



COMMUNITY SUPPORT SERVICES

Benefits

Benefit Access Program.....	4
Coordinated Youth & Human Services.....	9
Senior Services Plus.....	25
SNAP.....	30
St. Louis VA Regional Benefits Office.....	28

Crisis Intervention & Support

CARES Line.....	5
Centerstone.....	6
National Domestic Violence Hotline.....	21
Oasis Women’s Center.....	22

Disability Support

Challenge Unlimited.....	7
Equip for Equality.....	10
IDHS Division of Rehab. Services.....	12
IL Assistive Technology Program.....	12
IMPACT CIL.....	14

Emergency Financial Assistance

Alton Township General Assistance.....	3
Catholic Charities.....	6
LIHEAP.....	16
Madison County Urban League.....	18
Riverbend Family Ministries.....	23
Salvation Army.....	25

Family & Youth Services

All Kids (Health Insurance for Children).....	1
---	---

Boys & Girls Club of Alton.....	4
Brightpoint.....	5
Coordinated Youth & Human Services.....	9
Hoyleton Youth & Family Services.....	11
Riverbend Family Ministries.....	23
Riverbend Head Start.....	24
Sacred Spaces of Care.....	24
Serving Area Kids (SAK).....	26
YWCA of Alton.....	32

Food Assistance & Free Meals

Alton Housing Authority.....	2
Boys & Girls Club of Alton.....	4
Catholic Charities.....	6
Community Hope Center.....	8
Crisis Food Center.....	9
Metro Trans Umbrella Group.....	19
Salvation Army.....	25
Serving Area Kids (SAK).....	26
SNAP.....	30
The Storehouse.....	29

Health Care

All Kids (Health Insurance for Children).....	1
Alton Urgent Care.....	3
Chestnut Health Systems.....	7
Community Hope Center.....	8
Coordinated Youth & Human Services.....	9
Hope Clinic for Women.....	11
John J. Cochran Veterans Hospital.....	15
Madison County Health Department.....	17
Riverbend Head Start.....	24
Southern Illinois Healthcare Foundation.....	26
St. Louis County VA Clinic.....	27

Homeless Services

Catholic Charities.....6
Centerstone.....6
Chestnut Health Systems.....7
Community Hope Center.....8
John J. Cochran Veterans Hospital.....15
Madison County Community Resource Line...17
Madison County Urban League.....18
National Call Center for Homeless Vets.....21
Oasis Women’s Center.....22
Riverbend Family Ministries.....23
Salvation Army.....25
State ID for the Homeless.....28

Housing Assistance

Alton Housing Authority.....2
Madison County Housing Authority.....18
Madison County Urban League.....18

Legal & Incarceration/Reintegration Support

The Dream Center of Alton.....10
Equip for Equality.....10
Land of Lincoln Legal Aid.....15
TASC.....30

LGBTQ+ Services

Alton Pride.....2
Hope Clinic for Women.....11
John J. Cochran Veterans Hospital.....15
LGBT National Hotline.....16
Metro Trans Umbrella Group.....19
St. Louis Queer+ Support Helpline.....28
Trans Lifeline.....30
The Trevor Project.....31

Mental Health Services

CARES Line.....5
Centerstone.....6
Chestnut Health Systems.....7
Crisis Text Line.....10
Hope Clinic for Women.....11
IL Call4Calm Text Line.....13
IL Warm Line.....13
LGBT National Hotline.....16
National Alliance on Mental Illness.....20
OSF Behavioral Health Navigators.....22
Sacred Spaces of Care.....24
St. Louis County VA Clinic.....27
Suicide Prevention Lifeline.....29
TASC.....30

Personal Care (Clothing, Hygiene, etc.)

