

Important Hotlines

Alcoholics Anonymous
(217) 373-4200
<http://aa-eci.org>

**HOPE of ECI Coalition Against
Domestic Violence**
(888) 345-3990
<https://hope-eci.org>

Illinois Helpline
(Opioids and Other Substances)
(833) 234-6343

Narcotics Anonymous
(800) 539-0475
nbana.org

**Prevail Illinois (Previously known as
SACIS)**
(Rape Advocacy, Counseling &
Education Services)
888-345-2846
www.prevailil.org

SAMHSA's National Helpline (for
mental health and substance use
disorder) (800) 662-4357
samsha.gov

SPIDER
(Service Provider Identification &
Exploration Resource)
<https://spider.dcf.illinois.gov/Search/SearchAgency>

Suicide Prevention
(800) 273-8255 or 988
988lifeline.org

Funded in whole or in part by the Illinois Department of
Human Services, Division of Behavioral Health and
Recovery.

ROSC Advisory Council (Recovery Oriented System of Care)

Serving Coles County

**Have questions or need
further assistance?
Reach out! We are here
for YOU!**

Skylar Miller
ROSC Coordinator
(217) 512-3517
skylark@hourhouserecovery.org

Megan Ballard
Recovery Navigator
(217) 549-7516
meganb@hourhouserecovery.org

[www.govst.edu/Recovery-Support/South-
Central-IL-ROSC/CCRC-ROSC-Council/](http://www.govst.edu/Recovery-Support/South-Central-IL-ROSC/CCRC-ROSC-Council/)

Find us on Facebook:
Coles County ROSC

COLES COUNTY RESOURCE QUICK GUIDE RECOVERY ORIENTED SYSTEMS OF CARE (ROSC) ADVISORY COUNCIL

**Agencies and Persons with Lived
Experience, working together to
build communities supportive of
those in Recovery from Substance
Use Disorders**

Recovery
IS POSSIBLE!

Substance Use Disorder Counseling

Hour House
(217) 348-8108

Police Department Safe Passages Program
Charleston: (217) 348-5221
Mattoon: (217) 235-5451

Mental Health Counseling

LifeLinks
(217) 238-5700

One Hope United
(217) 294-6727

Sarah Bush Lincoln Psychiatry and Counseling
(217) 258-4042

Neuroharmony
(217) 508-8080

SIHF
Charleston-(217) 345-7702
Mattoon-(217) 234-3091

Housing Aid

Embarras River Basin Agency (ERBA)
Charleston: (217) 500-3120
Mattoon: (217) 961-0831

Salvation Army
(217) 234-3915

Coles County Housing Authority
(217) 235-4175

Mattoon Township
(217) 234-3877

Charleston Township
(217) 345-4013

The Haven- Shelter (Mattoon)
(217) 234-7237

Food Aid

Carpenter's Table - Charleston
(217) 549-3378

Catholic Charities Blessings Food Pantry
(217) 235-0420

Charleston Area Churches Food Pantry
(217) 348-3030

Mattoon Community Food Center
(217) 258-8321

Salvation Army (Mattoon)
(217) 234-3915

Transportation

Dial-A-Ride
(800) 500-5505

Uber
www.uber.com

Veterans

Coles County Veterans Support Coalition
www.veteranssupportcoalition.org

Veteran Suicide and Crisis Lifeline: Dial
988, then press 1

Experiencing Homelessness: call SSVF
Prescreen @ 217-278-9897 or the National
Call Center for Homeless Veterans @ 877-
4AID-VET (877-424-3838)

Mattoon VA Clinic: 217-258-3370
Illinois Department of Veterans Affairs: 217-
345-2192

*Additional resources available
through 211

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Support Groups

Alcoholics Anonymous
<http://aa-eci.org>

**Adult Children of Alcoholics &
Dysfunctional Families**
<https://adultchildren.org/>

Al-Anon (Electronic)
<https://al-anon.org/>

Alateen (Electronic)
<https://al-anon.org/>

Celebrate Recovery
<https://celebraterecovery.com>

NAMI (Champaign)
<https://namichampaign.org/> online-
support-groups

Narcotics Anonymous
<http://ppana.org>

SMART Recovery
<https://smartrecovery.org>

Parents of Addicted Loved Ones (PAL)
www.palgroup.org

Medication Assisted Recovery **(MAR)**

SIHF Healthcare
(217) 345-7702
www.sihf.org