

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 Behavioral Health and
Recovery.

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

Lyndsey Reedy
ROSC Council
Coordinator
(217) 549-7632

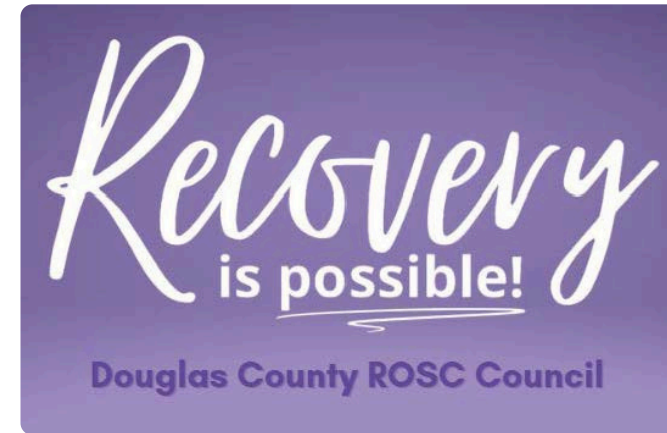
Lyndseyr@hourhouserecovery.org

Kandis Mills
ROSC Council
Recovery Navigator
(217) 549-7481

kandism@hourhouserecovery.org

<https://www.govst.edu/Recovery-Support/South-Central-IL-ROSC/DCRC-ROSC-Council/>

Find us on Facebook:
Douglas County ROSC



Douglas County
Recovery Oriented
System of Care
(ROSC) Council

Resource Quick
Guide

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

Substance Use Disorder Counseling

Hour House (217) 348-8108

Mental Health Counseling

**Douglas County Health Center
(217) 253-4137**

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-4:30PM & 2nd
Saturday 8:00AM-10:00AM 206 Egyptian Trail
Road, Arcola, IL 61910

Serves Douglas County and Atwood

Arthur Southern Baptist Church Food Pantry

Open 2nd Saturday from 9am-11am
530 North Vine, Arthur, IL 61911
Serves Arthur and surrounding area

Arthur United Methodist Church

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

Atwood Area Food Pantry

Open 4th Saturday of the month
from 8:30am - 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](https://namichampaign.org/online-support-groups)

**4th Thursday each month
7-8:30PM
901 N Prairie St., Tuscola, IL**

Narcotics Anonymous
<http://ppana.org>

SMART Recovery
<https://smartrecovery.org>

***Additional resources
available through 211**