



Southern Seven Community Resource Guide



IN PARTNERSHIP WITH THE DEPARTMENT OF
HUMAN SERVICES AND THE UNIVERSITY OF
ILLINOIS

Table of Contents

Emergency Numbers..... pg. 2

Hotlines and Helplines.....pg. 7

Immediate Need Services.....pg. 12

Educational Services.....pg. 14

Local Governmentpg. 19

State Governmentpg. 20

Health/Human Services.....pg. 22

Medical Services.....pg. 26

Mental Health Services.....pg. 28

Substance Use Services.....pg. 28

Emergency Numbers, Hotlines, & Helplines



Need help accessing community resources? A free service provided by United Way, 2-1-1 helps callers find food, mental health services, childcare, medical services, and financial assistance among other community resources.

Known as the Universal Emergency Number, 911 will connect callers to a Safety Dispatch Center where they report an emergency. Police, Fire Rescue, and Emergency Medical Services will respond.



can

PROTECTING CHILDREN
IS A RESPONSIBILITY WE ALL SHARE

It is important for every person to:

- TAKE CHILD ABUSE AND NEGLECT SERIOUSLY
- BE ABLE TO RECOGNIZE IT
- KNOW WHAT TO DO NEXT

If you have reason to believe a child you know is being abused or neglected, report it online: <https://dcfamilyreporting.dfs.illinois.gov/> (in non-emergency situations) or call the child abuse hotline at **1.800.25.ABUSE (22873)**

Call the 24-hour Child Abuse Hotline at 800-25-ABUSE (800-252-2873) if a youth or child you know has been, are at risk of, or is being harmed by abuse or neglect. If you believe the youth or child is in immediate danger of harm call 911 first.

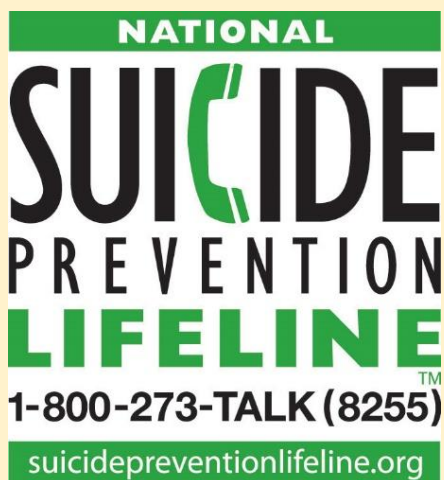
The Military Crisis Line, text-messaging service, and online chat provide free VA support for **all Service members**, including members of the National Guard and Reserve, and all Veterans, even if they are not registered with VA or enrolled in VA health care. For military service personnel as well as their friends and families. Users can use the hotline, the online chat function, or text 838255 to be connected to a responder.

Military Crisis Line





The Illinois Poison Center is dedicated to reducing harm due to poisoning. An expert-led helpline provides immediate treatment recommendations to the public and healthcare providers. IPC provides a free 24/7 hotline for those seeking advice on potentially harmful substances including household cleaners, medicines, drugs, etc.



With a national network of local crisis centers, the National Suicide Prevention Lifeline is committed to those who are experiencing or dealing with a suicidal crisis. The Lifeline has tailored services for Deaf/Hard of Hearing, Veterans, Youth, LGBTQ, and many others. 24 hours a day, 7 days a week, your call remains confidential and their services remain free.



RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization. RAINN's National Sexual Assault Hotline 1.800.656.4673 and online.rainn.org assists survivors of sexual violence in securing victim services. RAINN's mobile app is available via Google Play and the Apple Store.



Suicide prevention designed specifically for lesbian, gay, bisexual, transgender, queer, and questioning youth. The Trevor Project has multiple points of contact for the LGBTQ community. If you are suicidal or know someone who is The Trevor Project can be reached at 1-866-488-7386, by texting "START" to 678678, on chat at TrevorChat.org, and through their social networking site at TrevorSpace.org

Alexander County

For emergencies dial 911

Sheriff	618/734-2141
First Response	618/734-2131
ISP Emergency	618/845-3737
Non-Emergency	618/845-3740
Conservation	618/534-7437

Ambulance 618/776-5958

Fire

Cairo	618/734-2121
Tamms	618/747-2141
Thebes	618/764-2231

Police

Cairo	618/734-2131
Tamms	618/747-2326
Thebes	618/734-2141

Hardin County

For Emergencies dial 911

Sheriff	618/287-2271
First Response	911
ISP Emergency	618/845-3737
Non-Emergency	618/845-3740

