

**Substance Use Disorder  
Services**

**Compass Counseling**

**(217) 259-5852**

**Hour House**

**(217) 348-8108**

**Mental Health Services**

**Life Links**

**(217) 238-5700**

**Oak Tree Wellness**

**& Counseling**

**(217) 512-1424**

**Medication Assisted**

**Treatment (MAT)**

**SIHF Healthcare**

**(217) 543-2446**

**Food Aid**

**Embarrass River Basin  
Agency (ERBA)**

**(217) 923-3113**

**Neoga Community Food  
Pantry**

**(217) 273-1198**

**Toledo Christian Church  
God's Closet**

**(217) 849-3187**

**Salvation Army-Mattoon**

**(217) 234-3915**

**Transportation**

**Rides Mass Transit**

**(217) 461-6921**

**Housing Aid**

**Embarrass River Basin  
Agency (ERBA)**

**(217) 921-5505**

**The Haven-Shelter**

**Mattoon**

**(217) 234-7237**

**Recovery Meetings**

**Alcoholics Anonymous**

**Mondays @ 7pm**

**Toledo Christian Church**

**Alcoholics Anonymous**

**Tuesdays @ 7pm**

**Neoga Free Methodist  
Church**

**Celebrate Recovery**

**Thursdays @ 7pm**

**Calvary Tabernacle in Toledo**

**WE CAN  
AND DO  
RECOVER.**

*Recovery*  
is possible!  
East Central Illinois ROSC

SCAN  
QR CODE  
FOR RECOVERY  
RESOURCES  
AND  
INFORMATION

TO CONNECT WITH THE ROSC  
FOR RECOVERY SUPPORT  
CALL NOW

**(217) 508-2765**

## **Important Hotlines**

- **Choices Pregnancy**  
**(217) 932-5900**
- **HOPE of ECI - Coalition**  
**Against Domestic**  
**Violence**  
**(217) 348-5931**
- **Illinois Helpline for**  
**Opioids & Other**  
**Substances**  
**833) 234-6343**
- **Prevail- Sexual Assault**  
**Counseling**  
**(217) 348-5033**
- **Substance Abuse Hotline**  
**(800) 662-4357**
- **Suicide Prevention**  
**988**

## **ROSC Advisory Councils** **(Recovery Oriented** **System of Care)**

### **Serving Cumberland** **County**

**Have questions or need**  
**further assistance?**

**Reach out!**

**We are here for YOU!**

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**Kristina Drum**

**ROSC Coordinator**

**(217) 273-7342**

**kristinad@hourhouserrecovery.org**

**or**

**Kyle Houser**

**Recovery Navigator**

**(217) 508-2765**

**kylehouser@hourhouserrecovery.org**

**<https://www.govst.edu/ROSC-GSU/ROSCC/CEAD/>**

## **Cumberland** **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!