

myarrowleaf.org

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**SOUTHERN
ILLINOIS**

COMMUNITY RESOURCE GUIDE



arrowleaf®

Growth. Community. Transformation.

This resource guide has been developed by



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Suggestions or updates can be directed to Arrowleaf by calling 618-658-3079 or emailing info@myarrowleaf.org

Illinois & National Hotlines/Helplines

Crisis hotlines and helplines addressing a range of services including, but not limited to, substance use recovery, mental health crisis, domestic violence, local resources, gender and sexuality, and physical and emotional support.

Addiction & Recovery

Al-Anon/Al-A-Teen

Call: 1-800-344-2666
845-339-5116

www.al-anon.org
www.al-anon.alateen.org

Offers hope and help to family and friends of individuals struggling with alcohol misuse. Provides information about local meetings and provides referrals.

Illinois Gambling Addiction Hotline

Call: 1-800-GAMBLER
(1-800-426-2537)
Text: ILGAMB to 53342

This helpline is answered by experts 24/7. They can help determine whether you or someone you know has symptoms of a gambling problem. If treatment is needed, they can refer you to therapists near you.

Illinois Helpline for Opioids and Other Substances

Call: 1-833-234-6343
Press 1 for Opioid Line
Text HELP to 833234
www.HelpLineIL.org

If you or a loved one is struggling with substance use, talk with a Helpline Specialist about the treatment services best for you.

Illinois Tobacco Quitline

Call: 1-866-784-8937
www.quityes.org

A free resource for individuals wanting to quit tobacco or related products.

Nar-Anon/Nar-A-Teen

Call: 1-800-477-6291
www.nar-anon.org

Offers hope and help to family and friends of individuals struggling with substance misuse. Provides information about local meetings and provides referrals.

National Council on Problem Gambling

Call: 1-800-522-4700
Text: 1-800-522-4700

The network is a single national access point to local resources for those seeking help for a gambling problem. Help is available 24/7 and is 100% confidential.

The Partnership for Drug-Free Kids Helpline

Call: 1-855-378-4373
Text: CONNECT to 55753
www.drugfree.org

If you are having difficulty accessing support for your family, or a loved one struggling with addiction faces care or treatment challenges resulting from COVID-19 circumstances, specialists can guide you. Support is available in English and Spanish.

SAMHSA's National Helpline

Call: 1-800-622-HELP
(1-800-662-4357)
www.samhsa.gov

A free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

LGBTQIA+

LGBT National Hotlines

General Hotline:
1-888-843-4564
Youth (Under 25):
1-800-246-7743
Seniors (50+):
1-800-246-7243
www.lgbthotline.org

A safe, confidential space where callers can speak on many different issues and concerns such as coming out issues, gender and/or sexuality identifies, relationship concerns, anxiety, suicide, and more.

National Coming Out Support Hotline

Call: 1-888-OUT-LGBT
1-888-688-5428
www.lgbthotline.org

Coming out can mean different things to different people. The LGBT National Coming out Hotline is there to provide you with that support. For some people, coming out can also include friends and family. But each person gets to make those choices in their own time.

Trans Lifeline

Call: 877-565-8860
www.translifeline.org
Peer support run by trans people, for trans & questioning callers.

The Trevor Project

Call: 1-866-466-7386
Text: START to 678678
www.thetrevorproject.org
Offers hope and help to family and friends of individuals struggling with substance misuse. Provides information about local meetings and provides referrals.



Illinois & National Hotlines/Helplines

Crisis hotlines and helplines addressing a range of services including, but not limited to, substance use recovery, mental health crisis, domestic violence, local resources, gender and sexuality, and physical and emotional support.

Local Resources

Dial 2-1-1

Call: 211

www.211.org

Assistance in finding food, paying for housing bills, accessing childcare, or other essential services.

Disaster Distress Helpline

Call: 1-80-985-5990

Text: TalkWithUs to 66746

The Disaster Distress Helpline (DDH) provides crisis counseling and support for anyone in the U.S. experiencing distress or other behavioral health concerns related to any natural or human-caused disaster, including public health emergencies.

Call4Calm TextLine

Text TALK to 55200 for English or HABLAR for Spanish

This service is free and available 24 hours a day, seven days a week for those struggling with stress related to the COVID-19 pandemic and need emotional support. Individuals can also text keywords such as "unemployment" or "food" or "shelter" and will receive information on how to navigate and access supports and services. People seeking assistance will remain anonymous and will provide only their first name and zip code, which enables the service to link you to a counselor in your area.



If you are in immediate need of assistance please present to your nearest Emergency Room or dial 9-1-1 to be connected to local crisis response services

Mental Health

Arrowleaf Crisis Hotline

Call: 1-618-658-2611

www.myarrowleaf.org

Available 24/7 throughout the southern 7 counties for adults and youth experiencing a psychiatric crisis (harm to self, others, and/or property). Includes youth with destabilizing factors, youth runaway, parental lock-out, and youth refusal to return home.

CARES Line

Call: 1-800-345-9049

TTY: (773) 523-4504

If you or your child is a risk to themselves or others, having a mental health crisis, or if you would like a referral to services for children, youth, and families, call the 24 hour Crisis and Referral Entry Services (CARES) line to talk to a mental health professional.

Crisis Text Line

Text HOME to 741741

www.crisistextline.org

For anyone in the US, anytime and for any crisis. A live, trained Crisis Counselor receives the text and responds, all from a secure online platform.

Friends for Survival Suicide Loss Helpline

Call: (916) 392-0664

Call Toll-Free: 1-800-646-7322

www.friendsforsurvival.org

Organized by and for survivors of those grieving a suicide death of a family member or friend. All staff and volunteers offering support have been directly impacted by a suicide death.

Illinois Warm Line

Call: 866-359-7953

Not a crisis hotline, but for you or one of your family members having mental health and/or substance use challenges and would like to receive support by phone from Wellness Support Specialists.

Military/Veterans Crisis Line

Call: 988 (Press 1)

Text: 838255

Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves.

Suicide Prevention Line

Dial 9-8-8

www.988lifeline.org

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Illinois & National Hotlines/Helplines

Crisis hotlines and helplines addressing a range of services including, but not limited to, substance use recovery, mental health crisis, domestic violence, local resources, gender and sexuality, and physical and emotional support.

Physical and Emotional Support

DCFS Child Abuse or Neglect Hotline

Call: 800-25-ABUSE or 1 (800) 252-2873

www.dcf.illinois.gov

Call if you suspect a child has been harmed/is at risk of being harmed by abuse or neglect.

Eating Disorders Helpline

Call: 1 (888) 375-7767

www.anad.org

Peer-led helpline providing support and referrals for individuals or loved ones of those experiencing an eating disorder.

Elder Abuse Hotline

Call: 1-866-800-1409

To report abuse, neglect or exploitation of an older person living in the community.

HIV/AIDS/Hepatitis C Nightline

Call: 1-800-243-2437

Provides support for those diagnosed and their caregivers.

Illinois Poison Center

Call: 1-800-222-1222

www.illinoispoisoncenter.org

Call 24/7 to access trusted information and treatment advice on potentially harmful substances. Staffed by specifically trained medical experts.

National Parent Helpline

Call: 855-427-2736

nationalparentyouthhelpline.org

Being a parent is a critically important job, 24 hours a day. It's not always easy. Call to receive support from a trained advocate.

National Runaway Safeline

Call: 1-800-RUNAWAY or 1-800-786-2929

www.1800runaway.org

If you are thinking of running from home, have a friend who has run away and needs help, or if you are a runaway and need someone to talk to or help returning home, call the Safeline, 24/7.

Overeaters Anonymous

Call: 1 (505) 891-2664

www.oa.org

A community of people who support each other in order to recover from compulsive eating and food behaviors.

Domestic Violence and Sexual Assault

National Domestic Violence Hotline (RAINN)

Call: 1-800-656-4673

www.rainn.org

The nation's largest organization fighting sexual violence. Also carries out programs to prevent sexual violence, help victims and ensure that rapists are brought to justice. Available 24/7 for survivors who need support.

National Teen Dating Violence Hotline

Call: 1-866-331-9474

Text: LOVEIS to 22522

www.loveisrespect.org

Provides confidential support for teens, young adults, and their loved ones seeking help, resources, or information related to healthy relationships and dating abuse in the US.

Sexual Health Counseling & Referral Hotline

Call: 1 (800) 258-4448

Text: PPNOW to 774363

Confidential, free hotline to connect with healthcare providers and educators to navigate sexual and reproductive health needs. Assists with identifying linkages and referrals to local services and provider.

The Survivor Empowerment Center

Call: (800) 334-2094

www.empoweringsurvivors.org

Supporting survivors of violence and promoting a safer community. Confidential, free and available 24/7 to women, men, adolescents & children in Franklin, Gallatin, Jackson, Johnson, Perry, Saline, Williamson, and Union Counties.

Western Illinois Regional Council (WIRC)

Call: 1 (309) 837-2997

www.wirpc.org

Victim Services provides free and confidential services to survivors of domestic violence, sexual assault, stalking child abuse and all other forms of abuse.

Women's Health Helpline

Call: 1-888-522-1282

Free and confidential resource available to all Illinois women with health related questions.

First Responders & Emergency Services

First Responders and Emergency Services serving the Southern Seven counties.

Alexander County

Alexander County Ambulance

226711 IL-3
Olive Branch, IL 62969
Phone: 618-776-5958

Alexander County Sheriff

2000 Washington Ave.
Cairo, IL 62914
Phone: 618-734-2141

Cairo Fire Department

1513 Washington Ave
Cairo, IL 62914
Phone: 618-734-1947

Cairo Police Department

1501 Washington Ave.
Cairo, IL 62914
Phone: 618-734-2131

Horseshoe Lake Fire Department

7045 IL-3
Olive Branch, IL 62969
Phone: 618-776-5175

Tamms Fire Department

190 Railroad St
Tamms, IL 62988
Phone: 618-747-2141

Hardin County

Cave-in-Rock Fire Department

100 E. Main St.
Cave-in-Rock, IL 62919
Phone: 618-289-3238

Elizabethtown Fire Department

250 Walnut St
Elizabethtown, IL 62931
Phone: 618-287-2191

Hardin County Ambulance

1 Postal Way
Rosiclare, IL 62982
Phone: 618-287-2251

Hardin County General Hospital

6 Ferrell Rd.
Rosiclare, IL 62982
Phone: 618-285-6634

Hardin County Police Dept.

226 Main St.
Rosiclare, IL 62982
Phone: 618-285-2000

Rosiclare Fire Department

502 Pell St
Rosiclare, IL 62982
Phone: 618-285-3445

Johnson County

Cypress Fire Department

7790 Main St
Cypress, IL 62923
Phone: 618-657-2906

Goreville Fire Department

105 W Collins St Ave
Goreville, IL 62939
Phone: 618-658-8264

Goreville Police Department

105 W. Collins St.
Goreville, IL 62939
Phone: 618-995-2157

Johnson County Ambulance

55 Industrial Dr
Vienna, IL 62995
Phone: 618-658-2131

Johnson County Sheriff's Dept.

1113 1/2 N. 5th St.
Vienna, IL 62995
Phone: 618-658-8264

Vienna Fire Department

203 N 4th St
Vienna, IL 62995
Phone: 618-658-2341

Vienna Police Dept./City Hall

205 N. 4th St.
Vienna, IL 62995
Phone: 618-658-8264
City Hall: 618-658-7004

Massac County

Brookport Fire Department Non-Emergency

108 W. 3rd St.
Brookport, IL 62910
Phone: 618-564-2351

Brookport Police Department Non-Emergency

301 Ferry St.
Brookport, IL 62910
Phone: 618-564-3405

Joppa Fire Department

115 Church St.
Joppa, IL 62953
Phone: 618-543-7320

Massac County Emergency Management Agency

1 Superman Square #1b
Metropolis, IL 62960
Phone: 618-524-2002

Massac County Fire Department

2734 North Ave
Metropolis, IL 62960
Phone: 618-524-3200

Massac County Sheriff's Dept.