Ambulance 618/287-2251

Fire

Cave-in-Rock	618/289-3238
Elizabethtown	618/287-1013
Rosiclare	618/285-6800

Police

Cave-in-Rock	618/289-3238
Elizabethtown	618/287-2271
Rosiclare	618/287-2271

Johnson County

For emergencies dial 911

Sheriff	618/658-8264
First Response	911
ISP Emergency	618/845-3737
Non-Emergency	618/845-3740
Conservation Police	618/658-0457

Ambulance 618/658-2131

Fire

Belknap	618/634-9300
Cypress	618/657-2906
Goreville	618/ 658-8264
Vienna	618/ 658-8264

Police

Belknap	618/658-8264
Cypress	618/658-8264
Goreville	618/995-2157
Vienna	618/658-7004

Massac County

For Emergencies dial 911

Sheriff	618/ 524-2912
First Response	911
ISP Emergency	618/845-3737
Non-Emergency	618/845-3740
Conservation Police	618-309-1402

Ambulance 618-524-2176

Fire

Brookport	618/564-3928
Joppa	618/ 543-7320
Metropolis	618/ 524-2121

Police

Brookport	618/564-3405
Joppa	618/524-2310
Metropolis	618/524-2310



Pope County

For emergencies dial 911

Sheriff 618/683-4321
 First Response 911
 ISP Emergency 618/845-3737
 Non-Emergency 618/845-3740
 Conservation Police 618/309-1588

Ambulance 618/ 683-2707

Fire

Pope County 618/638-4015

Police

Golconda 618/683-4321

Pulaski County

For Emergencies dial 911

Sheriff 618/748-9374
 First Response 911
 ISP Emergency 618/845-3737
 Non-Emergency 618/845-3740

Ambulance 618/342-6209

Fire

Karnak 618/634-2223
 Mound City 618/748-9221
 Mounds 618/745-9516
 New Grand Chain 618/748-9124
 Olmstead 618/742-6486
 Ullin 618/845-3451

Police

Karnak 618/634-9311
 Mound City 618/748-9226
 Mounds 618/745-9426
 New Grand Chain 618/748-9374
 Olmstead 618/748-9142
 Ullin 618/845-3109



Union County

For Emergencies dial 911

Sheriff 618/833-5500
 First Response 911
 ISP Emergency 618/845-3737
 Non-Emergency 618/845-3740
 Conservation Police 618/697-1838

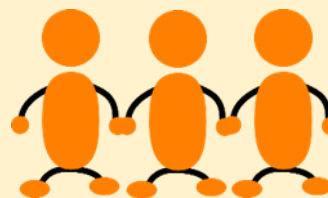
Ambulance 618/ 833-2871

Fire

Alto Pass 618/ 697-0199
 Anna 618/833-2231
 Dongola 618/827-3420
 Jonesboro 618/ 833-9590
 Wolf Lake 618/ 833-9501

Police

Anna 618/833-8571
 Dongola 618/833-5500
 Jonesboro 618/833-5174
 Wolf Lake 618/833-9501



Hotlines and Helplines

211 211

Need help accessing community resources? A free service provided by United Way, 2-1-1 helps callers find food, mental health services, childcare, medical services, and financial assistance among other community resources.

Alcoholics Anonymous 1-800-307-6600

Alcohol disorder (addiction) support. The AA hotline provides support, services, information and referrals for those with a desire to quit drinking.

Al-Anon Family Groups 1-888-425-2666

Al-Anon is for people who have been affected and seeking support from someone else's drinking. Al-anon members provide support, referrals, and offer guidance to those in need.

Alcohol and Drug Helpline 1-800-821-4357

Intervention and support services for callers who are suffering with substance disorders. Referrals for adults and teens needing treatment.

Alcohol Treatment Referral 1-800-252-6465

A referral service for callers seeking treatment options for alcohol and substance use disorder. Call is confidential, free, and available 24 hours a day.

Alcohol & Drug Abuse Hotline 1-800- 729-6686

The SAMSHA National Clearinghouse hotline provides information and education as well as referrals for those seeking guidance and assistance with substance use disorder.

Cares Crisis Line 1-800-345-9049

A child crisis hotline available 24/7 to assist those seeking help for a child who is a risk to himself or others or if the child is experiencing a mental health crisis.

CDC STD Hotline 1-800-232-4636

The CDC Hotline provides support, referrals, education and guidance to callers about sexually transmitted disease. The hotline is available 24/7 and callers remain anonymous.

