—Cumberland County
 400 W. Pleasant
 Greenup, IL 62428
 217-923-3599
<http://www.erbainc.org>

ERBA - Housing Counseling - Coles County
 696 Castle Dr.
 Charleston, IL 61920
 217-923-3113 ext. 229
<http://www.erbainc.org/>

ERBA Housing Counseling - Cumberland County
 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
 400 W. Pleasant PO Box 307
 Greenup, IL 62428
 217-923-3113
<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

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

Fit Girls
 655 W Lincoln, Suite 14
 Charleston, IL 61920
 217-345-6826
<https://www.sarahbush.org/fitgirls/>

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
 1-855-222-5542
www.gamblersanonymous.org

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

Good Will

562 W Lincoln Ave
Charleston, IL 61920
217-512-2178

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

Good Will

228 Broadway Ave
Mattoon, IL 61938
217-295-1057

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

Grace Counseling

214 W Jefferson 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. 150N.
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.iccscare.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.iccscare.org/>

**Illinois Coalition for Community Services
(ICCS)- Donated Fund Initiative (DFI)**
719 W Lincoln St
Charleston, IL 61920
217-549-2987
<https://www.iccscare.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.iccscare.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/ILFAMILYRESOURCENCENTER>

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.cfm>

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- LSPV

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/>

Lincolmland 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/sullivan-chamber/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/sullivan-chamber/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)- Tess Miller, Moultrie Co ROSC Coordinator & Skylar Kamerer-Miller, Moultrie Co Recovery Navigator

***They also provide services in Shelby Co**

513 N. 13th St.

Mattoon, IL 61938

217-258-6018

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

217-549-7519 (Skylar's Cell #)

Email Tess at

tessm@hourhousercovery.org

Email Skylar at

skylark@hourhousercovery.org

https://www.facebook.com/profile.php?id=61555158494064¬if_id=1705537852705234¬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

Moultrie County ROSC DOPP (Drug Overdose Prevention Program) Distribution Site List- Narcan

<https://publuu.com/flip-book/515070/1157837>

<https://publuu.com/flip-book/515070/1157837>

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 also available

1300 S Raney St Ste 2

Effingham, IL 62401

217-342-7155

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

New Vision

HSHS Good Shepherd Hospital

200 S. Cedar St.

Shelbyville, IL 62565

217-774-6436

<https://specialcarecorp.com/locations/shelbyville-illinois/>

Newman Catholic Center

500 Roosevelt Ave.

Charleston, IL 61920

217-348-0188

<http://www.eiunewman.org>

Oakland Food Pantry

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 St #213
Effingham, IL 62401
217-347-5880

<https://onehopeunited.org/>

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

PO Box 1211
Effingham, IL 62401

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

Opioid Helpline—Ending Opioid Misuse

1-833-234-6343

www.HelplineIL.org

Opportunities for Access CIL

102 Greenview 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 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/>

**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/>

ROSC DOPP (Drug Overdose Prevention Program) Distribution Site List- Narcan
<https://publuu.com/flip-book/515070/1157837>

**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 Big Brother, Big Sister Pajama Party
"Sibling Class"**

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

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

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)- Tess Miller, Shelby Co ROSC Coordinator & Skylar Kamerer-Miller, Shelby Co Recovery Navigator

***They also provide services in Moultrie Co**
 513 N. 13th St.
 Mattoon, IL 61938
 217-258-6018
 217-549-7427 (Tess's Cell #)
 217-549-7519 (Skylar's Cell #)
 Email Tess at
tessm@hourhousetorecovery.org
 Email Skylar at
skylark@hourhousetorecovery.org
https://www.facebook.com/profile.php?id=61555158494064¬if_id=1705537852705234¬if_t=fan_profile_v2&ref=notif

Shelby County ROSC DOPP (Drug Overdose Prevention Program) Distribution Site List-Narcan
<https://publuu.com/flip-book/515070/1157837>

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/>

Standing Stone Community Center
 375 North 14th St.
 Charleston, IL 61920
 217-549-3378
www.standingstoneecc.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://swandvh.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)

2017 Broadway 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/>

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/>

We've Got Your Back! Epidural Class

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

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

Wright Choice Counseling

1901 S 4th St #236
Effingham, IL 62401
618-699-8874

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/>