



CHAMPAIGN-URBANA
COMMUNITY RESOURCES
CALL 2-1-1 FOR ADDITIONAL RESOURCES



Provided by: The Counseling Support Center at
Parkland College (updated 2/2023)

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Apps & Websites

Woebot

Website: <https://woebothealth.com/try-woebot/>

Resources Provided: A personal mental healthy buddy that helps with whatever mental health issues you may be experiencing.

Additional Information Gets to know you through quick conversations, check-ins, and suggestions of clinically tested tools and tactics

Contact Information: <https://woebothealth.com/>

Available for download on Google Play and the Apple Store

Moodfit

Website: <https://www.getmoodfit.com/>

Resources Provided: Provides a set of customizable tools to help you focus on what helps you most when it comes to exercising your mental health.

Additional Information Offers daily goals & self-care, mood journal, gratitude journal, cognitive behavioral therapy, assessments, mindfulness meditation, breathing exercises, sleep & lifestyle, therapy, medication, reminders/notifications, custom activity tracking, insights, and summary reports.

Contact Information: <https://www.getmoodfit.com/>

Available for download on Google Play and the Apple Store.

Pixel Thoughts

Website: <https://www.pixelthoughts.co/>

Resources Provided: An online meditation tool that helps you find mental clarity within a few moments.

Resource Location(s): Available online as well as downloadable through the app store.

Additional Information: If you experience any sort of anxiety, stress, or depression, you can type your worries inside the moon and watch them fly away for 60 seconds surrounded by a relaxing music and background. Release the stress and clear your mind for a healthy life.

myPlan

Website: <https://myplanapp.org/>

Resources Provided: myPlan is a free app to help with safety decisions if you, or someone you care about, is experiencing abuse in their intimate relationship. It's private, secure, personalized, & backed by research.

Resource Location(s): Available online as well as downloadable through the app store.

Additional Information: myPlan's built-in safety features include:

- Completely anonymous to use - no account set up required.
- Set your own secure PIN code to keep info private.
- "Dummy code" option will hide contents of the app if ever forced to enter a PIN.
- Changeable icon to hide the app on your home screen.

myPlan is designed to expand access to individualized safety information and to encourage the majority of survivors who never seek services to reach out for help.

Grounding Techniques (PDF)

Website: <https://www.therapistaid.com/worksheets/grounding-techniques>

Resources Provided: Downloadable, printable worksheet for grounding techniques.

Additional Information: After a trauma, it's normal to experience flashbacks, anxiety, and other uncomfortable symptoms. Grounding techniques help control these symptoms by turning attention away from thoughts, memories, or worries, and refocusing on the present moment.

Dialectical Behavior Therapy

Website: <https://dialecticalbehaviortherapy.com/>

Resources Provided: An online resource to learn about DBT techniques.

Additional Information: Dialectical behavior therapy (DBT) is a modified type of cognitive behavioral therapy (CBT). Its main goals are to teach people how to live in the moment, develop healthy ways to cope with stress, regulate their emotions, and improve their relationships with others.

Childcare Resources

Governor's Office of Early Childhood Development

Website: <https://oecd.illinois.gov/>

<https://oecd.illinois.gov/covid-19-for-families.html>

Resources Provided: Emergency Childcare

Resource Location: Office of the Lt. Governor

214 State House

Springfield, IL 62706

Contact Information: 217-782-6830 OR 217-782-6831

Women, Infants, and Children (WIC)

Website: <https://www.c-uphd.org/wic.html>

Resources Provided: Monthly vouchers for health-related food and instant formula for caregivers.

Resource Location: Maternal and Child Health Division

201 W Kenyon Rd, Champaign, IL 61820

Hours of Operations: Walk-In Hours:

M-F 8:30am-11:30am and 1:00-3:30pm.

Additional Walk-Ins on the 3rd Saturday of each month 10am-1pm.

Additional Information New participants MUST call the day before services begin or may have to wait 24 hours before receiving food benefits. Same day appointments available, please call ahead (217) 531-4529

Contact Person: Valerie Koress

Contact Information: vkoress@c-uphd.org or (217)-531-4309

Crisis Nursery

Website: <https://crisisnursery.net/communityresources/>

Resources Provided: Virtual Support and Range of Resources for those with children

Resource Location: 1309 W. Hill Street, Urbana IL 61891

Hours of Operations: 24 hours / 7 days

Additional Information Specialists are working remotely and will stay connected to as many families as possible through phone calls, virtual calls, virtual home visits, and virtual groups.

Contact Information: 24Hr Crisis Line: 217-337-2731

Clothing

Restoration Urban Ministries

Website: <https://www.restorationurbanministries.org/>

Resources Provided: Clothing Distribution

Resource Location: 1213 Parkland Court, Champaign, IL 61821

Hours of Operations: Monday, Tuesday, Thursday, Friday from 10AM-3PM

Contact Information: (217) 355-2662

RestorationUrbanMinistry@gmail.com

Salvation Army Champaign County

Website: <https://centralusa.salvationarmy.org/champaign/>

Resources Provided: Clothing Distribution

Resource Location: 2212 N Market St, Champaign, IL 61822

Hours of Operations: Monday-Friday, 9am-4pm

Contact Information: (217) 373-7825

Domestic Violence

Courage Connection

Website: <https://CourageConnection.org>

Resources Provided: Courage connection is here to help those who face domestic violence and to encourage their success.

Hours of Operations: Monday-Friday, 8am-5pm

Contact Information: Office: (217) 352-7151

24-Hour Hotline: (217) 384-4390 OR (877) 384-4390

Cognition Works

Website: <http://cognitionworks.org/>

Resources Provided: Cognition Works offers directed counseling for individuals, couples, and groups as well as a variety of training, workshops and educational seminars for schools, faith-based organizations, businesses, and social service agencies.