Council on Problem Gambling 1-800-522-4700

The Illinois Council on Problem Gambling is there to assist those seeking information, guidance, and treatment referrals for problem gambling.

DCFS Child Abuse & Neglect 1-800-25-ABUSE

If a youth or child you know has been, are at risk of, or is being harmed by abuse or neglect. If you believe the youth or child is in immediate danger of harm call 911 first.



Disaster Distress Helpline 1-800-985-5990

A national hotline and SMS service dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human caused disaster including public health issues such as COVID-19. Callers can choose to text **Talkwithus** to 66746 for help and assistance.

Domestic Violence Hotline (IL) 1-877-863-6338

A 24 crisis hotline that provides support, information, and referrals for those suffering from domestic violence in the state of Illinois.



Hotlines and Helplines cont'dDomestic Violence Hotline (US) 1-800-799-7233

The National crisis hotline for domestic violence. With trained counselors, the National Domestic Hotline provides callers with support, information, advocacy and other services. Teens who cannot safely call can text **LOVEIS** to 22522

Elder Abuse Hotline 1-866-800-1409

Just like DCFS' hotline for Children, the Illinois Elder Abuse Hotline accepts reports of abuse, neglect, or exploitation of older persons (age 60 and above) or people with disabilities (ages 18-59) in the community. If and elderly person you know has been, are at risk of, or is being harmed by, abuse or neglect call the elder abuse hotline. If you believe the older person is in **immediate** danger of harm call 911 first.

Families Anonymous 1-800-736-9805

FA is a support group for family or friends of people who have a drug, alcohol, or behavior related issue. Confidential and free with support and referral sources.

Friends for Survival 1-800-646-7322

A suicide bereavement support program for those who have lost a loved one to suicide. A variety of long term support services available.

Girls and Boys Town National Hotline 1-800-448-3000

Crisis support and resource referral services for those struggling with family reunification, runaways, homeless adolescents and risk of harm to self and others. Counseling can be provided over the phone and online. Placement and long-term residential care are available to teens ages 11-17. Teens who cannot call are encouraged to text **Voice** to 20121.

IDPH STD/HIV Hotline 1-800-243-2437

Illinois Department of Public Health provides an STD/HIV hotline to provide information, education, support, and referrals to callers seeking guidance regarding sexually transmitted diseases including HIV.

Illinois Helpline for Opioids and Other Substances 1-833-234-6343

The Helpline is a free confidential service which offers guidance and support to those callers seeking information and treatment referrals for substance use disorders (addiction). Those wishing to can seek help by texting **HELP** to 833234 or by going to their website and clicking on the "chat" button.

Illinois Poison Center 1-800-222-1222

(Formerly Poison Control)
The Illinois Poison Center is dedicated to reducing harm due to poisoning. An expert led helpline provides immediate treatment recommendations to the public and healthcare providers. IPC provides a free 24/7 hotline for those seeking advice on potentially harmful substances including household cleaners, medicines, drugs, etc.

Illinois Tobacco Quitline 1-866-784-8937

IDPH and the American Lung Association of Illinois have partnered together to provide free resources including this helpline to help tobacco users break the habit.

Illinois Warm Line 1-888-359-7953

Developed to help those, age 12 and older, to deal with mental health issues. While this is not a crisis line workers do provide support and assistance to callers who are in or know someone in recovery.

Hotlines and Helplines cont'dLGBT National Hotline 1-888-843-4564

National Hotline for all ages. For all LGBT issues and not limited to crisis, this hotline is peer supported. Hours of operation are M-F, 3pm to 11pm.

LGBT National Youth Hotline 1-800-246-7743

For youth 25 and under, this talk line is also a safe space for LGBT users to discuss their issues and concerns. Hours of operation are the same as the National Hotline M-F, 3pm to 11pm.

Military & Veteran's Crisis Line 1-800-273-8255

The Military Crisis Line, text-messaging service, and online chat provide free support for **all Service members**, including members of the National Guard and Reserve, and all Veterans, even if they are not registered with VA or enrolled in VA health care. For military service personnel as well as their friends and families. Users can use the hotline, the online chat function, or text 838255 to be connected to a responder.

NAMI- Illinois 1-800-950-6264

Information and referral service for callers seeking assistance with mental health recovery. The helpline is available M-F 10 a.m. to 6 p.m EST.

National Parent Helpline 1-855-427-2736

The National Parent Helpline is not a crisis line but callers can speak to trained professionals and receive free guidance and support designed to help create positive change for families.

