

Food Aid

CEFS- 217-347-7514

First United Methodist Church-

1-618-483-6036

Catholic Charities-- 1-217-857-1458

Enduring Freedom Ministries-

217-240-0059

Housing Aid

CEFS

217-347-7514

Catholic Charities

217-857-1458

COVID Questions

County Health Dept.

901 W Virginia Avenue

217-342-3297

Or your personal physician

Mental Health

Counseling

Heartland Human Services

217-342-5504 (24 hr.)

Catholic Charities

217-857-1458

Substance Use

Disorder Treatment

Heartland Human Services

217-342-5504 (24hr.)

Hour House

217- 348-8108 (24hr.)

Charleston, IL

24 hour Hotlines

- **Substance Abuse Hotline**

1-800-662-4357

- **Alcoholics Anonymous**

1-217-373-4200

- **Domestic Violence-SAFE**

1-217-344-6623

1-800-625-1414 (24hr.)

- **Suicide Prevention**

1-800-273-8255

- **Crisis Nursery**

(Birth to 6 years)

1-217-342-3000

Do you need guidance?
We can help.

ROSC Advisory Council (Recovery Oriented System of Care)

Agencies and Persons with
Lived 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
Recovery Outreach
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!**