

MONROE COUNTY, ILLINOIS



RESOURCE GUIDE 2024



**Offering a Helping Hand to Point
You in the Right Direction.**

History of Monroe County, IL



*City Hall
Hecker, IL*

Monroe County, Illinois, has a rich history dating back to its early Native American inhabitants, including the Cahokia and Kaskaskia tribes. European settlement began in the 18th century with French explorers, and the area later came under British and then American control after the Revolutionary War.



*Jacob Habermehl House
Columbia, IL*

Founded on January 6, 1816, Monroe County was named after future U.S. President James Monroe. The towns of Waterloo and Columbia were largely settled by German immigrants, whose influence remains strong today. During the Civil War, Monroe County supported the Union.



*Flood of 1943
Valmeyer, IL*



*Buck Tavern
Columbia, IL*

Agriculture, particularly wheat, corn, and dairy farming, shaped the county's economy throughout the 19th and 20th centuries.

Today, Monroe County celebrates its heritage through historic sites like Bellefontaine House, Maeystown, and Peterstown House, preserving its French, German, and Native American roots.



*St. John's United Church
of Christ
Maeystown, IL*



*Monroe County, Court House
Waterloo, IL*

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Anchor Agencies Offering Multiple Services

Human Support Services

988 N. Illinois Route 3

Waterloo IL 62298

Phone: (618) 939-4444/ 24-hour crisis line 988

Hours Monday-Friday 8:00am-5:00pm

Cost: private insurance, Medicaid, Medicare or self-pay

Services Offered: CILA (Waterloo, Columbia & Hecker)

Phone: (618) 939-4444

Website: www.hss1.org

Services offered: 24-hour supervised residential homes for adults with intellectual and developmental disabilities.

Counseling Services: help individuals, couples and families with life's challenges, including substance misuse and recovery; includes crisis intervention 24/7 for individuals contemplating suicide; psychiatric evaluation and medication management, and DUI services.

Community Day Services (CDS) Program (Waterloo): for people with intellectual and developmental disabilities; services include community day services, sheltered employment and referrals to competitive, integrated employment.

Mental Health and Substance Use Services: provides a wide range of professional behavioral health services including substance use assessments and intensive outpatient programming for substance use disorder

Birth to Five Region 45

102 West Mill

Suite 2A

Waterloo, IL 62298

Phone: (309) 393-2550

Email: info@birthtofiveil.com

Website: [Region 45 — Birth to Five Illinois](#)

Services offered: Providing a statewide mechanism to engage local stakeholders. Gathering family opinion. Creating a strategic plan that clearly identifies the need for the expansion of quality early learning in every region. Enabling local stakeholders to come together and address the early childhood needs within their own communities.

Mission: To create a statewide regional infrastructure that will amplify input from communities in the development of policies and funding priorities. We support the mobilization of communities to build and sustain equitable access to inclusive, high-quality early childhood services for all children and families in the state of Illinois.

Vision- Reimagining a more equitable Early Childhood Education and Care system that respects family and community voice and works to ensure it is centered and prioritized at every level of decision making in Illinois.

Values/ Goals Family Voice: Through this transformation centered on authentic family and community engagement, we will address the inequitable distribution of resources and services and rebuild our states Early Childhood Education and Care system

Racial Equity: In an effort to move our Early Childhood Education and Care (ECEC) system to one where racism no longer impacts a child's success, we will work to dismantle barriers that have limited access to high-quality services for minorities children in every corner of our State.

Collective Impact: Birth to Five Illinois will build a system that harnesses knowledge directly from families and providers and encourages decision-makers to ensure new and/or expanded services are created to meet community needs. This community-driven framework will directly influence policy/funding at the local, regional, and state level.

DHS (Department of Human Services) Family Community Resource Center

870 Lehmen Dr.

Chester, IL 62233

Phone: (618) 826-4559/TTY (866) 876-7176

After Hours Crisis Number: (800) 828-4722

Hours: Monday-Friday 8:30am-5:00pm

Website: <https://www.dhs.state.il.us/page.aspx>

Services offered: receives applications for cash assistance including Temporary Assistance for Needy Families (TANF), Aid to the Aged, Blind and Disabled (AABD), Earn fare, and Earned Income Tax Credit (EITC); receives applications for Supplemental Nutrition Assistance Program (SNAP) and medical assistance by fax, mail or in person

House of Neighborly Service

217 West Mill St.

Waterloo, IL 62298

Phone: (618) 939-8900

Website: <https://www.monroecountyhns.org> (google.com)

Services offered: House of Neighborly Services-Monroe County, IL is a 501c3 formed in 2015 to meet the needs of local neighbors by using our area resources and donations to uplift and support those who find they need a hand up.

Emergency Food Pantry- We provide an emergency food pantry thanks to our generous donors

Rent or Utility Assistance - We work with local landlords, agencies and businesses to find solutions to financial assistance requests

Thanksgiving Baskets- You can donate a food basket to those in need or sign up if you are need of one

Christmas Adopt a Family-You can adopt a family for Christmas and provide gifts for them or sign up to be the recipient of those gifts.

Summer Lunch Program - This is a free 12-week program that provides your family with a weekly bag of groceries to feed your children lunch during the summer.

The Back Porch Thrift Store-The generous and amazing donations help support the work of HNS and provide a continuing source of revenue and items for those neighbors in need

Monroe County Health Department

1315 Jaimie Ln.

Waterloo, IL 62298

Phone: (618) 939-3871

Website: <https://monroecountyhealth.org>

Services offered: Immunizations, WIC and Family Case Management, Community Health, Behavioral and Disaster Mental Health, Environmental Health, Food Service, Food Safety for Kids, Emergency Preparedness and Response, Flu Clinic.

Monroe County Coalition for Drug Free Communities (MCCDFC)

Phone: (618) 910-0216

Email: mkirkpatrick@monroecoalition.org

Services offered: Their mission is to reduce substance use through collaboration among community partners and by targeting conditions that contribute to substance abuse.

Comprehensive Behavioral Health

505 South 8th St.

East St. Louis, IL 62201

Phone: (618) 482-7330

Website: <https://cbhc1.org/>

Services offered: Our mission is to provide quality individualized essential services for people in need of emotional, rehabilitative and social support, on a twenty-four (24) hour basis, in the least restrictive environment. Therapy & Transitional Services, Parenting Classes, Linkage & Hospitalization Aftercare Residential Services, Specialized Children Services, Consultation/Education to Community Crisis Intervention, Substance Abuse Treatment Services, Project for Assistance in Transition from Homelessness (PATH), Case Management Services, Opiate Treatment Services, Adult Re-Deploy

Western Egyptian

207 W. 4th St.

Waterloo, IL 62298

Phone: (618) 939-8715

Central Office: 1 Industrial Park Steeleville, IL 62288

Phone: (618) 965-3458

Head Start: 221 Bradford Ln. Waterloo, IL 62298

Phone: (618) 939-5150

Housing: Randolph Co. Outreach, 1820 North Market, Bldg. A, Sparta, IL 62286

Phone: (618) 443-5231

Hours: Monday-Friday, 8:00 a.m.-4:30 p.m.

Website: <https://weeoc.org/>

Services offered: Crisis Based Services: includes rent, utilities and other assistance for low-income individual. Energy Assistance: includes Low Income Home Energy Assistance Program (LIHEAP), Percentage of Income Payment Plan (PIPP), Warm Neighbors Cool Friends and Fresh Start Head Start: child development program serving three and four-year old children from low-income families and actively recruits and enrolls children with disabilities

Locations: Innovation Childhood Center 221 Bradford Ln. Waterloo, IL 62298

Phone: (618) 939-5150

Senior Center: provides social, recreational, educational and information activities in addition to nutritious meals to people age 60+ and their spouses regardless of age; assist with Medicare sign up and questions

Location: 207 W Fourth St Waterloo, IL 62298.

Phone: (618) 826-5108

National Alliance on Mental Illness of Southwestern Illinois (NAMI SWI)

2100 Madison Ave

Granite City IL 62040

Phone: (618) 798-9788

Helpline: (800) 273-8255

Website: <https://namiswi.org/>

Services offered: provides free education and support programs for persons with mental illnesses and their families; provides a voice for people affected by mental illnesses by advocating for them with public and private policy makers for better legislation and more effective mental health treatment options

Family Support Group - for families and friends of persons diagnosed with severe and persistent mental illness

NAMI Connection Recovery - support group open to all adults with mental illness regardless of diagnosis

NAMI CLASSES:

NAMI Basic - teaches fundamentals of caring for you, your family and your child with mental illness

NAMI Peer-to-Peer - education course on the topic of recovery for any person with serious mental illness who is interested in establishing and maintaining wellness

NAMI Family-to-Family/Familia-a-Familia - family education program designed to foster learning, healing and empowerment among family members and close friends of individuals with serious brain disorders (mental illness)

NAMI Home front - educational program for families, caregivers and friends of military service members and vets with mental health conditions

Section I Mental Health

Crisis Services/Supports

988 National Suicide Prevention Lifeline

Phone: Dial 988

Text any message to 988

Hours: 24 hours a day

Website: <https://988lifeline.org/get-help/>

Services offered: free and confidential support for people in distress, prevention and crisis resources for you or your loved ones; available 24 hours a day; English, Spanish, and ASL

Illinois CARES Line:

Phone: (800)345-9049 TTY: (773) 523-4504

Hours: 24/7

Services offered: Provide a referral to services to children, youth, and families if a child is a risk to themselves or others or having a mental health crisis.

The Trevor Project

Phone: 1-866-488-7386

Text: Start to 678-678

or instant message through TREVORCHAT at <https://www.thetrevorproject.org/crisis-services/>

Hours: 24/7

Services offered: Provides 24/7 crisis intervention and suicide prevention for LGBTQ youth.

Crisis Text Line

Text: HELLO to 741741

Services offered: The Crisis Text Line serves any type of crisis, 24 hours a day. Trained crisis counselors will respond and help you.

Counseling Services

Human Support Services (HSS)

For more information, please see Anchor Agencies page 4

DHS Family Community Resource Center

See information under Anchor Agencies page 5

BJC Behavioral Health South Site

11102 Lindbergh Business Court

St. Louis, MO 63123

Phone: (314) 206-3400 24 hours call center: (314)-747-7491

Website: <https://www.bjcbehavioralhealth.org/>

Hours: Monday-Friday 8:00am-5:00pm

Area Served: Surrounding areas in St. Louis and Illinois

Cost: Varies: Medicare, Medicaid, Private Insurance and Self Pay accepted.

Services offered: Substance use treatment: Mental health treatment: Treatment for co-occurring substance use plus either serious mental health illness in adults/serious emotional disturbance in children.

OR

1063 S State 157

Ste: 4

Edwardsville, IL 62025

Phone: (618) 659-0033

Website: <https://www.brainbalancecenters.com/locations/illinois/edwardsville>

Hours: M-F 10:30am-7:00pm

Cost: Does not accept insurance of any kind.

Services offered: Brain Balance is the leading drug free program designed to help kids improve focus, behavior, social skills, anxiety, and academic performance. Our comprehensive programming incorporates learnings from cognitive, behavioral and nutrition fields- an integrated approach that is literally redefining what's possible. Helps kids with Attention Deficit Hyperactivity Disorder (ADHD) Autism Spectrum Disorder, Oppositional Defiant Disorder (ODD) Processing Disorders-(APD), Visual, Sensory (SPD), Learning Disorders (Dyslexia, Dysgraphia, Dyscalculia, Dyspraxia)

Christian Hospital Recovery Center

11125 Dunn Rd.

Medical Office Building 2

St. Louis, MO 63136

Phone: (314)-953-8100

Website: <https://www.christianhospital.org/Medical-Services/Mental-Health>

Hours: Open 24 Hours

Cost: Will accept private insurance and Medicare

Services offered: Offer assessment and testing, speech therapy services, chemical dependency and substance misuse treatment and treatment for chronic mental illness.