Community Hope Center.....8
Crisis Food Center.....9
Metro Trans Umbrella Group.....19
Riverbend Family Ministries.....23
Salvation Army.....25

Referrals & Information

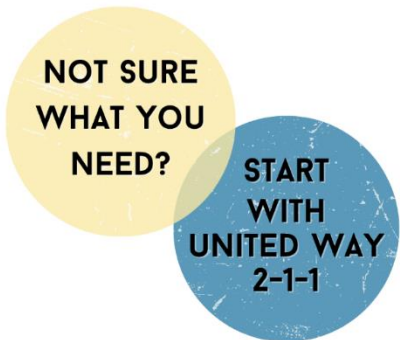
CARES Line.....5
Equip for Equality.....10
IL Call4Calm Text Line.....13
Madison County Community Resource Line...17
National Alliance on Mental Illness.....20
National Call Center for Homeless Vets.....21
National Domestic Violence Hotline.....21
Sacred Spaces of Care.....24
St. Louis Queer+ Support Helpline.....28
*United Way 2-1-1.....31

Substance Use Support

Alcoholic Rehabilitation Community Home.....1
Alcoholics Anonymous.....1
Amare, NFP.....3
Centerstone.....6
Chestnut Health Systems.....7
IL Warm Line.....13
IL HelpLine.....14
John J. Cochran Veterans Hospital.....16
Naloxone/Narcan.....20
Narcotics Anonymous.....20
New Vision.....22
OSF Behavioral Health Navigators.....22
Partnership for Drug-Free Communities.....23
Porchlight Collective.....23
Riverbend Family Ministries.....23
Southern Illinois Healthcare Foundation.....26
TASC.....30

Veterans’ Services

Chestnut Health Systems.....7
John J. Cochran Veterans Hospital.....15
Madison County VAC.....19
National Call Center for Homeless Vets.....21
St. Louis County VA Clinic.....27
St. Louis VA Regional Benefits Office.....28
Veterans’ Crisis Line.....32



Alcoholic Rehabilitation Community Home (ARCH)

618-877-4987

1313 21st St. Granite City, IL 62040

elewis@archhouse.org | archhouse.org

Extended residential treatment services for men struggling with substance use disorders, including room and board, individual and group therapy, recreational activities, and aftercare services. Also provides referral and education services.

Alcoholics Anonymous

Southern Illinois Central Service Office: 618-251-4000

aa.org

Support for people struggling with alcohol addiction through group meetings and other resources. Contact the Southern Illinois Central Service Office for information about finding a local meeting.

All Kids (Health Insurance for Children)

618-258-1660 or 1-866-255-5437 (TTY: 1-877-204-1012)

illinois.gov/hfs/MedicalPrograms/AllKids

Comprehensive and affordable health insurance for children in Illinois 18 years or younger, regardless of immigration status or health condition. Includes doctor visits, hospital stays, prescription drugs, vision care, dental care, medical devices like eyeglasses and asthma

inhalers, and special services like medical equipment and speech or physical therapy. Application available online.

HOURS: Monday – Friday, 8:00am – 5:00pm

Alton Housing Authority

618-465-4269

2406 Crawford St. Alton, IL 62002

ahainfo@altonhousing.com | altonhousing.com

Low-income public housing where rent is based on tenant income. Also offers a Summer Food Service program (provides free lunches for children throughout the summer), an After-School Tutorial Program, Girls Learning and Developing (GLAD) Program, and Future All-Stars Basketball Program (basketball team for children who live in the AHA developments). Application for housing available online.

Alton Pride

618-208-7420

info@altonpride.com | altonpride.com

Resources, education, and services for the LGBTQ+ community, including workshops, seminars, and events in addition to social and mental health services and resources.

Alton Township General Assistance

100A E. Broadway Alton, IL 62002

618-462-0091

altontownship.com/services

Temporary monthly financial relief towards shelter (rent/mortgage), utilities, and food for individuals who meet eligibility requirements. Must call for pre-approval.

HOURS: Monday – Friday, 8:30am – 4:00pm

Alton Urgent Care

618-260-0320

1417 Washington Ave. Alton, IL 62002

urgentcarealton.com

Walk-in medical care for a wide range of injuries and medical conditions, including pediatric care and workplace injuries. Provides free office visits to low-income and uninsured families.

HOURS: Monday – Sunday, 8:30am – 8:45pm

Amare, NFP

618-331-5905

144 E. Ferguson Ave. Wood River, IL 62095

gethelp@amarenfp.org | amarenfp.org

Compassionate recovery support for those struggling with drug and alcohol addiction and their families (recovery coaching, peer support, family coaching and support, recovery skills, employment coaching, and education).

