

## **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](http://nbana.org)

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

**SAMHSA's National Helpline (for  
mental health and substance use  
disorder)** (800) 662-4357  
[samsha.gov](http://samsha.gov)

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

**Suicide Prevention**  
(800) 273-8255 or 988  
[988lifeline.org](http://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](mailto:skylark@hourhouserecovery.org)

**Megan Ballard**  
**Recovery Navigator**  
(217) 549-7516  
[meganb@hourhouserecovery.org](mailto: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/)

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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

Updated October 2025

## 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