515 Market St.
Metropolis, IL 62960
Phone: 618-524-2912

Memorial Ambulance Service

1017 North Ave.
Metropolis, IL 62960
Phone: 618-524-2176

Metropolis City Fire Department

213 W 7th St
Metropolis, IL 62960
Phone: (618) 524-2121

Metropolis Police Department Non-Emergency

515 Market St.
Metropolis, IL 62960
Phone: 618-524-2912

First Responders & Emergency Services

First Responders and Emergency Services serving the Southern Seven counties.

Pope County

Golconda Fire Department

118 N. Monroe St.
P.O. Box 511
Golconda, IL 62938
Phone: 618-683-3473

Pope County Ambulance

407 E. Main St.
Golconda, IL 62938
Phone: 618-683-2707

Pope County Sheriff's Dept.

216 E. Decatur St.
P.O. Box 807
Golconda, IL 62938
Phone: 618-683-4321

Rural Pope County Fire Department

Phone: 618-638-4015

Pulaski County

Karnak Fire Department

2304 E. Washington
Karnak, IL 62956
Phone: 618-634-2223

Mounds City Police

204 Main St.
Mounds City, IL 62963
Phone: 618-748-9112

Pulaski County Sheriff's Dept.

500 Illinois Ave.
Mounds City, IL 62963
Phone: 618-748-9374

Mounds Fire Department

215 1st St.
Mounds, IL 62946
Phone: 618-745-9516

Olmstead Fire Department

150 N. Front St.
Olmstead, IL 62970
Phone: 618-742-6486

Ullin Police Department

171 Railroad St.
Ullin, IL 62992
Phone: 618-845-3109

Pulaski County Ambulance

5 Camo Clad Dr.
Mounds, IL 62964
Phone: 618-342-6209

Union County

Anna Fire Department Non-Emergency

101 E. Market St.
Anna, IL 62906
Phone: 618-833-2231

Emergency & Disaster Agency

Phone: 618-833-5742

Union County Hospital

517 N. Main St.
Anna, IL 62906
Phone: 618-833-4511

Anna Police Department Non-Emergency

201 E. Vienna St.
Anna, IL 62906
Phone: 618-833-8571

Jonesboro Fire Department

102 W Market St.
Jonesboro, IL, 62952
Phone: 618-833-9590

Union County Sheriff's Office

308 W. Mississippi St.
Jonesboro, IL 62952
Phone: 618-833-5500 or
618-833-2844

Cobden Fire Department

201 N. Appleknocker Drive
Cobden, IL 62920
Phone: 618-893-2425

State Police Headquarters

1154 Shawnee College Rd.
Ullin, IL 62992
Phone: 618-845-3740

Wolf Lake Fire Department

4960 State Rte 3 N
Wolf Lake, IL 62998
Phone: 618-833-9501

Dongola Fire Department

310 Old US Hwy 51 S
Dongola, IL 62926
Phone: 618-827-3420

Union County Ambulance

301 W. Mississippi St.
Jonesboro, IL 62952
Phone: 618-833-2871



Public Health Departments

Public Health Departments offer immunizations/screenings, STD/HIV testing, public health education, family planning, and other general nursing services. Many offer Women, Infant, Children (WIC) and Head Start programs, including Southern 7 Health Department.

Southern Seven Health Department Locations

Alexander County

3014 Elm St.
Cairo, IL 62914
Phone: 618-734-4167

Hardin County

IL Route 146, Bldg. 2
PO Box 177
Elizabethtown, IL 62931
Phone: 618-285-6215

Johnson County

513 1/2 E. Vine St.
Vienna, IL 62995
Phone: 618-658-5011

Massac County

1230 Commercial Park Rd.
Metropolis, IL 62960
Phone: 618-524-2657

Pope County

106 N. Market St.
Golconda, IL 62938
Phone: 618-683-8022

Pulaski County

37 Rustic Campus Drive
Building B
Ullin, IL 62992
Phone: 618-634-9405

Union County

260 Lick Creek Rd.
Anna, IL 62906
Phone: 618-833-8561

Visit Online:

www.southern7.org

Additional Public Health Departments

Franklin County

Bi-County Health Dept.
403 Park St.
Benton, IL 62812
Phone: 618-439-0951
www.bicountyhealth.org

Gallatin County

Egyptian Health Department
1412 US 45 N
Shawneetown, IL 62984
Phone: 618-273-3326
www.egyptian.org

Jackson County

Jackson County Health Dept.
415 Health Department Rd.
Murphysboro, IL 62966
Phone: (618) 684-3143
www.jchdonline.org

Perry County

Perry County Health Dept.
907 S Main St
Pinckneyville, IL 62274
Phone: 618-357-5371
www.perryhealth.net

Saline County

Egyptian Health Dept.
1412 US Highway 45 N
Eldorado, IL 62930
Phone: 618-273-3326
www.egyptian.org

White County

Egyptian Health Department
1705 College Ave
Carmi, IL 62821
Phone: 618-382-7311
www.egyptian.org

Williamson County

Bi-County Health Dept.
8160 Express Dr.
Marion, IL 62959
Phone: 618-993-8111
www.bicountyhealth.org

HIV Prevention and Treatment

Illinois HIV Care Connect

Enrolling in Illinois HIV Care Connect will enable you to receive the care and support you need while living with HIV. Improvements in treatment and access to care have enabled many people with HIV to live full, busy lives in good health. However, you still must receive lifelong treatment for HIV; otherwise, the condition may lead to serious complications, AIDS, or other illnesses. By consistently following your treatment regimen, you also will reduce the chances of passing the infection onto someone else.

Southern Illinois Regional HIV Prevention Providers

The Community Action Place, Inc.

Contact: Scott Fletcher
1400 Wood Rd., Suite F
Murphysboro, IL 62966
www.tcapinc.org

Services: Risk-Targeted HIV Testing; HIV Navigation Services; Harm Reduction; and Risk-Targeted Monthly Condom Distribution

Jackson County Health Department

Contact: Paula Clark
415 Health Department Rd.
Murphysboro, IL 62966
Phone: 618-684-3143 ext. 160
www.jchdonline.org

Services: Sexual Health, STD testing services, surveillance based services

Egyptian Health Department

Contact: Jamie Byrd
1412 US Highway 45 N
Eldorado, IL 62930
Phone: 618-273-3326 ext. 2155
www.egyptian.org

Services: Targeted HIV Testing; Surveillance Based Services (Regional Lead); HIV Navigation Services; Risk-Targeted Monthly Condom Distribution; and HIV Routine Testing.

For more information visit:
www.hivcareconnect.com

Hotlines

HIV/AIDS & STD Hotline

800-243-2437
800-AID-AIDS

AIDS Drug Assistance program and Continuation of Health Insurance Coverage Services Hotline

800-825-3518

24/7 Illinois Perinatal HIV Hotline

800-439-4079
www.hivpregnancyhotline.org

Drug Disposal Locations

To reduce prescription drug abuse and accidental poisoning, safely & responsibly dispose of unused prescription and over-the-counter medication at participating locations.

Hardin County

Hardin County Pharmacy
hardincountypharmacy.com

7 Ferrell Rd.
Rosiclare, IL 62982
Phone: 618-285-6618

Jackson County

Shawnee Health Care
shawneehealth.com

400 S. Lewis Ln.
Carbondale, IL 62901
Phone: 618-519-9200

Walgreens-East
walgreens.com

206 S. Wall St.
Carbondale, IL 62901
Phone: 618-457-4104

SIH Memorial Hospital of Carbondale
sih.net

405 W. Jackson St.
Carbondale, IL 62901
Phone: 618-549-0721

Johnson County

Goreville Professional Pharmacy
gorevilleprofessionalrx.com

901 S. Broadway
Goreville, IL 62939
Phone: 618-995-1555

Vienna City Hall
cityofviennail.net

205 N. 4th St.
Vienna, IL 62995
Phone: 618-658-5161

Massac County

Massac County Sheriff's Department
massacsheriffsdept.com

515 Market St.
Metropolis, IL 62960
Phone: 618-524-2912

Pope County

Pope County Sheriff's Department

216 E Decatur St
Golconda, IL 62938
Phone: 618-683-4321

Pulaski County

Pulaski County Sheriff's Department
pulaskicountyil.net

500 Illinois Ave. #A
Mound City, IL 62963
Phone: 618-748-9374

Saline County

Beck's Drugs
becksdugs.com
1409 Locust St.
Eldorado, IL 62930
Phone: 800-851-6857 ext. 1

Saline County Sheriff's Department
becksdugs.com

1 N. Main St.
Harrisburg, IL 62946
Phone: 618-252-8661

Union County

Anna Police Department
cityofanna.org

201 E. Vienna St.
Anna, IL 62906
Phone: 618-833-8571 ext. 2

Williamson County

Williamson County Sheriff's Department
williamsoncountyil.gov

404 N. Van Buren St.
Marion, IL 62959
Phone: 618-997-6541

Herrin Hospital Lab
sih.net

201 S. 14th St.
Herrin, IL 62948
Phone: 618-942-2171

SIH Cancer Institute
sih.net

1400 Pin Oak Dr.
Carterville, IL 62918
Phone: 618-985-3333



Government Elected Officials

Elected officials representing the southern seven counties of Illinois.

Illinois Governor

www.gov.illinois.gov

JB Pritzker
Office of the Governor
207 State House
Springfield, IL 62706
Phone: 217-782-0244

James R. Thompson Center
100 West. Randolph St.
Suite 16-100
Chicago, IL 60601
Phone: 312-814-2121

Lieutenant Governor

www.gov.illinois.gov

Juliana Stratton
214 State House
Springfield, IL 62706
Phone: 217-558-3085

State Attorney General

www.illinoisattorneygeneral.gov

Kwame Raoul
500 S. Second St.
Springfield, IL 62701
Phone: 217-782-1090

601 S. University Ave.
Carbondale, IL 62901
Phone: 618-529-6400

Secretary of State

www.ilsos.gov

Alexi Giannoulas
213 State Capitol
Springfield, IL 62756
Phone: 217-785-8980

State Comptroller

www.illinoiscomptroller.gov

Susana A. Mendoza
325 W. Adams St.
Springfield, IL 62704
Phone: 217-782-6000

State Treasurer

www.illinoistreasurer.gov

Michael W. Freichs
219 State House
Springfield, IL 62706
Phone: 866-458-7327

US Senator

www.duckworth.senate.gov

Tammy Duckworth
8 S. Old State Capitol Plz.
Springfield, IL 62701
Phone: 217-528-6124