Chestnut Health Systems

12 North 64th Street

Belleville, IL 62223

Phone: (618) 877-4420 **Crisis Line:** (618) 877-4420

Website: www.chestnut.org

Cost: Sliding scale, Medicaid required for some services

Hours: Monday-Friday – 8:00 am to 5:00 pm

Services offered: A comprehensive array of behavioral healthcare and substance use disorder services including: addiction treatment services for adolescents and adults; prevention services; individual and group outpatient therapy/counseling for adults, children and adolescents, Chestnut: 24-hour crisis intervention services supervised and supported housing, psychosocial rehabilitation, vocational services, pre-admission screening for nursing facility placement, adult case management, mental health juvenile justice for adolescents, and psychiatric services for children, adolescents and adults.

Comprehensive Behavioral Health

For more information, see Anchor Agencies on page 6

ComWell

10257 State Route 3

Red Bud, IL 62278

Phone: (618) 282-6233

Website: [www.https://comwell.us](https://comwell.us)

Cost: Sliding scale

Hours: Monday thru Friday – 8:30 am to 5:00 pm. Evening hours are available upon request.

Area Served: Southern Illinois

Services offered: Promoting positive, healthy changes for individuals and communities through engagement, education, treatment, and recovery. We strive to be an agency where community meets wellness in the areas of Emergency Services, Mental Health Services, Substance Misuse Services, Developmental Disabilities Services, Residential Services, Educational Services, and an available Food Pantry.

Other Locations: • 2517 State Street, Chester, IL 62233 (618) 826-4547 • 109 W. Elm Street, Oakville, IL 62271 (618) 243-2091 • 104 Northtown Drive, Sparta, IL 62286 (618) 443-3045

Farm Family Resource Initiative

Phone: 1-833-FARM-SOS (1-833-327-6767)

Website: <https://www.siumed.edu/farm>

Services offered: The Southern Illinois University of School of Medicine Center for Rural Health and Social Service Development (CRHSSD) is leading the effort to build a network of support and resources for Illinois farm families. The purpose of the initiative is to provide a range of resources including a helpline to assist with farmer and farm-related issues that included mental and physical health needs. Additionally, the initiative will offer ongoing outreach, education and training to rural clients and partners working to improve the health and safety of farm families.

Lutheran Child and Family Services of Illinois

317 West Main Street

Belleville, IL 62220

Phone: (618) 234-8904 or (800) 363-LCFS

Website: www.lcfs.org

Cost: Please call for more information.

Hours: Monday thru Friday – 8:30 am to 4:30 pm

Area Served: All people with demonstrated needs are eligible for services, regardless of race, religion or financial means.

Services offered: Foster care, adoption, home-based services, and vocational assistance. Individual, marital, and family counseling. Family Life Education and Pregnancy Counseling.

The East St. Louis Fathers' Center is located c/o Unity Lutheran Church, 4200 Caseyville Avenue, East St. Louis, IL 62204, (618) 875-9117

NAMI Southwestern Illinois

For more information, see page 7.

Touchette Regional Hospital/Behavioral Health & Wellness

5900 Bond Avenue

Centreville, IL 62207

Phone: Main Hospital Line: 618-332-3060

Behavioral Health Intake Line: 618-332-4038

Outpatient Behavioral Health Services Line: 618-332-5374

Web Site: www.touchette.org

Cost: Contact Customer Service

Area Served: The metro-east communities of Alorton, Cahokia, Centreville, East St. Louis, Washington Park, and the surrounding region.

Services Offered: In addition to full medical services offered at Touchette they offer an expanded Behavioral Health & Wellness Center/Department which offers quality and compassionate behavioral mental health care for the region. Mental illness touches all walks of life. Individuals dealing with mental illness deserve quality care regardless of their financial status. The Behavioral Health & Wellness Center provides outpatient and inpatient care. Their services are designed to incorporate several successful treatment modalities into a comprehensive, flexible, and individualized mental health treatment program. Services include; Outpatient Services, Adolescent Intensive Outpatient Program, Medical Stabilization, Adult Substance Abuse, Intensive Outpatient Programs, and an Electroconvulsive Therapy Program.

TOUCHETTE: Inpatient Care – Their inpatient services are for individuals in need of an intensive level of care and a safe treatment environment to reintegrate into their family life and community. They serve both voluntary and involuntary patients aged 18 years and older. Various illnesses/diseases are treated such as: crisis intervention, crisis stabilization, medical management, individual therapy, discharge planning, community linkage and consultation. Inpatient Services now also include a Geriatric Inpatient Program for patients 55 and older. Outpatient Care – Their intensive outpatient program is designed to provide individuals with disabling mental health conditions an individualized, comprehensive, and multidisciplinary treatment program. Intensive outpatient services include comprehensive assessment and evaluation, medication management, mental health education, substance abuse education, group therapy sessions, individual and family therapy, and goal setting.

Illinois Warm Line

Phone: (866) 359-7953

Hours: Monday-Friday 8:00am- 8:00pm (except for Holidays)

Services offered: a non-crisis peer support line for people living with mental illness

National Alliance on Mental Illness

Phone: helpline (800) 950-6264

Text: Helpline to 62640

Services offered: provides advocacy, education, support and public awareness to individuals and families affected by mental illness

**St. Louis VA Medical Center-Jefferson Barracks
(Veterans and Active Duty Only)**

1 Jefferson Barracks Dr.

St. Louis, MO 63125

Phone: (314) 652-4100 ext. 666533

Services offered: provides primary care and specialty health services, including mental health care, substance abuse treatment, treatment for spinal cord injury, extended care and rehabilitation, recreation therapy, and more.

Domestic Violence/ Sexual Assault

Call for Help: 24/7 Sexual Assault Crisis Line

Phone: (618) 397-0975

Services Offered: provide support through counseling, advocacy and community prevention services

Illinois Domestic Violence Hotline

Phone: (877) TO END DV/ (877) 863-6338/ TTY (877) 863-6339

The National Domestic Violence Hotline

Phone: (800) 799-SAFE/ (800) 799-7233/ TTY (800) 787-3224/ (800) 950-6264

Services Offered: here to listen without judgment and help you begin to address what's going on in your relationship; free 24/7

Violence Prevention Center Southwestern Illinois

100 South Main St.

#105

Waterloo, IL 62298

Phone: (618) 978-0319/ 24 hour Crisis Hotline (618) 235-0892

Website: <https://www.vpcswi.org/>

Services offered: provides domestic violence help to individuals with safe shelter and supportive services

Gambling Support

Human Support Services (HSS)

For more information, see Anchor Agencies page 4

We Know the Feeling

Phone: 800-Gambler/ 800-426-2537

Text: GAMBLER to 833234

Website: <https://weknowthefeeling.org>

Assessment & Counseling Solutions/SATOP

11648 Gravois

Suite 245

St. Louis, MO 63126

Phone: (314) 849-2800

Cost: (Most insurance accepted)

Website: <https://aandcsolutions.com/about-us/>

Services Offered: Alcohol and Drug evaluations and treatment individual or as requested by employers, courts, probation and parole, attorneys or others. Department of Transportation assessment compulsive gambling: individual, group and family counseling treatment (100% state funded regardless of income) Drug and Alcohol testing through urine drug screens or hair follicle testing. Anger and aggression education and treatment. Mental Health & Well Being: individual counseling for stress management, anxiety, co-dependency and other personal issues.

Housing for Individuals with Mental Health and Intellectual Disabilities.

Human Support Services (HSS)

For more information, see Anchor Agencies page 4.

Legal Services

Equip for Equality Inc

300 East Main St.

Ste 18

Carbondale, IL 62901

Phone: (618) 457-7930

Services offered: Legal representation and advocacy for persons with developmental, mental and physical disabilities, outreach and training, information and referral

Runaway Resource

National Runaway Safeline

Phone: (800) RUNAWAY / (800) 786-2989

Text: 66008

Services offered: available 24/7 to listen and offer confidential, non-directive and non-judgmental support if you are thinking of running away from home, if you have a friend who has run away, or if you are a runaway ready to go home

Smoking Cessation

1-800-QUIT NOW

Phone: English (800) 784-8669 / Spanish (855) 335-3569

Website: English: <https://www.cdc.gov/tobacco/campaign/tips/index.html>

Spanish: https://www.cdc.gov/tobacco/basic_information/e-cigarettes/spanish/index.htm

Services offered: national router number directing caller to state quit line

American Cancer Society – Quit for Life Program

Website: <https://www.quitnow.net/mve/quitnow>

Services Offered: 24/7 phone-based coaching and web-based learning support service to help smokers quit. Participants are matched with a quit coach who helps develop a personalized quit plan, provides guidance in choosing medicines and gives ongoing follow-up support

Courage to Quit (Respiratory Health Association)

Website: <https://resphealth.org/what-we-offer/our-programs-initiatives/courage-to-quit/>

Services offered: evidence-based group or individual tobacco treatment program for adults available in multiple formats; RHA's integrated tobacco intervention program

Freedom from Smoking Program – American Lung Association

Sparta Community Hospital

818 East Broadway St.

Sparta, IL 62286

Phone: (618) 443-2177 EXT 1450

Services offered: 8-week program

Cost: \$25 fee

Illinois Quit line

Phone: (866) Quit-Yes/ (866) 784-8937

Hours: 7 days/ week 7:00am-11:00pm

Cost: Free

Website: <https://www.quityes.org/>

Services offered: receive individual counseling, advice, tips and encouragement.

Substance Use /Recovery

Human Support Services

For more information, see Anchor Agencies page 4.

Alcoholic Rehabilitation Community Home (ARCH)*

1313 21st St.

Granite City, IL 62040

Phone: (618) 877-4987

Cost: Meridian, Sliding Scale, Self-Pay

Website: <http://www.archhouse.org>

Services Offered: Residential program for males 18 and over

American Addiction Centers

Phone: Hotline available 24/7 (855) 208-7552

BJC Behavioral Health South Site

1102 Lindbergh Business Court

St. Louis, MO 63123

Phone: (314) 206-3400

Cost: Medicare, Medicaid, Private Insurance, self-pay

Website: [Behavioral Health Services > Home \(bjcbehavioralhealth.org\)](http://BehavioralHealthServices>Home(bjcbehavioralhealth.org))

Services offered: Substance use treatment; Mental health treatment; Treatment for co-occurring substance use plus either serious mental health illness in adults/serious emotional disturbance in children

Comwell

10257 State Route 3

Red Bud, IL 62278

Phone: (618) 282-6233

Cost: (Medicare, Medicaid, private insurance, self-pay, Tricare)

Website: <https://comwell.us>

Services offered: Substance use treatment; Treatment for co-occurring substance use plus either serious mental health illness in adults/serious emotional disturbance in children

Chestnut Health Systems

12 North 64th St.

Belleville, IL 62223

Phone: (618) 397-0900

Cost: (Medicare, Medicaid, most insurance, self-pay)

Website: <https://www.chestnut.org>

Services offered: substance use, depression, gambling addiction, financial debt

Comprehensive Behavioral Health Center of St. Clair County

For more information, see Anchor Agencies on page 6.

Illinois Helpline for Opioids & other Substances

Phone: 1-833-2FINDHELP/ (833-234-6343)

Website: www.illinoishelpline.com

Services offered: If you or someone you know is suffering from an opioid use disorder or other substance use disorders, call the Illinois Helpline for Opioids and Other Substances. You will speak with a trained professional for support and advice.

Illinois Recovery Center Inc.

1450 Caseyville Ave

Building 1

Belleville, IL 62226

Phone: (618) 590-5355

Website: <https://www.illinoisrecoverycenter.com/>

Services offered: Substance use treatment; Detoxification; Treatment for co-occurring substance use plus either serious mental health illness in adults/serious emotional disturbance in children

Hope Church Celebrate Recovery

9273 Coach Stop Rd.

Columbia, IL 62236

Phone: (618) 939-9089

Website: <https://www.hopeforhim.com/>

Services offered: Celebrate Recovery is a Christ-Centered, 12 Step Recovery Program for anyone struggling with hurt, hang-ups, and habits of any kind. Celebrate Recovery is a safe place to find community and freedom from the issues that are controlling our life.