Cognition Works also provide assessment services for court systems, private agencies, and adoption proceedings (e.g., custody evaluations, parenting assessments, home studies, and bonding/relational studies).

Resource Location: 507 W. Springfield Ave. Urbana IL 61801

Hours of Operations: Monday-Friday, 8am-5pm

Contact Information: 217-239-0142

Email: info@cognitionworks.org

P.A.T.S. (Prevention and Treatment Services)

Resources Provided: Partner-abuse intervention

Resource Location:

300 S Broadway Ave, Unit #110a

Lincoln Square Mall

Urbana, IL 61801

Hours of Operations: Monday-Friday, 9-5pm

Contact Information: (217) 954-1128

Illinois Department of Human Services List of Resources

Website: <https://www.dhs.state.il.us/page.aspx?module=12&county=Champaign>

Resources Provided: Human Services- Community Youth Services, Mental Health Resources, Couples Counseling, etc.

IDHS Help Line: 1-800-843-6154 OR TTY: 1-866-324-5553

Elderly Care Services

Family Service of Resource Center of Champaign County

Resources Provided: Senior Counseling, Companionship and Advocacy

Resource Location: Telephonic Consultations

Hours of Operations: Mon-Fri; 8:30am-5:00pm

Additional Information Caseworkers are available to brainstorm ways to creatively meet COVID-19 related needs (i.e. groceries, supplies, socialization, activities). Caseworkers are being kept up-to-date on community resources and potential COVID-19 relief funds for older adults

Contact Information: (217)-352-0099 info@familyservicecc.org

Family Service of Resource Center Champaign County and OSF-Heart of Mary Program

Resources Provided: Supportive hotline for those in need (mainly for elderly).

Resource Location: Regular Phone Calls

Hours of Operations: Mon-Fri; 8:30am-5:00pm

Additional Information Volunteers make regular phone calls to check in with older adults and chat. Provides socialization during a time of increased isolation. Can provide a safety check. Can assess for other needs and connect to a caseworker when appropriate and desired.

Contact Information: (217)-352-5100

Family Service Center Champaign County (Main)

Website: <https://www.famservcc.org/>

Resources Provided: Meals on Wheels
<https://www.famservcc.org/mealsonwheels>

Resource Location: Home-Delivered Meals

Hours of Operations: Mon-Fri; 11:00am - 12:30 pm

Additional Information Older adults during this stay-at-home order may wish to sign up for home delivered meals. Can order a hot noon meal and a cold supper; can accommodate special diets and requests for food substitutions.

Contact Information: (217)-352-5100

info@familyservicecc.org

Family Service of Resource Center

Website: <https://www.famservcc.org/senior-transportation>

Resources Provided: Senior Transportation

Resource Location: Volunteer or Cab Rides

Hours of Operations: Mon-Fri; 8:30am-5:00pm

Additional Information We are encouraging people to stay home as much as possible. However, for older adults that still have essential appointments out in the community, we can match with a volunteer driver (if available) or with a cab ride, we pay half of the cab fare. If you have an MTD DASH pass, it will cover the other half of the cost.

Contact Information: (217)-352-5100

info@familyservicecc.org

Food Distributions

Champaign Unit 4

Website: <https://face.champaignschools.org/page/food-security>

Resources Provided: Drive-Thru, At-Home Delivery, Meals

Resource Location: Drive Thru Available at Jefferson Middle School and Garden Hills: Open Mondays, 10am-1pm and Booker T. Washington: Starting August 24, Open Mondays, 10am-1pm NO PRE-ORDER is required At-Home Delivery: Contact Food Services at (217) 351-3852 to set up at-h

Hours of Operations: 10am-1pm for Drive-Thru; At-Home Delivery on Monday's from 10am-11am

Additional Information Offer home delivery but they need to have at least one person in the household to be registered in a Unit 4 school. You must be in a vehicle with closed doors and windows in order to pick-up meals from sites.

Contact Person: MORE ADDITIONAL INFO: Unit 4 is providing dinners as part of its food distribution. These MUST be PRE-ORDERED and are available to pick up at our drive thru locations OR home delivery. Deadline for pre-order is Nov. 10

Contact Information: 217-351-3852 OR email: foodservice@u4sd.org

Cunningham Township

Website: <https://www.toi.org/township/champaign-county-cunningham-township/food-assistance/>

Resources Provided: 7 days of meals; meal distribution; Free Breakfast and Lunch for all children, 18 and under.

Resource Location: UMS and All Elementary Schools

Hours of Operations: Wednesday 11:30am - 12:30pm

Contact Information: usd116@meals@usd116.org

Channing Murray Foundation

Website: <https://www.channingmurray.org/about-3>

Resources Provided: They are preparing a bucket brigade of essential grocery delivery for extremely low-income families in Urbana who are recommended by Cunningham Township Supervisor's Office.

Resource Location: 1209 W Oregon St, Urbana, IL 61801

Hours of Operations: Starting the week of March 23, 2020

Contact Person: Lisa Haynes, Office Manager

Emily McKown: Coordinator for the Bucket Brigade

Contact Information: To contact Lisa Haynes use the email and phone number
Email: channingmurrayfoundation@gmail.com

Phone: (217)-344-1176

Community Service Center of Northern Champaign County

Website: <http://cscrantoul.org/services/>

Resources Provided: Emergency Food (Dispensa de Comida)

Resource Location:

520 E. Wabash Ave. Suite 1

Rantoul IL 61866

Hours of Operations: Food Pantry is Monday-Friday 10:00am-4:00pm

Additional Information: Call 217-893-1530 when you arrive at our location and we will push a shopping cart outside with food, on the east parking lot, but the pantry door.