441 E. Willow St.
Carbondale, IL 62901
Phone: 618-319-6710

US Senator

www.durbin.senate.gov

Richard "Dick" Durbin
525 S. 8th St.
Springfield, IL 62703
Phone: 217-492-4062

250 W. Cherry St.
Suite 115-D
Carbondale, IL 62901
Phone: 618-351-1122

Illinois Senator 59th District

www.senatorfowler.com

Dale Fowler
103 B State House
Springfield, IL 62706
Phone: 217-782-5509

District Office
2 N. Vine
6th Floor
Harrisburg, IL 62946
Phone: 618-294-8951

US Congressman

www.bost.house.gov

Mike Bost
1109 Chestnut St.
Murphysboro, IL 62966
Phone: 618-457-5787

352 Cannon House Office
Building
Washington, DC 20515
Phone: 202-225-5661

State Representative

www.reppauljacobs.com

Paul Jacobs
234-N Stratton Building
Springfield, IL 62706
Phone: 217-782-0387

206 W. College
Suite 22
Carbondale, IL 62901
Phone: 618-534-9880

600 Halfway Rd.
Marion, IL 62959
Phone: 618-534-9880

State Representative

www.repwindhorst.com

Patrick Windhorst
314 Capitol Building
Springfield, IL 62706
Phone: 217-782-5131

2 N. Vine St., 5A
Harrisburg, IL 62946
Phone: 618-294-8703

Government Services & Assistance

Illinois Department of Human Services Offices

www.dhs.state.il.us

Jackson County

342 North St.
Murphysboro, IL 62966
Phone: 618-687-1705

Massac County

2301 Metropolis St.
Metropolis, IL 62960
Phone: 618-524-2631

Pulaski County

422 S. Blanche Street
Mounds, IL 62964
Phone: 618-745-9411

Union County

1000 N. Main St.
Anna, IL 62906
Phone: 618-833-2118

Williamson County

11107 West DeYoung St.
Marion, IL 62959
Phone: 618-997-6591

Secretary of State Offices

www.ilsos.gov

Alexander County

216 10th St.
Cairo, IL 62914
Phone: 618-734-7034

Franklin County

812 North Main Street
Benton, IL 62812
Phone: 618-438-4491

Massac County

1112 W. 10th
Metropolis, IL 62960
Phone: 618-524-7451

Jackson County

2516 W. Murphysboro Rd.
Carbondale, IL 62901
Phone: 618-457-0488

Johnson County

400 E. Vine
Vienna, IL 62995
Phone: 618-658-8062

Union County

101A Transcraft Dr.
Anna, IL 62906
Phone: 618-833-8234

Williamson County

1905 Rendleman St.
Marion, IL 62959
Phone: 618-993-2587

Saline County

350 Seright, Ste. C
Harrisburg, IL 62946
Phone: 618-253-7976

Social Security Administration Offices

www.ssa.gov

Jackson County

250 W. Cherry St.
Room 104
Carbondale, IL 62901
Phone: 1-877-714-0377

Saline County

18 Veterans Drive
Harrisburg, IL 62946
Phone: 1-866-366-3980



Courthouses & State's Attorney Offices

Alexander County

Courthouse
2000 Washington Ave.
Cairo, IL 62914

County Clerk & Recorder
Phone: 618-734-7000

Circuit Clerk
Phone: 618-734-0107

Probation Officer
306 20th St.
Cairo, IL 62914
Phone: 618-734-2192

State's Attorney
2000 Washington Ave.
Cairo, IL 62914
Phone: 618-734-0408

Hardin County

Courthouse
102 E. Market St.
PO Box 308
Elizabethtown, IL 62931

County Clerk & Recorder
Phone: 618-287-2251

Circuit Clerk
Phone: 618-287-2735

Probation Office
Phone: 618-287-8891

State's Attorney
102 E. Market St.
PO Box 328
Elizabethtown, IL 62931
Phone: 618-287-3691

Union County

Courthouse
309 W. Market St.
Jonesboro, IL 62952

Probation Office
Phone: 618-833-7913

Johnson County

Courthouse
400 Court St.
Vienna, IL 62995

County Clerk & Recorder
Phone: 618-658-3611

Probation Office
109 N. 5th St.
Vienna, IL 62995
Phone: 618-658-2841

State's Attorney
400 Court St.
Vienna, IL 62995
Phone: 618-658-9318

Massac County

Courthouse
1 Superman Square #2
Metropolis, IL 62960

County Clerk & Recorder
Phone: 618-524-5213

Circuit Clerk
Phone: 618-524-9359

Probation Office
101 W. 8th St., Room M2
Metropolis, IL 62960
Phone: 618-524-7080

State's Attorney
1 Superman Square # 2
Metropolis, IL 62960
Phone: 618-524-2587

County Clerk & Recorder
Phone: 618-833-5711

Circuit Clerk
Phone: 618-833-5913

Pope County

Courthouse
310 E. Main St.
PO Box 490
Golconda, IL 62938

County Clerk & Recorder
Phone: 618-683-3941

Circuit Clerk
Phone: 618-683-3941

Probation Office
Phone: 618-683-8383

State's Attorney
226 E. Main St.
Golconda, IL 62938
Phone: 618-683-2221

Pulaski County

Courthouse
500 Illinois Ave.
Mound City, IL 62963

County Clerk & Recorder
Phone: 618-748-9360

Circuit Clerk
Phone: 618-748-9300

Probation Office
Phone: 618-748-9643

State's Attorney
500 Illinois Ave.
Mound City, IL 62963
Phone: 618-748-9134

State's Attorney
309 W. Market St.
Jonesboro, IL 62952
Phone: 618-833-7216

Educational Services and Institutions

Educational services for children, adults, and families within the southern seven counties and neighboring communities. Includes early education services, K-12, post-secondary opportunities, and educational assistance programs.

Early Childhood / Pre-K Learning

Alexander County

Cairo Early Learning Center*
4115 Sycamore St.
Building B
Cairo, IL 62914-1069
Phone: 618-734-4220

Egyptian Early Learning Center*
Egyptian Elem. School 20023
Diswood Rd
Tamms, IL 62988
Phone: 618-776-5756

Hardin County

Hardin County Early Learning Center
4 School Road P.O. Box 313
Elizabethtown, IL 62931
Phone: 618-287-9098

Johnson County

Little Treasures Child Development Center
littletreasureschildren.com
9043 Galeener St.
Vienna, IL 62995
Phone: 618-553-0187

Vienna Early Learning Center
513 East Vine Street
Vienna, IL 62995
Phone: 618-658-9229

Massac County

Brookport Early Learning Center
Located in Brookport Elementary School
319 Ferry St.
Brookport, IL 62910
Phone: 618-564-3494

Metropolis Head Start*
416 E. Ninth St.
Metropolis, IL 62960
Phone: 618-524-5222

Pulaski County

Mounds Head Start*
327 North Reader
P.O. Box 476
Mounds, IL 62964
Phone: 618-745-6703
Phone: 618-745-9418

Union County

Anna Early Learning Center
annaheights.com
1000 N. Main St.
Anna, IL 62906
Phone: 618-833-8932

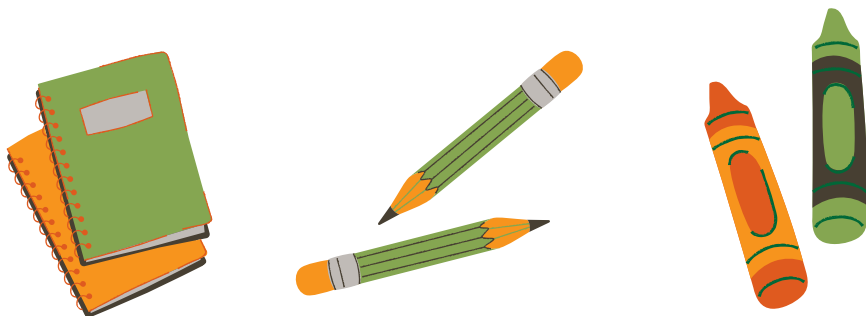
Cobden Early Learning Center*
413 N. Appleknocker Dr.
Cobden, IL 62920
Phone: 618-614-2350
Fax: 618-893-4742

Dongola Early Learning Center*
1000 High St.
Dongola, IL 62926
Phone: 618-771-0742

Jonesboro Early Learning Center*
309 Cook Ave.
Jonesboro, IL 62952
Phone: 618-833-5148

SuCasa Migrant Head Start*
8125 Old Hwy. 51 N.
Cobden, IL 62920
Phone: 618-893-4022

**visit www.southern7.org for more information*



Educational Services and Institutions

K-12 Public Schools

Alexander County

Cairo School District
4201 Sycamore St.
Cairo, IL 62914
Phone: 618-734-4102
cairoschooldistrict1.com

Egyptian School District
20023 Diswood Rd.
Tamms, IL 62988
Phone: 618-776-5251
egyptianschool.com

Johnson County

Buncombe Elementary
164 Main St.
PO Box 40
Buncombe, IL 62912
Phone: 618-658-8830

Cypress Elementary
4580 Mt. Pisgah Rd.
Cypress, IL 62923
Phone: 618-657-2525
cypressgradeschool.org

Goreville Community Unit
School District #1
201 S. Ferne Clyffe Rd.
Goreville, IL 62939
Phone: 618-995-9831
gorevilleschools.com

New Simpson Hill
95 Tunnel Hill Rd.
Tunnel Hill, IL 62972
Phone: 618-658-8536
newsimpsonhill.com

Vienna Elementary Dist. #55
310 N 3rd St.
Vienna, IL 62995
Phone: 618-658-8286
viennagradeschool.com

Vienna High School
601 North 1st Street
Vienna, IL 62995
Phone: 618-658-3011
viennahighschool.com

Hardin County

Hardin County K-12
4 School Rd.
Elizabethtown, IL 62931 Phone:
618-287-2141
hardink12.net

Massac County

Brookport Elementary
319 Ferry St.
PO Box 298
Brookport, IL 62910
Phone: 618-564-2482
brookport.massac.org

Franklin Elementary School
1006 Mt. Mission Rd.
Metropolis, IL 62960
Phone: 618-524-2243
franklin.massac.org

Jefferson Elementary School
4915 Jefferson School Rd.
Metropolis, IL 62960
Phone: 618-524-4390
jefferson.massac.org

Joppa Jr/Sr High School
911 North Ave.
P.O. Box 10 J
oppa, IL 62953
Phone: 618-543-7589
jmg38.com

Maple Grove Elementary School
1698 Grand Chain Rd.
Metropolis, IL 62960
Phone: 618-543-7434
jmg38.com

Pope County

Pope County School
125 State Hwy. 146
PO Box 22
Golconda, IL 62938
Phone: 618-683-2301
popek12.org

Pulaski County

Century Elementary
4819 Shawnee College Rd. Ullin,
IL 62992
Phone: 618-845-3572
centuryschool100.com

Century Junior/Senior
High School
4712 Shawnee College Rd. Ullin,
IL 62992
Phone: 618-845-3518
centuryschool100.com

Meridian Community
Unit School #1
1401 Mounds Rd.
Mounds, IL 62964
Phone: 618-342-6776
meridian101.com

Union County

Anna-Jonesboro Community
High School District #81
608 S. Main St.
Anna, IL 62906
Phone: 618-833-8502
aj81.net

Anna Junior High School
301 S. Green St.
Anna, IL 62906
Phone: 618-833-6415
anna37.com

Cobden Unit School District #17
413 N. Appleknocker Dr.
Cobden, IL 62920
Phone: 618-893-2313
cobdenappleknockers.com

Cobden Elem. School
413 N. Appleknocker Dr.
Cobden, IL 62920
Phone: 618-893-2311
cobdenappleknockers.com

Davie School
301 S. Green St.
Anna, IL 62906
Phone: 618-833-6415
anna37.com/page/davie-school

Educational Services and Institutions

K-12 Public Schools

Union County

Dongola Unit School Dist. #661
1000 High St.
Dongola, IL 62926
Phone: 618-827-3524
dongolaschool.com

Lincoln School #108
108 Warren St.
Anna, IL 62906
Phone: 618-833-6851

Shawnee Jr-Sr High School
3365 St. Rte. 3 N.
Wolf Lake, IL 62998
Phone: 618-833-5307