National Runaway Safeline 1-800-786-2929

For children or teens who are thinking of or have run away from the home, the Runaway Safeline provides free support and provides help with returning home. For those who cannot call, live chat and email are available.

National Sexual Assault Hotline 1-866-656-4673

Also known as RAINN, the nation's largest anti-sexual violence organization. RAINN'S National Sexual Assault Hotline assists survivors of sexual violence in securing victim services. For those who have been assaulted or know someone who has. Services are free. RAINN's mobile app is available via Google Play and the Apple Store.

National Suicide Prevention 1-800-273-8255

The Suicide Prevention Hotline has a national network of local crisis centers, and is committed to those who are experiencing or dealing with a suicidal crisis. The Lifeline has tailored services for Deaf/Hard of Hearing, Veterans, Youth, LGBTQ, and many others. 24 hours a day, 7 days a week, all callers remain confidential and all services are free.

SAMHSA Helpline 1-800-622-4357

The Substance Abuse and Mental Health Services Administration's free 24 hour hotline provides guidance, information, and treatment referral for those struggling with mental health or substance use disorders. All callers remain confidential and services are free.

Trans Lifeline Peer Support 1-877-565-8860

A peer supported hotline by Trans people for trans people. Whether in crisis or just needing someone to talk to, the peer support hotline is available 24/7 and is fully anonymous and confidential.



Hotlines and Helplines cont'd

Trevor Project

1-866-488-7386

Suicide prevention designed specifically for lesbian, gay, bisexual, transgender, queer, and questioning youth. The Trevor Project has multiple points of contact for the LGBTQ community. If you are suicidal or know someone who is The Trevor Project can be reached at 1-866-488-7386, by texting **START** to 678678, on chat at TrevorChat.org, and through their social networking site at TrevorSpace.org

True Colors United

1-212-461-4401

True Colors United is focused on ending youth homelessness especially in relation to LGBTQ youth. By calling, LGBTQ youth will be provided assistance that may help end their homeless situation.

Call4Calm

552020

While the name says “Call,” it is actually a text line for users who are suffering from issues related to the COVID-19 pandemic. By texting specific issues such as “food,” “shelter,” “unemployment” users will be assisted in accessing support and services. Start by texting **“Talk”** (for English) and **Hablar** (for Espanol/Spanish.) Standard data rates apply.

Crisis Text Line

741741

The Crisis Text Line provides 24/7 free support for any crisis. Caller does not need to be suicidal or homicidal to receive assistance. Trained counselors respond and provide support and guidance. For all ages. Standard data rates apply.

LGBT National Online Peer Support Chat

The LGBT National Help Center understands that sometimes using a phone is not safe nor comfortable. Therefore, they have developed the Online Peer Support Chat. It is confidential and users will be connected to trained LGBT peer support volunteers. Peer Support volunteers can provide guidance on any number of issues that may be affecting LGBT individuals. Chat is available M-F from 1 to 9pm, and Sat 9-2. Visit glbthotline.org/peer-chat.html to find out more.

					7	5		
7			1				4	
5						2		
		1	3	9				8
3			7	8	6			4
8				4	1	7		
		8						9
	5				3			1
		4	6					

Hotlines and Helplines cont'd

Need2text

38255

For teen users who feel more comfortable texting. All information is kept confidential and no personal information has to be given. All issues and situations are welcome. Start by texting "Talk." Standard data rates apply.

Teen Line

839863

TEEN LINE is a non-profit, community based organization that provides emotional support to youth. They provide peer based support before problems become a crisis, using a national hotline, community outreach and online support. Service is free and available from 8pm to 12am (CST). Text **Teen2Teen** to get started.

Trans Teen Online Chat

(ages 19 & under)

An online moderated chat group designed specifically for trans and gender expansive youth. The Trans Teen Online Chat creates a safe space for trans and gender expansive youth to share their stories, discuss their struggles, and celebrate their victories. Every Thursday and Friday from 6 to 9pm. Visit glbthotline.org/transteens.html to find out more.

Notes and Numbers

Lined area for notes and numbers, consisting of 20 horizontal lines.



Immediate Need Services

Anna First Baptist Church

Union County Food Pantry. Must call in advance to register and schedule pick up. Food based on availability

409 Morgan St.
Anna, IL 62906
618-833-4156

Bethany Village

Family Crisis Resource Center. Provides food, clothing, shelter and other resources to those who are homeless, nearing homelessness or families in crisis.

414 E. Davie St.
Anna, IL 62906
618-833-1777

Bethel Temple Evangelist Ministry

Pulaski County and Drive thru only food pantry.