St. Louis VA Medical Center-Jefferson Barracks

(Veterans and Active Duty only)

1 Jefferson Barracks Dr.

St. Louis, MO 63125

Phone: (314) 652-4100

Website: <https://www.va.gov/st-louis-health-care/locations/st-louis-va-medical-center-jefferson-barracks/>

Services offered: provides primary care and specialty health services, including mental health care, substance abuse treatment, treatment for spinal cord injury, extended care and rehabilitation, recreation therapy, and more.

Support Services / Groups/ Hotlines

Disaster Distress Helpline

Phone: 1-800-985-5990

Services offered: Immediate crisis counseling related to disasters, 24/7

Heartlinks Grief Center*

5110 West Main St.

Belleville, IL 62226

Phone: (618) 277-1800

Website: www.myheartlinks.com

Services offered: offer individual and family grief counseling for all ages, including support groups and community programs

National Helpline SAMHSA- Substance Abuse and Mental Health Services Administration

Phone: 1-800-622-4357 (HELP) 24/7

Services offered: Free and confidential treatment referral and information service.

National Human Trafficking Hotline

Phone: (888) 373-7888

St. Paul United Church of Christ

127 St. Paul St.

Columbia, IL 62236

Phone: (618) 281-5102

Website: <http://www.stpaulcolumbia.org>

Services offered: Grief Circle If you or any of your loved ones need a safe place to land, an ear to listen or just a place that you can go and be among others that are going through similar experiences, you are welcome to join us. Meet every 1st and 3rd Tuesday at 7:00 pm on the 3rd floor at St. Paul UCC

SAFE2HELP

Phone: 844-4-SAFEIL/ (844-4723-345) 24/7

Text: SAFE2(72332)

Website: www.safe2helpil.com

Download: Safe2Help App at either Google or Apple

Services offered: Safe2Help Illinois offers students a safe, confidential way in which to share information that might help prevent suicides bullying, school violence or other threats to school safety. This program is not intended to suspend, expel, or punish students. Rather, the goal is to get students to "Seek Help Before. Safe2Help Illinois has developed a Mental Health toolkit aimed at changing the culture in Illinois schools while also providing the resources to help parents and educators reinforce the components of this program

Section II Senior Services

Senior Housing Assistance

Terra Properties

110 Executive Dr.
Highland, IL 62249

Phone: (618) 654-7033

Website: <https://terra-properties.com/>

Services offered: East Woodland Ridge, Valmeyer, IL RESTRICTED TO: 62 years of age or older; disabled regardless of age. Rent based on income. Utility allowance provided, all units are ground floor.

Long Term Care and Assisted Living

Bria of Columbia

253 Bradington Dr.
Columbia, IL 62236

Phone: (618) 281-6800

Cost: Medicare and Medicaid approved

Services offered: Bria of Columbia was recognized by centers for Medicare and Medicaid Services (CMS) as one of modern providers which are carefully measured and assessed to have a high-quality nursing home services for promoting health and improving the quality of life.

Garden Place Senior Living- Waterloo

735 Columbia Ave

Waterloo, IL 62298

Phone: (618) 5539-8975

Email: compass.cares@compass-living.com

Website: <https://www.compass-living.com/senior-living/il/waterloo/garden-place-waterloo/>

Services offered: Garden Place Waterloo, believes in the power of community and family connections, growth opportunities, cognitive exercise, and the healing power of multi-sensory stimulation. Our True North programs are designed with these goals in mind.

Garden Place Senior Living- Columbia

480 DD Rd.

Columbia, IL 62236

Phone: (618) 476-5101

Email: compass.cares@compass-living.com

Website: <https://www.compass-living.com/senior-living/il/columbia/garden-place-columbia/contact-us>

Services offered: Garden Place Waterloo, believes in the power of community and family connections, growth opportunities, cognitive exercise, and the healing power of multi-sensory stimulation. Our True North programs are designed with these goals in mind.

Cedarhurst Senior Living

516 Legacy Place

Waterloo, IL 62298

Phone: (618) 939-4030

Website: <https://www.cedarhurstliving.com/cedarhurst-waterloo-il>

Services offered: Assisted Living, Independent Living, Memory Care

Oak Hill

623 Hamacher Street

Waterloo, IL 62298

Phone: (618) 939-3488

Website: [Home - OakHill \(oakhillmonroecounty.com\)](http://Home - OakHill (oakhillmonroecounty.com))

Visiting Angels

347 Covington Dr.

Ste. A

Waterloo, IL 62298

Phone: (618) 257-2200:

Website: <https://www.visitingangels.com/metroeast/home>

Services offered: Alzheimer care services, dementia care, elderly companion care, end of life care, home care services, palliative care, private duty care, ready set go home care, respite care and safe and steady fall preventative program.

Senior Services & Programs**Age Smart Community Resources***

7 Bronze Pointe S.

Suite B

Swansea, IL 62226

Phone: (618) 222-2561

Areas Served: Bond, Clinton, Madison, Monroe, St. Clair, Randolph, Washington

Website: <http://www.agesmart.org/>

Services offered: Benefits assistance, Senior Dining, Health & Wellness, Senior Medicare patrol, Adult protective services, Veteran services, Senior Health Insurance Program (SHIP)

Elder Abuse Hotline

Phone: (800) 222-8000

Illinois Department on Aging

Phone: (866) 800-1409/ TTY (888) 206-1327

Website: <https://ilaging.illinois.gov/>

Services offered: to report suspected abuse, neglect or financial exploitation of an adult age 60 or older or a person with disabilities age 18-59

Senior Solutions (Red Bud Regional Hospital)

325 Spring St.

Red Bud, IL 62278

Phone: (618) 282-5950

Website: <https://redbudregional.com/senior-emotional-health/>

Services offered: intensive outpatient group therapy for senior adults over age 65 who are struggling with depression and anxiety

Silver Sneakers- YMCA

9538 Caring Way

Columbia, IL 62236

Phone: (618) 281-9622

Website: www.gwymca.org

Services offered: National fitness club for 55+ community

Southwestern Illinois College – Programs and Services for Older Persons (PSOP)*

201 North Church St.

Belleville, IL 62220

Phone: (618) 234-4410

OR

500 W. South 4th St.

Red Bud, IL 62278

Phone: (618) 282-6682

Website: <http://www.swic.edu/psop>

Services offered: PSOP provides a variety of programs to seniors and their families including, but not limited to activities, advocacy, computer training, education, exercise, housing, hearing testing for ITAC, Senior Health Insurance Program (SHIP), senior companions, foster grandparents, Retired and Senior Volunteer Program (RSVP) travel, and more.

Southwestern Illinois Visiting Nurse Association (SIVNA)

#7 Executive Woods

Swansea, IL 62236

Phone: (618) 236-5800 / (800) 642-5429

Area Served: Bond, Clinton, Madison, Monroe, St. Clair, Randolph, Washington

Website: <https://sivna.com/>

Services offered: SIVNA (Southwestern Illinois Visiting Nurse Association) Home Care & Senior Services brings top-notch medical care and support services right to your home. We work with your personal physician to develop an individualized care plan to enable you or your loved one to recover while in the comfort of your own home. In other cases, a few key support services are all that are needed to assist an elderly person to continue to live in their home independently.

Waterloo Senior Center

207 W. Fourth St.

Waterloo, IL 62298

Phone: (618) 737-0100

Hours: M-F & 9:00am-3:00pm

Website: <https://weeoc.org/counties/monroe-county/>

Services offered: Western Egyptian's Senior Program provides social, recreational, educational, and informational activities in addition to nutrition to people over the age of 60 and their spouses, regardless of age. The retired and Senior Volunteer program opportunities for people age 55 and over to make a difference in their communities through volunteer service.

Section III Child and Family Services

Adoption/Foster Care

Restoration Care Closet

235 Grand Ave

Waterloo, IL 62298

Services offered: Local foster care support/supplies

Restore Network

Phone: (314) 301-9809

Website: <https://therestorenetwork.org/>

Email: crobinson@threstorenetwork.org

Services offered: Local foster care supports/ supplies

Caritas – Belleville, IL

8601 West Main Street

Belleville, IL 62223

Phone: (618) 213-8700 Toll Free: (877) 722-2748

E Mail: outreach@caritasfamily.org

Web Site: caritasfamilysolutions.org

Hours: Monday thru Friday 8:30 am to 4:30 pm

Area Served: Southern and Central Illinois – 42 county service area

Services offered: Adoption Services, Pregnancy Care, Counseling, Foster Care, Intact Family Services, Fontebella Maternity Home, St. John Bosco Children's Center, Community Integrated Living Arrangements, Fox River Assisted Living, and Senior Employment.

Locations:

Agency Headquarters, 8600 West Main Street Suite 201, Belleville, IL 62223

Senior Community Service Employment, 900 Royal Heights Road, Suite 2150, Belleville, IL 62226 (618) 394-5900

St. John Bosco Children's Center, 900 Royal Heights Road, Suite 1150 Belleville, IL 62226 (618) 688-1150

Let it Be Us

Phone: 847-764-5428

Website: <https://letitbeus.org/>

Services offered: Let It Be Us provides collaborative, innovative solutions of effective recruitment and placement for children in Illinois foster and adoptive care.

Lutheran Child and Family Services of Illinois

For more information, see under mental health counseling services on page 9.

Camps For Children**Camp Wartburg**

5705 LRC Rd.

Waterloo, IL 62298

Phone: (618) 939-7715

Website: <https://campwartburg.com/>

Services offered: Retreat center and summer camp facility for children in Kindergarten to 8th grade. Summer day camp, summer overnight camp

Camp Stepping Stone

600 Kiwanis Dr.

Eureka, MO 63025

Phone: (314) 953-1676

Website: <https://www.bjchospice.org/Grief-Support/Community-Grief-Support/Stepping-Stones-Camp-for-Children>

Services offered: 2 day camp, offered at no charge, is designed for children ages 6-15 who experienced the death of a family member or a close friend.

Monroe County YMCA

9514 Caring Way
Columbia, IL 62236

Website: <https://gwrymca.org/locations/monroe-county-ymca-htc-center/summer-day-camp-monroe-county-ymca>

Services offered: ages 3-15, 9a-4p Monday- Friday. Swimming, games, nature exploration, arts and crafts, plus more

JAM Camp (Hope Church)

9273 Coach Stop Rd.
Columbia, IL 62236

Phone: (618) 939-9089

Hours: M-F drop off starts at 8:00-8:30 am pickup up is at 3-3:30pm

Website: <https://www.hopeforhim.com/>

Services offered: JAM Camp is for kids Kindergarten - 5th grade. Older students have the option to volunteer as LIT Volunteers!

Makers on Main Street

115 W. Gundlach St.
Columbia, IL 62236

Phone: (618) 281-2411

Website: <https://makersonmain.com/event/summer-camp-june-10th-14th/>

Services offered: Our Summer Camps are designed for girls and boys, ages 5-14. Summer Kids Camp Projects will include at least 1 project each day. Projects will vary each day but will include tumblers, tie-dye, and painting. The project details are surprises. Drinks & Snacks will be provided each day. Bring your water bottles too! We do provide aprons but please wear old clothes and shoes because we do get a little messy!

Monroe Actors Stage Company Camp

202 S. Main St
Waterloo, IL 62298

Phone: (618) 939-7469

Website: <https://masctheatre.org/summer-camps/>

Services offered: Ages 8-18, Campers will learn about all aspects of theater, from backstage to the booth, along with putting on a full show for a live audience and learning more about acting, staging, and how to create a role.

Child and Family Services**Birth to Five Illinois**

For more information, please see Anchor Agencies on page 4.

Caritas Family Solutions

For more information, see under Adoption/Foster Care on page 18.