They support all pathways to recovery (AA, NA, Refuge Recovery, etc.) and can provide referrals to residential or detox treatment and other resources. They are also a Narcan distribution site.

HOURS:

Monday – Thursday, 8:30am – 4:30pm

Friday, 8:30am – 2:30pm

Saturday, 10:00am – 2:00pm

Benefit Access Program (formerly Circuit Breaker)

1-800-252-8966 (TRS: 711)

aging.ilsenior@illinois.gov |

ilaging.illinois.gov/benefitsaccess.html

Free transit rides and license plate discounts for the elderly and people with disabilities. Eligibility is determined by income, residency, age and/or disability. Application available online.

Boys & Girls Club of Alton

618-462-6249

2512 Amelia St. Alton, IL 62002

info@bgcalton.org | bgcalton.org

A safe place for youth 6 to 18 years old to participate in a diverse range of activities, events, and programs. Also offers a [Community Food Pantry](#), which is available 24/7 outside the Club's main entrance.

HOURS: (Business) Monday – Friday, 9:00am – 5:00pm

Brightpoint

Alton: 618-462-2714

6 Crossroads Ct. Alton, IL 62002

Granite City: 618-452-8900

2133 Johnson Rd. Suite 104 Granite City, IL 62040

brightpoint.org

For children and families: provides mental health and wellness services, extended family support, adoption services, and free coaching and home visits for expectant parents and families with young children. Additional services in Granite City: child and family counseling and Child Care Assistance Program.

CARES Line

1-800-345-9049

carescrisisline.com

Resource information and referral services for anyone having a mental health crisis.

If you have active Medicaid: A Mobile Crisis Response Team can be sent out to help the person in crisis.

HOURS: 24/7

Catholic Charities

Alton: 618-462-0634

3512 McArthur Blvd. Alton, IL 62002

Granite City: 618-877-1184

1821 Edison Ave. Granite City, IL 62040

cc.dio.org/locations/alton

Alton: Food baskets through the Guardian Angel Food Pantry and Mobile Food Pantry.

Granite City: Emergency financial assistance for rent and utilities, bus tokens, gas cards, birth certificates, and IDs. Clients must meet eligibility requirements and assistance is based on availability of funds.

A referral from the Madison County Community Resource Line (618-296-5300) is required.

HOURS: (Guardian Angel Food Pantry) Wednesdays and Fridays, 12:30pm – 3:30pm

Centerstone

Initial Appointments: 1-877-467-3123

Crisis Hotline: 1-855-608-3560

2615 Edwards St. Alton, IL 62002

centerstone.org

24/7 Crisis Hotline, walk-in outpatient crisis services (intervention assessment, stabilization, counseling, etc.), addiction recovery services, housing support, military services, and more. Telehealth is available.

HOURS: Monday – Friday, 9:00am – 2:00pm

Challenge Unlimited

618-465-0044

4 Emmie L. Kaus Ln. Alton, IL 62002

cuinc.org

Adult and youth programs, work skills training centers, employment services, and community-integrated living options for people with disabilities.

HOURS: Monday – Friday, 8:00am – 4:30pm

Chestnut Health Systems

618-877-4420

Supportive Services for Veteran Families: 618-512-1823

50 Northgate Industrial Dr. Granite City, IL 62040

chestnut.org

Health care services for children and adults (wellness visits, immunizations, etc.), addiction treatment services for adolescents and adults (residential and outpatient services, medically-monitored detox, and medication-assisted treatment), housing and support services, and

Supportive Services for Veteran Families (assistance for families in danger of homelessness). Also a naloxone (Narcan) distribution site.

Community Hope Center

618-259-0959

1201 Hope Center Lane Cottage Hills, IL 62018

hopecenters@gmail.com | communityhopecenteril.org

Client choice food pantry, gently used clothing, shoes, coats, toys, linens, books, videos, and household items at no cost. Appointments are required: call 618-251-8021 to schedule.

Other services: finance coaching, resource navigation, and a walk-in health clinic (2nd and 4th Thursday each month). Soup for the Soul Café provides free lunch.