424 N. Front St.
Mounds, IL 62964
618-306-0074

Cairo Women's Shelter

Emergency services including emergency shelter (safe house), domestic violence counseling, legal advocacy, children's services, information, resources, and referrals.

911 Cedar Street
P.O.Box 911
Cairo, IL 62914
618-734-4957

Cave Mission for Christ

Serving Hardin County residents with free breakfast, youth night meals, and after school meals during the academic year.

130 Canal St
Cave In Rock, IL 62919
618-289-1001

COPE

Massac County resident food pantry. Mon, Wed, Fri.

1017 North Avenue
Metropolis, IL 62960
618-524-3635

NO ONE CAN MAKE YOU FEEL INFERIOR
WITHOUT YOUR CONSENT.
FIRST LADY ELEANOR ROOSEVELT

Daystar Community Program

Veteran's programs, rent/mortgage assistance, soup kitchen, food pantry, mobile food pantry, youth programs, medical/prescription assistance, Thanksgiving and Christmas assistance.

909 Washington Ave.
Cairo, IL 62914
618-734-0178

Dongola First Baptist Church

Food pantry first Wed of every month. Must call and register the first Monday of the month. All households eligible.

203 E. Cross St.
Dongola, IL 62926
618-827-4391

Feed My Lambs Ministry @ Grace Church

Food pantry open every Saturday serving Massac County.

818 Tenth St.
Metropolis, IL 62960
618-309-2427

Goreville Ministerial Alliance

Food/clothing pantry. Must register and show proof of residency. Call to make an appointment.

114 South Broadway St.
Goreville, IL 62939
618-995-9360

Guardian Family Services Center

Emergency services including emergency shelter (safe house), domestic violence counseling, legal advocacy, children's services, information, resources, and referrals for Hardin, Massac and Pope Counties.

117 W. 10 St.
Metropolis, IL 62960
618-524-4357

Harvest Church of Southern Illinois

Provides services such as soup kitchen, food pantry, Operation Christmas Child, and Plentiful Packs.

602 E. Davie Street
Anna, IL 62906
618-833-0603

Jesus es el Senor Methodist Church

Drive-thru Food and Clothing Pantry.
Habla español. Call for more information.

7780 Old Highway 51 North
Cobden, IL 62920
618-893-2050

Immediate Need Services cont'd

Karnak Baptist Church

Open the first and third Wednesdays of the month.
Must bring a form of ID and address verification.
309 Main St.
Karnak, IL 62956
618-638-4676

Lighthouse Assembly of God

Serving Massac County. Drive through food pantry.
2nd & 4th Tuesdays Monthly from 6-7:30 PM. All are welcome.
670 Airport Road
Metropolis, IL 62960
618-524-2256

Loaves & Fishes

Monthly food distribution. Call for information.
United Methodist Church Anna
111 W. Monroe St.
Anna, Illinois 62902
618-822-2234

Lord's Pantry of Weaver Creek

Food pantry on 2nd Thursday of the month.
Call for more information.
2748 North Ave, Metropolis, IL 62960
618-524-4863

Potters Church

Food/Clothing Pantry. Last Saturday of the month from 9 to 12pm.
590 N. Mill St.
Cave in Rock, IL 62919
618-289-4869

Salem Lutheran Church

Food Pantry open on the 2nd & 3rd Tuesday of each month from 4-6pm. A free meal with groceries is offered on the last Wednesday of each month.
101 West Market St.
Jonesboro, IL 62952
618-833-0704

Shawnee Development Council

A Community Action Agency which provides services for homeless/homelessness, low income, and emergencies for those individuals who qualify. The Council has a food pantry, provides financial assistance for rent, homelessness, scholarships, housing stabilization, medications, and more.
530 W. Washington St.
P.O. Box 298
Karnak, IL 62956
618-634-9551

Southern Illinois Coalition for the Homeless

Provides supportive transitional housing service to those individuals and families that qualify. Services are for those who are homeless or near homeless. Open to everyone who meets guidelines.
1009 West Cherry St.
Marion, IL 62959
618-993-0094

The Women's Center

Emergency services including emergency shelter (safe house), domestic violence counseling, legal advocacy, children's services, medical advocacy, information, resources, training, education and referrals.
610 S. Thompson St.
Carbondale, IL 62901
618-529-2324



Vienna First Baptist Church

Food pantry for Johnson County residents. Proof of income and family size needed. Open weekly on Wednesdays from 5-6 pm. Call for more information
301 North 7th St.
Vienna, IL 62995
(618) 658-3741

