

Substance Use

Disorder Treatment

For an extensive list of SUD treatment options in & around the area of Effingham, please contact the Effingham ROSC Coordinator.

* indicates SUD treatment below

- ◇ **Hour House:** 217-348-8108 (24-Hrs)

Mental Health Counseling

- ◇ **Grace Counseling:** 217-500-2103
- ◇ **Julie's Counseling:** 217-821-2876
- ◇ **Griffin Therapeutic Solutions:** 217- 994-9056
- ◇ **Crossroads Counseling:** 217-994-1074
- ◇ **Foundation Health & Wellness:** 217-690-4393
- ◇ ***New Light Counseling:** 217-342-7155
- ◇ ***Heartland Human Services:** 217-347-7179
- ◇ ***Diel-Evolve Counseling:** 217-347-7384
- ◇ ***Community Resource Center (Vandalia):** 618-283-4229
- ◇ ***Gentle Care Consultants:** 217-342-6677
- ◇ ***The Wellness Loft:** 217-347-5118
- ◇ ***Compass Counseling (Toledo):** 217-259-5852

Clothing Aid

- ◇ **Enduring Freedom Ministries (Shumway):** 217-240-0059
- ◇ **Catholic Charities (Teutopolis):** 217-857-7458; **Second Hand Rose Shoppe:** 217-857-1482
- ◇ **Salvation Army:** 217-342-5434
- ◇ **FISH Clothes Closet:** 217-342-2200

Food Aid

Call for days/hours of operation.

- ◇ **Enduring Freedom Ministries (Shumway):** 217-240-0059
- ◇ **C.E.F.S.:** 217-342-2193; **Programs Outreach:** 217-347-7514
- ◇ **Catholic Charities (Teutopolis):** 217-857-7458
- ◇ **St. John's Lutheran Church (Effingham):** 217-342-4334
- ◇ **St. Paul Lutheran Church (Altamont):** 618-483-5249
- ◇ **First United Methodist Church (Altamont):** 618-483-6036
- ◇ **Calvary Baptist Church (Effingham):** 217-342-6671
- ◇ **Journey Church (Effingham):** 217-690-0214

Parent/Wellness Support

- ◇ **Family Life Center:** 217-342-5433
- ◇ 217-705-5077
- ◇ **Family Matters:** 866-436-7842
- ◇ **Effingham Health Department/WIC:** 217-342-9237
- ◇ **Family Connections:** 217-342-1151
- ◇ **C.E.F.S.:** 217-342-2193; **Programs Outreach:** 217-347-7514
- ◇ **Family Mental Health Support:** 217-240-2330
- ◇ **Family Resource Center: Advocates -** 217-500-2575; 217-500-2566; 217-708-5439

Free Narcan Sites

- ◇ **Effingham Public Library:** 217-342-2464; 200 N. 3rd Street, Effingham, IL 62401
- ◇ **Hazel-Jayne:** 312-339-6863; 112 E. Section Ave, Effingham, IL 62401
- ◇ **Lived-in Cosmetics:** 217-500-2596; 1707 Ave of Mid America Suite C, Effingham, IL 62401
- ◇ **Village Square Mall:** 1901 S. Banker, Effingham, IL 62401

Recovery Support

Groups

For an extensive list of Recovery meetings/groups in & around the area of Effingham, please contact the Effingham ROSC Coordinator.

- ◇ **Alcoholics Anonymous:** www.aa.org
- ◇ **Narcotics Anonymous:** www.na.org
- ◇ **Al-Anon:** www.al-anon.org
- ◇ **Celebrate Recovery**
- ◇ **ROSC All Recovery Wellness Group**

Public Transportation

*For bus passes & tokens assistance, contact ROSC Coordinator
C.E.F.S.

- ◇ **Central Illinois Public Transit (CIPT):** 1-855-755-2478
- ◇ **Medical Transport:** 217-247-7125
- ◇ **FISH (referral only via doctors or hospitals for medical appointments):** 217-342-2200
- ◇ **ETrax Loop route:**



Local & National Help Hotlines

- ◇ **Substance Use & Mental Health Hotline:** 1-800-662-4357
- ◇ **Suicide & Crisis Hotline:** 988
- ◇ **National Crisis Text Line:** text HOME to 741741
- ◇ **Youth Crisis Hotline:** 1-800-488-4663
- ◇ **Heartland Human Services 24-hr Crisis Line:** 217-342-5504
- ◇ **SAFE— Sexual Assault & Family Emergencies:** 217-342-6623 (Clay & Effingham Co)
- ◇ **Domestic Violence:** 800-799-7233 or text START to 88788
- ◇ **SWAN— Stopping Woman Abuse Now:** 217-342-4526 (Effingham Co)
- ◇ **Veterans Crisis Line:** 988 then press “1” or text 838255
- ◇ **Runaway Safeline:** 1-800-786-2929

For an extensive list of Help Hotlines, please visit www.pleaselive.org or SCAN the QR code.



East Central Illinois ROSC

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

Samantha Hicks

Effingham Co. ROSC Coordinator
(217) 663-0823
samanthah@hourhouserecovery.org

Felicia Depoister

Effingham Co. Recovery Navigator
(217) 690-3773
feliciad@hourhouserecovery.org

Check out our Effingham Co ROSC Facebook page!



Funding for this project is providing in whole or in part from the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery.

Effingham County Resource Guide

ROSC Recovery Oriented Systems of Care

Agencies & Persons with Lived Experience, working together to build healthy communities supportive of those in Recovery from Substance Use

Recovery
is possible!

East Central Illinois ROSC