

Food Aid

1st United Methodist Church

(217) 774-4131

Department Human Services

(217) 774-3971

Housing Aid

CEFS

(217) 774-4888

COVID Aid &

Questions

Shelby County Health Dept.

(217) 774-9555

Or your personal physician

Mental Health

Counseling

Community Services

(217) 774-2113 (24hr)

Substance Use

Treatment

Hour House

(217) 774-5566

(217) 348-8108 (24hr)

Community Services

(217) 774-2113 (24hr)

24 hour Hotlines

- **Substance Abuse Hotline**
1-800-662-4357
- **AA Meetings List**
www.aaci11.org/home
- **AA Phone**
(217) 422-3766
- **Domestic Violence**
(217)-774-4888 (24hr.)
- **Suicide Prevention**
1-800-273-8255

Do you need guidance?
We can help.

ROSC Advisory Council (Recovery Oriented System of Care)

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



Serving Coles, Cumberland,
Douglas, Effingham, and
Shelby Counties

**Have questions or need
further assistance?**

Reach out!

We are here for YOU!

**Janna Overstreet
ROSC Coordinator
(217) 258-6018**

or

ceadjannao@mycci.net

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

Are you in recovery or
suffering from a substance
use disorder?

Is COVID wreaking havoc on your life?

**Help is
available!**