Child and Family Connections

4 Eagle Center

Suite 4

O'Fallon, IL 62269

Phone: 618-622-658

Email: cfc21shameka@gmail.com

Website: <https://www.illinoislifespan.org/county-resource/child-and-family-connections-21/>

Counties Served: Madison, Monroe, Randolph and St. Clair counties

Services offered: Child and Family Connections empowers families to help their children learn and overcome challenges. The family, the service coordinator and therapy service providers work as a team. Together, we will: Talk about the challenges and concerns a family is having about their child. Choose the family's team to evaluate and provide services (if needed). Find out how the child is learning, moving, talking, eating, behaving, etc. Determine if the child has a significant delay or diagnosis making him/her eligible. If eligible, hold a meeting to make an Individualized Family Service Plan (IFSP). Come up with ideas to help the child and family learn new skills within their daily life

Child Help National Child Abuse Hotline

Phone: (800) 4 A Child/ (800) 422-4453

Website: <https://www.childhelp.org/>

Services offered: if you are being hurt, know someone who might be hurting, or are afraid you might hurt another, call or text the hotline; services include crisis intervention, information and referrals to thousands of emergency, social service and support resources. All calls are confidential.

DHS Family Community Resource Center:

For more information, see Anchor Agencies on page 5.

Illinois Department of Children and Family Services Child Abuse Reporting Hotline

Phone: (800) 25 ABUSE/ (800) 252-2873/ TTY (800) 358-5117

Website: <https://dcfsonlinereporting.dcf.illinois.gov/>

Life Network of Southern Illinois

324 N. Main St.

Red Bud, IL 62278

Phone: (618) 828-4225

Website: <https://supportmylifenet.com>

Cost: All services are FREE and confidential

Services offered: pregnancy testing, limited ultrasounds, limited STI test and treatment, pregnancy options counseling, adoption education, parenting and life skill classes, childbirth, newborn care and breastfeeding classes, baby resources, dad's mentoring programs/resources, abortion recovery program, community/medical resources, abstinence outreach education and professional counseling.

Monroe County Health Department

For more information, see Anchor Agencies on page 5.

Regional Office of Education (ROE)

ROE#45

134 N Main St.

Red Bud, IL 62278

Phone: (618) 680-0154

Website: <https://www.roe45.net/>

Services offered: Pearson Vue testing, Work keys Testing, Background check and fingerprinting, Truancy Intervention, GED testing, unhoused resources

University of Illinois Extension-Monroe County

901 Illinois Ave

PO Box 117

Waterloo, IL 62298

Phone: (618) 939-3434

Website: <https://extension.illinois.edu/mms>

Services offered: Helping people, businesses and communities find answers to grand challenges

4-H Youth Development: Youth ages 8-18 completing hands-on projects in areas such as health, science, agriculture, and citizenship in a positive environment where they receive guidance from adult mentors and encouraged to take on proactive leadership roles.

Commercial Agriculture: Forming a powerful source of information and insight for agricultural producers in our region through the expertise of local educational specialists combined with resources of the statewide Illinois Extension system.

Consumer Economics: Managing your finances is a skill that will serve you well at every stage of your life. Whether your financial goals include security, adventure, status, growth or just working to create a little more breathing room in your monthly budget there's always something new to learn. It can be hard to find timely, unbiased financial information online. Illinois Extension can provide research-based, expert advice and resources to help you effectively manage your finances.

Energy & Environment: Providing answers to questions regarding environmental stewardship thorough best practices information based on peer reviewed science.

Family Life: Connecting families of all stages with information and resources that are based on sound science and best practices.

Horticulture: Supplying a vast collection of resources addressing horticulture interests

Illinois Nutrition Education Program: Providing nutrition education to individuals and Families through the **Supplemental Nutrition Assistance Program (SNAP)**.

JJK Fan Innovation Center: The mission of the JJK Fan Center is to provide quality youth and community programs in STEAM+Ag, food production, nutrition, and physical activity in East St. Louis and beyond.

Local Foods & Small Farms: Providing information and insight into how fruits, vegetables, and food products move through their life cycle and including information on other topics such as the use of pesticides during the growing season and the practice of composting food waste.

Nutrition and Wellness: Helping families live their best lives through understanding wellness topics such as food safety, nutrition, and chronic disease prevention and management.

Brightpoint

2133 Johnson Rd.

Granite City, IL 62040

Phone: (618) 452-8900

Website: <https://www.brightpoint.org>

Services offered: Child welfare: Guidance and support for families, including child-parent psychotherapy (CPP) for children up to age five and their parents or caregivers. Mental health and wellness: Individual, family, and group therapy for parents, children, and youth. Parent support: Doula, home visiting, family support, and fatherhood services Early education and childhood development. Community-based programs for infants, toddlers, and preschoolers that include active and quiet play, teacher-led and child-initiated activities, and small and large group activities. Youth services: Transitional youth services and juvenile justice programs. Adoption support and preservation: Adoption counseling and support. Child care: Child care provider referrals and child care assistance program applications

Department of Children and Family Services (DCFS)

7650 Magna Dr.

Belleville, IL 62223

Website: <https://dcfs.illinois.gov/>

Phone: (618) 257-7500

Illinois Care Line

Phone: (800) 345-9049 TTY (773) 523-4504

Services offered: Provide referral to services for children, youth, and families if child is at risk to themselves or others or having a mental health crisis.

St. Clair County Child Advocacy Center*

300 West Main St

Ste. 3

Belleville, IL 62220

Phone: (618) 277-1134

Website: <https://www.stclairchildadvocacycenter.org>

Services offered: provide a safe child-friendly environment for conducting forensic interviews and medical evaluation; assist with investigations of sexual and serious physical abuse of children, as well as with interviews of children who have witnessed violent crimes

Pregnancy**Illinois Department of Human Services**

For more information, see Anchor Agencies page 5

Life Network of Southern Illinois

722 N Market

Waterloo, IL 62298

Phone: (618) 939-4224

Hours: Tuesday to Thursday from 8:30 AM to 4:30 PM, and Friday from 8:30 AM to 2:00 PM.

OR

324 N Main St.

Red Bud, IL 62278

Phone: (618) 282-4225

Hours Monday & Tuesday 9am-3pm Thursday 9:00am-3:00pm

Cost: all services are FREE and confidential

Website: <https://www.mylifenet.org/>

Services offered: pregnancy testing, limited ultrasound, limited STI and treatment, pregnancy options counseling, adoption education, parenting & life skills classes, childbirth, newborn care and breastfeeding classes, baby resources, dad's mentoring programs/resources, abortion recovery program, community/medical resources, abstinence outreach education and professional counseling

Monroe County Health Department

For more information, see Anchor Agencies page 5.

Birth to Five Illinois Region 45

For more information, see Anchor Agencies on page 4.

The Haven of Grace

1225 Warren St.

St. Louis, MO 63106

Phone: (314) 621-6507

Website: <https://havenofgracestl.org/>

Services offered: The Haven of Grace fills a need in the community to help women who are pregnant and homeless. We provide a place to live, educational programs, and long-term support to break the chain of generational poverty. Families begin a new path – one that leads to independence, stability, and self-sufficiency. Each woman helped by The Haven of Grace becomes a stronger member of our community and eventually can begin giving back to those who helped her move forward.

Section III

Intellectual and Development Disability Resources

Autism Support

Illinois Center for Autism

548 South Ruby Ln.

Fairview Heights, IL 622

Phone: (618) 398-7500

Website: <https://illinoiscenterforautism.org>

Services offered: autism screenings, diagnostic assessments and therapy for children with autism and their families

The Autism Clinic (TAC)

11432 Tesson Ferry Road

St. Louis, MO 63123

OR

4559 Benes Ave

Glen Carbon, IL 62034

(Diagnostic and Speech Therapy only offered at this location)

OR

145 Springfield Ct

O'Fallon, IL 62269

Phone: (217) 525-8332

Website: <https://www.theautismclinic.org/>

Services offered: training, advice and support that parents and other family members need; offer the full spectrum of services from birth to age 18

Disability Resources

Human Support Services

For more information, see Anchor Agencies pg. 4

DHS Family Community Resource Center

For more information, see Anchor Agencies pg. 5

Division of Specialized Care for Children (DSCC)

1734 Corporate Crossing

Ste. 1

O'Fallon, IL 62269

Phone: (618) 624-0508

Website: <https://dsccl.uic.edu/office/st-clair-regional-office/>

Services offered: case management and financial assistance for families and children with special needs covering Bond, Calhoun, Jersey, Madison, McCoupin, Monroe, Montgomery, Randolph, St. Clair and Washington counties

Southern Illinois Case Coordination Services

130 S. Locust St.

Centralia, IL 62801

Phone: (618) 532-9416

Website: <https://www.siccs.org/>

Services offered: Southern Illinois Case Coordination Services, Inc. advocates for persons who have a developmental disability by providing accurate and unbiased information to assist in the pursuit and realization of their desired outcomes.

Illinois Guardianship Advocacy Commission *

#7 Cottage Dr.

Anna, IL 62906

Phone: (618) 833-4897

Website: <https://gac.illinois.gov/>

Services offered: protect and enforce rights of mentally ill, developmentally disabled, physically handicapped, alcoholic and disabled aged; provide guardian for those unable to make or communicate personal and financial decisions

Linc Inc.

322 North Main St.

Red Bud, IL 62278

Phone: (618) 282-2123

Hours: Tuesday & Thursday 9:00 am- 4:00 pm

Website: <http://www.lincinc.org/>

Services offered: opening doors for individuals with disabilities through education, advocacy and independent living

Employment Services for Individuals with Disabilities

Human Support Services

For more information, see Anchor Agencies on pg. 4

Housing for Individuals with Disabilities

Human Support Services

For more information, see Anchor Agencies on pg. 4

Section V Medical Services

Alzheimers Services

Age Smart Community Resources

For more information, see under Senior Services page 17

Alzheimer's Association*

Phone: 24-hour Helpline at (800)-272-3900

Website: https://www.alz.org/illinois/helping_you/support_groups

Services offered: A support group is a regularly scheduled virtual gathering of people with Alzheimer's disease or another dementia, family, friends or caregivers who interact around issues relating to dementia. Groups can have social, educational and/or support components and are facilitated by individuals who have received training from the

Alzheimer Support

Phone: Memory Care Specialist 24/7 Helpline (888) 595-9951

Website: <https://www.alzheimersupport.com/memory-care/illinois/>

Services offered: Alzheimer Support is a free service that assists Randolph County families who have loved ones with Alzheimer's disease or dementia. Through the free search tool and database of Alzheimer's care facilities, families in need of care for their loved ones can locate licensed care homes and communities in the Randolph County area that are best equipped to provide care for their loved ones.

Early Stage Monthly Zoom Group

Phone: (800) 272-3900

Website:

<https://www.communityresourcefinder.org/ResourceView/Index?id=3103108&profileDefinitionId=91>

Services offered: The purpose of early-stage support groups is to provide a safe and supportive environment of peers who are living in the early stages of Alzheimer's disease or related dementia and the care partners. These groups offer dementia-related education, emotional support and connections with resources so that the group members may enhance their lives in the midst of the disease.

Reflections at Garden Place

710 S. Main St.

Columbia, IL 62236

Phone: (618) 215-6637

Website: https://www.compass-living.com/senior-living/il/columbia/reflections-at-garden-place/?utm_source=bingPlaces&utm_medium=organic

Services offered: Memory Care is a residential care setting designed specifically to care for those with Alzheimer's or other dementias

Cancer Resources

American Cancer Society

4503 West DeYoung St.

Ste 200C

Marion, IL 62959

Phone: (618) 993-9898

Website: <https://www.cancer.org/>

Illinois Breast and Cervical Cancer Program*

19 Public Sq.,

Ste. 150,

Belleville, IL 62221

Phone: (618) 825-4412

Website: <http://dph.illinois.gov/topics-services/life-stages-populations/womens-health-services/ibccp>

Services offered: free breast and cervical cancer screening for women that are uninsured, underinsured or have a deductible

David M. Sinclair Cancer Center

10050 Kennerly Road,
St. Louis, MO 63128

Phone: (314) 525-7600

Website: [Mercy David M. Sindelar Cancer Center - South St. Louis | Mercy](#)

Services offered: comprehensive cancer care center, treats various types of cancers, advanced radiation linear accelerators

Cancer Information Services

Phone: (800) 4-CANCER

Website: <https://www.cancer.gov/contact>

Services offered: provide the latest and most accurate cancer information

Center for Disease Control and Prevention**Monroe County Health Department**

For more information, see Anchor Agencies on pg. 5

U.S. Centers for Disease Control and Prevention (CDC)

Phone: (800) 232-4636

Website: <https://www.cdc.gov>

Services offered: online educational resources

Clinics Physician's Office & Wellness Care**11 South- SSM Medical Group**

247 W Sandbank Road
Columbia IL, 62236

Phone: (618) 281-4860

Hours: Monday-Friday 8:00-4:00pm

Website: [SSM Health Medical Group | Columbia, IL | SSM Health](#)

Family Practice Associates

509 Hamacher Street
Suite 103

Waterloo IL, 62298

Phone: (618) 939-2273

Hours: Monday-Thursday 8:00am – 5:00pm, Friday 8:00am-4:30pm

Website: <http://www.pfcil.com>

Mercy Clinic- Columbia

1019 Valmeyer Road
Columbia IL, 62236

Phone: (618)-205-7170

Hours: Monday-Friday 8:00am- 4:00pm

Website: www.mercy.net

Red Bud Health Clinic (Red Bud Regional Hospital)

325 Spring St
Red Bud, IL 62278

Phone: (618) 282-7373

Hours: Monday-Friday 8:00 a.m.-7:00 p.m. Saturday & Sunday 8:00 a.m.-4:00 p.m.