Jonesboro Community School
District #43
309 Cook Ave.
Jonesboro, IL 62952
Phone: 618-833-5148
jonesboro43.com

Shawnee Community
Unit District #84
3365 St. Rte. 3 N.
Wolf Lake, IL 62998
Phone: 618-833-5709

Lick Creek Community
Consolidated School Dist. #16
7355 Lick Creek Rd.
Buncombe, IL 62912
Phone: 618-833-2545
lickcreekschool.com

Shawnee Elementary School
3365 St. Rte. 3 N.
Wolf Lake, IL 62998
Phone: 618-833-4975

Shawnee Community College Extension Centers

www.shawneecc.edu

Administrative Office
8364 Shawnee College Rd.
Ullin, IL 62992
Phone: 618-634-3200

Cairo Extension Center
2035 Washington Ave.
Cairo, IL 62914
Phone: 618-634-3490

Metropolis Extension Center
5385 Industrial Park Rd.
Metropolis, IL 62960
Phone: 618-524-3003

Anna Extension Center
1150 E. Vienna St.
Anna, IL 62906
Phone: 618-833-3399

Cairo Sr. High School Center
4201 Sycamore
Cairo, IL 62914
Phone: 618-634-3490

Vienna Extension Center
601 N. 6th St.
Vienna, IL 62995
Phone: 618-634-3441

University of Illinois - Extension Offices

www.web.extension.edu

515 E. Vienna St.
Suite G Anna, IL 62906
Phone: 618-833-6363

502 Oakley Ln.
Mounds, IL 62964
Phone: 618-745-5200

Dixon Springs Agricultural
354 St. Hwy 145 N.
Simpson, IL 62985
Phone: 618-695-6060

1438 W. 10th St.
Metropolis, IL 62960
Phone: 618-524-2270

208 E. Main St.
Vienna, IL 62995
Phone: 618-658-5321

Regional Office of Education Offices

ROE#20
(Hardin/Pope County)
Saline County Office
512 N. Main St.
Harrisburg, IL
Phone: 618-253-5581
roe20.org

ROE #21 (Johnson/Massac
County)
Massac County Office
1102 W. 10th St.
Metropolis, IL
Phone: 618-524-3736
roe21.org

ROE #30 (Alexander, Pulaski
& Union County)
Union County Office
1150 E. Vienna St.
Anna, IL 62906
Phone: 618-634-3458
roe30.org

Educational Services and Institutions

Educational services for children, adults, and families within the southern seven counties and neighboring communities. Includes early education services, K-12, post-secondary opportunities, and educational assistance programs.

Education Support Services

Child & Family Connections

Early Intervention Services

2751 W. Main St.
Carbondale, IL 62901
Phone: 888-340-6702
Phone: 618-529-3147
cfconnection.org

Division of Specialized Care of Children

Marion Regional Office

2309 W. Main St.
Suite 119
Marion, IL 62959
Phone: 800-451-0464
Phone: 618-997-4396

J.R.'s Center

100 Florsheim Dr.
Anna, IL 62906
Phone: 618-833-4956

Post-Secondary Education

John A. Logan College

jalc.edu
700 Logan College Dr.
Carterville, IL 62918
Phone: 618-985-2828

Southeastern Illinois College

sic.edu
6575 College Rd.
Harrisburg, IL 62946
Phone: 618-252-5400

Southeast Missouri University

semo.edu
1 University Plaza
Cape Girardeau, MO 63701
Phone: 573-651-2000

Shawnee Community College

shawneecc.edu
8364 Shawnee College Rd.
Ullin, IL 62992
Phone: 618-634-3200

Southern Illinois University Carbondale

siu.edu
1263 Lincoln Dr.
Carbondale, IL 62901
Phone: 618-453-2121

West Kentucky Community & Technical College

westkentucky.kctcs.edu
4810 Alben Barkley Dr. Paducah,
KY 42001
Phone: 270-554-9200

Training and Education Programming

Earl C. Clements Job Center

3875 KY-181
Greenville, KY 42345

Mingo Job Corps Civilian Conservation Center

4253 State Highway T
Puxico, MO 63960

Muhlenberg Job Corps Center

2302 US-60
Morganfield, KY 42437

St. Louis Corps Center

3875 KY-181
Greenville, KY 42345

Job Corps

info.joinjobcorps.com

For More Information Call:

800-773-JOBS

800-773-5627

TTY: 877-889-5627

Libraries

Public libraries providing access to internet, printing services, and youth & family activities, and more.

Alexander County

Cairo Public Library

cairopubliclibrary.org

Phone: 618-734-1840

Address:

1609 Washington Ave.
Cairo, IL 62914

Dodge Memorial Public Library

22434 Railroad St.
Olive Branch, IL 62969
Phone: 618-776-5115

Hardin County

Rosiclare Memorial Public Library

rosicclarelibrary.net

308 Main St.
Rosiclare, IL 62982
Phone: 618-285-6213

Johnson County

Vienna Public Library

401 Poplar St.
Vienna, IL 62995
Phone: 618-658-5051

Massac County

Brookport Public Library

7415 S. US 45 Rd.
Brookport, IL 62910
Phone: 618-564-3630

Metropolis Public Library

metropolispubliclibrary.com

317 Metropolis St.
Metropolis, IL 62960
Phone: 618-524-4312

Pope County

Golconda Public Library

golcondapubliclibrary.webs.com

126 W. Main St.
Golconda, IL 62938
Phone: 618-683-6531

Pulaski County

Mounds Public Library

418 1st St.
Mounds, IL 62964
Phone: 618-745-6610

Union County

Cobden Branch Library

100 S. Front St.
Cobden, IL 62920
Phone: 618-893-4637

Dongola Public Library

114 N.E. Front St.
Dongola, IL 62926
Phone: 618-827-3622

Jonesboro Public Library

412 S. Main St.
Jonesboro, IL 62952
Phone: 618-833-8121

Stinson Memorial Library

stinsonlibrary.org

409 S. Main St.
Anna, IL 62906
Phone: 618-833-2521

Cape Girardeau County

Cape Girardeau Public Library

capelibrary.org

711 Clark St.
Cape Girardeau, MO 63701
Phone: 573-334- 5279

Jackson County

Carbondale Public Library

carbondalepubliclibrary.org

405 W Main St.
Carbondale, IL 62901
Phone: 618-457-0354

Williamson County

Anne West Lindsey District Library

awlindsey.com

600 N. Division St.
Carterville, IL 62918
Phone: 618-985-3298

Herrin City Library

herrincitylibrary.org

120 N. 13th St.
Herrin, IL 62948
Phone: 618-942-6109

Marion Carnegie Library

marioncarnegielibrary.org

206 S. Market St.
Marion, IL 62959
Phone: 618-993-5935



Social and Human Services

Organizations providing resources and aid to families, individuals, and communities to improve quality of life, remediate problems, and coordinate services through a multidisciplinary approach with all kinds of needs, as well as providing access to resources that benefit society in a larger sense.

Aging

Addus Home Care

www.addus.com
4503 W. Deyoung St.
Suite 200
Marion, IL 62959
Phone: 618-997-8008

Golden Circle

Pope County
217 Adams St.
Golconda, IL 62938
Phone: 618-683-7741

Hardin County
129 IL Route 146E
Elizabethtown, IL 62931
Phone: 618-287-5592

Lutheran Social Services

www.lssi.org
Marion Family Ministry Office
102 E. Deyoung St.
Marion, IL 62959
Phone: 618-997-9076

Shawnee Alliance for Seniors

www.shawneehealth.com
6355 Brandhorst Dr.
Carterville, IL 62918
Phone: 618-985-8322

Shawnee Development Council, Inc.

shawneedevelopment.org
Administrative Office
530 W. Washington St.
Karnak, IL 62956
Phone: 618-634-2201

Hardin County
147 N. Main St.
Elizabethtown, IL 62931
Phone: 618-287-7071

Pope County
12 Decatur St.
Golconda, IL 62938
Phone: 618-683-2107

Pulaski County
124 N. Oak St.
Mounds, IL 62964
Phone: 618-745-6388

Union County
Choate Mental Health Center
1000 N. Main St.
Anna, IL 62906
Phone: 618-833-7431

Southern Pride Senior Program

Alexander County
Happy Days
2728-B Martin Luther King Dr.
Cairo, IL 62914
Phone: 618-734-1050

Johnson County
Whistlers & Whittlers
60 St. Route 37N
Vienna, IL 62995
Phone: 618-658-8140

Massac County
Happy Hearts
701 Market St.
Metropolis, IL 62960
Phone: 618-524-9755

Pulaski County
Smiles Senior Center
412 Blanche St.
Mounds, IL 62964
Phone: 618-745-6149

Union County
Sunshine Inn
1921 E. Market St.
Anna, IL 62906
Phone: 618-833-6734

Child and Family Services

Caritas Family Solutions

caritasfamilysolutions.org
10286 Fleming Rd.
Carterville, IL 62718
Phone: 618-985-2000

Services: Offers a wide range of family services including adoption services and pregnancy care as well as help for families seeking to adopt.

Child & Family Connections

cfc24.org
Early Intervention Services
2751 W. Main St.
PO Box 1180
Carbondale, IL 62901
Phone: 618-529-3147

Services: Offers evaluations & assessments, testing, developmental monitoring, direct therapy sessions, and assistive technology.

Child Care Resource & Referral

www.cccrjalco.org
607 S. Greenbriar
Carterville, IL 62918
Phone: 618-985-5975

Services: Provides information, referrals, and financial assistance to families, resources and support for child care and early education programs as well as training, education, etc.

Lutheran Social Services

lssi.com
Marion Children's Programs
1616 W. Main St.
Marion, IL 62959
Phone: 618-997-9196
Fax: 618-997-6843

Vienna Children's Programs
45 Industrial Dr.
Vienna, IL 62995
Phone: 618-658-9512
Fax: 618-658-8151

Services: Offers care, early childhood development, mental health services, alcohol and drug treatment, home care for seniors, affordable senior housing, residential programs for people with developmental disabilities, and programs that help formerly incarcerated individuals integrate back into society.

Social and Human Services

Organizations providing resources and aid to families, individuals, and communities to improve quality of life, remediate problems, and coordinate services through a multidisciplinary approach with all kinds of needs, as well as providing access to resources that benefit society in a larger sense.

Emergency Assistance and Relief

American Red Cross

[redcross.org](https://www.redcross.org)

1045 Outer Park Dr.
Springfield, IL 62704
Phone: 217-787-7602

Services: Shelters, feeds and provides emotional support to victims of disasters; conducts blood drives; teaches skills that save lives; and supports military members and their families.

Salvation Army

[salvationarmyusa.org](https://www.salvationarmyusa.org)

Marion Office

906 B Tower Square
Marion, IL 62959
Phone: 618-997-9355

Paducah Office
3100 Irvin Cobb Dr.,
Paducah, KY 42003
Phone: 270-442-2198

Services: Provides food, shelter, clothing, and financial assistance resources for children, adults, and their families. The Salvation Army operates 7,546 centers in communities across the United States. These include food distribution, disaster relief, rehabilitation centers, anti-human trafficking efforts, and a wealth of children's programs.

Arrowleaf

[myarrowleaf.org](https://www.myarrowleaf.org)

Alexander County
1401 Washington Ave.
Cairo, IL 62914

Hardin County
147 N. Main St.
Elizabethtown, IL 62931

Phone: 618-658-3079
24/7 Crisis Line: 618-658-2611

Services: Immediate access to basic resources, as available, to assist with identification documents, housing assistance, linkage and referral to temporary shelters and other relief programs, clothing, food, and hygiene products.

Shawnee Development Council, Inc.

