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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-district18.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)

1-866-255-5437 (TTY: 1-877-204-1012)
hfs.illinois.gv/medicalprograms/allkids

Comprehensive and affordable health insurance for children in Illinois 18 years or younger, regardless of immigration status or health condition. 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 Township General Assistance

100A E. Broadway Alton, IL 62002
618-462-0091
altontownship.com/services

Temporary monthly or emergency one-time 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, 7:30am – 8:00pm

Amare, NFP

618-331-5905
144 E. Ferguson Ave. Suite B 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, education, and 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

1-800-252-8966 (TRS: 711)
aging.ilsenior@illinois.gov |
ilaging.illinois.gov/benefitsaccess

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.

Brightpoint

Alton: 618-462-2714
6 Crossroads Ct. Alton, IL 62002
Granite City: 618-452-8900
2133 Johnson Rd. Suite 1101 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. Child Care Assistance Program offers financial support to families who are looking for child care.

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

Food pantry, emergency financial assistance for rent and utilities, bus tokens, gas cards, birth certificates, and IDs, legal services, prescription medication assistance, and professional counseling with a sliding scale fee.

Centerstone

Initial Appointments: 877-467-3123
Crisis Hotline: 855-608-3560
2615 Edwards St. Alton, IL 62002
centerstone.org

24/7 Crisis Hotline, counseling, addiction recovery services, psychiatric care, housing, crisis services (including Mobile Crisis Response), military services, primary care, employment coaching, art therapy, and school-based therapy.

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, addiction treatment services for adolescents and adults, 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 include resource navigation and a walk-in health clinic (every other Thursday). Soup for the Soul Café provides free lunch.

HOURS:

Monday, Wednesday, Friday, 9:00am – 1:00pm
Tuesday, 9:00am – 12:00pm
Thursday, 4:00pm – 7:00pm

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 is by appointment only. New and used clothing is available at their Nearly New Shop (walk-ins welcome).

HOURS: Monday – Thursday, 9:00am – 12:00pm

Crisis Text Line

Text: 741741
WhatsApp: 443-SUP-PORT
Live chat available on website.

crisistextline.org

Connects you with a trained Crisis Counselor to provide mental health support and crisis intervention. 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
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) and a Kids With Incarcerated Parents program.

Equip for Equality

618-457-7930 or 800-758-0559
300 E. Main St. Suite 18 Carbondale, IL 62901
equipforequality.org

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

The Good Samaritan House

618-300-7255
1825 Delmar Ave. Granite City, IL 62040
goodsamhouse.org

Emergency shelter serving unhoused mothers and their children. Services for residents include budgeting and credit repair help, parenting groups, employment assistance, health and nutritional guidance, life skills coaching, and housing search help.

Hope Clinic

618-451-5722
1602 21st St. Granite City, IL 62040
info@hopeclinic.com | hopeclinic.com

Provides 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
228 N. 6th St. Wood River IL, 62095
hoyleton.org

Counseling care for youth and adults, 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 (Illinois Department of Human Services)

Family Community Resource Center: 618-258-1660 (TTY: 866-326-0270)
608 W. St. Louis Ave. East Alton, IL 62024
dhs.state.il.us/page.aspx

State agency providing services and programs to meet the following needs: food, recovery, mental health, child care, developmental disabilities, financial assistance, medical, rehabilitation, and shelter/housing.

IDHS Division of Rehabilitation Services

618-258-9996 (TTY: 888-440-9008)
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.

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

Provides 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 free custom devices.

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

Illinois Warm Line

866-359-7953

Support, mentoring, and advocacy 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

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

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, hospice care, counseling and treatment for military sexual trauma, and mental health care. Homelessness services include food and shelter, free health care, financial support, job training, and transitional/supportive housing.

HOURS: 24/7

Land of Lincoln Legal Aid

618-462-0029 or 800-642-5570
Legal Advice and Referral Center: 877-342-7891
Eviction & Fresh Start Project Hotline: 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

Utility assistance for eligible people and families through bill pay assistance, emergency furnace repair/replacement, water and sewer cost assistance, and referrals. Applications are taken by appointment only. See website for a list of local intake centers.

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
After Hours: 618-463-6957
101 E. Edwardsville Rd. Wood River, IL 62095
health@madisoncountyil.gov |
madisoncountyil.gov/departments/health/index.php

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

HOURS (Clinic): 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 youth empowerment, GED help, family planning, 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
3133 Oregon Ave. St. Louis, MO 63118

info@stlmetrotrans.org | stlmetrotrans.org

Offers support groups, name change assistance, food and toiletry pantries, Alix's Closet (free gender-affirming clothing), a trans-centered library, peer advising, and private space for virtual Planned Parenthood appointments.

