

Food Aid

Embarras River Basin Agency

(217) 923-3113

Greenup, IL

Housing Aid

Embarras River Basin Agency

(217) 923-3113

Greenup, IL

COVID Questions

Cumberland County Health Dept.

(217) 849-3211

Or your personal physician

Mental Health

Counseling

Care Horizon

(217) 849-3803

Toledo, IL

LifeLinks

(217) 238-5700

Mattoon, IL

Substance Use

Disorder Treatment

Hour House

(217) 348-8108

Charleston, IL

Important Hotlines

- **Substance Abuse Hotline**
1-800-662-4357
- **AA Meetings List**
www.Ildistrict13aa/home
- **AA Phone**
217-373-4200
- **Celebrate Recovery**
Shawn Strader
(217) 849-3033
- **Domestic Violence**
1-888-345-3990
- **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!**