[shawneedevelopment.org](https://www.shawneedevelopment.org)

Administrative Office
530 W. Washington St.
Karnak, IL 62956
Phone: 618-634-2201
Fax: 618-634-9551

Hardin County
147 N. Main St.
Elizabethtown, IL 62931
Phone: 618-287-7071

Services: Some programs include Weatherization, Energy Assistance, Community Care, Transportation, and dozens of other community programs

Johnson County
101 Oliver St.
Vienna, IL 62995

300 Redbud Ln.
Vienna, IL 62995

Pope County
125 N. Market St.
PO Box 759
Golconda, IL 62938

Union County
204 South St.
Anna, IL 62906

Pope County
12 Decatur St.
Golconda, IL 62938
Phone: 618-683-2107

Pulaski County
124 N. Oak St.
Mounds, IL 62964
Phone: 618-745-6388

Union County
Choate Mental Health Center
1000 N. Main St.
Anna, IL 62906
Phone: 618-833-7431



Social and Human Services

Organizations providing resources and aid to families, individuals, and communities to improve quality of life, remediate problems, and coordinate services through a multidisciplinary approach with all kinds of needs, as well as providing access to resources that benefit society in a larger sense.

Employment and Legal Assistance

Illinois Department of Employment Security

ides.illinois.gov
333 Potomac Blvd
Suite E
Mt. Vernon, IL 62864
Phone: 800-244-5631

Services: Offers unemployment insurance, job development services, recruitment of job seekers, hiring events & job search workshops, veterans employment services, migrant seasonal farm workers program, re-entry employment services program, bonding, and work opportunity tax credit.

Land of Lincoln Legal Aid

lincolnlegal.org
First Mid Bank and Trust
509 S. University Ave.
#100
Carbondale, IL 62901
Phone: 618-457-7800

Services: Provides eligible low-income and senior residents of central and southern Illinois with high quality civil legal services in order to obtain and maintain their basic human needs through advice, representation, advocacy, education, and collaboration.

Man-Tra-Con

mantracon.org
3117 Civic Cir Blvd.
Suite B
Marion, IL 62959
Phone: 618-998-0970

Services: Career coaching, job search assistance, college training, workforce training, linkage and referral to educational programs and benefits assistance, and more. Services available for youth ages 16 to 24 experiencing applicable barriers to employment include: tutoring, paid and unpaid internship experience, secondary school and GED classes, leadership development, and more.

Southern Illinois Workforce Development Board

siwdb.org
Southern IL Workforce
Development Board
Illinois Star Center
3000 W. Deyoung St.
Suite 800B
Marion, IL 62959
Phone: 618-998-0970
TTY: 866-322-8357

Southern 14 Workforce
Investment Board
216 Industrial Ave.
Carmi, IL 62821
Phone: 618-252-6020

Services: Serves as the premier source for information about and access to the array of workforce development programs and services offered for citizens and employers in Franklin, Jackson, Jefferson, Perry, and Williamson Counties in southern Illinois



Social and Human Services

Organizations providing resources and aid to families, individuals, and communities to improve quality of life, remediate problems, and coordinate services through a multidisciplinary approach with all kinds of needs, as well as providing access to resources that benefit society in a larger sense.

Health Related Needs

Alzheimer's Association

act.alz.org

Southern IL Office

805 W. Deyoung St., Suite B
Marion, IL 62959
Phone: 618-985-1095

National Help Line
800-272-3900 (Available 24/7)

Services: Mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

American Cancer Society

cancer.org

4503 W. Deyoung St.
Suite C-200
Marion, IL 62959
Phone: 618-998-9898

Help Line
800-227-2345 (Available 24/7)

Services: To help one manage cancer treatment, recovery, and find emotional support needed in addition to transportation, advocacy, cancer information, & lodging.

The Autism Program of Illinois (TAP)

tap-illinois.org

5220 S. 6th Street,
Suite 2300B
Springfield IL 62703
Phone: 217-953-0894 ext. 30477

Services: Supports persons with autism spectrum disorder and their families through a coordinated network of providers, parents, and university programs while developing, utilizing, and sharing best practices.

Center for Autism Spectrum Disorders - SIU

casd.siu.edu

625 Wham Dr.
Carbondale, IL 62901
Phone: 618-453-7130

Services: A multidisciplinary research and training center that provides high quality leadership in the study of autism spectrum disorders. Services include autism screening and diagnostics and clinical services.

Illinois Home Healthcare

lhcgroupp.com

906 Skyline Dr.
Suite 200
Marion, IL 62995
Phone: 618-997-6565

Services: Offers highly skilled home care professionals under direct supervision of a physician delivering in the comfort of your home: skilled nursing, physical therapy, occupational therapy, pain management, medication management, speech therapy, infusion therapy, chronic disease management, fall prevention, etc.

Lions of Illinois Foundation

lionsofillinoisfoundation.org

700 N. Peace Rd.
Suite B
DeKalb, IL 60115
Phone: 815-756-5633

Services: Provides services to the people of Illinois for the detection, treatment, and rehabilitation of visual and hearing impairments



Social and Human Services

Organizations providing resources and aid to families, individuals, and communities to improve quality of life, remediate problems, and coordinate services through a multidisciplinary approach with all kinds of needs, as well as providing access to resources that benefit society in a larger sense.

Housing Assistance

Eviction Help Illinois

evictionhelpillinois.org

Phone: (855) 631-0811 or text "EVICTION" to 85622

Services: Free legal aid, mediation services, and connections to other resources such as rental assistance to increase housing stability.

Habitat for Humanity

habitat.org

Jackson & Union Counties:

93 Lilac Lane
PO Box 1064
Carbondale, IL 62903
Phone: 618-713-4958

Williamson County:

PO Box 754
Marion, IL 62959-0754
Phone: 618-997-3134

habitat-williamsoncounty.org

Services: Works toward this vision by building and improving homes in partnership with individuals and families in need of a decent and affordable place to live.

Illinois Housing Development Authority

illinoishousinghelp.org/cbrap

Phone: (312) 836-5200

Services: Ensures effective and efficient program administration and long-term compliance for IHDA-financed or assisted affordable multifamily rental housing in the state of Illinois.

Southern Illinois Coalition for the Homeless

sihomelesscoalition.org

1009 W. Cherry St.
Marion, IL 62959
Phone: 618-993-0094

Services: Provides assistance in obtaining permanent and transitional housing for low income and homeless families and singles including case management services.



Local Housing Authorities

Alexander County

acha734.org
110 Halliday Ave.
Cairo, IL 62914
Phone: 618-734-19101

Hardin County

355 E. Walnut St.
Elizabethtown, IL 62931
Phone: 618-287-2786

Johnson County

501 N. 4th St.
Vienna, IL 62995
Phone: 618-658-5811

Massac County

massacountyhousingauthority.org
1209 E. 5th St.
Metropolis, IL 62960
Phone: 618-524-8411

Pope County

popeco-il.com
802 Franklin St.
Golconda, IL 62938
Phone: 618-683-4791

Pulaski County

hapulaskico.org
130 Richland Terrace
Mounds, IL 62964
Phone: 618-745-6330

Union County

myucha.com
131 Hillside Terrace
Anna, IL 62906
Phone: 618-833-5129

Franklin County

1007 Fairland St.
Benton, IL 62812
Phone: 618-439-2601

302 E. Elm St.
West Frankfort, IL 62896
Phone: 618-932-2124

Gallatin County

117 W. Wilson Ave.
Shawneetown, IL 62984
Phone: 618-269-3080

Jackson County

jacksoncountyhousingauthority.org
300 N. 7th St.
Murphysboro, IL 62966
Phone: 618-684-3183

Perry County

perrycountyhousing.org
120 S Walnut St.
Du Quoin, IL 62832
Phone: 618-542-5409

Saline County

918 W. Barnett St.
Harrisburg, IL 62946
Phone: 618-252-6381

Williamson County

ilwcha.org
300 E. Hickory St.
Carterville, IL 62918
Phone: 618-985-2422

Social and Human Services

Organizations providing resources and aid to families, individuals, and communities to improve quality of life, remediate problems, and coordinate services through a multidisciplinary approach with all kinds of needs, as well as providing access to resources that benefit society in a larger sense.

Support Services & Organizations

Call BlackLine

callblackline.com

Call or Text: 800-604-5841

Services: Provides a space for peer support, counseling, reporting of mistreatment, witnessing and affirming the lived experiences of folks who are most impacted by systematic oppression.

Center for Empowerment and Justice

213 N Washington St
Carbondale, IL 62901
Phone: 618-457-2777

Services: The Center is a place where individuals from the community can come to share and receive support for their vision of self-empowerment and service to the betterment of the community. The center offers court support, laundry services, bike repair, housing assistance, clothing and other resources, and employment assistance - aims to support those released from prison or rehabilitation centers.

The Deaf Hotline

thedeafhotline.org

Phone: 855-812-1001

Email: hotline@adwas.org

Services: Founded by the National Domestic Violence Hotline and Abused Deaf Women's Advocacy Services in 2003, The Deaf Hotline offers national 24/7 care to Deaf survivors with American Sign Language available.

Golden Rainbows of Illinois South (GRIS)

goldenrainbows.org

Services: Golden Rainbows of Illinois South is a specialized group focusing on the needs of the Elders (50+) in the LGBTQ community.

NAACP

800 Washington Ave.
First National Bank
Cairo, IL 62914
Phone: 618-734-9188

P.O. Box 3303
Carbondale, IL 62901
Phone: 618-457-7722

Services: The mission of the National Association for the Advancement of Colored People is to ensure the political, educational, social, and economic equality of rights of all persons and to eliminate racial hatred and racial discrimination.

Rainbow Cafe LGBTQ Center

rainbowcafe.org

118 N. Illinois Ave.
Carbondale, IL 62901
Phone: 618-525-9922

Services: Provides a safe and welcoming environment for those who are lesbian, gay, bisexual, trans/gender expansive, queer, intersex, asexual, or questioning their orientation and/or gender identity, and their friends and family, by creating a space in which they are affirmed and offered non-judgmental support and access to personal, community, spiritual, and health resources.



Mental Health - Inpatient Care

Inpatient psychiatric care is the most intensive level of treatment for individuals with mental illness. It offers 24-hour care in a safe and secure facility, making it best for patients with severe mental health who require constant monitoring. Some locations offer partial hospitalization options.