Contact Information: CindyCCSC@gmail.com OR call (217) 893-1530

Cultivator's Pantry

Website: <https://cultivadorescentrodevida.wordpress.com/servicios-sociales/>

Resources Provided: Food Boxes - By Appointment Only- One individual family member per household allowed for curbside pick-up or carry out” and “Every Last Monday

Resource Location: 555 S. Maplewood Dr. Rantoul

Hours of Operations: 10:00am to 1:00pm and 5:30pm to 7:30pm while supplies last.

Additional Information Closed from November until February

Contact Person: Facebook

Contact Information: (217) 282-9607 or email cultivadoreslatinos@gmail.com

Daily Bread Soup Kitchen

Website:

<https://dailybreadsoupkitchen.com/?fbclid=IwAR2RrFpw2Ix67o68gArmXvRi54KZMSLt1iOdWwAGujGyjZlvC8fS2yqEosE>

Resources Provided: To-Go Hot Lunches and Sack Lunches

Resource Location:

116 N. 1st Street,

Champaign, IL 61820

Hours of Operations: 7 days a week 11:00 a.m. until 12:30 p.m.

Contact Person: Lynn Hall

Contact Information: 217-607-1418

Faith United Methodist Church

Website: https://www.foodpantries.org/li/il_61820_faith-umc-emergency-food-pantry

Resources Provided: Food Pantry

Resource Location: 1719 S. Prospect Ave Champaign

Hours of Operations: Monday - Wednesday 10:00am - 2:00pm

Additional Information Walk-Ins will receive a prepackaged box/bag of food once monthly. Please enter through the south entrance. Masks and hand sanitizer will be provided before entry.

Contact Information: 217-359-3631

Jubilee Cafe

Website: <https://www.facebook.com/jubileecafecucc/>

Resources Provided: TO-GO dinner

Resource Location: 805 S. 6th St Champaign IL

Hours of Operations: Each Monday, 5:30-6:30pm

Contact Information: jubilee.cafe@community-ucc.org

Or Call [\(217\) 344-5091](tel:2173445091)

McKinley Pantry at Garden Hills

Website: https://mckinleycu.org/?fbclid=IwAR0Ar-fHvELDEL61Z3l3gC8H0KW4WgrBHmjG_OHv6SbzKwoXlg5l1TAmBg

Resources Provided: Food distribution

Resource Location: Garden Hills Elementary 2001 Garden Hills Dr,
Champaign, IL 61821

Hours of Operations: 2nd and 4th Tuesday of the month from 4pm-6pm

Additional Information They distribute from the back loading dock. The McKinley Pantry also offers nonfood items as available, such as baby food, toilet paper, and cleaning products.

Contact Person: Pastor Keith Harris, Andrea Miller, Julie Harris

Contact Information: pantry@mckinley-foundation.org OR 217-344-0297

Rantoul City Schools

Website: <https://www.rcs137.org>

Resources Provided: Breakfast and Lunch Weekly on Mondays, and if Monday falls on a holiday it will be the following Tuesday

Resource Location: J.W. Eater Junior High

400 E Wabash Ave, Rantoul, IL 61866

Note: On south side of the school (back of the school) near the cafeteria door.

Hours of Operations: Meal distribution from 4:00PM-6:00PM at JW Eater Junior High

Additional Information Meals picked up by car or walk up (with social distancing). Choose any location to pick up meals. Please bring government-issued ID.

Contact Information: (217) 893-5400

Restoration Urban Ministries

Website: <https://www.restorationurbanministries.org/food-pantry>

Resources Provided: Food Bank/ Food Pantry

Resource Location: 1213 Parkland Court, Champaign, IL 61821

Hours of Operations: Mon, Tues, Thur., Fri. 10 AM-1 PM

Additional Information Bring an ID for food distribution

Contact Information: (217) 355-2662

Eastern Illinois Foodbank

Website: <https://www.eifoodbank.org/help/>

Resources Provided: Food Bank

Resource Location: 2405 North Shore Drive, Urbana, IL 61820

Hours of Operations: Monday-Thursday: 7am-4pm

Friday: 7 am-12 pm Saturday & Sunday: Closed

Additional Information You must register with the Eastern Illinois Foodbank online via their form. This form only needs to be filled out once. A client ID is given out for easy check-in at the foodbank.

Contact Information: (217)328-3663

St. Vincent de Paul Food Pantry

Website: <https://svdpsocietypeoria.org/services/food-pantries/>

Resources Provided: Drive-Thru Food Pantry

Resource Location: 708 W. Main St, Urbana, IL 61801

Hours of Operations: Monday and Thursdays 4-5 P.M.

Additional Information Drive-Thru style in the parking lot

Contact Information: (217) 367-2665

The Hope Center

Website: <https://www.wbgl.org/community-resource-category/food-pantry/>

Resources Provided: Drive-thru Food Market

Resource Location: 1802 N. Lincoln Ave #1023, Urbana, IL 61801

Hours of Operations: Wednesday's from 10am-12pm & 5pm– 6pm

Contact Information: 217-607-5654

Urbana School District

Website: <https://uiuc-cll-resourceguide.weebly.com/food-distributions.html>

Resources Provided: To-Go: 1 breakfast and 1 lunch for each student at 4 different sites

Resource Location(s):

- Dr. Williams Elementary: Front circle drive off Washington St. 2102 E Washington St, Urbana
- Dr. King Elementary: Goodwin Circle Drive, 1108 Fairview Ave, Urbana

Hours of Operations: Food Distribution is on Tuesdays/Thursdays from 11am-1pm at all elementary, middle and high school buildings. A family member of any child 18 and under is eligible to pick up meals at any of these buildings.