Educational Services

K through 12 Public Schools

Alexander County

Regional Office of Education

618-687-7290
Jackson County Courthouse
1001 Walnut Street
Murphysboro, IL 62966

Cairo Early Learning Center (Headstart)

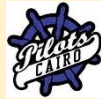
618-734-4220
4115 Sycamore Street Bldg. B
Cairo, IL 62914

Cairo School District Unit Office

618-734-4102
4201 Sycamore Street
Cairo, IL 62914

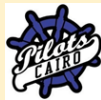
Emerson Elementary School

618-734-1027
3101 Elm Street
Cairo, IL 62914



Cairo Jr./Sr. High School

618-734-2187
4201 Sycamore Street
Cairo, IL 62914



Egyptian School District

618-776-5306 or 618-776-5251
20023 Diswood Rd.
Tamms, IL 62988



Hardin County

Regional Office of Education

618-253-5581
512 N. Main St.
Harrisburg Il, 62946

Hardin County Early Learning Center(Headstart)

618-287-9098
located inside Hardin County School
4 School Road
Elizabethtown, IL 62931

Hardin County School District Unit Office

618-287-2141
4 School Road
Elizabethtown, IL 62931

Hardin County K-12 School

618-287-2141
4 School Road
Elizabethtown, IL 62931



Learning Alternative Branch School

618-387-0107
305 S. Powell St.
Norris City, IL 62869

Johnson County

Regional Office of Education

618-658-3381
111 N 5th St,
Vienna, IL 62995

Buncombe Grade School

618-658-8830
164 Main Street
Buncombe, IL 62912



Cypress Elementary School

618-657-2525
4580 Mt. Pisgah Road
Cypress, IL 62923



Goreville Community School

618-995-9831
201 S. Ferne Clyffe Rd.
Goreville, IL 62939



New Simpson Hill Grade School

618-658-8536
95 Tunnel Hill Road
Tunnel Hill, IL 62972



**BELIEVE IN YOURSELF
AND ALL THAT YOU ARE.
KNOW THAT THERE IS
SOMETHING INSIDE YOU
THAT IS GREATER
THAN ANY OBSTACLE.**

(CHRISTIAN D. LARSON)

Johnson County cont'd

Vienna Early Learning Center (Headstart)

618-658-6064
513 E. Vine St.
Vienna, IL 62995

Vienna Unit School Office

618-658-8286
310 N. 3rd St.
Vienna, IL 62995

Vienna Grade School

618-658-8286
310 N. 3rd St.
Vienna, IL 62995



Vienna High School

618-658-3011
601 North 1st St.
Vienna, IL 62995



StarQuest Academy

(618) 534-3736
1102 W. 10th
Metropolis, IL 62960



Massac County

Regional Office of Education

618-658-3381
111 N 5th St,
Vienna, IL 62995

Brookport Elementary School

618-564-3805
319 Ferry St.
P.O. Box 278
Brookport, IL 62910



Franklin Elementary School

618-524-2243
1006 Mt. Mission Road
Metropolis, IL 62960



Jefferson Elementary School

618-524-4390
4915 Jefferson School Road
Metropolis, IL 62960



I think, therefore I am.

- Descartes

Joppa/Maple Grove Unit Office

618-543-7589
911 North Avenue
P.O.Box 10
Joppa, IL 62953

Joppa High School

618-543-7589
911 North Avenue
Joppa, IL 62953



Maple Grove Elementary School

618-543-7434
1698 Grand Chain Road
Metropolis, IL 62960



Metropolis Early Learning Center (Headstart)

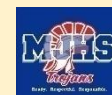
618-524-2222
416 East Ninth St.
Metropolis, IL 62960

Massac County Unit School Office

618-524-9376
401 Metropolis St.
Metropolis, IL 62960

Massac Junior High School

618-524-2645
3028 Old Marion Rd.
Metropolis, IL 62960



Massac County High School

618-524-3440
2841 Old Marion Rd.
Metropolis, IL 62960



Pope County

Regional Office of Education

618-253-5581
512 N. Main St.
Harrisburg Il, 62946

Pope County Unit School Office

618-683-2301
125 State Hwy 146 W
Golconda IL, 62938

Pope County Early Learning Center (Headstart)

