

Substance Use

Disorder Treatment

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

- ◇ **Hour House:** 217-348-8108 (24-Hrs)
- ◇ **Gateway Foundation (SHHS St. Anthony)**
Kat O' Brien: 217-294-7997
(Assessments and referrals, possible transport to treatment once assessed)

Mental Health Counseling

* indicates substance use disorder treatment

- ◇ **Brandy Kelley Counseling:** 217-383-0964
- ◇ **Crossroads Counseling:** 217-994-1074
- ◇ **Grace Counseling:** 217-500-2103
- ◇ **Griffin Therapeutic Solutions:** 217- 994-9056
- ◇ **Julie's Counseling:** 217-821-2876
- ◇ **Wright Choice Counseling:** 618-699-8874
- ◇ ***Diel-Evolve Counseling:**
217-347-7384
- ◇ ***Gentle Care Consultants:** 217-342-6677
- ◇ ***Heartland Human Services:** 217-347-7179
- ◇ ***New Light Counseling:** 217-342-7155
- ◇ ***The Wellness Loft:** 217-347-5118
- ◇ ***Compass Counseling (Toledo):** 217-259-5852
- ◇ ***Community Resource Center (Vandalia):**
618-283-4229

Clothing Aid

- ◇ **Catholic Charities (Teutopolis):** 217-857-7458;
- ◇ **Second Hand Rose Shoppe:** 217-857-1482
- ◇ **Enduring Freedom Ministries (Shumway):**
217-240-0059

Food Aid

Call for days/hours of operation.

- ◇ **Catholic Charities (Teutopolis):** 217-857-7458
- ◇ **Calvary Baptist Church (Effingham):** 217-342-6671
- ◇ **Enduring Freedom Ministries (Shumway):** 217-240-0059
- ◇ **First United Methodist Church (Altamont):** 618-483-6036
- ◇ **Journey Church (Effingham):** 217-690-0214
- ◇ **St. John's Lutheran Church (Effingham):**
217-342-4334
- ◇ **St. Paul Lutheran Food Pantry (Altamont):** 618-483-5249
- ◇ **St. Anthony Church (Effingham):** 217-347-7129 (Food voucher)

Parent/Wellness Support

- ◇ **Crisis Nursery:** 217-342-3000
- ◇ **C.E.F.S.:** 217-342-2193; **Programs Outreach:** 217-347-7514
- ◇ **Effingham County Case Management:**
217-663-5291
- ◇ **Effingham County Connections:** 217-342-1151
- ◇ **Effingham County Health Department/ WIC:** 217-342-9237
- ◇ **El Shaddai Maternity Home** (pregnant women only): 217-663-5293
- ◇ **Family Life Center:** 217-342-5433
217-705-5077
- ◇ **Family Mental Health Support:** 217-500-7489
- ◇ **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
- ◇ **Village Square Mall:** 1901 S. Banker, 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

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**

Journey Church, Edgewood Full Gospel, Crossroads Church

- ◇ **ROSC All Recovery Wellness Groups:**
contact Recovery Navigator for details

Transportation

*For ETrax ride assistance, contact ROSC Coordinator

C.E.F.S.

- ◇ **Central Illinois Public Transit (CIPT):** 1-855-755-2478; E-Trax Loop (Northside of Effingham)
- ◇ **Effingham Transport:** 217-342-3120 (for Medicated Assisted Recovery ONLY, call office for details)
- ◇ **FISH** (referral only via doctors or hospitals for medical appointments): 217-342-2200
- ◇ **ETrax Loop route:**



Local & National Helplines

- ◇ **Suicide & Crisis Hotline:** 988
- ◇ **NAMI Helpline:** 1-800-950-6264
or text FRIEND to 62640
- ◇ **IL Warmline:** 866-359-7953
- ◇ **National Crisis Text Line:** text
HOME to 741741
- ◇ **SAFE— Sexual Assault & Family
Emergencies:** 217-342-6623 (Clay
& Effingham Co)
- ◇ **Domestic Violence:** 1-800-799-
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
- ◇ **National Runaway Safeline:** 1-
800-786-2929 (txt option
available)

Visit [NAMI.org](https://www.nami.org) for an
extensive resource directory.

East Central Illinois ROSC

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

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Check out our
Effingham Co ROSC Facebook page!



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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