Additional Information Please remain in your vehicle with doors and windows closed. Indicate by hand signal how many meals bags you need for children 18 and under. We are all following social distancing guidelines, so please remain in your vehicle, while a staff member assists you

Contact Information: usd116meals@usd116.org

Wesley Food Pantry at Parkland College

Website: <https://wesleypantry.org/index.html>

Resources Provided: Their mission is to alleviate food insecurity in our community one family at a time by providing them with one week's worth of nutritious groceries.

Resource Location: Parkland College M-Wing, Room M-138

2400 M. Bradley Avenue Champaign, IL 61821

Hours of Operations: Wednesday's from 1-3pm at Parkland College, Staerkel Planetarium drive

Additional Information If you walked or took the bus, please wait at the Union bus stop. Someone will assist you shortly. Please note that at either location, there will be no access to restrooms or shelter available so please be prepared for inclement weather. Any changes or u

Contact Information: Email: info@welseypantry.org

Phone: 217-729-7418

Wesley Food Pantry (Main)

Website: <https://welseypantry.org/index.html>

Resources Provided: Their mission is to alleviate food insecurity in our community one family at a time by providing them with one week's worth of nutritious groceries.

Resource Location: Wesley Methodist Church 1203 West Green Street, Urbana, IL 61801

Hours of Operations: Thursdays from 5-7pm

Additional Information If you walked or took the bus, please sit and wait on the chairs outside until someone has assisted you. Please note that at either location, there will be no access to restrooms or shelter available so please be prepared for inclement weather.

Contact Information Email: info@welseypantry.org OR Call: 217-729-7418

Mom's Pantry

Website: <https://www.facebook.com/people/Moms-Pantry/100077271665876/>

Resources Provided: Pre-packaged bags of non perishables, hygiene items, and clothing

Resource Location: 302 W. State, Mahomet, IL 61853 (located behind in the brick building)

Hours of Operations: Mon. Wed. & Fri. Hours are posted weekly on the Facebook

Additional Information There are pre-packaged bags that will be distributed. Members of the administration team will come to the car to give one out. Please check Facebook for continuous updates about how often the pantry will be open.

Contact Person: Cindy Brumfield

Contact Information: Phone Number: (217) 586-7672

Email: cbrumfield@ms.k12.il.us

New Beginnings Christian Fellowship Gibson City

Resources Provided: Meat, fruits, vegetables, and dairy products

Resource Location: 555 S Maplewood Dr. Rantoul, IL, 61866

Hours of Operations: Monday, September 28th from 9am until supplies last.

Additional Information No ID appointments are needed. Curbside pick up is available

Contact Information: 217-784-8673 or email newbeginningsgibsoncity@gmail.com

CUPHD Food Pantry

Website: <https://www.c-uphd.org/documents/wellness/Community-Food-Pantries.pdf>

Resources Provided: 1 bag of non-perishable items and 1-2 bags of fresh produce

Resource Location: CUPHD'S back parking lot 201 W Kenyon Rd, Champaign, IL 61820

Hours of Operations: Every Thursday 12-2 or until we run out of food

Additional Information Resources depend on how much is delivered to us. We are always accepting donations.

Contact Information: 217-531-4317 or email Jen Deakin jdeakin@c-uphd.org

Restaurants Offering Free Meals

El Toro II

Resources Provided: Free Kids Menu Meal

Resource Location: 1005 S. Neil Street, Champaign, Illinois call (217) 378-7807;

2561 W Springfield Ave, Champaign, IL call 217-351-7024

Hours of Operations: Sunday — Thursday: 11am — 10pm

Friday — Saturday: 11am — 10pm

Additional Information Curbside Pickup Only; Kids menu choices are: cheese quesadilla with rice and beans OR taco (beef or chicken) with rice and beans

Jet's Pizza (West Champaign)

Resources Provided: 1 Free Cheese Slice for children under 12 years old.

Resource Location: Round Barn Centre, 1907 W Springfield Ave, Champaign, IL, 61821

Hours of Operations: Only Saturday and Sunday's; 11 A.M. - 2 P.M.

Additional Information Pick Up and Carryout Only

Contact Information: Phone #: (217) 352-9992

Jet's Pizza

Resources Provided: 1 Free Cheese Slice for children under 12 years old.

Resource Location: 512 S. Neil St. Suite B, Champaign, IL, 61820

Hours of Operations: Only Saturday and Sunday's; 11 A.M. - 2 P.M.

Additional Information Pick Up and Carryout Only

Contact Information: Phone #: (217) 352-3333

Immigrants in C-U

New American Welcome Center

Website: <https://universityymca.org/welcome/>

<https://universityymca.org/welcome/oasis/healthcare/>

<https://universityymca.org/welcome/oasis/housing/>

<https://universityymca.org/welcome/oasis/food-assistance/>

Resources Provided: Please see this resource guide specifically for Immigrants in C-U. Created by New American Welcome Center.

Resource Location: 1001 S. Wright Street, Champaign, Illinois, 61820

Hours of Operations: Monday-Thursday: 9am-9pm

Saturday: 12pm-5pm

Sunday: Closed

Contact Person: Jessica DeVries

Contact Information: jessica@universityymca.org or call 217-337-1500

Internet

Comcast

Website: <https://www.internetessentials.com/covid19>

Resources Provided: Offering Internet Essentials Free to New Customers

Hours of Operations: 10am-7pm daily

Contact Information: 1 (800) 391-3000

Legal Aid

Eastern Regional Office Land of Lincoln Legal Aid

Website: lincolnlegal.org/legal-resources

Resources Provided: Legal forms, mediation services, connections to other resources including rental assistance.

Resource Location: 302 North First Street, Champaign, Illinois 61820

Hours of Operations: 8-5pm Monday through Friday

Additional Information Interpreters are available upon request

Contact Person: Susan L. Zielke, Managing Attorney

Contact Information: 217-356-1351

Illinois Legal Aid

Website: <https://www.illinoislegalaid.org/about/about-ilao>

Resources Provided: Online legal aid to help those in need resolve their legal problems through innovation and partnership.