(618) 683-2148
125 State Hwy 146 W
Golconda IL, 62938

Pope County cont'd

Pope County Elementary/Jr. High

618-683-4011
125 State Hwy 146 W
Golconda IL, 62938



Pope County High School

618-683-3071
125 State Hwy 146 W
Golconda IL, 62938



Learning Alternative Branch School

618-387-0107
305 S. Powell St.
Norris City, IL 62869

Pulaski County

Regional Office of Education

618-687-7290
Jackson County Courthouse
1001 Walnut Street
Murphysboro, IL 62966

Century Unit School Office

618-845-3447
4721 Shawnee College Road
Ullin, IL 62992

Century Elementary School

618.845.3572
4819 Shawnee College Road
Ullin, IL 62992



Century Jr./High School

618-845-3518
4721 Shawnee College Road
Ullin, IL 62992



COPE Alternative School

618-684-2913
1725-B Shoemaker Drive
Murphysboro, IL 62966

Meridian Unit School Office

618-342-6778
1401 Mounds Road
Mounds, IL 62964

Meridian Community Unit School

618-342-6778
1401 Mounds Road
Mounds, IL 62964



Union County

Anna Early Learning Center (Headstart)

618-833-8932
Barnes Hall
1000 N. Main St.
Anna, IL 62906

Anna Community School Unit Office

618-833-6812
301 S. Green St.
Anna, IL 62906

Anna Jr. High School

618-833-6415
301 S. Green St.
Anna, IL 62906



Anna Jonesboro Community High School

618-833-8502
608 S. Main St.
Anna, IL 62906



Cobden Early Learning Center

618-614-2350
Cobden Elementary School
413 Appleknocker Drive
Cobden, IL 62920

Cobden Unit School Office

618-893-2313
413 Appleknocker Drive
Cobden, IL 62920

Cobden Elementary School

618-893-2311
413 Appleknocker Drive
Cobden, IL 62920



Cobden Jr./High School

618-893-4031
413 Appleknocker Drive
Cobden IL 62920



Davie Elementary School

618-833-6415
301 S. Green St.
Anna, IL 62906



Dongola Unit School Office

618-827-3841
1000 High Street
Dongola, IL 62926



Union County cont'd

Jonesboro Unit School Office

618-833-5148
309 Cook St.
Jonesboro, IL 62952

Jonesboro Early Learning Center (Headstart)

618-528-0106
309 Cook St.
Jonesboro, IL 62952

Jonesboro Elementary/Jr. High School

618-833-6651
309 Cook St.
Jonesboro, IL 62952



Lick Creek Unit School Office

618-833-2545
7355 Lick Creek Rd.
Buncombe, IL 62912

Lick Creek Elementary/Jr. High School

618-833-6651
7355 Lick Creek Rd.
Buncombe, IL 62912



Lincoln Elementary School

618-833-6851
108 Warren St.
Anna, IL 62906



Shawnee Unit School Office

618-833-5709
3365 St. Route 3 North
Wolf Lake, IL 62998

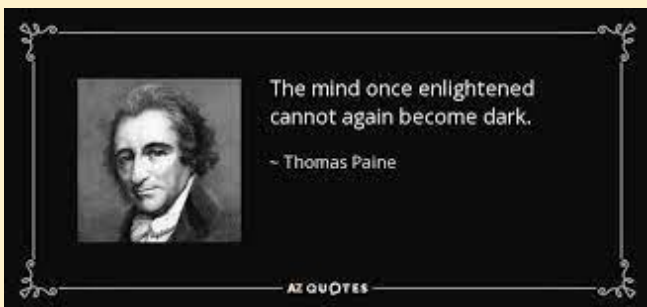
Shawnee Elementary School

618-833-4975
3365 St. Route 3 North
Wolf Lake, IL 62998



Shawnee Jr./Senior High School

618-833-5307
3365 St. Route 3 North
Wolf Lake, IL 62998



K through 12 Specialized Services

Child and Family Connections

888-340-6702
2751 W. Main St.
Carbondale, IL 62901

Division of Specialized Care for Children

618-997-4396
2309 W. Main St.
Marion IL, 62953

JAMP Special Education Services

618-634-9800
251 W. 2nd St.
Grand Chain, IL 62941

Tri-County Special Education

618-684-2109
1309 N. Cedar Court
Carbondale, IL 62901

Colleges, Universities, & Collegiate Services

Murray State University

800-272-4678
100 Curris Center
Murray, KY 42071

Shawnee Community College

800-481-2242
8364 Shawnee College Rd,
Ullin, IL 62992

Southeast Missouri State University

573-651-2000
1 University Plaza
Cape Girardeau, MO 63701

Southeastern Illinois College

866.338.2742
3575 College Road
Harrisburg, IL 62946

Southern Illinois University

618-453-2121
1263 Lincoln Drive
Carbondale, Illinois 62901

Colleges, Universities, etc. cont'd

University of Illinois Extension Offices

Dixon Springs Agricultural Center
618-695-6060
354 State Hwy 145
North Simpson, IL 62985

618-833-6363
515 E. Vienna St.
Suite G
Anna, IL 62906

618-524-2270
1438 West 10th St.
Metropolis, IL 62960

618-745-5200
502 Oakley Lane
Mounds, IL 62964

618-658-5321
208 E. Main St.
Vienna, IL 62995



Why do potatoes make
good detectives?