Website: <https://redbudhealthclinic.com>

Southern Illinois Healthcare Foundation SIHF

824 Locust,

Red Bud, IL 62278

Phone: (618) 282-6656

Hours: Monday, Tuesday, Thursday & Friday 9:00 a.m.-5:00 p.m. Wednesday 9:00 a.m.-3:00 p.m.

Website: <https://www.sihf.org/health-center/red-bud>

Touchette Regional Hospital

5900 Bond Avenue

Centreville, IL 62207

Phone: 618.332.3060

CONVENIENT CARE

Waterloo Urgent Care

907 N Illinois Route 3,

Waterloo IL, 62298

Phone: (618) 350-0200

Hours: 7 days a week 7:30am- 8:00pm

Website: <https://urgentcarewaterlooil.com/>

Walk-In Clinic Red Bud Health Clinic (Red Bud Regional Hospital)

325 Spring St

Red Bud, IL 62278

2nd Floor Red Bud Regional Hospital

Phone: (618) 282-7373

Hours: Monday-Friday 9:00 a.m.-7:00 p.m. Saturday & Sunday 8:00 a.m.-4:00 p.m.

Website: <https://redbudhealthclinic.com>

Pediatrician Offices

Heart to Heart Pediatrics

224 Bradford Ln.

Waterloo, IL 62298

Phone: (618) 939-0112

Website: <https://hearttoheartpeds.com/pediatric-care/>

Services offered: At Heart to Heart Pediatrics we offer primary care treatment for patients from birth through age 20. We focus on the child as a whole, taking a holistic approach when possible, but still recognizing the need for medicine. We strive to start early with prevention to avoid health issues later on. We work with specialists at Mercy Children's Hospital, St. Louis Children's Hospital and Cardinal Glennon Children's Hospital with consultations and referrals.

St. Clair Pediatrics

1000 Eleven South

Ste 4G

Columbia, IL 62236

Phone: (618) 939-0112

Hours: M-F 8-5

Website: <http://www.stclairpediatrics.com>

Services offered: The doctors at St. Clair Pediatrics understand the many questions and situations you'll face will require easy access to fast, accurate and expert medical advice. Through convenient office hours, same-day appointments and more, the support you need is always close at hand. Services include Newborn care, toddlers to age 10, pre-teens and adolescents, school and sports physicals, sick visits, allergy and asthma management, prediabetes and diabetes management, adolescent behavioral health programs, vaccinations, and well child visits.

Progressive Family Care

1000 11th South

Ste. 4A

Columbia, IL 62236

Phone: (618) 206-6120

Hours: Monday- Thursday 8-5 Friday 8-4:30

DIALYSIS SERVICES**DaVita Dialysis**

1500 East Market St

Lot 4

Red Bud, IL 62278

Phone: (800) 424-6589

Website: <https://www.davita.com/>

SLEEP LAB**Millennium Sleep Lab**

10820 Sunset Office Dr.

Ste 130

Saint Louis, MO 63127

Phone: (314) 942-3700

Hours: Monday-Friday 8-5

Website: millenniumsleeplab.com

Services offered: Millennium Sleep Lab is a company with a mission -- to help every sleep-deprived individual get the restorative sleep the body needs to stay healthy. We provide advanced technology to monitor your nightly sleep cycles in the environment where you are most comfortable -- your own bedroom, instead of a sleep lab.

Diabetic Care**American Diabetes Association**

Phone: (800) DIABETES or toll free (888) 342-2383

Services Offered: Nationwide hotline allows callers to get answers to questions about diabetes

Website: <https://www.diabetes.org/>

Children with Diabetes

Services: online information for children and adults with diabetes

Website: <https://childrenwithdiabetes.com/>

Diabetes, Digestive & Kidney Diseases**

(National Institute of Diabetes and Digestive and Kidney Diseases)

Website: <https://www.niddk.nih.gov/health-information/community-health-outreach/information-clearinghouses?dkrd=lgdmw0001>

Services offered: online resource for diabetes, digestive and kidney diseases

Illinois Department of Public Health: Diabetes Prevention and Control

Phone: (217) 782-4977

Website: <http://www.idph.state.il.us/diabetes/>

Services offered: online information for diabetics

Medline Plus: Diabetes (National Library of Medicine)

Website: <https://www.nlm.nih.gov/>

Services offered: provides education materials in English, Spanish & other languages

Dental Care**Advanced Dental Care and Ortho**

125 Wedgewood Drive

Columbia, IL 62236

Phone: (618) 227-7986

Website: <https://www.advanced-smiles.com/>

Affordable Dentistry Today

242 Southwoods Centre Drive

Columbia, IL 62236

Phone: (618) 281-9294

Website: <https://www.affordabledentistrycolumbia.com>

Services offered: Cosmetic dentistry, invisalign, all-on-4 process

Bankhead & Fifth Orthodontics

224 Bradford Lane

Waterloo, IL 62298

Phone: (618) 939-7979

Website: <https://www.bankheadandfifthortho.com/locations/waterloo>

Beard & Holmen Ltd.

208 Bradford Lane

Waterloo, IL 62298

Phone: (618) 939-7181

Website: <https://www.beardandholmen.com/>

Columbia Dental Center

915 N. Main Street

Unit 2

Columbia, IL 62236

Phone: (618) 281-6161

Website: <https://columbiadentalcenter.com/>

Dr. Christine Wohlford

1320 Columbia Center
Columbia, IL 62236

Phone: (618) 719-2400

Website: <https://southernillinoispediatricdentistry.com/>

Hentscher-Johnson Orthodontics

200 E. Mill Street
Waterloo, IL 62298

Phone: (618) 400-0900

Website: <https://www.hentscherjohnsonortho.com/>

Mid America Oral Surgery and Implant Center

220 Admiral Trost Drive
Columbia, IL 6223

Phone: (618) 344-3456

Parkview Dental

728 S. Main Street,
Columbia, IL 62236

Phone: (618) 281-1888

Website: <https://www.myparkviewdental.com/>

SIU Dental School

1700 Annex St.,
Alton, IL 62002

Phone: (618) 474-7000

601 James R Thompson Blvd,
2nd floor, Bldg. B

East St. Louis, IL 62201

Phone: (618) 482-6980

OR

195 University Park Dr.
Edwardsville, IL 62025

Phone: (618) 650-5781

Hours for All: Monday – Friday, 8:00 a.m.-5:00 p.m.

Accepts Medicaid & most insurance

Website: <https://www.siu.edu/dental/>

Services offered: provide extensive dental care at one-third cost of private dentists

SmilesRForever Dentistry

226 Westview Plaza Drive
Waterloo, IL 62298

Phone: (618) 939-4042

Website: <https://smilesrforever.com/>

Southwoods Centre Dental Care

240 Southwoods Center
Columbia, IL 62236

Phone: (618) 281-9888

Website: <https://affordabledentistcolumbia.com/>

Workman Family Dental

120 Veterans Parkway
Columbia, IL 62236

Phone: (618) 281-7178

Website: <https://www.workmanfamilydental.com/>

Williamson Dental

240 Admiral Trost Drive
Columbia, IL 62236

Phone: (618) 400-0550

Website: <https://williamsonsmiles.com/>

Epilepsy Support**Epilepsy Foundation of Greater Southern Illinois**

100 Aviation Dr., Koziara Terminal
Ste. B.

Mt. Vernon, IL 62864

Phone: (618) 244-6680

Website: <http://www.efgreatersil.org>

Services offered: low-cost neurological evaluations for clients up to age 18 who have a possible or diagnosed seizure disorder

Epilepsy Foundation Greater Southern Illinois

3515 N Belt W
Belleville, IL 62226

Phone: (618) 236-2181

Services offered: Epilepsy and seizure support services: This program offers client and family support services for individuals diagnosed with seizures, their families, and the community at large. **Resource facilitators** provide information and referral, comprehensive case management, advocacy, counseling, financial planning assistance, support groups, medical liaison, and community education. This program also offers epilepsy public education for anyone interested in the subject of epilepsy. Anyone who contacts the EFGSI is provided with the most up-to-date information on resources in the community.

Education: We provide epilepsy education for individuals and families. We offer education programs in schools for students and staff. We offer education programs to businesses, organizations, and professionals.

Information: We provide up-to-date information for a better understanding of seizures/epilepsy.

Transportation: We provide or obtain transportation assistance for clients to get to the neurologist's office.

Pediatric Seizure Clinic: We provide low cost neurological evaluations by appointment to clients up to age 18 who have a possible or diagnosed seizure disorder. We accept referrals from physicians, social service agencies, school personnel, and family members.

Hearing Resources**Caption Call**

Phone: (877) 557-2227

Website: <https://captioncall.com/>

Services offered: federally funded program providing phone and services at no cost to benefit people with hearing loss

Illinois Telecommunications Access Corporation (ITAC)

Phone: (800) 841-6167

Website: <https://www.itactty.org/>

Services offered: provide FREE phone equipment to Illinois residents who are deaf, hard of hearing, speech disabled or deaf-blind

The National Hearing Aid Project**

Phone: (818) 333-8300

Website: <https://www.heart.org/>

Services offered: provide hearing aids and hearing health services to low-income individuals

Heart Resources**American Heart Association**

Regional office/Springfield, IL

Phone: (217) 698-3838

Services offered: online information for individuals with heart disease

Website: <https://www.heart.org/>

Hospitals**HSHS St. Elizabeth's O'Fallon**

1 Saint Elizabeth Blvd.

O'Fallon, IL 62269

Phone: (618) 234-2120

Website: www.hshs.org

Memorial Hospital of Chester

1900 State St.,

Chester, IL 62233

Phone: (618) 826-4581

Website: <https://www.mhchester.com/>

Memorial Hospital of Shiloh

1404 Cross St.

Shiloh, IL 62269

Phone: (618) 233-7550

Website: [Memorial Hospital \(memhosp.org\)](http://MemorialHospital(memhosp.org))

Mercy South

10010 Kennerly Road

St Louis, MO 63128

Phone: (314) 525-1000

Website: <http://www.mercy.net>

Red Bud Regional Hospital

325 Spring St.

Red Bud, IL 62278

Phone: (618) 282-3831

Website: <https://www.redbudregional.com/>

Hospice

Hospice of Southern Illinois, Inc.