Contact Person: For questions, please contact Sandra Kopels

Contact Information: kopels@illinois.edu

Record Expungement, Fresh Start Hotline

Website: www.illinoislegalaid.org/

Resources Provided: Residents of Champaign and surrounding counties can get help with criminal record expungement and sealing year-round by contacting Land of Lincoln Legal Aid.

Resource Location(s): Champaign Circuit Court 101 East Main Street, Urbana, IL 61801

Hours of Operations: Monday, Wednesday, Friday from 9 am to 4 pm

Tuesday & Thursday from 9 am to 6pm

Additional Resources List: <https://www.champaigncircuitclerk.org/additional-resources/>

Contact Information: Toll Free: (855) 601-9474

Medical Resources

Church of the Living God: Love Clinic

Website: <http://www.thechurchofthelivinggod.com/>

Resources Provided: Free Screening and Prescription Drug Assistance

Resource Location: 312 E. Bradley Avenue Champaign, IL 61820

Hours of Operations: The Last Saturday of the Month 9:00am-11:30am

Additional Information They offer cholesterol screening, diabetic screening, health assessment survey, and temporary prescription refills. (Please bring medication bottle - no pain medication). Blood Drive until 1pm, please call ahead for an appointment

Contact Information: (217)-359-6920

Erikson Institute

Website: <https://www.erikson.edu/services/center-children-families/>

Resources Provided: Virtual Mental Health Services

Resource Location: Can set up an appointment through our intake line at 312-709-0508 (English) , 312-934-6446 (Spanish)

Hours of Operations: Monday-Friday 8am-5pm

Saturday and Sunday: Closed

Additional Information Offers high-quality and virtual therapy regardless of their ability to pay. They are also offering crisis counseling and consultations to support caregivers, first responders, and early childcare providers of 0-8.

Contact Information: (English) 312-709-0508 (Spanish) 312-934-6446

Promise Healthcare

Website: <https://www.promisehealth.org/>

Resources Provided: COVID-19 Testing and COVID Care Line

Resource Location: Frances Nelson, 819 Bloomington Road, Champaign IL 61820

Hours of Operations: Testing is available from 7:30am-5:15pm Monday through Friday

Additional Information Promise Healthcare will bill health care coverage for those seeking care and testing for COVID-19. Promise follows the Families First Act--there will be no patient responsibility for care that meets medical necessity.

Contact Information: COVID-19 Care Line (217) 403-5402 or (217)-356- 1558

LIHEAP

Website: <https://ccrpc.org/programs/low-income-home-energy-assistance/>

Resources Provided: Assistance with heating and cooling bills

Resource Location: 44 E Main Street, Suite 208 Champaign, IL 61820

Hours of Operations: Monday- Friday; 9am-5pm

Contact: Dawn Rear

Community Services Program Manager

drear@ccrpc.org

(217) 819-4079

SNAP

Website: <https://www.fns.usda.gov/snap/recipient/eligibility>

Resources Provided: Temporary increase in monthly SNAP benefits

Resource Location: 44 E Main Street, Suite 208 Champaign, IL 61820

Hours of Operations: Monday- Friday; 9am-5pm

Additional Information If you do not currently receive SNAP or would not have otherwise qualified, you can contact us at (217) 352-6533 and leave a message so we can call you back. You can also email CCHCC at cchcc@cchcc-il.org

Contact Information: (217) 352-6533

cchcc@cchcc-il.org

Health Insurance

Website: <https://www.healthcareconsumers.org/resources-for-low-income-individuals-and-families-liheap-snap-and-more/>

Resources Provided: Providing free health insurance coverage through Medicaid Program

Resource Location: 44 E Main Street, Suite 208 Champaign, IL 61820

Hours of Operations: Monday- Friday; 9am-5pm

Additional Information CCHCC's certified Community Health Workers can help you figure out which insurance program you will qualify for, and can help you with the application process.

Contact Information: You can contact CCHCC by phone by leaving a message at (217) 352-6533 or by email at cchcc@cchcc-il.org

Mental Health Resources

Counseling Support Center at Parkland College

Website: <https://www.parkland.edu/Main/About-Parkland/Department-Office-Directory/Counseling-Services/Counseling-Support-Center>

Resources Provided: Counseling on Parkland College's campus.

Resource Location: Parkland College

Hours of Operations: Monday-Friday, 8am-5pm

Contact Information: (217) 359-4141 or text 741741

Elliott Counseling Group

Website: <https://elliottcounselinggroup.com>

Resources Provided: Offering affordable counseling and therapy to the C-U area

Resource Location(s):

309 W. Clark St. Champaign, IL

2001 Philo Rd. Urbana, IL

105 8th St. Mattoon, IL

Hours of Operations: Appointments available days, evenings, and weekends

Additional Information Bridging the Gap Program offers counseling services as low as \$7/session based on housing size and income. Safety Plans offered online in case of crisis.

Contact Information: Champaign: (217) 398-9066

Urbana: (217) 552-1211

Mattoon: (217) 398-9066

The Rock Counseling Group

Website: www.therockcounselinggroup.com

Resources Provided: Treatment plans are specifically tailored to individual needs

Resource Location(s): 201 W. Springfield Avenue Suite 1202 Champaign, IL 61820

Mahomet Location:

1002 Commercial Drive,

Suite 2, Mahomet, IL 61853

Hours of Operations: 8:00 AM - 8:00 PM

Contact Information: Champaign: (217) 722-9079

Mahomet: (217)-590-4178

1 in 6

Website: <https://1in6.org/>

Resources Provided: If you're a man who has experienced sexual abuse or assault, you are not alone. We're here to support you in your path to a happier, healthier future.

