

Food Aid

Embarras River Basin Agency

(217) 500-3120

Catholic Charities

(217) 235-0420

East Central Illinois Food Bank

(217) 328-3663

Housing Aid

Embarras River Basin Agency

(217) 253-4434

Salvation Army

(217) 234-3915

COVID Questions

Coles County Health Dept.

(217) 348-0530

Or your personal physician

Mental Health

Counseling

LifeLinks

217-238-5700

Substance Use Disorder Treatment

Hour House

(217) 348-8108

Charleston, IL

Important Hotlines

- **Substance Abuse Hotline**
1-800-662-4357

- **AA Meetings List**
<http://aa-eci.org>

- **AA Phone**
217-373-4200

- **Domestic Violence**
1-888-799-7233

- **CADV**
217-348-5931

- **Suicide Prevention**
1-800-273-8255

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!**