

Local and National Helplines

- Substance Use Hotline:
1-800-662-4357
- MAR Now: **1-833-234-6343**
- Suicide & Crisis Hotline: **1-988** or
1-800-273-8255
- IL Warmline: **1-866-359-7953**
- NAMI Helpline: **1-800-950-6264**
or text **FRIEND** to **62640**
- National Crisis Text Line: text
HOME to **741741**
- Growing Strong Sexual Assault
Center: **1-217-428-0770**
- Dove Domestic Violence- Shelby
County: **1-217-774-4888**
- Veterans Crisis Line: **988** then
press "**1**" or text **838255**
- National Runaway Safeline:
1-800-786-2929
- Lifelink's 24-Hour Behavioral
Health Crisis Line: **1-866-567-
2400**
- SAMSHA Disaster Distress
Hotline: **1-800-985-5990** or text
TalkWithUs to **66746**
- Salvation Army: **1-217-871-0513**
- The Trevor Project (LGBTQ)
1-866-488-7386 or text **START**
to **678678**

East Central Illinois ROSC Councils

Serving Clark, Coles, Cumberland,
Douglas, Edgar, Effingham,
Moultrie & Shelby



Landriah Hardiek

Shelby County ROSC Coordinator
217-254-4826

LandriahH@hourhouserecovery.org

Megan Ballard

Shelby County ROSC Recovery Navigator
217-549-7516

MeganB@hourhouserecovery.org



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Shelby Co ROSC



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

Shelby County Resource Guide



Recovery
is possible!

Shelby County ROSC

ROSC
(Recovery-Oriented
Systems of Care)

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

Substance Use

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For an extensive list please
contact Shelby Co ROSC
Council.

Hour House 217-348-8108

**Shelby County Community
Services** 217-774-5587



Housing

Shelby County CEFS
217-774-5587

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Emergency hotel vouchers,
housing assistance, supportive
services, rental housing support
program and disaster relief.

Shelby Co Housing Authority
217-774-2167



Mental Health

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For an extensive list please
contact Shelby County ROSC
Council.

**Shelby County Community
Services** 217-774-5587

Dove Inc. Domestic Violence
217-774-3121

Food Aid

Findlay United Methodist Church
201 E S First St, Findlay, IL 62534
For Findlay residents
Every Wednesday 7:30am to 8:30am
217-756-8271

Herrick Food Pantry
5 S Broadway St, Herrick, IL 62431
1st Thursday of the month 6pm to 8pm
3rd Saturday of the month 8am to 10am
Serves Cowden-Herrick School District
217-994-0581

Moweaqua Food Pantry
326 N Main St, Moweaqua, IL 62550
For Moweaqua residents once per month
Tuesdays 9am - 11am
Saturdays 9am - 11am

Oconee Baptist Church Food Pantry
14 N Locust St, Oconee, IL 62553
Open every Wednesday & Friday
11:30am to 12:30pm
217-259-4464

Shelbyville Fellowship Baptist Church
411 W N 5th St, Shelbyville, IL 62565
Shelby County residents
217-774-3636

Shelbyville First United Methodist Church
480 S Heinlein Dr, Shelbyville, IL 65265
Twice per month
Mondays 10am to 12pm
Thursdays 4pm to 6pm
217-774-4131

Shelbyville Senior Center
325 E N 9th St, Shelbyville, IL 62565
At the Front Door.

SHHS Good Shepherd Hospital
201 S Pine St, Shelbyville, IL 62565
On the South Side

Transportation

**Central Illinios Public Transit
(CIPT)**
855-755-2478

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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. \$35,
discounts available.

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



Parenting

CEFS Outreach
217-774-4541

Family Life Center
217-774-4874

Shelby County Health Dept/WIC
217-774-9555

Salvation Army
217-313-7577