Hours of Operations: Support Groups:

Monday Group 6-7:30 pm CDT

Tuesday Group 6-7:30 pm CDT

Wednesday Group 7-8:30 pm CDT

Thursday Group 6-7:30 pm CDT

Friday Group 11 am - 12:30 pm CDT

Additional Information: Support group chat available & Partnered with RAINN to offer a helpline

Contact Information: info@1in6.org OR 1-800-656-4673

Pavilion Behavioral Health System

Website: <https://pavilionhospital.com/>

Resources Provided: Specializes in mental health and substance abuse treatment for children, adolescents, adults and seniors.

Resource Location: 809 W. Church Street Champaign, IL 61820

Hours of Operations: 24 hours a day, 7 days a week

Contact Information: (217) 373-1700 or (800) 373-1700

Other

WIOA Works Illinois

Website: <https://www.illinoisworknet.com/WIOA>

Resources Provided:

WIOA Works Illinois is an online resource to assist business and industry leaders, policy makers, community organizations and workforce professionals in achieving success under the Workforce Innovation and Opportunity Act (WIOA). This site will keep you up to date on our state's policies and programs, highlight local innovation by sharing best practices and success stories, and outline specific policies to ensure a skilled workforce for our state's employers.

Hours of Operations: 8am-4:30pm Monday-Friday

Contact Information: Customer Service Center 800-244-5631

Illinois Department of Human Services- Rehabilitation Services

Website: <https://www.dhs.state.il.us/page.aspx?item=29736>

Resources Provided: DRS works in partnership with people with disabilities and their families to assist them in making informed choices to achieve full community participation through employment, education, and independent living opportunities.

Resource Location:

1307 North Mattis Avenue
Champaign, IL 61821

Hours of Operations: Monday- Friday; 8am-5pm

Contact Information: Phone: (217) 278-3500

TTY: (888) 472-0940

Shelter & Housing Assistance

Austin's Place

Website: <http://shelter-austinsplace.weebly.com/>

Resources Provided: Women's shelter

Resource Location: First United Methodist Church

210 W. Church, Champaign, IL 61820

Hours of Operations: Arrive at the shelter between 7 and 7:30pm for intake.

Additional Information Someone will be waiting in the glass vestibule right there on Church Street for any woman who need shelter.

Contact Person: Kimberly Stanhope

Contact Information: (217) 830-6966 or email: kastanhope@sbcglobal.net

Champaign County Regional Planning Commission

Website: <https://ccrpc.org/>

Resources Provided: COVID Relief Funds

Resource Location: Those in need should call Champaign County Regional Planning Commission to be connected with Champaign Township or Cunningham Township for a one-time assistance payment.

Hours of Operations: Monday through Friday: 10am-6pm

Additional Information Eligibility Requirements:

- Lives in Champaign County
- No renters who have subsidized housing voucher
- Renters with earned income prior to Stay at Home order
- Renters who do not qualify for unemployment insurance;
- Income up to 250% federal poverty

Contact Information: 877-548-4205

Courage Connection

Website: CourageConnection.org

Resources Provided: Courage Connection provides housing and supportive services to individuals and families who face domestic violence

Resource Location:

Hours of Operations: 24/7

Additional Information Office: (217) 352-7151; 24-Hour Hotline: (217) 384-4390 or (877) 384-4390

CU at Home Men's Emergency Shelter

Website: <https://www.cuathome.us/c-u-mens-shelter/>

Resources Provided: Overnight Shelter

Resource Location:

Douglass Community Center Gym

512 E. Grove St.

Champaign, Illinois

Hours of Operations: Mon-Sunday 8:30pm-7:30am

Contact Person: Rob Dalhaus

Contact Information: Rob@cuathome.us or call 217-819-4569

Cunningham Township

Website: <https://www.toi.org/township/champaign-county-cunningham-township/community-resources/>

Resources Provided: Resources related to eviction, homelessness, loss of income, or food security

Hours of Operations: Mon-Thursday 8:30am-12:00pm and 1:00pm-4:30pm

Fridays 1:00pm-4:30pm.

Additional Information We can provide \$300 per month for the unemployed who can't get unemployment benefits or those who are disabled. We provide up to \$600 in rental assistance. For our clients we provide food and provision delivery. We serve residents regardless of immigration status. You can apply online or pick up and drop off an assistance application on our door at 205 W. Green Street, Urbana IL 61801

Contact Information: 384-4144 or email info@cunninghamtownship.org

Phoenix Drop-In

Website:

<https://www.facebook.com/cuathome.us/photos/pb.208587855869212.-2207520000../2980245645370072/?type=3&theater>

Resources Provided: shower, washer/dryer, internet/computer, phone, local resources, and a job board

Resource Location:

70 E. Washington Street

Champaign, Illinois

Hours of Operations: Mon-Fri 9-5pm

Saturday and Sunday: 1-4pm

Contact Person: Rob Dalhaus

Contact Information: Rob@cuathome.us

Restoration Urban Ministries

Website: <https://www.restorationurbanministries.org/>

Resources Provided: Once in the program, Restoration provides temporary support to residents while providing them with educational, spiritual, and emotional opportunities for growth.

Resource Location: 1213 Parkland Court, Champaign, IL 61821

Hours of Operations: Monday, Tuesday, Thursday, Friday from 10AM-3PM

Contact Information: (217) 355-2662

RestorationUrbanMinistry@gmail.com

Support Groups

Veteran's Crisis Line

Resources Provided: Veteran's Crisis Line

Hours of Operations: Online Chat is Available:

<https://www.veteranscrisisline.net/>

Additional Information To reach caring, qualified responders within the Department of Veterans Affairs connect with the Veterans Crisis Line. Many of them are Veterans themselves. This free support is confidential, available 24/7, and serves all veterans, service members, Natio

Contact Information: Call 1-800-273-8255 or Text: 838255

Support for deaf and hard of hearing: 1-800-799-4889 or call 988 and press 1

National Runaway Safeline

Website: <https://www.1800runaway.org/>

Resources Provided: National Runaway Safeline

Hours of Operations: 24 hours / 7 days a week

Additional Information The mission of the National Runaway Safeline (NRS) is to keep America's runaway, homeless and at-risk youth safe and off the streets

Contact Person:

Contact Information: 1-800-Runaway (786-2929) or text: 66008

National Helpline | SAMHSA

Website: <https://www.samhsa.gov/>

Resources Provided: Free and confidential treatment referral and information services.