HOURS: Tuesday, Thursday, 12:00pm – 6:00pm

Naloxone/Narcan -

IDHS/SUPR Drug Overdose Prevention Program

dhs.state.il.us/page.aspx?item=58142

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

Local Organizations Offering Free Narcan:

Alton Police Department: 1700 E. Broadway, Alton IL (dispenser in lobby)

Chestnut Health Systems: Fill out form at surveymonkey.com/r/YL95TDP or email SR-Narcan@Chestnut.org

Narcotics Anonymous

24-Hour Helpline: 1-800-539-0475
metroeastna.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, 9:00am – 5:00pm

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 for veterans and their families.

HOURS: 24/7

National Domestic Violence Hotline

1-800-799-7233
Videophone (ASL): 855-812-1001
Text: START to 88788
Live chat available on website.
thehotline.org

Trained advocates provide confidential 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

Inpatient withdrawal treatment for people struggling with substance use or addiction.

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

Oasis Women's Center

618-465-1978
Hotline: 1-800-244-1978
111 Market St. Alton, IL 62002
oasiswomenscenter.org

Emergency shelter and supportive services for victims of domestic violence.

OSF Behavioral Health Navigators

309-308-8150 or 833-713-7100 (Toll-Free)
osfhealthcare.org/mental-health/services/navigators

Connects you with local resources and services 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

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**, *Mountains to Molehills* (financial relief for necessary repairs), *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), *SOAR* (youth adversity education and support), and more.

*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

618-463-5933
1802 E. Broadway, 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
info@sacredspacesofcare.org | sacredspacesofcare.org

Offers support for trauma, mental health, and/or addiction, including resource navigation services to help individuals identify and access community resources/services.

Additional services include community education/ training and crisis intervention with follow-up support in partnership with the Alton Police Department.

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). Emergency Food Bags and food pantry in lobby are available during operating hours.

OPERATING HOURS:
Monday – Friday, 9:00am – 4:00pm

SERVICE HOURS:
Monday:
Pizza Ministry (free pizza) 11:00am – 12:00pm
Donation Day (distribution of groceries and other items from local stores) 1:00pm – While Supplies Last

Tuesday:
Food Pantry 9:00am – 11:00am
Shower Program 9:00am – 11:00am
Donation Day 9:00am – While Supplies Last

Wednesday:
Donation Day 1:00pm – While Supplies Last

Thursday
Food Pantry 1:00pm – 3:00pm
Bridge Meal (free hot meal; 1st and 3rd Thurs) 1:00pm

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, 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

Southern Illinois Healthcare Foundation

Alton: 618-463-5905
4 Memorial Dr. Building B, Suite 210 Alton, IL 62002
Central Alton: 618-462-4342
(After hours: 618-463-9093)
2615 Edwards St. Suite 171 Alton, IL 62002
sihf.org

Affordable, comprehensive healthcare, including walk-in services and help for opioid dependence.

HOURS:

Alton: Monday – Friday, 7:00am – 5:00pm
(Walk-in STD testing) Monday – Friday, 8:00am – 4:00pm

Central Alton: Monday – Friday, 7:00am – 4:00pm

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 and Healing (SQSH)

Peer Support Line: 314-380-7774 or 844-785-7774 (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 (Peer Support Line): Friday – Monday, 1:00 pm – 7:00 pm

St. Louis VA Regional Benefits Office

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 (scroll to bottom of page)

A list of proper documentation types and the Homeless Status Certification form needed to apply for the no-fee ID card can be found on the website listed above.

The Storehouse

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

Food pantry serving residents of Madison County, IL. Call to register.

Suicide Prevention Lifeline

988 or Text: 988
ASL Videophone: Call 988 with a VP number or visit website
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)

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

Temporary Assistance for Needy Families (TANF)

Family Community Resource Center: 618-258-1660 (TTY: 866-326-0270)
608 W. St. Louis Ave. East Alton, IL 62024
dhs.state.il.us/page.aspx?item=30358

Provides temporary financial assistance for pregnant women and families with one or more dependent children to help pay for food, shelter, utilities, and expenses other than medical. Also offers transitional

services, like GED prep, help with child care, and more. Apply online at the website above or in person at the Family Community Resource Center.

Trans Lifeline

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: Monday – Friday, 12:00pm – 8:00pm

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.
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 TTY: 1-866-385-6525
Text: 1-800-427-4626 (M-F 9 am – 5 pm)
Live chat available on website.
211helps.org

Provides 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. Self-service resource directory is available on website.

HOURS: 24/7 (calls only)

Veterans' Crisis Line

988, press 1 or Text: 838255
TTY: dial 711 then 988
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@ywcaswil.org | ywcaswil.org

Programs include: Child Enrichment, Racial Justice efforts, Women's Empowerment, youth services, and more. Their website features a Quick Escape/Safety Exit button.