305 South Illinois St.

Belleville, IL 62220

Phone: (618) 235-1703

Cost: Medicare, Medicaid, private insurance

Website: <https://hospice.org/>

Services offered: provide special healthcare for patients and families who are faced with a life-limiting illness

Family Hospice of Belleville Area

5110 West Main

Belleville, IL 62226

Phone: (618) 277-1800

Residential Hospice, Illinois

Phone: 1 (800) 358-8227

Website: <https://www.residentialhealthcaregroup.com/locations/illinois-home-healthcare/>

Counties Served: Serves Monroe, Randolph, St. Clair, Madison, and Clinton counties in Illinois

Medical Insurance

Affordable Care Act

Website: <https://www.residentialhealthcaregroup.com/locations/illinois-home-healthcare/>

Healthcare for Kids

Phone: Hotline (866) ALL-KIDS or (866) 255-5437 TTY: (877) 204-1012

Website: <https://www.illinois.gov/hfs/MedicalPrograms/AllKids/Pages/about.aspx>

Illinois Department of Insurance, Office of Consumer Health Insurance**

Phone: (877) 527-9431

Website: <https://insurance.illinois.gov/default.html>

Services offered: file a complaint if you are having a problem with your state-regulated health plan

Medicaid

Phone: (800) 843-6154

Website:

<https://abe.illinois.gov/abe/access/https://www.illinois.gov/hfs/MedicalClients/Pages/AbeBenefits.aspx>

Services offered: federal and state programs that help with medical costs for people with limited income

Medicare

Phone: (800) MEDICARE

Website: <https://www.medicare.gov/>

Services offered: federal program that provides health coverage for people over or under 65 or under 65 with a disability

Pharmacy

CVS (Columbia)

100 Admiral Trost
Columbia IL, 62236
Phone: (618) 281-6400
Website: www.cvs.com

CVS (Schnucks Waterloo)

150 Waterloo Commons Dr
Waterloo, IL 62298
Phone: 618-939-3942
Website: www.cvs.com

KHOURY PHARMACY

101 N Main St
Columbia, IL 62236
Phone: (618) 281-7133
Website: <http://www.khourypharmacy.com>

Wal-Mart (Waterloo)

961 N Market Street
Waterloo, IL 62298
Phone: (618) 939-4088
Website: www.walmart.com

Walgreens (Columbia)

100 Admiral Weinel Blvd
Columbia, IL 62236
Phone: (618) 281-2111
Website: www.walgreens.com

Walgreens (Waterloo)

913 North Market Street
Waterloo IL, 62298
Phone: (618) 939-9944
Website: www.walgreens.com

Wightman Pharmacy

127 S Main Street,
Waterloo IL, 62298
Phone: (618) 939-6218
Website: <http://www.wightmanpharmacy.com>

Illinois Department on Aging

Phone: (800) 252-8966
Website: <https://ilaging.illinois.gov/>
Services offered: Pharmaceutical Assistance Program

DRUG TAKE BACK PROGRAMS

Columbia Police Department (medication drop-off 24/7)

1020 North Main Street
Columbia IL, 62236
Phone: (618) 281-5151

Waterloo Police Department (medication drop-off 24/7)

301 S Main Street,
Waterloo IL, 62298
Phone: (618) 939-3377

Poison Control

Illinois Poison Control Center

Phone: (800) 222-1222

Website: <https://www.illinoispoisoncenter.org/>

THERAPY/AFTERCARE PROGRAMS

Athletico Physical Therapy

1050 Admiral Weinel Blvd.
Columbia, IL 62236

Phone: (618) 693-3100

Hours: Monday-Thursday 7am-7pm Friday 7am-5:30pm

Website: www.athletico.com

Services offered: We are committed to providing exceptional physical and occupational therapy services in the communities where we live and work. With safe in-clinic care as well as virtual treatment options, we are able to keep our patients healthy and out of hospital and emergency room settings that cannot currently handle the capacity.

Apex Network Physical Therapy

917 N. Illinois Route 3
Waterloo, IL 62298

Phone: (618) 939 3400

Email: WaterlooIL@ApexNetworkPT.com

Hours: 8am-5:30pm

200 Admiral Trost Road,
Suite 2

Columbia, IL 62236

Phone: (618) 281-3433

Email: ColumbiaIL@ApexNetworkPT.com

Hours: 8am-6pm

Website: <https://apexnetworkpt.com/>

Services offered: As a privately-owned, comprehensive physical therapy provider, we consistently deliver on our commitment to provide an unparalleled healing experience, prioritizing your rapid and secure recovery.

Body Works Physical Therapy & Wellness

217 Westview Plaza Dr.

Waterloo, IL 62298

Phone: (618) 939-7444

Hours: Monday, Tuesday, Thursday 8am-6pm Wednesday 8am-5pm Friday 8am-4:30pm

Services offered: They offer a range of physical therapy services aimed at restoring, maintaining, and promoting optimal physical function.

Section VII Veteran Resources

Benefit Assistance/ Daily Living Assistance

Supportive Services for Veteran Families

The Salvation Army, 401 NE Adams St.,

Peoria, IL 61603

Phone: (618) 363-1924

Website: <https://www.voa.org/supportive-services-for-veteran-families>

Services offered: provide eligible Veteran families with outreach, case management and assistance in obtaining VA and other benefits, which may include health care services, daily living services, personal financial planning, transportation services, fiduciary and payee services, legal services, child care services and housing counseling

Songs 4 Soldiers

PO Box 1165

Columbia, IL 62236

Phone: (618) 719-2333

Email: contact@songs4soldiersstl.org

Services offered: Our Mission is to enrich the lives of combat veterans and their families who have limited resources. We honor their service through effective assistance in everyday situations.

Hospital

John Cochran VA Hospital

915 North Grand Boulevard

St. Louis, MO 63106

Phone: (314)-652-4100

Mental Health Contact: (314) 652-4100 ext 66653

Website: <https://www.va.gov/st-louis-health-care/locations/john-j-cochran-veterans-hospital/>

Services offered: Our hospital provides primary care and specialty health services, including mental health care, women's health services, prosthetics, treatment for spinal cord injury, hearing aids, palliative care and hospice, extended care and rehabilitation, and more.

Legal Assistance

Veterans Legal Assistance Program

115 Douglas Dr., Carbondale, IL 62901

Phone: (618) 453-8280

Website: <https://law.siu.edu/academics/clinics/>

Services offered: free legal assistance to Veterans in Southern Illinois who can't afford or do not have access to legal representation in the Appeals of Claims for compensation of service connected disabilities, pension, survivor benefits and education benefits

Medical and Mental Health

Illinois Department of Veteran's Affairs

4519 W. Main St.

Belleville, IL 62226

Phone: (618) 233-5140 / (800) 437-9824

Website: <https://www2.illinois.gov/veterans/Pages/default.aspx>

Services offered: Veteran's service member benefits, family member benefits, burials and memorials, careers and employment, housing assistance, pension, life insurance, education and training, records, health care and disability

Scott Air Force Base VA Clinic

310 West Losey

Scott Air Force Base, IL 62225

Phone: (314) 652-4100 EXT 56408

Website: <https://scott.tricare.mil/>

Services offered: Our outpatient clinic offers primary care to help you stay healthy throughout your life.

St. Louis Jefferson Barracks VA Center

1 Jefferson Barracks Dr.

St. Louis, MO 63125

Phone: (314) 652-4100

Mental Health Contact: (314) 652-4100 ext 666533

Website: <https://www.va.gov/st-louis-health-care/locations/st-louis-va-medical-center-jefferson-barracks/>

Services offered: provides primary care and specialty health services, including mental health care, substance abuse treatment, treatment for spinal cord injury, extended care and rehabilitation, recreation therapy, and more.

Veteran's Crisis Line

Phone: 24/7 988 then press 1

Website: <https://www.veteranscrisisline.net/>

Services offered: free confidential support available 24/7 to all veterans, service members, National Guard, Reserve and their families and friends

Metro East Vet Center

228 West Pointe Drive

Swansea, IL 62226

Phone: (314)-894-6105 24/7 **(877)-927-8387**

Website: <https://www.va.gov/metro-east-vet-center/>

Services offered: We offer confidential help for Veterans, service members, and their families at no cost in a non-medical setting. Our services include counseling for needs such as depression, posttraumatic stress disorder (PTSD), and the psychological effects of military sexual trauma (MST). We can also connect you with more support in VA and your community.

NAMI Southwestern Illinois*

For more information, see Anchor Agencies information on page 5.

Recreation

Dude's Playground

5301 Kaskaskia Rd.

Waterloo, IL 62298

Phone: (618) 781-3658

Website: <https://dudesplayground.org/>

Services offered: A premiere recreational retreat for disabled veterans that provides them a chance to be in nature and to help them find hope within their situation. Please call and schedule a time to visit.

Section VII Municipal/Public Services

Animal Services

Animal Control – Monroe County

619 Poplar Street

Waterloo, IL 62298

Phone: (618) 939-8681

Website: <https://monroecountyil.gov/departments/animal-control/>

Animal Abuse Hotline

Phone: (757) 622-7382

Helping Strays of Monroe County

4221 Hanover Road

Columbia, IL 62236

Phone: (618) 939-7389

Website: <https://helpingstrays.org.>

Services offered: Rescue, shelter, and rehabilitate homeless pets, find them loving homes and promote responsible pet ownership.

Cell Phone Assistance

Safe Link

Phone: (800) 723-3546

Website:

<https://www.safelinkwireless.com/Enrollment/Safelink/en/Web/www/default/index.html#!/newHome>

Services offered: Free cell phone and minutes program

Computers & Technology

PCs for People

Website: <https://www.pcsforpeople.org/eligibility>

Services offered: provide affordable computers, computer repair and low-cost internet to individuals below the 200% poverty level or who are currently enrolled in an income-based government assistance program

Education

ALTERNATIVE

Monroe Randolph Red Brick School

500 W South 4th St.

Suite A

Red Bud, IL

Phone: (618) 473-2222

Perandoe Educational Program

540 Pine St.,

Tilden, IL 62292

Phone: (618) 282-7228

Website: <https://www.perandoe.org/>

CAREER AND TECHNICAL EDUCATION

Monroe-Randolph Regional Office of Education (ROE)

134 North Main Street

Redbud, IL 62278

courthouse

Phone: (618) 680-0154

Website: <https://www.roe45.net/>

Services offered: Free classes for high school equivalency and basic math & writing skills, and professional testing/exams. Available in Chester, Red Bud, Sparta, and Waterloo. Please call for the current listing of available testing services! Background checks available by appointment. English as Second Language Classes.

MERS Goodwill – WIOA Youth Program

Hope Desmond

Phone: (618) 444-8734

Email: hdesmond@mersgoodwill.org

Website: <https://mersgoodwill.org/2016/11/07/stl-youth-jobs/>

Services offered: assisting youth ages 16-24 with completing any educational goals they may have including tutoring, alternative secondary school offerings, high school equivalency, college enrollment and FAFSA assistance with possible financial assistance for school expenses

Southwestern Illinois College – Youth Services

500 West South 4th St.

Red Bud, IL 62278

Red Bud Campus,

Room 173

Phone: (618) 282-6682 ext. 8001

Website: <https://www.swic.edu/>

Services offered: job, college and GED support for students ages 16-24

Career Center of Southern Illinois

6137 Beck Rd.,
Red Bud, IL 62278
Phone: (618) 473-2222

Website: <https://gotoccsi.org/>

Services offered: providing integrated and relevant career and technical education, as well as employability and academic skills for junior and senior students from area high schools, for adults from surrounding communities, and for “at risk” students