Hours of Operations: 24 hours a day 7 days a week.

Additional Information This service provides referrals to local treatment facilities, support groups, and community-based organizations

Contact Information:

Disaster Distress Helpline: 1-800-985-5990

National Helpline: 1-800-622-4357 (HELP)

We Know the Feeling (Gambling)

Website: <https://e.helplineil.org/areyoureallywinning/>

Resources Provided: Gambling Sources and Treatment Programs

Hours of Operations: Anytime

Additional Information We know the Feeling is a program designed to help people learn how to gamble more responsibly.

Contact Information: call 1.800.GAMBLER, text ILGAMB TO 53342, or visit <https://e.helplineil.org/areyoureallywinning/>

CARES Line

Website:

<https://www2.illinois.gov/hfs/MedicalProviders/behavioral/sass/Pages/caresprovider.aspx>

Resources Provided: Referral Entry Services

Hours of Operations: Available 24 hours a day, seven days a week.

Additional Information If your child is a risk to themselves or others, having a mental health crisis, or if you would like a referral to services for children, youth, and families, call the 24 hour Crisis and Referral Entry Services (CARES) line to talk to a mental health professional today.

Contact Information: Call: 1 (800) 345-9049 TTY: 1 (773) 523-4504

Crisis Text Line

Website: www.crisistextline.org

Resources Provided: Crisis Text Line

Hours of Operations: Available 24 hours a day, seven days a week.

Additional Information The Crisis Text Line <<https://www.crisistextline.org/>>

Contact Information: Text HOME to: 741741. Trained crisis counselors will respond and help you.

Illinois Helpline for Opioids & Other Substances

Website: <https://helplineil.org/app/home>

Resources Provided: Illinois Helpline for Opioids & Other Substances

Hours of Operations: 24 hours a day, seven days a week.

Additional Information If you or someone you know is suffering from an opioid use disorder or other substance use disorders, call the Illinois Helpline for Opioids and Other Substances to speak with a trained professional for support and advice or to be directed to customized resources.

Contact Information: 1-833-2FINDHELP || <http://helplineil.org/>

National Suicide Prevention Hotline

Website: <https://988lifeline.org/>

Resource Location: 1 (800) 273-TALK (8255). Caring staff will connect you with the closest possible crisis center in your area.

Hours of Operations: Available 24 hours a day, seven days a week.

Contact Information: <https://suicidepreventionlifeline.org/>

Call 988 or Call 1-800-273-8255

RAINN National Sexual Assault Hotline

Website: <https://www.rainn.org/about-national-sexual-assault-telephone-hotline>

Resources Provided: National Sexual Assault Hotline

Hours of Operations: 24 hours a day, 7 days a week.

Additional Information Provide trained sexual assault hotline staff 24/7, in English and Spanish, to support communities with crisis intervention, empathetic listening, and handoffs to designated local service providers. The texting platform does not provide crisis intervention services via text due to concerns over privacy/confidentiality.

Contact Information: 800-866-HOPE (4673)

Illinois Warm Line

Resources Provided: Wellness Support Specialists

Hours of Operations: Monday through Friday, 8am-8pm except holidays

Additional Information They are professionals who have experienced mental health and/or substance use recovery in their own lives. They are trained in

recovery support, mentoring, and advocacy and are ready to listen and support you. The Warm Line is not a crisis hotline, but is a source of support as you recover or help a family member to recover.

Contact Information: 866-359-7953

Illinois Call4Calm Text Line

Resources Provided: Counselor providing local resources

Hours of Operations: Available 24 hours a day, seven days a week.

Additional Information Once a resident sends a text to the hotline, within 24 hours they will receive a call from a counselor employed by a local community mental health center to provide support. Individuals can also text 5-5-2-0-2-0, with key words such as “unemployment” or “food” or “shelter” and will receive information on how navigate and access supports and services.

Contact Information: Text “TALK” to 5-5-2-0-2-0

OR for Spanish text “HABLAR” to 5-5-2-0-2-0

Champaign County Christian Health Center

Website: ccchc2003.org

Resources Provided: Free telehealth services.

Resource Location: 304 S Race St, Urbana, IL 61801

Hours of Operations: TELEHEALTH SERVICES: Monday-Friday 8AM-8PM

MEDICAL: Monday- Friday 8am-8pm by appointment only

Additional Information: Appointment Line (217) 402-5683

Contact Information: Office Line: (217) 398-2914 or email ccchc2003care@gmail.com

Pavilion Call Us First

Website: PavilionHospital.com

Resources Provided: Telephone line for mental health crisis

Resource Location: 800-373-1700

Hours of Operations: 24 hours a day, 7 days a week

Additional Information: Psychiatric screening and assessments available 24/7. Intake is available for your call; tele-assessments may also be available.

Services may include counselors and registered nurses to provide assessments to establish level-of-care need.

- Patient centered, multidisciplinary treatment.
- Evidence-based therapies.
- Individualized treatment planning.
- Structured, therapeutic environment.

Contact Information: 800-373-1700

NAMI Champaign

Website: <https://namichampaign.org>

Resources Provided: Seeking to improve the lives of people who live with mental illnesses, as well as loved ones, through public awareness, education, support, and advocacy.

