

Important Hotlines

SAMHSA's National Helpline

(for mental health and
substance use disorder)

(800) 662-4357

AA Phone

(217) 373-4200

NA Phone

1 877.888-4130

HOPE of ECI

**Coalition Against
Domestic Violence**

(217) 348-5931

RACES

**(Rape Advocacy,
Counseling & Education
Services)**

(217) 344-6298

Illinois Helpline

**for Opioids
and Other Substances**

(833) 234-6343

Suicide Prevention

(800) 273-8255 or 988

Funding for this project is provided in whole or in part
by the Illinois Department of Human Services, Division
of Substance Use Prevention and Recovery.

ROSC Advisory Council (Recovery Oriented System of Care)

Serving Douglas County

**Have questions or need
further assistance?
Reach out! We are here
for YOU!**

Lyndsey Reedy

ROSC Coordinator

(217) 549-7632

Lyndseyr@hourhouserecovery.org

**Kandis Mills Recovery
Navigator**

(217) 549-7481

kandism@hourhouserecovery.org

[www.govst.edu/Recovery-Support/South-
Central-IL-ROSC/DCRC-ROSC-Council/](http://www.govst.edu/Recovery-Support/South-Central-IL-ROSC/DCRC-ROSC-Council/)

**Find us on Facebook:
Douglas County ROSC**

DOUGLAS COUNTY RESOURCE QUICK GUIDE

RECOVERY ORIENTED SYSTEMS OF CARE (ROSC) ADVISORY COUNCIL

**Agencies and Persons with Lived
Experience, working together to
build communities supportive of
those in Recovery from Substance
Use Disorders**

Recovery
IS POSSIBLE!

Substance Use Disorder Counseling

RISE (217) 253-4731

Hour House (217) 348-8108

Mental Health Counseling

Douglas County Health Center
(217) 253-4137

RISE (217) 253-4731

Keri Powell Therapy
(217) 352-0200

Transportation

Dial-A-Ride
(800) 500-5505

Medication Assisted Recovery

Douglas County Health Center
(217)253-4137

SIHF Healthcare
(217) 543-2446

Housing Aid

Embarras River Basin Agency (ERBA)
(217) 253-4434

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

Food Aid

Arcola Food Pantry

Open Thursday 1:00PM-4:00PM & Saturday
8:00AM-11:00AM
206 Egyptian Trail Road, Arcola, IL 61910
Serves Douglas County and Atwood, IL

Arthur Southern Baptist Church Food Pantry

Open 3rd Monday of the month
8:30-9:15
530 N Vine St., Arthur, IL 61911

Arthur United Methodist

Wednesday Community Meals 4:30-6 pm
Food Pantry-217-543-3159
128 E Illinois St. Arthur, IL 61911

Atwood Area Food Pantry

Open 4th Saturday of the month
from 9am - 11am
231 N. Illinois St, Atwood, IL 61911
Serves Douglas, Moultrie & Piatt Counties

Blessings Food Pantry

Open Tuesday through Friday 9am - 1pm
4217 DeWitt Ave, Mattoon, IL 61938
Serves Coles, Douglas, and Edgar Counties

Rural Grace Food Pantry

Open Fridays from 3pm -5pm 208 N.
2nd St, Murdock, IL 61941 Serves
Murdock area

SAM Food Pantry

at Tuscola Methodist Church Open
Wednesdays from 7:30am – 10:30am 901 N.
Prairie, Tuscola, IL 61953 217-253-4232 Serves
Douglas County

Eastern Illinois Foodbank Foodmobile
<https://www.eifoodbank.org/help/mobile.html>

Support Groups

Alcoholics Anonymous
<http://aa-eci.org>

Adult Children of Alcoholics & Dysfunctional Families
<https://adultchildren.org/>

Al-Anon (Electronic)
<https://al-anon.org/>

Alateen (Electronic)
<https://al-anon.org/>

Celebrate Recovery
<https://celebraterecovery.com>

NAMI (Champaign)
<https://namichampaign.org/online-support-groups>

Narcotics Anonymous
<http://ppana.org>

SMART Recovery
<https://smartrecovery.org>

Anger Management
www.dchealthil.org
(DoCo Health Center)
(217)-253-4137

***Additional resources available through 211**