HOURS:

Monday, Wednesday, Friday, 9:00am – 1:00pm

Tuesday, 9:00am – 12:00pm

Thursday, 4:00pm – 6:00pm (No services on any 5th Thursday of a month)

Soup for the Soul Café

Monday, Wednesday, Friday 10:00am – 1:00pm

Tuesday, 10:00am – 12:00pm

Coordinated Youth & Human Services (CYHS)

618-876-2383

101 E. Edwardsville Rd. Wood River, IL 62095

2016 Madison Ave. Granite City, IL 62040

cyhs.com

Programs include: Maternal Child Health (women and children ages 5 or younger), WIC assistance and benefits, Educational Enhancement Program (students ages 6 years to 21 years with special education needs), Teen Reach (youth between the ages of 6 years and 17 years), and MADCAP (free HIV and Hepatitis C screenings, prevention materials and case management programs).

Crisis Food Center

618-462-8201

21 E. 6th St. Alton, IL 62002

Food pantry: call between 8:30 am and 11:30 am

Monday – Friday on the morning you wish to be served.

Food pick-up is from 1:00 pm to 3:00 pm. New and used clothing is available at their Nearly New Shop.

HOURS:

Monday – Thursday, 8:30am – 4:00pm

Friday, 7:30am – 3:30pm

Crisis Text Line

Text: 741741

crisistextline.org

Connects you with a trained Crisis Counselor to talk about issues such as depression, suicide, anxiety, gun violence, COVID, or eating disorders. Your opening message can say anything. The first two responses are automated, and then you'll be connected to a live Crisis Counselor.

HOURS: 24/7

The Dream Center of Alton

618-433-8899 or 618-433-8850

3401 Fosterburg Rd. Alton, IL 62002

dar@thedreamcenterofalton.com |

thedreamcenterofalton.com

Provides full reintegration service for adults who have been incarcerated (mentorship program, free IDs and documentation help, job placement, and mental health care referrals).

Equip for Equality

618-457-7930 or 1-800-758-0559

300 E. Main St. Suite 18 Carbondale, IL 62901

contactus@equipforequality.org | equipforequality.org

Programs and services for people with disabilities: self-advocacy assistance, legal services, information, referrals, legal representation for obtaining assistive technology.

Hope Clinic for Women

618-693-9967

1602 21st St. Granite City, IL 62040

info@hopeclinic.com | hopeclinic.com

Compassionate, highly-trained physicians and specialists provide health care services (emergency contraception, STI testing, pregnancy testing, counseling, free condoms, birth control, and abortion services up to 27 weeks + 6 days). All counseling services are LGBTQ+ affirming and sex positive. Can also provide information resources and help with finding assistance for transportation, lodging, financial support, and other needs.

HOURS:

Monday – Friday, 8:30am – 5:00pm

Saturday, 7:30am – 1:00pm

Hoyleton Youth & Family Services

618-688-4727

8 Executive Dr. Suite 200 Fairview Heights, IL 62208

228 N. 6th St. Wood River IL, 62095

hoyleton.org

Counseling care for youth and adults (including community-based counseling and human trafficking support), Foster Care and placement services, therapeutic residential care for people with moderate to severe developmental delays, Young Adults Care (supports those who are transitioning out of foster care), Hispanic community support, and community outreach. Support is also available in Spanish for some services.

Their website features a Safety Exit button in case you need to quickly exit the site.

IDHS Division of Rehabilitation Services

618-258-9996 (TTY: 1-866-326-0270)
606 W. St. Louis Ave. East Alton, IL 62024
dhs.state.il.us/page.aspx?item=29764

Provides people with disabilities support for jobs, independent living, and education. Also offers Disability Determination Service and Early Intervention Services (for children ages 0 to 3).

HOURS: Monday – Friday, 8:00am – 5:00pm

Illinois Assistive Technology Program

217-522-7985 or 1-800-852-5110 (TRS: 711)
701 N. Walnut St. Springfield, IL 62702
iltech.org

Improved access to assistive technology (AT) devices and services to Illinois residents with disabilities and health conditions: financial aid for purchasing AT, technical assistance, AT evaluations, AT trials and education, Tech Kitchen (free, in-person kitchen skills training), device recycling, and custom devices.

HOURS: Monday – Friday, 8:00am – 4:30pm

Illinois Call4Calm Text Line

Text: TALK (English) or HABLAR (Español) to 552020

Live emotional support from a local counselor. Use keywords like FOOD or SHELTER instead of TALK to receive local resource information.