Resource Location: P.O. Box 3552, Champaign, IL 61826-3552

Hours of Operations: Monday- Friday, 10 am-8 pm ET

Contact Information: Email: info@namichampaign.org

Phone: 217-419-5345

Mailing Address: NAMI Champaign P.O. Box 3552 Champaign, IL 61826-3552

2-1-1 by The United Way

Website: <https://www.unitedway.org/our-impact/featured-programs/2-1-1>

Resources Provided: Get help finding food, paying bills, or mental health resources in your area by calling 2-1-1

Hours of Operations: 24 hours a day, 7 days a week

Contact Information: Dial 2-1-1 or call (888)865-9903

NAMI Helpline

Website: <https://nami.org/help>

Resources Provided: Emergency helpline for mental health crises

Hours of Operations: Monday- Friday, 10 a.m.-10 p.m. ET

Contact Information: Call 1-800-950-NAMI(6264) or email helpline@nami.org

Courage Connection

Website: CourageConnection.org

Resources Provided: Domestic Violence Hotline

Resource Location: (217) 384-4390 or (877) 384-4390

Crisis Nursery

Website: <https://crisisnursery.net/>

Resources Provided: Emergency Child Care and Respite Care

Resource Location: 1309 W. Hill Street, Urbana, Illinois 61801

Hours of Operations: 24/7

Additional Information Our priority is to maintain support families whose children are at-risk of immediate harm as a result of domestic violence, homelessness, or extreme parental stress. Specialists are working remotely and will stay connected to as many families as possible through phone calls, virtual home visits, and virtual groups.

Contact Information: (217) 337-2370

Rattle the Stars

Website: <https://rattlethestars.org/>

Resources Provided: Providing community-based suicide prevention services

Resource Location: Champaign, IL

Hours of Operations: Monday-Friday, 8a.m.-4:30pm

Additional Information Offer suicide prevention training as well as training for mental health awareness. They also have a comfort dog, community events, and a dedicated public speaker.

Contact Information: Email: info@rattlethestars.org

Roscrance

Website: <https://rosecrance.org/locations/rosecrance-walnut-street/>

Resources Provided: Early Prevention Program

Resource Location: 801 N. Walnut Street, Champaign IL 61820

Hours of Operations: Monday through Friday 8am-5pm

Saturday and Sunday: Closed

Additional Information An evidence-based alcohol and drug education program that provides education, support, and direction to teens and families who may be at higher risk of serious involvement with alcohol and other drugs.

Contact Information: Mental Health Help (217)-398-8080 Substance Use (217)-373-2430

Roscrance Virtual Assessments

Website: <https://roscrance.org/virtual-support/>

Hours of Operations: Monday-Friday 8am-5pm

Closed on Weekends

Additional Information They will help walk you through an assessment over the phone so they can build the right treatment plan for you or your loved one.

Link to addiction treatment resources: <https://roscrance.org/addiction-treatment/>

Contact Information: 866-330-8729

Rosecrance Virtual Library & Resources

Website: <https://roscrance.org/video-library/>

Additional Information Virtual Library – Rosecrance is making seminars on timely topics free to the public. The initial ones cover topics such as suicide and depression, marijuana, teen anxiety, youth substance use during COVID-19, and parental support for the recovery journey.

Contact Person: Mary Egan

Contact Information: megan@rosecrance.org

Main Line: 866-330-8729

Roscrance

Resources Provided: Virtual "Walk-In" Substance Abuse Assessments

Hours of Operations: M-F between 8:00 AM - 2:30pm over the phone. Phones open at 8:00am, services actually begin at 9:00 because they need time to get everyone's information into the system and assign people counselors for the day.

Plan on assessments taking about an hour and a half.

Contact Person: Lynn Canfield

Contact Information: (866) 330-8729

Disaster Distress Helpline

Resources Provided: 24/7, 365-day-a-year crisis counseling and support to those experiencing distress related to natural or human-caused disasters

Hours of Operations: 24/7, 365 days a year

Additional Information Also answers calls and texts related to infectious disease outbreaks. Incidents of community events, other traumatic events, anniversaries, and trigger events.

Contact Information: Call or text 1-800-985-5990

Prairie Land Conflict Meditation Center

Resource Location: 206 N Randolph St Suite 6, Champaign, IL 61820

Hours of Operations: Monday- Friday, 9am-5pm

Contact Information: (217) 552-2813

Trans Lifeline

Website: translifeline.org

Resources Provided: Peer support service run by trans people for trans and questioning peers

Resource Location:

Hours of Operations: Hotline is open 24/7, but is operating at reduced capacity. Operators guaranteed to be on call from 2 pm PT/5 pm ET until 10 pm PT/1 am ET.

Additional Information You will speak to a trans or nonbinary peer operator and have full anonymity and confidentiality with no nonconsensual active rescue.

Contact Information: 1-877-565-8860 <https://translifeline.org>

Transportation

Champaign County Transit System

Website: <http://co.champaign.oh.us/transit/index.html>

Resources Provided: Convenient, low cost transportation for the general public of Champaign County, regardless of age or income.

Resource Location: 308 Miami St # D, Urbana, OH 43078

Hours of Operations: Office Hours: Monday-Friday 7:30AM-5:00PM

Contact Person: Gary Ledford

Contact Information: Phone: (937) 653-8777 Email: Gledford@co.champaign.oh.us

Champaign Urbana Mass Transit District

Website: <https://mtd.org/>

Resources Provided: Transportation for those in the Champaign-Urbana area.

Resource Location: 1101 E University Ave, Urbana, IL 61802

Hours of Operations:

Monday-Friday 7am-6pm

Saturday: 8am-6pm

Sunday: 9am-5pm

Contact Information: (217) 384-8188