

## LOCAL AND NATIONAL HELPLINES:

**Substance Abuse Hotline:**

800-662-4357

**MAR Now:** 833-234-6343

**Suicide & Crisis Hotline:** 988 or 800-273-8255

**IL Warmline:** 866-359-7953

**NAMI Helpline:** 800-950-6264 or text FRIEND to 62640

**National Crisis Text Line:**

text HOME to 741741

**Growing Strong Sexual Assault**

**Center:** 217-428-0770

**Dove Domestic Violence- Moultrie**

**County:** 217-728-9303

**Veterans Crisis Line:** 988 then press "1" or text 838255

**National Runaway Safeline:**

800-786-2929

**Lifeline's 24-Hour Behavioral Health**

**Crisis Line:** 866-567-2400

**SAMSHA Disaster Distress Hotline:**

800-985-5990 or text TalkWithUs to 66746

**The Trevor Project (LGBTQ)** 866-488-7386 or text START to 678678 Visit [NAMI.org](http://NAMI.org) for an extensive resource directory

## EAST CENTRAL ILLINOIS ROSC COUNCILS

Serving Clark, Coles,  
Cumberland, Douglas,  
Edgar, Effingham, Moultrie  
and Shelby.

Josh Forbes

ROSC Council Coordinator

217-549-7427

[joshf@hourhouserecovery.org](mailto:joshf@hourhouserecovery.org)

Kandis Mills

ROSC Council Recovery Navigator

217-549-7481

[kandism@hourhouserecovery.org](mailto:kandism@hourhouserecovery.org)

Funded in whole or part by the Illinois Department of Human Services, Division of Behavioral Health and Recovery.

## MOULTRIE COUNTY RESOURCE GUIDE

Recovery Oriented  
Systems of Care  
(ROSC)



Agencies & Persons with Lived Experience working together to build healthy communities supportive of those in Recovery from Substance Use Disorders

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## MENTAL HEALTH

Moultrie County Counseling Center

217-728-4358

## SUBSTANCE USE

For an extensive list of SUD treatment options in and around the area of Moultrie County, please contact Moultrie County ROSC.

Hour House 217-348-8108

## PARENTING

CEFS Outreach 217-728-7721

Moultrie County Health Department/WIC 217-728-4114

Family Life Center 217-774-4874

## TRANSPORTATION

Central Illinois Public Transit  
855-755-2478

Cash Fare Structure- In County \$3 per one-way trip, \$6 per round trip  
Children 0-5 ride free with paying adult  
Children 6-12 are \$2 per one-way trip, \$4 per round trip

Seniors ride for a suggested donation (Need to apply for a Reduced Fare ID)  
Monthly passes are available.

Out of county trips \$1 per mile as availability allows. Medicaid, Medicare and MTM payments for medical trips are accepted.