Illinois Warm Line

1-866-359-7953

Wellness Support Specialists trained in recovery support, mentoring, and advocacy provide support for mental health and substance use challenges. This is not a crisis hotline, but a source of support.

HOURS: Monday – Saturday, 8:00am – 8:00pm (no holidays)

Illinois Helpline for Opioids and Other Substances

1-833-234-6343

Text: HELP to 833234

Live chat available on website.

helplineil.org

Information, support, and referrals for substance use and gambling addiction treatment/recovery services.

HOURS: 24/7

IMPACT CIL (Center for Independent Living)

618-462-1411 or 888-616-4261 (TTY: 618-474-5333)

2735 E. Broadway Alton, IL 62002

contarino@impactcil.org | impactcil.org

Services and programs for people with disabilities (independent living skills training, individual and system advocacy, job readiness training, peer support and counseling, pharmaceutical assistance, Sign Language classes, transit training, Benefit Access Program, and more).

HOURS:

Monday – Friday, 8:00am – 4:30pm (Closed every day from 12:00pm – 1:00pm)

John J. Cochran Veterans Hospital

314-652-4100

Mental Health Care: 314-652-4100 ext. 66653

915 North Grand Blvd. Saint Louis, MO 63106

va.gov/st-louis-health-care/locations/john-j-cochran-veterans-hospital

Comprehensive health care services including primary care, emergency care, addiction and substance use treatment/rehabilitation, nutritional services, LGBTQ+ care (hormone therapy, surgery assessments, etc.), hospice care, counseling and treatment for military sexual trauma, and mental health care.

Programs and services for homeless veterans, including immediate food and shelter needs, free health care, financial support, job training, and transitional/supportive housing.

HOURS: 24/7

Land of Lincoln Legal Aid

618-462-0029 or 1-800-642-5570

Legal Advice and Referral Center: 1-877-342-7891

Eviction & Fresh Start Project Hotline: 1-855-601-9474

111 East Fourth St. Suite 330 Alton, IL 62002

lincolnlegal.org

Free legal aid to families and individuals in need. Their website features a Quick Escape/Safety Exit button.

HOURS:

Monday – Thursday, 9:00am – 4:00pm
Friday, 9:00am – 1:30pm

LGBT National Hotline

888-843-4564

Youth Talkline: 800-246-7743

Senior Hotline: 888-234-7243

Coming Out Support Hotline: 888-688-5428

Live chat available on website.

help@lgbthotline.org | lgbthotline.org

Highly trained volunteers offer anonymous and confidential support, as well as connections to local resources, for the LGBTQ+ community. They also offer live chat and email peer support.

Their website features a Quick Escape/Safety Exit button.

HOURS:

Monday – Friday, 3:00pm – 11:00pm

Saturday, 11:00am – 4:00pm

Low Income Home Energy Assistance Program (LIHEAP)

618-296-6485

[co.madison.il.us/departments/community_development/energy_assistance_program_\(liheap\).php](http://co.madison.il.us/departments/community_development/energy_assistance_program_(liheap).php)

Utility assistance for low-income families through bill pay assistance, emergency furnace repair/replacement, water and sewer cost assistance, and referrals.

Madison County Community Resource Line

618-296-5300

Information about emergency shelters, housing and crisis resources, food pantries, and clothing resources as well as advice, support, and referrals.

HOURS: Monday – Friday, 8:30am – 4:30pm

Madison County Health Department

618-692-8954 ext. 2

After Hours: 618-463-6957

101 E. Edwardsville Rd. Wood River, IL 62095

health@madisoncountyil.gov |

madisoncountyil.gov/departments/health/index.php

Immunization services (including COVID vaccine), health screenings, HIV and Hepatitis C testing, cervical and breast cancer screenings, STI services, school physicals, PrEP resources, and more.

HOURS: Monday – Wednesday, Friday, 8:30am – 4:00pm

Madison County Housing Authority

618-345-5142

2 Eastport Plaza Dr. Collinsville, IL 62234

info@mchail.org | mchail.org

Low-rent public housing and housing vouchers for rent payment (through Section 8) for low-income people and families. Applicants must meet income eligibility requirements, among others. Applications should be downloaded from the website listed above (under How To Apply) and can be mailed, emailed, or dropped off in person.