Advocate Medical Center

advocatehealth.com

Call: 1-800-3-ADVOCATE
Address: 1304 Franklin Ave.,
Normal, IL 61761
Services: Adults 18+

Blessings Hospital System

blessinghealth.org

Call: 217-223-1200
Address: 1005 Broadway St.
Quincy, IL 62301
Services: Adults 18+

Choate Mental Health & Development Center

Call: 618-833-5161
Address: 1000 N. Main St.
Anna, IL 62906
Services: Adults 19 - 75

Deaconess Cross Pointe

deaconess.com

Call: 812-476-7200
Address: 7200 E. Indiana St.
Evansville, IL 47715
Services: Youth Ages 10-7
and Adults 18+

Gateway Regional Medical Center

gatewayregional.net

Call: 618-798-3000
Address: 2100 Madison Ave.
Granite City, IL 62040
Services: Adults 18+

Harrisburg Medical Center - Mulberry Center

harrisburgmc.com

Call: 618-253-7671
Address: 100 Dr. Warren Dr.
Harrisburg, IL 62946
Services: Adults 18+

Harsha Behavioral Center

harshacenter.com

Call: 812-298-8888
Address: 1980 E. Woodsmall
Dr. Terre Haute, IN 47802
Services: Youth Ages 3-17
and Adults 18+

Lincoln Prairie Behavioral Center

lincolnpairiebhc.com

Call: 217-585-1180
Address: 5230 S. Sixth Rd.
Springfield, IL 62703
Services: Youth Ages 3-17

Mercy Health - Lourde's Hospital

mercy.com

Call: 270-444-2250
Address: 1530 Lone Oak Rd.
Paducah, KY 42003
Services: Adults 18+

The Pavilion

pavilionhospital.com

Call: 217-373-1700
Address: 809 W. Church St.
Champaign, IL 61820
Services: Adults 18+

Presence Covenant Medical Center - OSF Healthcare

osfhealthcare.org

Call: 217-337-2130
Address: 1400 W. Park St.
Urbana, IL 61801
Services: Adults 18+

Southeast Behavioral Health Center

southeastbehavioral.com

Call: 573-708-5000
Address: 639 S. Silver Springs Rd.
Cape Girardeau, MO 63703
Services: Youth Ages 13-17
and Adults 18+

St. Mary's Hospital

ssmhealth.com

Call: 618-436-8000
Address: 400 N. Pleasant St.
Centralia, IL 62801
Services: Adults 18+

Streamwood Behavioral Healthcare System

streamwoodhospital.com

Call: 630-837-9000
Address: 1400 East Irving
Park Rd. Streamwood, IL
60107
Services: Youth 3-17 & Adults

Touchette Regional Hospital

touchette.org

Call: 618-332-3060
Address: 5900 Bond Avenue,
Centreville, IL 62207
Services: Adults 18+



Mental Health - Outpatient Care

Outpatient services are provided to treat behavioral health disorders and serious mental illness. Many services can be provided in office, in the community, and some through telehealth formats.

Arrowleaf

myarrowleaf.org

Call: 618-658-3079

24/7 Crisis Line: 618-658-2611

Services: Youth ages 3-17, adults, families, and caregivers.

Alexander County Office
1401 Washington Ave.
Cairo, IL 62914

Hardin County Office
147 N. Main St.
Elizabethtown, IL 62931

Johnson County Offices
101 Oliver St.
Vienna, IL 62995

300 Redbud Ln.
Vienna, IL 62995

Pope County Office
125 N. Market St.
PO Box 759
Golconda, IL 62938

Union County Office
204 South St.
Anna, IL 62906

Additional locations available

Carbondale Counseling Associates

carbondalecounseling.com

Call: 618-351-9701

Services: All ages

209 W. Commercial Dr. #H
PO Box 2625
Carterville, IL 62918

Centerstone

centerstone.org

Call: 855-608-3560

24/7 Crisis Line: 855-985-0911

Services: All ages

Administrative Office
200 N. Emerald Ln.
Carbondale, IL 62901
Multiple Sites Available

Egyptian Mental Health

egyptian.org

Call: 618-273-3326

Services: All ages

Main Office
1412 US 45N
Eldorado, IL 62930
Phone: 618-273-3326
Fax: 618-273-2808

Multiple Sites Available

Harrisburg Medical Center - Behavioral Health

harrisburgmc.com

Services: All ages

HMC Clinic at Harrisburg
901 S. Commercial St.
Phone: 618-252-0411

HMC Clinic at Marion
3106 Outer Dr.
Marion, IL 62959
Phone: 618-997-4332

Eldorado Primary Care
1007 Route 45N
Eldorado, IL 62930
Phone: 618-273-7723

Massac Mental Health

mcmhc.com

Call: 800-851-1251

24/7 Crisis Line: 618-524-9368

Services: All ages

206 W. Fifth St.
Metropolis, IL 62960

Rural Health, Inc.

ruralhealthinc.org

Call: 618-833-4471

Services: All ages

Anna Location
513 N. Main St.
Anna, IL 62906
Phone: 618-833-4471

Vienna Location
803 N. 1st St.
Vienna, IL 62995
Phone: 618-658-2811

Metropolis Location
1003 E. 5th St.
Metropolis, IL 62960
Phone: 618-524-7499

Two Rivers Child Advocacy Center

tworiverscac.org

Call: 618-833-7470

Services: Youth who have experienced childhood abuse

109 Denny Dr.
Anna, IL 62906

Substance Use Treatment Services

Prevention, intervention, treatment and recovery support services for individuals with Substance Use Disorders, those in recovery and those at-risk

Outpatient Services

Arrowleaf

myarrowleaf.org

Call: 618-658-3079

24/7 Crisis Line: 618-658-2611

Services: Ages 12+

Alexander County Office
1401 Washington Ave.
Cairo, IL 62914

Johnson County Office
300 Redbud Ln.
Vienna, IL 62995

Union County Office
204 South St.
Anna, IL 62906

*Additional locations
available*

Centerstone

centerstone.org

Call: 855-608-3560

24/7 Crisis Line: 855-985-0911

Services: Ages 12+

Administrative Office
200 N. Emerald Ln.
Carbondale, IL 62901
Multiple Sites Available

Christopher Rural Health

crhpc.org

Call: 618-273-2951

Services: Adults

1401 US Hwy 45 N
Eldorado, IL 62930

Community Health & Emergency Services (CHESI)

chesi.org

Call: 1-877-692-4374

Services: Youth and Adults

Cairo Megaclinic
13245 Kessler Road
Cairo, IL 62914

Cedar Court Clinic
1340 Cedar Court
Carbondale, IL 62901

Hardin County Medical
IL Route 146 Building 2
Elizabethtown, IL 62931

Pope County Clinic
217 S. Adams
Golconda, IL 62938

Harrisburg Community Health
Center
205 North Main Street
Harrisburg, IL 62946

Pulaski Clinic
100 Market Street
Pulaski, IL 62976

Tamms Community Health
Center
290 Railroad Street
Tamms, IL 62988

Egyptian Mental Health

egyptian.org

Call: 618-273-3326

Services: Ages 12+

Main Office
1412 US 45N
Eldorado, IL 62930
Phone: 618-273-3326

Multiple Sites Available

The Hour House

hourhousercovery.org

Call: 217-348-8108

Services: Ages 12+

635 Division St.
Charleston, IL 61920

Massac Mental Health

mcmhc.com

Call: 800-851-1251

24/7 Crisis Line: 618-524-9368

Services: Ages 12+

206 W. Fifth St.
Metropolis, IL 62960

New Season: Cape Girardeau Metro Treatment Center

newseason.com

Call: 877-284-7074

Services: Adults

760. S. Kingshighway
Suite F
Cape Girardeau, MO 63703

The WISH (Women & Infants Substance Help) Center

ssmhealth.com

Call: 314-768-8230

Services: Pregnant women
with substance use disorder

1035 Bellevue Ave.
Suite #205
St. Louis, MO 63117

Substance Use Treatment Services

Prevention, intervention, treatment and recovery support services for individuals with Substance Use Disorders, those in recovery and those at-risk

Residential/Inpatient Services

Brentwood Springs

brentwoodsprings.com

Call: 812-641-8645

Services: Youth and Adults

4488 Roslin Rd.
Newburgh, IN 47630

CenterPointe Hospital

centerpointehospital.com

Call: 800-345-5407

Services: Youth and Adults

4801 Weldon Spring Pkwy
St. Charles, MO 63304

Centerstone Fellowship House Campus

centerstone.org

Call: 877-467-3123

Services: Adults

800 N. Main St.
Anna, IL 62906

Chesnut Health Systems

chesnut.org

Call: 618-397-0900 or
618-877-4420

Services: Adults

12 N. 64th St.
Belleville, IL 62223

50 N. Gate Industrial Dr.
Granite City, IL 62040

Comprehensive Connections

compconnect.org

Call: 618-242-1510

Services: Adults

16338 N. IL Hwy 37
Mt. Vernon, IL 62864

Gateway Foundation Drug and Alcohol Treatment

gatewayfoundation.org

Call: 877-381-6538

Services: Youth and Adults

1080 E. Park St.
Carbondale, IL 62901

The Pavilion

pavilionhospital.com

Call: 800-373-1700

Services: Youth and Adults

809 W. Church St.
Champaign, IL 61820

Union County Hospital

unioncountyhospital.com

Call: 618-833-4511

Services: Adults

517 N. Main St.
Anna, IL 62906



Family & Recovery Support Groups

Recovery-oriented care and recovery support systems help people with substance use disorders manage their conditions successfully.

Hardin County

Hardin County Gargoyle
TUES @ 7PM
United Methodist Church
303 Fifth St.
Rosiclare, IL 62982
Phone: 618-285-6914

Jackson County

Here's How Group
M/T/TH/F @ 12PM
Gaia House of Interfaith Center
913 S. Illinois Ave.
Carbondale, IL 62901
Phone: 618-549-7387

The Turning Point Group
TUES @ 5:30PM
Southern Illinois Center for
Independent Living
2135 W. Ramada Ln.
Carbondale, IL 62901
Phone: 618-457-3318

A New Way to Fly Group
WED @ 7PM
Murphysboro Group
SAT @ 10AM
United Methodist Church
1500 Pine St.
Murphysboro, IL 62966
Phone: 618-687-2317

**Wednesday Wonder's Men's
Group**
WED @ 7:30PM
First Presbyterian Church
310 S. University Ave.
Carbondale, IL 62901
Phone: 618-549-2148

**Keep It Simple Sister's
(Women)**
THURS @ 6PM
St. Xavier Catholic Church
303 S. Poplar St.
Carbondale, IL 62901
Phone: 618-457-4556

"Stepping Stone AFG"
WED @ 7PM
1618 Edith St.
Murphysboro, IL 62966
Phone: 618-687-2317

Johnson County

The Renegades Group
MON @ 7PM
First Baptist Church
608 W. Main Street
Goreville, IL
Phone: 618-995-2127

Pope County

Golden Circle Office
AA-Men's
TUES @ 6PM

AA - Women's
WED @ 6PM
217 Adams St.
Golconda, IL 62938
Phone: 618-253-9163
Phone: 618-979-1099

Saline County

First Presbyterian Church
Annex "Harrisburg AFG"
THUR @ 11AM
21 W. Locust
Harrisburg, IL 62946
Phone: 618-253-8955

SMART Recovery
Harrisburg Library
WED @ 2PM
THUR @ 6PM
2 W. Walnut St.
Harrisburg, IL 62946
Phone: 618-638-8747

Celebrate Recovery
Harrisburg First Baptist
FRI @ 7PM
204 N. Main St.
Harrisburg, IL 62946
Phone: 618-252-62946

Union County

Celebrate Recovery
Anna Heights Baptist Church
Family Resource Center
SAT @ 6:00PM
100 Turner Ave.
Anna, IL 62906
Phone: 618-697-4292

**Christ Centered Women's
Recovery Program**
First Baptist church of Dongola
THURS @ 7:00PM
1203 E. Cross St.
Dongola, IL 62926

Williamson County

First Christian Church
WED @ 7:30PM
2804 S. Park St.
Herrin, IL 62948
Phone: 618-942-2955

Little Egypt Group
TUES @ 7PM
First Presbyterian Church
421 N. 14th St. Herrin, IL 62948
Phone: 618-942-6176

Little Egypt Satellite Group
SUN @ 9:30AM
Herrin Hospital
201 S. 14th St.
Herrin, IL 62948
Phone: 618-942-2171

Little Egypt Satellite Group
THURS @ 7PM
Helen Honey's Building
808 E. Herrin St.
Herrin, IL 62948
Phone: 618-988-8178

Friendship Group
SUN @ 9AM
Marion VA Medical Center
2401 W. Main St.
Marion, IL 62959
Phone: 618-997-5311

Family & Recovery Support Groups

Recovery-oriented care and recovery support systems help people with substance use disorders manage their conditions successfully.