Parochial Schools**Gibault Catholic**

501 Columbia Avenue,
Waterloo, IL 62298

Phone: (618) 939-3883

Website: <https://gibaulthawks.com/>

Immaculate Conception School

321 S. Metter Ave
Columbia, IL 62236

Phone: (618) 281-5353

Website: <https://www.icscolumbia.org/>

Monroe County Christian School

9273 Coach Stop Road
Columbia, IL 62236

Phone: (618) 939-6227

Website: <https://www.mccschool.net/>

SS Peter & Paul Catholic School

217 W. 3rd Street
Waterloo, IL 62298

Phone: (618) 939-7217

Website: <https://www.sppcs.org/>

Public Schools**Columbia High School**

77 Veterans Parkway
Columbia, IL 62236

Phone: (618) 473-2222

Website: <https://www.columbia4.org/>

Columbia Middle School

100 Eagle Drive
Columbia, IL 62236

Phone: (618) 281-4993

Website: <https://www.columbia4.org/>

Eagleview Elementary School

113 S. Rapp Ave

Columbia, IL 62236

Phone: (618) 281-4995

Website: <https://www.columbia4.org/>

Gardner Elementary School

1 Ed Gardner Place

Waterloo, IL 62298

Phone: (618) 939-3060

Website: <https://www.wcusd5.net/o/gardner-elementary-school>

Parkview Elementary School

1 Veterans Parkway

Columbia, IL 62236

Phone: (618) 281-4997

Website: <https://www.columbia4.org/>

Rogers Elementary School

200 Rogers Street

Waterloo, IL 62298

Phone: (618) 939-3454

Website: <https://www.wcusd5.net/o/rogers-elementary-school>

Waterloo Junior High School

200 Bellefontaine Drive

Waterloo, IL 62298

Phone: (618) 939-3457

Website: <https://www.wcusd5.net/o/waterloo-jr-high-school>

Waterloo High School

505 E. Bulldog

Waterloo, IL 62298

Phone: (618) 939-3455

Website: <https://www.wcusd5.net/o/waterloo-high-school>

WJ Zahnow Elementary School

301 Hamacher Street

Waterloo, IL 62298

Phone: (618) 939-3458

Website: <https://www.wcusd5.net/o/wj-zahnow-elementary>

Valmeyer Community Unit School District No. 3

300 S. Cedar Bluff Drive

Valmeyer, IL 62295

Phone: (618) 935-2100

Website: <https://valmeyer12.org/en-US>

Colleges/ Universities

Southwestern Illinois College (SWIC)

2500 Carlyle Ave.
Belleville, IL 62221

Phone: (618) 235-2700

Website: <https://www.swic.edu/>

Services offered: public community college

Southern Illinois University (SIU)

1263 Lincoln Dr.
Carbondale, IL 62901

Phone: (618) 453-2121

Website: <https://siu.edu/>

Services offered: public university

Southern Illinois University Edwardsville (SIUE)

6 Hairpin Drive
Edwardsville, IL 62026

Phone: (618) 650-5555

Website: <https://siue.edu>

Services offered: public university

Employment Services

Aeotek

#8 Executive Dr. #160
Fairview Heights, IL 62208

Phone: (618) 206-5155

Website: <https://www.aerotek.com/>

Express Employment Professionals

1301 West Main St.
Carbondale, IL 62901

Phone: (618) 457-1001

OR

14 Fountains Pkwy
Ste B

Fairview Heights, IL 62208

Phone: (618) 726-2140

Website: <https://www.expresspros.com/>

Hire Level

3911 West Ernestine Dr.
Marion, IL 62959

Phone: (618) 993-9675

OR

5214 Chain of Rocks Road
Edwardsville IL 62025

Phone: (618) 655-1212

Website: <https://hirelevel.com>

Kelly Services

1040 Industrial Dr.

Perryville, MO 63775

Phone: (573) 517-0363

Website: <https://www.kellyservices.com/>

Labor Finders

131 Lincoln Pl

Ct #407/408

Belleville, IL 62221

Phone: (618) 509-5825

Website: <https://www.laborfinders.com/>

Manpower

2015 West Main St.

Ste. 1

Carbondale, IL 62901

Phone: (618) 457-0414

Website: <https://www.manpowergroupusa.com/jefferson-wells>

Midwest Recruiting

1310 Orchard St.

Belleville, IL 62221

Phone: (618) 233-6373

Staff Management

18310 Enterprise Ave.

Nashville, IL 62263

Phone: (618) 327-9283

Website: <https://www.staffmanagement.com/>

StaffQuick

282 South Mill St.

Nashville, IL 62263

Phone: (618) 464-0250

Website: <https://staffquickjobs.com>

Southwestern Illinois WorkNet Center

1 Taylor St.

Suite 104

Chester, IL 62233

Phone: (618) 826-4709

Hours: Monday-Friday, 8:00 a.m.-4:00 p.m.

Website: <http://www.mawib.org/worknet/Pages/seekers.aspx>

Services offered: Workforce Investment and Opportunity Act (WIOA) Grant Services: Career Planning, Job Search and Resume Building Assistance available at no cost for all. Training/College Tuition Assistance for eligible customers.

Energy Assistance

Western Egyptian

For more information, see Anchor Agencies on page 6

Fire Departments

Columbia Fire Protection District

1020 N. Main Street
Columbia, IL 62236
Phone: (618) 281-5151

Hecker Fire Protection District

121 E Back Street
Hecker, IL 62248
Phone: (618) 473-2597

Prairie Du Rocher Fire Department

207 Henry St.
Prairie Du Rocher, IL 62277
Phone: (618) 284-7141

Maeystown Fire Department

4010 Baum Road
Maeystown IL 62256
Phone: (618)-458-6611
Email: mvfd@htc.net

Valmeyer Fire Department

626 S. Meyer Avenue
Valmeyer, IL 62295
Phone: (618) 935-2221

Waterloo Fire Department

225 E 3rd Street
Waterloo IL, 62298
Phone: (618) 939-8651

Food Assistance

House of Neighborly Service

For more information, see Anchor Agencies on page 5

Concord Church

338 Covington Drive
Waterloo IL, 62298
Phone: (618) 939-7116
Hours: Thursdays 10am-12:30pm

HOPE Food Pantry

9273 Coach Stop Road

Columbia, IL 62236

Phone: (618) 939-9089

Hours: Monday & Wednesday 9:00 a.m.-2:00 p.m.

St. Paul Lutheran Church

227 Goodhaven Street

Columbia IL, 62236

Phone: (618)281-4600

Hours: 1st and 3rd Wednesday of every month 1:30pm-3pm

Government

Monroe County Courthouse

100 South Main Street

Waterloo, IL 62298

Phone: (618) 939-868

Hours: Monday-Friday 8:30 a.m.-4:30 p.m.

Website: Monroe County, Illinois – 24th Judicial Circuit Illinois (illinoiscourts.gov)

<https://24thcircuit.illinoiscourts.gov/monroecounty-illinois/>

Services:

Appointed:

Animal Control – enforces state and local laws and ordinances to protect the safety and right of the public and the welfare of animals

Ambulance Services 911 – telephone communication network that connects emergency callers with the appropriate public response like police, fire or ambulance

Emergency Management – responsible for managing resources and acquiring assets during and after a disaster; also provides disaster preparation training

General Assistance – works with people who have pending Supplemental Security Income (SSI) cases

Health Department – see *Monroe County Health Department*

Highway Department – responsible for county-designated roads, including planning, design, construction, maintenance, oiling and chipping, mowing, snow removal, engineering, collaboration with municipal and road district jurisdictions regarding road improvements and for collaboration with IDOT

Human Resources – coordinate IMRF retirement and investment programs, responsible for payment of all Randolph County expenditures, coordinate health & life insurance for Randolph County employees and responsible for courthouse, Sheriff's Office, Highway Department and General Assistance payroll

Zoning & Building – Issuing building permits, issuing electrical permits, Zoning, Flood zoning,

Zoning appeals, enforcing codes, Preserving and revising the Monroe County Comprehensive

Land Use Plan, Ensuring the systematic and well-suited development of land use throughout the unincorporated areas of the Monroe County, Enforcing the Monroe County Zoning Ordinances.

Elected:

Assessor - administers assessments of all real property in Monroe County

Board of Commissioners – Monroe County governing body

Circuit Clerk – official keeper of Monroe County records; see website for filing fees

County Clerk – provides access to Vital Records - Birth Certificates, Marriage Certificates & Death Certificates, obtain Marriage License; access to Military Discharges & Genealogy Records

Land Records - deeds, mortgages, releases and assignments, property liens, as well as assorted federal, state and local liens. Other documents include veteran's discharge papers, corporation papers and instruments pertaining to the Uniform Commercial Code. The Recorder's

office is also responsible for the recordation and storage of subdivision plats, land surveys and monument records.

Elections – serves as chief election authority; register to vote

Public Filings – register a business, notary public registry, statements of economic interests, or obtain a liquor license

Coroner – issue death certificates & investigate the circumstances surrounding unnatural death

Schools – Regional Office of Education (ROE) – teacher certification, professional development, health & life safety, General Equivalency Diploma (GED), cooperative management, financial, public relations and Ombudsman, transportation, the Regional Safe School Program, School Crisis Assistance team, Julie A. and Lloyd W. Lehman Journalism Scholarship, Organ Donor program, and legal opinions

Sheriff – law enforcement department of Monroe County Government

State's Attorney – represents the citizens of Monroe County and serves as legal advisor

Treasurer – real estate and mobile home tax, mobile home tax certification, and mobile home moving permit

Judicial Circuit-

Supplemental Security Income (SSI)

1670 Lebanon Ave.

Lake Christine Center

Belleville, IL 62221

Phone: (877) 405-0471

Website: <https://www.ssa.gov/>

Services offered: monthly income for people who are 65 or older, or blind, or have a disability, and who don't own much or have a lot of income; blind or disabled children may qualify

Housing Assistance/ Unhoused Services

House of Neighborly Service

For more information, see Anchor Agencies on page 5

Western Egyptian

Services: Counseling, rent & homeless prevention assistance, and rental units.

For more information, see Anchor Agencies on page 6

St. Patrick Center

800 N Tucker Blvd.

St. Louis 63101

Phone: (314) 802-0700

Services offered: to provide opportunities for self-sufficiency and dignity to people who are homeless or at risk of becoming unhoused. They focus on safe and affordable housing, mental and physical health and employment.

St Clair Housing Authority

1790 South 74th street

Belleville, IL 62223

Phone: (618) 277-6988

Website: www.sccha.org

Email: larrym@sccha.org

Services offered: participates in Section 8 Housing Choice Voucher (HCF) and Public Housing programs

Habitat for Humanity

1956 Vandalia St.

Collinsville, IL 62234

Phone: (618) 343-0301

Services offered: helps families build and improve places to call home

Good Samaritan House

1825 Delmar Ave.

Granite City, IL 62040

Phone: (618) 300-7255

Email: goodsamaritanhouse@gshofgc.org

Services offered: provide temporary shelter, guidance and hope to unhoused women and children.

Legal Assistance**Equip for Equality, Inc.**

300 East Main St.

Carbondale, IL 62901

Phone: (618) 457-7930

Services offered: legal representation and advocacy for persons with developmental, mental and physical disabilities, outreach and training, information and referral

Land of Lincoln, Legal Aid

509 South University Ave.

Carbondale, IL 62901

Phone: (618) 457-7800

Services offered: providing free legal aid to families and individuals in need. Areas of law include: Consumer Law, Family Law, Education Law, Elder Law & Disability Rights, Health & Economic Security, and Housing Law. Areas of law not covered include: Criminal cases (including traffic cases) or personal injury, malpractice, or workers' compensation cases.