HOURS: Monday – Thursday, 8:00am – 4:30pm

Madison County Urban League

618-463-1906

408 E. Broadway Alton, IL 62002

ulmadisonco.org

Assists community members with housing services, including homelessness prevention and rapid re-housing, rental assistance, emergency housing, and energy assistance (through LIHEAP). Other programs include education, health care, and employment services.

**Madison County Veterans' Assistance Commission
(VAC)**

618-296-4554

157 N. Main St., Suite 115 Edwardsville, IL 62025

mcvac@madisoncountyil.gov |

madisoncountyil.gov/departments/veterans_assistance_commission

Provides services to Military Veterans and their families (emergency financial assistance, administrative case work, and advocacy-related services).

HOURS: Monday – Friday, 8:30am – 4:30pm

Metro Trans Umbrella Group

314-349-1402

info@stlmetrotrans.org | stlmetrotrans.org

Support groups and social clubs, STI testing, free name change assistance, a food pantry, and Alix's Closet (provides free gender-affirming clothes) for the Trans community.

HOURS:

Tuesday, Thursday, 12:00pm – 6:00pm

Wednesday, Appointment Only

Naloxone/Narcan -

IDHS/SUPR Drug Overdose Prevention Program

DHS.DOPP.Coordinator@Illinois.gov |
dhs.state.il.us/page.aspx?item=58142

Naloxone, the generic of Narcan, is a medication that reverses the effects of an opioid overdose.

Find a distribution location at the website below or ask your local pharmacy to order it for you (no prescription needed): idph.illinois.gov/OpioidDataDashboard

Narcotics Anonymous

Metro East: 618-398-9409
stlna.missourina.org

Group meetings and support for people struggling with drug addiction who are interested in recovering and achieving sobriety. Meeting directories are available on the website listed above.

National Alliance on Mental Illness (NAMI)

618-798-9788
Information HelpLine: 1-800-950-6264
2100 Madison Ave. (4th Floor) Granite City, IL 62040
info@namiswi.org | namiswi.org

Information and referrals for mental health resources and services, as well as virtual support groups and online resource guides.

HOURS: (HelpLine) Monday – Friday, 10:00am – 6:00pm

National Call Center for Homeless Veterans

1-877-424-3838

Live chat available on website.

va.gov/homeless/nationalcallcenter.asp

Trained VA counselors offer free and confidential support and information about homeless programs, health care, and other local services.

HOURS: 24/7

National Domestic Violence Hotline

1-800-799-7233 (TTY: 1-800-787-3224)

Text: START to 88788

Live chat available on website.

thehotline.org

Highly-trained advocates are available 24/7 to speak with you confidentially and offer support, crisis intervention information, education, and referral services in over 200 languages. Their website features a Quick Escape/Safety Exit button.

HOURS: 24/7

New Vision – OSF Saint Anthony’s Health Center

618-358-0200

1 St. Anthony’s Way Alton, IL 62002

specialcarecorp.com/locations/alton-illinois

Safe, confidential, and supervised inpatient withdrawal treatment for people struggling with substance use or addiction, including medical stabilization.

HOURS: Monday – Friday, 8:00am – 5:00pm

Oasis Women’s Center

618-465-1978

111 Market St. Alton, IL 62002

Shelter for women and children. Phone number also serves as 24/7 crisis hotline.

OSF Behavioral Health Navigators

309-308-8150 or 1-833-713-7100 (Toll-Free)

osfhealthcare.org/mental-health/services/navigators

Experienced professionals are available to help connect you with behavioral help resources and services in the community for concerns like depression, anxiety, relationship issues, drug/alcohol use, and problems in work or school. They can also help you understand your insurance coverage and benefit information.

HOURS: Monday – Friday, 9:00am – 5:00pm

Partnership for Drug-Free Communities

Family Support Network Warm Line: 314-669-1184
partnershipdrugfreecommunities@gmail.com |
partnershipdrugfree.org

Substance use education and prevention resources, Metro-East Recovery Council (meetings to provide support and resources to those seeking/maintaining recovery), and the Family Support Network (a warm line providing empathy and information for family and friends concerned about a loved one's substance use).