Williamson County

Herrin Church of Christ

FRI @ 6PM

3101 S. Park St.
Herrin, IL 62948
Phone: 618-942-3413

Carterville Lions Club

SUN @ 5PM & 7PM

300 E Illinois Ave.
Carterville, IL 62918
Phone: 618-985-6868

First United Methodist Church

FRI @ 7PM

208 W. Main St.
Marion, IL 62959
Phone: 618-993-5421
Note Use rear entrance to
basement

SOS- Serenity on Saturday

SAT @ 7PM

First United Methodist Church
208 West Main St.
Marion, IL 62959
Phone: 618-993-5421

Fellowship in Christ Church

SAT @ 6PM

1204 Pin Oak Dr.
Carterville, IL 62918
Phone: 618-967-9575

Gamblers Anonymous

gamblersanonymous.org/ga/

12 step recovery program for individuals with gambling problems.

Jackson County

United Methodist Church

THURS @ 6PM

1500 Pine St.
Murphysboro, IL 62966
Phone: 618-687-2317

Massac County

First United Methodist

THURS @ 6PM

100 E. 5th St.
Metropolis, IL 62960
Phone: 618-524-9325



Emergency Shelters & Domestic Violence Centers

Cairo Women's Shelter

PO Box 911
Cairo, IL 62914
Phone: 618-734-4357

Services: Adults and Families experiencing domestic violence. Available 24/7.

Carbondale Warming Center

cwcentered.org
608 E. College St.
Carbondale, IL 62901
Phone: 314-312-2539

Services: Women, men, and children.

Christian Community Compassion Center (4Cs)

4cshbg.org
632 N. Jackson St.
Harrisburg IL 62946 US
Phone: 618-252-2374

Services: Women, men, and children. No couples. Available Monday - Friday.

Good Samaritan

goodsamcarbondale.com
701 S. Marion St.
Carbondale, IL 62901
Phone: 618-457-5794

Services: Women, men, and children.

Guardian Family Services

guardianfamilyservices.org
P. O. Box 742
Metropolis, IL 62960
Phone: 618-524-4357

Services: Women and children.

Lifeboat Alliance

lifeboatalliance.org
1717 Jefferson Ave.
Mt Vernon, IL 62864
Phone: 618-244-4088

Services: Women, men, and children.

The Lighthouse Shelter

thelighthouseshelter.com
1101 N. Madison St.
PO Box 732
Marion, IL 62959
Phone: 618-993-8180

Services: Women, men, and children.

Merryman House - Domestic Crisis Center

merrymanhouse.org
PO Box 98
Paducah, KY 42002
Phone: 270-443-6001

Services: Women, men, and families.

The Night's Shield

thenightsshield.org
301 E. Garland St.
West Frankfort, IL 62896
Phone: 618-932-6400

Services: Youth and young adults ages 12 - 24.

River City Mission

rivercitymission.org
1466 Bechtold Rd.
Paducah, KY 42003
Phone: 270-442-7921

Services: Women, men, and families.

The Survivor Empowerment Center

empoweringsurvivors.org
Carbondale Center
610 S. Thompson St.
Carbondale, IL 62901
Phone: 618-549-4507

Services: All adults and adults with children in Franklin, Gallatin, Jackson, Johnson, Perry, Saline, Williamson, and Union Counties.



Clothing, Food & Household Assistance

Anna First Baptist Church

409 Morgan St.
Anna, IL 62906
Phone: 618-833-5416

Services: Union County

Services Provided:
Drive-thru food pantry

Anna United Methodist Church

111 W. Monroe St.
Anna, IL 62906
Phone: 618-833-2234

Services: Anyone

Services Provided:
Soup Kitchen and Food Pantry

Arrowleaf

Alexander County Office
1401 Washington Ave.
Cairo, IL 62914

Johnson County Office
101 Oliver St.
Vienna, IL 62995
Phone: 618-658-3079

Services: Anyone

Services Provided:
Client-Choice Food Pantry and
Community Closet including
clothing and household items
as donations allow.

Bethany Village

414 E. Davie St.
Anna, IL 62906
Phone: 618-833-1777

Services: Anyone

Services Provided:
Food pantry and thrift shop on
site. Offers clothing vouchers.
Clothing at reasonable prices.

DCP: The Kitchen Table

1001 Washington Ave.
Cairo, IL 62914
Phone: 618-734-0178

Services: Anyone

Services Provided:
The Kitchen Table is a soup
kitchen that supplements
families in need of food.

Daystar Community Program

909 Washington Ave.
Cairo, IL 62914
Phone: 618-734-0178

Services:
Southern Seven Counties

Services Provided:
Mobile food pantry, veteran's
program, outreach, rental
assistance, and help with
medical bills. Identification of
some kind required for each
person in the household.

Dongola First Baptist Church

203 E. Cross St.
Dongola, IL 62926
Phone: 618-827-4391

Services: Union County

Services Provided:
Food Pantry: no restrictions,
can receive assistance once
per month. Call Monday before
date of pantry and give name,
phone number, and number of
people in household. All
households may receive food
once a month.

Faith Alive

112 N. 4th St.
Vienna, IL 62995
Phone: 618-658-7110

Services:
Southern Seven Counties

Services Provided:
As funds are available, offers
thrift store, emergency utility
assistance, and emergency
food services.

Feed My Lambs Ministry

818 W. 10th St.
Metropolis, IL 62960
Phone: 618-309-2427

Services: Massac County

Services Provided:
Food pantry

First Baptist Church of Karnak

309 E. Main St.
Karnak, IL 62956
Phone: 618-638-4676

Services: Pulaski County

Services Provided:
Food pantry

First Baptist Church of Vienna

301 N. 7th St.
Vienna, IL 62995
Phone: 618-658-3741

Services: Johnson County

Services Provided:
Drive-thru food pantry. Photo
ID, proof of income, and
family size needed.

Good Samaritan

Food Pantry:
University Baptist Church
700 S. Oakland St.
Carbondale, IL 62901
Phone: 618-457-0323

Soup Kitchen:
701 S. Marion St.
Carbondale, IL 62901
Phone: 618-457-5794

Services: Anyone

Services Provided:
The food pantry provides
canned goods and perishables
to people in need. Area
churches and civic
organizations provide food and
augment federal commodities.
The soup kitchen provides
nutritionally balanced meals
served three times a day, every
day of the year, to residents of
the emergency shelter as well
as people from the community
who are hungry.

Clothing, Food & Household Assistance

Golden Circle

217 S. Adams St.
Golconda, IL 62938
Phone: 618-683-7741

Services: Adults starting at 60 years & disabled 18+

Services Provided:
Offers home delivered meals, legal assistance, in-home services, congregated meals, arranges transportation through RIDES for the senior center, and assists in managing senior health insurance programs.

Goreville Ministerial Alliance

114 S. Broadway St.
Goreville, IL 62939
Phone: 618-995-9360

Services: Goreville Area

Services Provided:
Food pantry and thrift store. Nominal charges with waivers for emergencies

Jesus Es El Senor Methodist Church

7780 Old Highway 51N
Cobden, IL 62920
Phone: 618-893-2050

Services: Anyone

Services Provided:
Drive-thru Food Pantry and Clothing. May receive food once per month. Spanish speaking available.

Lighthouse Assembly of God

670 Airport Rd.
Metropolis, IL 62960
Phone: 618-524-2256

Services: Massac County

Services Provided:
Drive-thru Food Pantry; must fill out a waiver and form with current address, phone number, and number in household.

Potters Church

590 N. Mill St.
Cave-in-Rock, IL 62919
Phone: 618-289-4869

Services: Anyone

Services Provided:
Clothing and food pantry. Need to complete a proxy letter (provided at the pantry) in order to pick up for someone else.

Salem Lutheran Church

101 E. Market St.
Jonesboro, IL 62952
Phone: 618-833-0704

Services: Anyone

Services Provided: Food pantry and free meals

Salvation Army

906 B Tower Square
Marion, IL 62959
Phone:
618-997-9355 (Thrift Store)
618-993-5854 (Food Pantry)

Services: Johnson & Williamson Counties

Services Provided:
Thrift store and curbside food pantry. Need ID and proof of residency. Nominal charges at thrift store. No fees for food pantry.

Shawnee Development Council

Hardin County Outreach
147 N. Main St.
Elizabethtown, IL 62931
Phone: 618-287-7071

Pope County:
Housing Community Center
922 Adams St.
Golconda, IL 62938

Union County Office
1000 N. Main St.
Anna, IL 62906
Phone: 618-833-7431

Services: Anyone

Services Provided:
Surplus Food/Commodities Distribution Program

Southern Pride Senior Program

60 State Route 37N
Vienna, IL 62995
Phone: 618-658-9669

Services: Adults age 60 years old and disabled individuals 18+

Services Provided:
Congregated and home delivered meals, health and fitness programs, in-home respite, benefits applications, home visits, home modifications, nutritional education, transportation services, Medicare Part D assistance, family caregiver assistance, grandparents raising grand-children, etc.

Weaver Creek

2997 North Ave.
Metropolis, IL 62960
Phone: 618-524-4863

Services: Anyone

Services Provided:
Food pantry



Medical Services

Dental Services

Don Akridge, DDS

35 Old Bloomfield Rd.
Vienna, IL 62995
Phone: 618-658-9732

Aspen Dental

aspendental.com
2702 W. Deyoung St.
Marion, IL 62959
Phone: 618-993-9092

Barnes Family Dentistry

901 N. Carbon St.
Marion, IL 62959
Phone: 618-993-3775

Carterville Dental Center

cartervilledental.com
500 Plaza Dr.
Suite 1
Carterville, IL 62918
Phone: 618-985-4200

Dogwood Dental Care

dogwooddentalcarecarbondale.com
1111 E. Walnut Street
Suite A1
Carbondale, IL 62901
Phone: 618-529-2471

Dennis Fredrickson, DMD

dentistcarbondale.com
1001 E. Main St. Suite 3A,
Carbondale, IL 62901
Phone: 618-457-2522

Hardin County Dental Clinic - CHESI

chesi.org
226 Main St.
Rosiclare, IL 62982
Phone: 618-285-3930

Hughes Dental Arts Centre

hughesdentalarts.com
504 Rushing Dr.
Herrin, IL 62948
Phone: 618-993-3100

Jammie Stricklin, DDS

300 Small Street #D
Harrisburg, IL 62946
Phone: 618-252-1725

Jennifer Mihalopoulos, DMD, CHTD

smilesbydrjenny.com
420 Robinson Circle
Carbondale, IL 62901
Phone: 618-529-2212

John Shelton, DMD

johnsheltontdentistry.com
1015 Market St.
Metropolis, IL 62960
Phone: 618-524-8011

Marion Dentures & Dental

210 E. Deyoung St.
Marion, IL 62959
Phone: 618-993-7505

Marion Family Dentistry

marionfamilydentistry.com
1504 Sioux Dr.
#5209
Marion, IL 62995
Phone: 618-997-0127

Massie Dental

massiedental.com
200 N. Giant City Rd.
Carbondale, IL 62902
Phone: 618-529-2711

Mowery Family Dentistry

310 Lick Creek Rd.
Anna, IL 62906
Phone: 618-833-2411

Robin Wetherell, DMD

805 N. 1st. St.
Vienna, IL 62995
Phone: 618-658-8361

Rural Health Inc.

ruralhealthinc.com
513 N. Main St.
Anna, IL 62906
Phone: 618-833-4475

Shawnee Health Service

shawneehealth.com
402 S. Lewis Ln.
Carbondale, IL 62901
OR
6115 Williamson County Pkwy
Marion, IL 62959
Phone: 618-519-9200