SIU Carbondale Legal Clinic

115 Douglas Dr.

Carbondale, IL 62901

Phone: (618) 536-4423

Website: <https://law.siu.edu/academics/clinics/>

Services offered: domestic violence clinics, self-help legal center, civil practice/elderly clinic

Libraries**Columbia Public Library**

106 N. Metter Avenue

Columbia, IL 62236

Phone: (618) 281-4237

Morrison-Talbott Library

215 Park Street

Waterloo IL, 62298

Phone: (618) 939-6232

Valmeyer Public Library

300 S. Cedar Bluff Drive

Valmeyer, IL 62295

Phone: (618) 935-2626

Physical Activities**Bare Hands CrossFit**

618 N. Main Street

Columbia, IL 62236

Phone: (618) 719-2450

Website: <https://crossfit.com>

Fast Fitness in the Loo

405 Front Street

Waterloo, IL 62298

Phone: (618) 210-1799

Website: <https://fastfitnesswaterloo.com>

Fit Body Boot Camp

150 Columbia Centre Drive

Columbia, IL 62236

Phone: (618) 719-2288

Monroe County YMCA

9514 Caring Way

Columbia, IL 62236

Phone: (618) 281-9622

Website: <https://gwrymca.org>

NUMA Fitness

6163 IL-3

Waterloo, IL 62298

Phone: (618) 558-0312

Pound 4 Pound Fitness Center

725 Station Crossing

Waterloo, IL 62298

Phone: (618) 939-5004

Website: <http://www.p4pfitnesscenter.com>

Training Room

880 Columbia Center

Columbia, IL 62236

Phone: (618) 281-9699

Training Room

509 Hamacher Street

Suite 101

Waterloo, IL 62298

Phone: (618) 939-5556

Police

Columbia Police Department

1020 North Main Street
Columbia IL, 62236
Phone: (618) 281-5151

Monroe County Sheriffs Department

225 E. 3rd St.
Waterloo, IL 62298
Phone: (618) 939-8651

Waterloo Police Department

301 South Main Street
Waterloo, IL 62298
Phone: (618) 939-3377

Valmeyer Police Department

626 South Meyer Ave
Valmeyer, IL 62295
Phone: (618) 935-2131.

Parks

Admiral Trost Park

165 Trost Rd.
Columbia, IL 62236
Activities: Paved trail, Wetlands, Creek

Bolm-Schuhkraft Park

1200 Evergreen Ln.
Columbia, IL 62236
Activities: 1 mile paved trail and creek

Fort de Chartres

1350 State Rte 155
Prairie du Rocher, IL 62277
Phone: (618) 284-7230
Website: <http://www.fortdechartres.us/>
Activities: National Historic Landmark with picnic shelters and grills

Fults Hill Prairie Nature Preserve

509 IL 55
Fults, IL
Activities: 1.4 Mile trail

Konarick Park

5303 Konarick Rd.
Waterloo, IL 62298
Activities: Lake and walking trails, playgrounds

Lakeview Park

Country Hwy 7
Waterloo, IL 62298

Activities: 3 Lakes and 2.25 mile walking trail, playgrounds, dog park, pickleball, and yard waste dump

Salt Lick Point Land & Water Reserve

600 Limestone Dr.
Valmeyer IL:

Activities Trails and scenic views

Stemler Cave Woods Nature Preserve

200 Stemler Rd.
Columbia, IL 62236

Activities: Hiking Trails and Ponds

William Zimmer Memorial Park

730 Rogers St.
Waterloo IL 62298

Activities: Has restrooms, dogs allowed, playground, splash pad, picnic tables

White Rock Nature Preserve

Address: 6438 Bluff Rd.
Valmeyer IL

Activities: Hiking Trail

Fort Kaskaskia State Park

4372 Park Road
Ellis Grove, IL 62241
Phone: (618) 859-3031

Website: <https://www2.illinois.gov/dnrhistoric/Experience/Sites/Southwest/Pages/Default.aspx>

Activities: historic site consists of four major sections: the remains of Fort Kaskaskia, Garrison Hill Cemetery, the Mississippi River overlook, picnic & play area, and large campground

Randolph County State Recreation Area

4301 South Lake Dr.
Chester, IL 62233
Phone: (618) 826-2706

Website: <https://www2.illinois.gov/dnr/Parks/Pages/RandolphCounty.aspx>

Activities: trails, fishing, hiking, picnicking, boating, hunting, camping, several shelter houses and play areas

World Shooting & Recreational Complex

1 Main Event Lane
Sparta, IL 62286
Phone: (618) 295-2700

Activities: camping, cowboy action shooting, fishing, skeet shooting, rifle/pistol, sporting clays, trapshooting, dining at the complex

Website: <https://www2.illinois.gov/dnr/recreation/WSRC/Pages/default.aspx>

POOLS & OTHER

Columbia Bath & Tennis Club

238 W Temple Dr
Columbia, IL 62236
Phone: (618) 281-4001

HillToppers Swim Club

(members only)

1002 Imbs Station Rd.
Dupu, IL 62239
Phone: (618)-286-9790 (seasonal)
Hours Monday-Sunday 12pm-7pm
Website: <https://www.hilltoppersswimclub.com/>

MONROE COUNTY YMCA (INDOOR)

9514 Caring Way
Columbia, IL 62236
Phone:(618) 281-9622

Waterloo Country Club

(members Only)

131 Country Club Ln.
Waterloo, IL 62298
Phone: (618) 939-9810
Hours: Tuesday-Saturday 12pm-9pm Sunday 11am-9pm Monday Closed
Website: <https://waterloocountryclub.com/>

Transportation

Monroe Randolph Transit District

820 West Second St.
Sparta, IL 62286
Phone: (618) 443-9087
Hours: Monday-Friday 5:30 a.m.-5:00 p.m. Cost \$6.00 one way
Email: mrt.dispatch@gmail.com
Website: <http://www.mrtransit.org/>
Services: public transportation in Monroe & Randolph Counties. Services must be scheduled at least 24 hours in advance. Accept cash, sell tickets & bill Medicaid/Managed Care

First Transit

(No cost)

Phone: (877) 725-0569

Services offered: transportation to medical appointments for Medicaid recipients Rules: 1) Rider must be on the state medical program and needs transportation; 2) Transportation must be pre-approved; 3) Rider must use approved transportation provider; 4) Provider must apply with the Department of Human Services to be approved; and 5) Transportation is only provided to the nearest facility

Website:https://www.illinois.gov/hfs/SiteCollectionDocuments/First_Transit_Trip_Request_%20Instructions.pdf

United States Post Offices

For all USPS Locations: TTY (877) 889-2457

Columbia Post Office

800 Columbia Center

Columbia IL, 62236

Phone: (618) 281-5300

Special Services: Monday Orders, Burial Flags

Lobby Hours: 7 days/week 12:01am-11:59pm,

Retail Hours: M-F 8:30am-5:00pm, Saturday 8:30am- 11:30am Sunday Closed

Passport Appointment Hours: M-F 9am-12pm

Maeystown Post Office

941 Mill St.

Maeystown IL 62256

Phone: (618) 458-6968

Special Services: This post office doesn't do passport application or renewals

Lobby Hours: 7 days/week 12:01am-11:59pm

Retail Hours: M-F 12:00pm-2:00pm Saturday 10:00am-11:00am Sunday closed

Prairie du Rocher Post Office

211 Henry Street

Prairie du Rocher, IL 62277-9998

Phone: (618) 284-3377

Special Services: Money Orders, Burial Flags, Federal Duck Stamps

Lobby Hours: 7 Days/Week 12:01am-11:59pm

Retail Hours: M-F 7:30am-11:30am, Saturday 8:00am-9:00am, Sunday Closed

Valmeyer Post Office

100 Knobloch Blvd.

Valmeyer IL 62295

Phone: (618) 935-2679

Special Services: This Post office doesn't do passport applications or renewals

Lobby Hours: 7 Days/Week 12:01am-11:59pm

Retail Hours: M-F 8am-11:00am & 12:00pm-3:00p, Saturday 8:15-10:00am Sunday Closed

Waterloo Post Office

305 East Third Street,

Waterloo, IL 62298

Phone: (618) 939-7317

Special Services: Burial flags, Federal Duck Stamps, Money Order, Greeting Card Services

Lobby Hours: 7 days/week 12:01am-11:59pm,

Retail Hours: M-F 8:30am-5:00pm, Saturday 8:30am- 11:30am

Passport Appointment Hours: M-F 8:30am- 1:30pm, Saturday 9am-11am, Sunday Closed

Utilities

House of Neighborly Service

For more information, see Anchor Agencies page 5

Western Egyptian

For more information, see Anchor Agencies on page 6

Vision

American Academy of Ophthalmology

Services: provides online eye health information and access to medical eye care

Phone: (877) 887-6237

Advanced Vision

840 Admiral Weinel Blvd

Columbia, IL 62236

Phone: (618) 543-0089

Clarkson Eye Care

204 Bradford Lane

Waterloo IL, 62298

Phone: (618) 939-6163

OR

1025 Columbia Center

Columbia IL, 62236

Phone: (618) 281-8611

Website:

https://www.clarksoneyecare.com/locations/il/waterloo/waterloo?utm_source=bing&utm_medium=yext

Premier Eyecare Center

742 N Market St

Ste A

Waterloo, IL 62298

Phone: (618) 939-4040

Website: <https://www.doctortoal.com/>

Quantum Vision Centers

204 Bradford Ln,

Waterloo, IL 62298

Phone: (618) 277-1130

https://www.quantumvisioncenters.com/locations/waterloo?utm_source=bing&utm_medium=yext

Walmart Vision Center

961 N. Market St.

Waterloo, IL 62298

Phone: (618) 939-4747

https://www.walmart.com/cp/vision-centers/1078944?povid=GlobalNav_rWeb_PharmacyHealthWellness_VisionCenter_VisionCenter_control

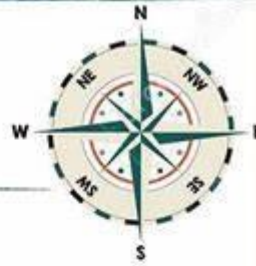
Illinois: Monroe County

Founded: 1816

Seat: Waterloo

Population: 32,957

Area: 398 sq mi



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QUICK REFERENCE PHONE NUMBER DIRECTORY-SERVICES LOCATED IN MONROE COUNTY

Anchor Agencies (Multiple Services):

Human Support Services

24 Hour Crisis Line.....988

DHS (Department of Human Services)

Chester.....618-826-4559

Monroe County Health Department

Waterloo.....618-939-3871

Monroe County Coalition for Drug Free Communities

Waterloo.....618-910-0216

Western Egyptian

Waterloo.....618-939-8715

National Alliance on Mental Illness of Southwestern IL

(NAMI SWI).....618-798-9788

HELPLINE.....800-273-8255

Children & Family Services

Caritas.....618-708-3490

Life Network of Southern Illinois.....618-282-4225

Birth to Five Illinois Region 45.....309-393-2550

University of Illinois Extension.....618-939-3434

Dental Care: See Pages 31

Disability Resources

Human Support Services.....618-939-4444

Education:

Career Center of Southern Illinois.....618-473-2222

Regional Office of Education (ROE).....618-680-0154

MERS Goodwill, WIOA Youth Program.618-444-8734

Public and Private Schools: See Pgs. 41

Food Assistance:

Food Pantries

Concord Church.....618-939-7116

Hope Food Pantry.....618-939-9089

House of Neighborly Services.....618-939-8900

St. Paul Lutheran Church.....618-281-4600

SNAP-DHS.....618-826-4559

WIC-Health Department.....618-939-3871

Senior Centers:

Waterloo Senior Center.....618-737-0100

Hospitals:

Red Bud Regional Hospital.....618-282-3831

Mercy South314 525-1000

Monroe County Courthouse.....618-939-8681

Housing:

See Western Egyptian

Human Support Services (individuals with mental health or intellectual disabilities)618-939-4444

Terra Properties (Senior Housing)618-654-7033

Libraries: See Pages 49

Long-Term Care & Assisted Living:

Bria of Columbia.....618-281-6800

Garden Place Senior Living.....618-539-8975

Legacy Place.....618-939-4030

Oak Hill.....618-939 3488

CLINICS, PHYSICIANS'S OFFICES: See Pages 28

MENTAL HEALTH: See Human Support Services

PHARMACIES: See Pages 35

POLICE DEPARTMENTS: See Pages 51

Pregnancy:

Life Network of Southern Illinois.....618-828-4225

Monroe County Health Department.....618-939-3871

Birth to Five Illinois Region 45.....303-393-2550

Unhoused Services:

St. Patrick Center.....314-802-0700

Senior Services: See Pages 45

Substance Use, Prevention & Recovery:

See Human Support Services

Transportation:

Monroe Randolph Transit District.....618-443-9087

First Transit.....877-725-0569

UPSP: See page 53

Utilities: See Western Egyptian

Vision See Page 55

Veteran Services: See Page 3

This Monroe County, IL Resource Guide is produced and circulated by the entities listed below. If errors are found or if additions are needed, please contact hss@hss1.org or cball@hss1.org with the subject line “Monroe County Resource guide”. Please provide the below information to the listed email:

1. Page of Error
2. Suggested Additional Information to Add
3. Name of Organization
4. Contact Information (Address, Phone Number, Email, Website)
5. Hours of Operation
6. List of Services or description of what this business/organization offer or does that fits in the scope of this Resource Guide.

Revisions will be made on annual basis and a new publication will be made available for circulation in the first quarter of the new year.

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