Porchlight Collective

618-882-2452 (Call or Text)
porchlightsap.org

Substance use harm reduction program offering free deliveries of safer drug use supplies (in addition to naloxone and safe sex supplies) and free, confidential drug sample testing. Also provides peer harm reduction education and supportive service referrals.

Riverbend Family Ministries

618-251-9790
144 E. Ferguson Ave. Wood River, IL 62095
riverbendfamilyministries.com

Programs include: *Amare*, *NFP* (substance use recovery), *CASA* (Court Appointed Special Advocates for

Children), *Client Service Department**, *Pathways* (Christian counseling), *Refuge* (support and prevention education for childhood violence), *Warm Neighbors Cool Friends* (energy assistance), *Group Interventions* (development program for domestic violence abusers), *Youth Development Program* (support for youth exposed to violence), and *SOAR* (youth adversity education and support).

*provides rent/utility assistance, job search help, social service navigation help, and facilities for people experiencing homelessness to shower and do laundry

Riverbend Head Start & Family Services

618-463-5946

550 Landmarks Blvd. (3rd Floor) Alton, IL 62002

riverbendfamilies.org

Supports pregnant parents, babies, toddlers, and preschoolers through home visits, Early Head Start, and Head Start programs, health and nutrition services, physical and dental exams, and family support.

Sacred Spaces of Care

618-795-2179

mtyler@sacredspacesofcare.org |

sacredspacesofcare.org

Trauma-informed support services include Care Partner Advocacy, resource navigation, trauma and mental

health trainings, crisis support, and Teen ConnectEd (education and peer support).

Salvation Army

618-465-7764

525 Alby St. Alton, IL 62002

midalton@usc.salvationarmy.org |

centralusa.salvationarmy.org/midland/alton

Emergency shelter services, emergency bill assistance, shower program, and food and household items.

Shelter requires a referral from the Madison County Community Resource Line (618-296-5300).

HOURS:

(Food Assistance) Thursday, 1:00pm – 3:00pm

(Monday Pizza Ministry: free pizza) Monday, 11:00am – 12:00pm

(Shower Program) Tuesday, 9:00am – 11:00am

(Target Day: food & household/shower products)

Tuesday, 9:00am – 12:00pm

Senior Services Plus

618-465-3298

2603 N. Rodgers Ave. Alton, IL 62002

ejackson@seniorservicesplus.org |

seniorservicesplus.org

Home care, help with applying for assistance programs (including Benefit Access), public events and activities, handyman services, a wellness center, LIHEAP energy assistance, Foster Grandparent program (tutoring for people with special needs), and Meals on Wheels.

HOURS: Monday – Friday, 7:00am – 4:00pm

Serving Area Kids (SAK)

618-616-9977 or 618-462-2495
servingareakids@gmail.com

Free sack lunches for children twice a week during the summer (June – August). Children must be present to receive their lunch, but no documentation is required.

Southern Illinois Healthcare Foundation

618-463-5905
4 Memorial Dr. Building B, Suite 210 Alton, IL 62002

618-462-4342
After hours: 618-463-9093
2615 Edwards St. Suite 171 Alton, IL 62002

618.463.0689
1 St. Anthony's Way, Suite 101 Alton, IL 62002

sihf.org

Affordable, comprehensive healthcare, including walk-in services. They also offer support for opioid dependence.

HOURS:

4 Memorial Dr.

Monday – Friday, 7:00 am – 5:00 pm

(Walk-in STD testing) Monday – Friday, 8:00 am – 4:00 pm

2615 Edwards St.

Monday – Friday, 7:00am – 4:00pm

1 St. Anthony's Way

Monday – Friday, 10:00am – 6:00pm

St. Louis County VA Clinic

314-286-6988

Mental Health Care: 314-652-4100 ext. 66653

6854 Parker Rd. Florissant, MO 63033

va.gov/st-louis-health-care/locations/st-louis-county-va-clinic

Primary care health services, plus mental health care. Telehealth is available.

HOURS: Monday – Friday, 8:00 am – 4:30 pm

St. Louis Queer+ Support Helpline (SQSH)

314-380-7774 or 1-884-785-7774 (Toll-Free)

thesqsh.org

Confidential and identity-affirming emotional support and resource referrals for the St. Louis/Illinois Metro area. They also offer a resource guide on their website.