SIU Dental Hygiene Clinic

1365 Douglas Dr.
Carbondale, IL 62901
Phone: 618-453-8826

University Place Dental

universityplacedental.com
1366 E. Main St.
Carbondale, IL 62901
Phone: 618-549-0208



Medical Services

Vision Services

Brush Optometrist

brushoptical.com

801 Market St
Metropolis, IL 62960
Or
1003 W. Vine St, Suite C
Vienna, IL 62995
Phone: 800-851-3601

Complete Family Eyecare

brushoptical.com

3121 S Park Ave
Herrin, IL 62948
Phone: 618-942-5465

Crabtree Family Optometry

crabtreefamilyoptometry.com

1508 N. Sioux Dr.
Marion, IL 62959
Phone: 618-993-8787

Marion Eye Center

marioneye.com

Anna Location
165 Plaza Dr.
Anna, IL 62906
Phone: 618-833-8359
Carbondale Location
1001 N. Beadle Dr.
Carbondale, IL 62901
Phone: 618-549-2282
Harrisburg Location
5 Eye Center Dr.
Harrisburg, IL 62946
Phone: 618-252-5377

Moreland Eye Care

morelandeyecare.com

100 Peach Ridge Rd.
Anna, IL 62906
Phone: 618-833-9208

Herrin Location
321 S. Park Ave.
Herrin, IL 62948
Phone: 618-942-2900

Marion Location
1200 W. Deyoung St.
Marion, IL 62959
Phone: 618-993-5686

Vienna Location
1005 W. Vine St.
Vienna, IL 62995
Phone: 618-658-2195

Vision Works / Doctors of Optometry

visionworks.com

3910 Hinkleville Rd
Paducah, KY 42001
Phone: 270-443-2090

3042 William St
Cape Girardeau, MO 63701
Phone: 573-339-2008

Hospitals

Baptist Health

baptisthealth.com

2501 Kentucky Ave.
Paducah, KY 42003
Phone: 270-575-2100

Carbondale Memorial Hospital

sih.net

405 W. Jackson St
Carbondale, IL 62901
Phone: 618-549-0721

Ferrell Hospital

ferrellhosp.org

1201 Pine St.
Eldorado, IL 62930
Phone: 618-273-3361

Southeast Health Hospital

sehealth.org

1701 Lacy St.
Cape Girardeau, MO 63701
Phone: 573-334-4822

Hardin County General Hospital

ilhcggh.org

6 Ferrell Rd.
Rosiclare, IL 62982
Phone: 618-285-6634

Harrisburg Medical Center

harrisburgmc.com

100 Dr. Warren Tuttle Dr.
Harrisburg, IL 62946
Phone: 618-253-7671

Mercy Health - Lourdes

mercy.com

1530 Lone Oak Rd.
Paducah, KY 42003
Phone: 270-444-2444

St. Francis Medical Center

sfmc.net

211 Saint Francis Dr.
Cape Girardeau, MO 63703
Phone: 573-331-3000

Heartland Regional Medical Center

heartlandregional.com

3333 W. Deyoung St.
Marion, IL 62959
Phone: 618-998-7000

Herrin Hospital - SIH

sih.net

201 S. 14th St.
Herrin, IL 62948
Phone: 618-942-2171

Massac Memorial Hospital

massacealth.org

28 Chick St.
Metropolis, IL 62960
Phone: 618-524-2176

Union County Hospital

unioncountyhospital.com

517 N. Main St.
Anna, IL 62906
Phone: 618-833-4511

Medical Services

Primary Care

CHESI Clinic

chesi.org

Cairo Megaclinic
13245 Kessler Rd.
Cairo, IL 62914
Phone: 618-734-4400

Hardin County Medical
IL Route 146
Building 2
Elizabethtown, IL 62931
Phone: 618-287-6191

Pope County Clinic
217 S. Adams St.
Golconda, IL 62938
Phone: 618-683-3781

Pulaski County Clinic
100 Market St.
Pulaski, IL 62976
Phone: 618-342-6767

Tamms Health Center
290 Railroad St.
Tamms, IL 62988
Phone: 618-747-2391

Christopher Rural Health - Eldorado

crhpc.org

1401 US Hwy 45 North
Eldorado, IL 62930
Phone: 618-273-2951

Hardin County General Hospital - Clinic

ilhcg.org

6 Ferrell Rd.
Rosiclare, IL 62982
Phone: 618-285-2800

Massac Memorial Clinic

massachealth.org

1204 W. 10th St.
Metropolis, IL 62960
Phone: 618-524-3572

Rural Health

ruralhealthinc.org

Anna Clinic (Main Site)
513 N. Main St.
Anna, IL 62906
Phone: 618-833-4471

Dongola Medical Clinic
318 N. Old Hwy 51
Dongola, IL 62926
Phone: 618-827-3545

Goreville Medical Clinic
400 S. Broadway
Goreville, IL 62939
Phone: 618-995-1002

Metropolis Clinic
1003 E. 5th St.
Metropolis, IL 62960
Phone: 618-524-7499

Vienna Medical Clinic
803 N. 1st St.
Vienna, IL 62995
Phone: 618-658-2811

Shawnee Health Service

shawneehealth.com

404 S. Lewis Ln.
Carbondale, IL 62901

1006 S. Division St.
Carterville, IL 62918

3111 Williamson County
Pkw. Marion, IL 62959

Phone: 618-519-9200

Southern Illinois Healthcare - SIH

sih.net

Herrin Location
405 Rushing Dr.
Herrin, IL 62948
Phone: 618-993-3300

Anna Location
98 Peach Ridge Rd.
Anna, IL 62906
Phone: 618-614-1400

Harrisburg Location
117 E. Clark St.
Harrisburg, IL 62946
Phone: 618-252-8625

Carrier Mills Location
7211 US Hwy 45S
Carrier Mills, IL 62917
Phone: 618-252-8625



Transportation Services

RIDES Mass Transit

ridesmtd.com

Schedule a Ride:
844-220-1243

Services: Hardin, Pope, Saline,
and Gallatin Counties

Administration Office
30 Veterans Dr.
Harrisburg, IL 62946
Phone: 618-253-8761
Fax: 618-252-2754

Saline County Call Center
1310 Frank Leberman Rd.
Harrisburg, IL 62946
Phone: 618-252-4662
Fax: 618-252-2168

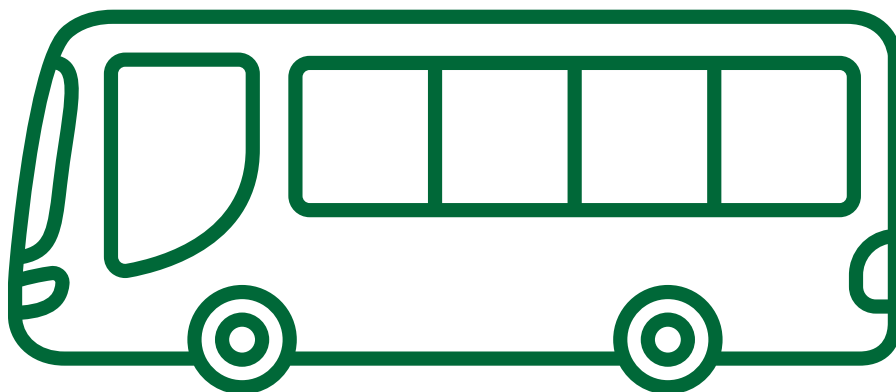
Shawnee Mass Transit

shawneemtd.com

Schedule a Ride:
618-658-8380

Services: Alexander, Johnson, Massac,
Pulaski and Union Counties

100-102 Smart Dr.
Vienna, IL 62995



Veteran Affairs, Organizations, and Posts

Locations attuned to caring for, supporting, and providing resources to individuals that have graciously and selflessly served in the United States military

Veterans of Foreign Wars Posts

Johnson County

Post 5222 Beggs-Gurley
102 8th Street
Vienna, IL 62995
Phone: 618-658-4931

Saline County

Post 3479 Saline
1201 Veterans Drive
Eldorado, IL 62930
Phone: 618-273-9497

American Legion

Gallatin County

Post 0585
380 Lincoln Blvd E
Shawneetown, IL 62984
Phone: 618-269-3023

Post 0595
186 W Lane St.
Equality, IL 62934
Phone: 618-276-4604

Union County

Post 3455 Carroll P. Foster
70 VFW Lane
Anna, IL 62906-3012
Phone: 618-833-5182

Pulaski County

Post 8891 Pulaski County
Memorial Post
316 S Blanche Street
Mounds, IL 62964
Phone: 618-306-2948

Massac County

Post 0306
321 Market Street
Metropolis, IL 62960
Phone: 618-524-2043

Pope County

Post 0719
PO Box 24
Golconda, IL 62938-0024
Phone: 618-521-2850

Williamson County

Post 9763 Creal Springs
Memorial Post
16217 Sulphur Springs Rd.
Creal Springs, IL 62922
Phone: 618-996-2032

www.vfw.com

Union County

Post 0344
PO Box 24
Anna, IL 62906-0024

Post 0259
PO Box 466
Cobden, IL 62920-0466

www.legion.org

Medical and Aging

Cape Girardeau VA Health Care Center

711 S Mt Auburn Rd
Cape Girardeau, MO 63701
Phone: 573-686-4151
www.va.gov

Harrisburg VA Community Based Outpatient Clinic

608 Rollie Moore Dr.
Harrisburg, IL 62946
Phone: 618-252-6150
www.va.gov

Illinois Veterans Home of Anna

792 N Main St.
Anna, IL 62906
Phone: 618-833-6302

Marion VA Medical Center

2401 Main St.
Marion, IL 62995
Phone: 618-997-5311
www.va.gov

Other Resources

Cape Girardeau

Military and Veterans
Services
Normal Ave
Cape Girardeau, MO 63701
Phone: (573) 651-2263
www.semo.edu/student-support/veterans//

Veteran's Service Office
2400 Veterans Memorial Dr
Cape Girardeau, MO 63701
Phone: (573) 290-5752
mvc.dps.mo.gov

Jackson County

This Able Veteran
1714 Wolf Creek Rd.
Carbondale, IL 62901
Phone: (618) 964-1162
www.thisableveteran.org

McCracken County

Project Diehard
2780 New Holt Rd.
Paducah, KY 42001
Phone: (270) 366-6189
www.projectdiehard.org

Williamson County

Illinois Amvets Veterans
Center - Post 31
2403 W Main St
Marion, IL 62959
www.ilamvets.org

Illinois Veterans Affairs

Department
2309 W Main St
Marion, IL 62959
Phone: (618) 997-3309
www.va.gov

Referral Form

Complete information requested below and select any/all services you may be interested in receiving. Submit completed form by any of the following options:

Once a referral submission has been received, you will receive a response within 48 business hours. If you feel that you need immediate assistance, please contact Arrowleaf at its 24/7 Crisis Hotline at 618-658-2611 or call 988 or 911.

Drop off/mail to either location:

Arrowleaf
101 Oliver St.
Vienna, IL 62995
Phone: 618-658-3079
Fax: 618-658-2501

Arrowleaf
300 Red Bud Ln.
Vienna, IL 62995
Phone: 618-658-3079
Fax: 618-658-2759

Submit electronically via email to: info@myarrowleaf.org

Submit electronically via website submission at:
<https://myarrowleaf.org/southern-illinois-community-resource-guide>

NAME: _____ **DATE OF REFERRAL:** _____

PHONE NUMBER: _____ **EMAIL:** _____

PARENT/GUARDIAN NAME (OPTIONAL): _____

PARENT/GUARDIAN PHONE NUMBER (OPTIONAL): _____

SERVICE REFERRED TO/INTERESTED IN: _____
