

FOR AN EXTENSIVE RESOURCE
LIST WITH AGENCY ADDRESS &
DESCRIPTIONS,
PLEASE SCAN THE QR CODE
OR VISIT:
GOVST.EDU > EFFINGAHM
COUNTY > STRATEGIC PLAN >
COMMUNITY ASSET/RESOURCE

MAP FY25



### National Helplines



Suicide & Crisis Lifeline: 988

Crisis Text Line: Text TALK to 741-741

**IL Warmline**: 866-359-7953

Domestic Violence: 1-800-799-7233 or

text START to 88788

Veterans Crisis Line: 988 then press "1"  $\,$ 

or text 838255

National Runaway Safeline: 1-800-786-

2929 (text option available)

**Trevor Project**: 1-866-488-7386 or text START to 678-678; LGBTQ+ youth people

crisis support

## EAST CENTRAL ILLINOIS ROSC

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



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FUNDED IN WHOLE OR IN PART BY THE ILLINOIS DEPARTMENT OF HUMAN SERVICES, DIVISION OF SUBSTANCE USE PREVENTION AND RECOVERY.

EFFINGHAM COUNTY
RECOVERY ORIENTED
SYSTEMS OF CARE
(ROSC)



### QUICK RESOURCE GUIDE

Agencies & Persons with Lived Experience, working together to build healthy communities supportive of those affected by substance use disorder & mental health struggles.



### Substance Use & Mental Health Counseling



\*\*indicates substance use services

Brandy Kelly Counseling: (217) 383-9064 Crossroads Counseling & Consultation: (217) 994-1074

Effingham VA Clinic: (217) 347-7600 \*\*Evolve Counseling: (217) 347-7384

\*\*Family Care Associates: (217) 342-7000 \*\*Foundation Health and Wellness: (217)

690-4393

\*\*Gateway Warm Hand-off Program: (217) 294-7997

\*\*Gentle Care Consultants: (217) 342-6677

**Grace Counseling**: (217) 500-2103

\*\*Griffin Therapeutic Solutions: (217) 994-9056

\*\*Heartland Human Services: (217) 347-7179

\*\*Hour House: (217) 348-8108 Julie's Counseling: (217) 821-2876

\*\*New Light Counseling: (217) 342-7155

\*\*Road Home Program (RUSH): (312) 942-8387

**Semple Solutions**: (217) 994-4734

\*\*SIHF Healthcare Behavioral Health: (217) 342-0211

\*\*The Wellness Loft: (217) 347-5118

Wright Choice Counseling: (618) 669-8874

Please reach out to the Effinaham County ROSC Coordinator for inpatient treatement options in the surrounding area.



\*\* Call for food pantry dates, times, or to make an appointment

Altamont First Baptist Church (free drive

thru breakfast): (618) 483-3250

Altamont First United Methodist Food

Pantry: (618) 483-6036

Calvary Baptist Church Food Pantry

(Effingham): (217) 342-6671

Catholic Charities Food **Pantry** 

(Teutopolis): (217) 857-1458

Centenary United Methodist Church

"Open Feast": (217) 342-2030

**Enduring Freedom Ministries (Shumway** 

& Mason, IL): (217) 240-0059

First Baptist Church (Effingham): (217)

342-3976

First Presbyterian Church Blessing Box

(Effingham): (217) 342-6272

FISH Human Services (Effingham): (217)

994-0039

Journey Church: (217) 690-0214

St. John's Lutheran Food **Pantry** 

(Effingham): (217) 342-4334

St. Paul Evangelical Food Pantry

(Altamont): (618) 483-5249

### Clothing Aid

\*\*Call for dates and times of operation, or to make an appointment.

Catholic Charities Second Hand Rose

**Resale Shoppe**: (217) 857-1482

Crisis Nursery (kid clothes): (217) 342-

3000

Edgewood Full Gospel Clothing Drive: (618) 367-4905

Enduring Freedom Ministries: (217) 240-0059

Family Life Center (kid clothes): (217)

342-5433

Silk Purse: (217) 342-3319

### Free Narcan Sites



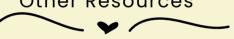
Rosie @ The Village Square Mall (front entrance to the right); 1901 S. Banker, Effingham

Effingham Public Library: (front entrance, room to the right); 200 N. 3rd St., Effingham

Hazel-jayne: 112 E. Section Ave, Effingham (in the bathroom)

Lived-in Cosmetics: 1707 Ave of Mid America Suite C, Effingham; ask Kaylee

#### Other Resources



Effingham County Case Mangers: (217) 663-5291

C.E.F.S. (houses many public programs): (217) 342-2193

Effingham County Health Department: (217) 342-9237

Effingham Resource Center: (217) 342-1151 SAFE (Sexual Assault Family Emergencies): (217) 342-6623; domestic violence, human trafficking

SWAN: (217) 342-6623 domestic violence, abuse, homelessness, adult protctive services