

Important Hotlines

Substance Abuse Hotline
(800) 662-4357

AA Phone
(217) 373-4200

**SACIS - Sexual Assault
Counseling and Information
Services**
(888) 345-2846

**HOPE of ECI - Coalition
Against Domestic Violence**
(217) 348-5931

**Illinois Helpline for Opioids
and Other Substances**
(833) 234-6343

Suicide Prevention
(800) 273-8255
or 988

**ROSC Advisory Council
(Recovery Oriented
System of Care)**

Serving Douglas County

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

Leanna Morgan
ROSC Coordinator
(217) 549-7632
ceadleannam@ceadcouncil.com

Darlene Smith
Recovery Navigator
(217) 549-7481
ceadlorettas@ceadcouncil.com

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

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

RISE
(217) 253-4731

Transportation

Dial-A-Ride
(800) 500-5505

COVID Questions

Douglas County Health Dept.
(217) 253-4137
Or your personal physician

**Medication Assisted
Treatment**

DoCo Health Center
(217)253-4137

Food Aid

Arcola Food Pantry
(217) 268-5122

**Arthur Southern Baptist Church
Food Pantry**
217-493-9755

Atwood Area Food Pantry
(217) 276-7758

Boomerang Blessings (Mattoon)
(217) 235-0420

Rural Grace Food Pantry
(217) 832-5231

SAM Food Pantry-TUMC
(217) 263-4232

Housing Aid

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

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

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>

Narcotics Anonymous
<http://ppana.org>

SMART Recovery
<https://smartrecovery.org>

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