

FOR AN EXTENSIVE RESOURCE LIST WITH AGENCY ADDRESS & DESCRIPTIONS, PLEASE SCAN THE QR CODE OR VISIT:

GOVST.EDU > EFFINGHAM COUNTY > STRATEGIC PLAN > COMMUNITY ASSET/RESOURCE MAP FY25



National Helplines

- Suicide & Crisis Lifeline:** 988
- Crisis Text Line:** Text TALK to 741-741
- IL Warmline:** 866-359-7953
- Domestic Violence:** 1-800-799-7233 or text START to 88788
- Veterans Crisis Line:** 988 then press "1" or text 838255
- National Runaway Safeline:** 1-800-786-2929 (text option available)
- Trevor Project:** 1-866-488-7386 or text START to 678-678; LGBTQ+ youth people crisis support

EAST CENTRAL ILLINOIS ROSC

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

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FUNDED IN WHOLE OR IN PART BY THE ILLINOIS DEPARTMENT OF HUMAN SERVICES, DIVISION OF SUBSTANCE USE PREVENTION AND RECOVERY.

EFFINGHAM COUNTY RECOVERY ORIENTED SYSTEMS OF CARE (ROSC)



QUICK RESOURCE GUIDE

Agencies & Persons with Lived Experience, working together to build healthy communities supportive of those affected by substance use disorder & mental health struggles.



Substance Use & Mental Health Counseling

**indicates substance use services

- Brandy Kelly Counseling:** (217) 383-9064
Crossroads Counseling & Consultation: (217) 994-1074
Effingham VA Clinic: (217) 347-7600
****Evolve Counseling:** (217) 347-7384
****Family Care Associates:** (217) 342-7000
****Foundation Health and Wellness:** (217) 690-4393
****Gateway Warm Hand-off Program:** (217) 294-7997
****Gentle Care Consultants:** (217) 342-6677
Grace Counseling: (217) 500-2103
****Griffin Therapeutic Solutions:** (217) 994-9056
****Heartland Human Services:** (217) 347-7179
****Hour House:** (217) 348-8108
Julie's Counseling: (217) 821-2876
****New Light Counseling:** (217) 342-7155
****Road Home Program (RUSH):** (312) 942-8387
Simple Solutions: (217) 994-4734
****SIHF Healthcare Behavioral Health:** (217) 342-0211
****The Wellness Loft:** (217) 347-5118
Wright Choice Counseling: (618) 669-8874

Please reach out to the Effingham County ROSC Coordinator for inpatient treatment options in the surrounding area.

Food Aid

** Call for food pantry dates, times, or to make an appointment

- Altamont First Baptist Church (free drive thru breakfast):** (618) 483-3250
Altamont First United Methodist Food Pantry: (618) 483-6036
Calvary Baptist Church Food Pantry (Effingham): (217) 342-6671
Catholic Charities Food Pantry (Teutopolis): (217) 857-1458
Centenary United Methodist Church "Open Feast": (217) 342-2030
Enduring Freedom Ministries (Shumway & Mason, IL): (217) 240-0059
First Baptist Church (Effingham): (217) 342-3976
First Presbyterian Church Blessing Box (Effingham): (217) 342-6272
FISH Human Services (Effingham): (217) 994-0039
Journey Church: (217) 690-0214
St. John's Lutheran Food Pantry (Effingham): (217) 342-4334
St. Paul Evangelical Food Pantry (Altamont): (618) 483-5249

Clothing Aid

**Call for dates and times of operation, or to make an appointment.

- Catholic Charities Second Hand Rose Resale Shoppe:** (217) 857-1482
Crisis Nursery (kid clothes): (217) 342-3000

Edgewood Full Gospel Clothing Drive: (618) 367-4905

Enduring Freedom Ministries: (217) 240-0059

Family Life Center (kid clothes): (217) 342-5433

Silk Purse: (217) 342-3319

Free Narcan Sites

Rosie @ The Village Square Mall (front entrance to the right); 1901 S. Banker, Effingham

Effingham Public Library: (front entrance, room to the right); 200 N. 3rd St., Effingham

Hazel-jayne: 112 E. Section Ave, Effingham (in the bathroom)

Lived-in Cosmetics: 1707 Ave of Mid America Suite C, Effingham; ask Kaylee

Other Resources

Effingham County Case Mangers: (217) 663-5291

C.E.F.S. (houses many public programs): (217) 342-2193

Effingham County Health Department: (217) 342-9237

Effingham Resource Center: (217) 342-1151
SAFE (Sexual Assault Family Emergencies): (217) 342-6623; domestic violence, human trafficking

SWAN: (217) 342-6623 domestic violence, abuse, homelessness, adult protective services