HOURS: Friday – Monday, 1:00 pm – 7:00 pm

St. Louis VA Regional Benefits Office

1-800-827-1000

9700 Page Ave. St. Louis, MO 63132

benefits.va.gov/stlouis

Assistance with applying for benefits, disability claims, education and career counseling, services for homeless Veterans, vocational rehab and employment, pre-discharge claims, and more. Assistance interviews can be done in-person, virtually via video, or by telephone.

HOURS: Monday – Friday, 8:00 am – 4:00 pm

State ID for the Homeless – Illinois Secretary of State

1-800-252-8980

ilsos.gov/departments/drivers/drivers_license/drlicid.html

To qualify for the no-fee ID card, a person must be considered homeless as defined by the McKinney-Vento

Homeless Assistance Act. A list of proper documentation types and the Homeless Status Certification form needed to apply can be found on the website listed above.

The Storehouse

618-468-1068
929 Milnor Ave. Alton, IL 62002
310storehouse@gmail.com

Food pantry: Everyone must complete a full application. The only requirements are that you reside within Madison County and fall within poverty guidelines. They will ask for proof of residency.

HOURS: (Food Pick-up) Friday, 3:00 pm – 5:00 pm

Suicide Prevention Lifeline

988 or Text: 988
[988lifeline.org](https://www.988lifeline.org)
Live chat available on website.

A national network of local crisis centers that provides free, confidential emotional support to people in suicidal crisis or emotional distress.

HOURS: 24/7

Supplemental Nutrition Assistance Program (SNAP) -

Illinois Department of Human Services

618-258-1660 or TTY: 866-326-0270
608 W. St. Louis Ave East Alton, IL 62024
dhs.state.il.us/page.aspx?item=30357

Benefits can be used to buy any food/food product or seeds and plants to produce your own food in a home garden. Emergency SNAP benefits are available 5 days or less from the date you apply.

HOURS: Monday – Friday, 8:00 am – 5:00 pm

Trans Lifeline

1-877-565-8860
translifeline.org

A fully anonymous and confidential peer support phone service run by trans people for trans and questioning people. They will provide support even if you're not in crisis or not sure if you're trans.

HOURS: 24/7

Treatment Alternatives for Safe Communities (TASC)

618-656-7672 or 1-855-827-2444
340 S. Fillmore St. Edwardsville, IL 62025
tasc.org

Programs and services for youth and adults to help reduce incarceration and support communities, including mental health care support, substance use treatment and recovery programs, case management, community reentry programs for individuals who have been released from jail or prison, and youth and family programs.

The Trevor Project

Lifeline: 1-866-488-7386

Text: START to 678678

Live chat available on website.

info@thetrevorproject.org | thetrevorproject.org

Trained counselors provide compassionate and confidential support 24/7 via phone call, text, or live chat for LGBTQ+ young people. Also available: online Resource Center and TrevorSpace, an online, moderated community for LGBTQ+ young people.

Their website features a Quick Escape/Safety Exit button.

HOURS: 24/7

United Way 2-1-1

211 or 1-800-427-4626 or TTY: 1-866-385-6525

Text: 1-800-427-4626 (M-F 9 am – 5 pm)

Live chat available on website.

211helps.org

Trained resource specialists are available 24/7 (if you call) to provide information and referral services for needs such as: food, shelter, counseling, income supports, employment, healthcare, and services for specialized populations, like the elderly and people with disabilities.

HOURS: 24/7 (calls only)

Veterans' Crisis Line

988, press 1 or Text: 838255

TTY: 1-800-799-4889

Live chat available on website.

veteranscrisisline.net

Free and confidential support for veterans, service members, National Guard and Reserve members, and the people who support them.

HOURS: 24/7

YWCA of Alton

304 E. 3rd St. Alton, IL 62002

618-465-7774

info@altonywca.com | altonywca.com

Programs include: Child Enrichment, Racial Justice efforts, Women's Empowerment, Community Tutoring, Girls Who Code, Girls Circle, and Wellness classes. Their website features a Quick Escape/Safety Exit button.