Because they keep their eyes peeled



Local Government

Alexander County

Alexander County Courthouse
2000 Washington Ave.
Cairo, IL 62914
618-734-7000

Offices

Chairman: 618-521-8102
Vice Chairman: 618-634-7000
Board member: 618-734-7000
Assessor: 618-734-7011
Circuit Clerk: 618-734-0107
County Clerk: 618-734-7000
Coroner: 618-306-0997
Judge's Office: 618-734-0509
Probation Office Dir.: 618-734-2192
Sheriff: (Emergency 911)
Non-Emergency 618-734-2141
States Attorney: 618-734-0408
Treasurer: 618-734-7009

Hardin County

Hardin County Courthouse
102 Market St.
P.O. Box 329
Elizabethtown, IL 62931
Phone: 618-287-8891

Offices

Assessor: 618-287-3551
Circuit Clerk: 618-287-2735
County Clerk: 618-287-2251
Coroner: 618-287-2251
Judge's Office: 618-287-8891
Probation Office: 618-287-8891
Public Defender: 618-287-8891
Sheriff: 618-287-2271
State's Attorney: 618-287-3691
Treasurer: 618-287-2053

Johnson County

Johnson County Courthouse
400 Court St.
Vienna, IL 62995
618-658-4751

Offices

Assessor: 618-658-8010
Commissioner: 618-658-3611
Circuit Clerk: 618-658-4751
County Clerk: 618-658-3611
Coroner: 618-771-2130
Judge's Office: 618.658.8160
Probation Office: 618-658-2841
Sheriff: 618-658-8264
State's Attorney: 618-658-9318
Treasurer: 618-658-8042

Massac County

Massac County Courthouse
101 West 8th Street
Metropolis, IL 62960
Phone: 618.524.7038

Offices

Assessor: 618-524-9632
Circuit Clerk: 618-524-9359
County Clerk: 618-524-5213
Coroner: 618-524-4260
Judge's Office: 618-524-7038
Probation Office: 618-524-7080
Public Defender: 618-683-8381
Sheriff: 618-524-2912
State's Attorney: 618.524.2587
Treasurer: 618-524-5121

Pope County

Pope County Courthouse
310 East Main
PO Box 490
Golconda, IL 62938
Phone: 618-683-4071

Offices

Assessor: 618-683-5501
Circuit Clerk: 618-683-3941
County Clerk: 618-683-4466
Coroner: 618-683-7221
Judge's Office: 618-683-4071
Probation Office: 618-683-8383
Public Defender: 618-499-2665
Sheriff: 618-683-4321
State's Attorney: 618-683-2221
Treasurer: 618-683-5501

Government cont'd

Pulaski County

Pulaski County Courthouse
500 Illinois Avenue
Mound City, IL 62963
Phone: 618-748-9300

Offices

Assessor: 618-748-9321
Circuit Clerk: 618-748-9300
County Clerk: 618-748-9360
Coroner: 618-742-6757
Judge's Office: 618-748-9100
Probation Office: 618-748-9643
Public Defender: 618-748-9040
Sheriff: 618-748-9374
State's Attorney: 618-748-9134
Treasurer: 618-748-9322



Union County

Union County Courthouse
309 West Market Street
Jonesboro, Illinois 62952

Offices

Assessor: 618-748-9321
Circuit Clerk: 618-833-5913
County Clerk: 618-748-9360
Coroner: 618-742-6757
Judge's Office: 618-748-9100
Probation Office: 618-748-9643
Public Defender: 618-748-9040
Sheriff: 618-748-9374
State's Attorney: 618-748-9134
Treasurer: 618-748-9322

State Government

State of Illinois

Attorney General-

Kwame Raoul

Carbondale Main Office
601 South University Ave.
Carbondale, IL 62901
618-529-6400
618-529-6401

Springfield Main Office
500 South Second St.
Springfield, IL 62701
217-782-1090

Comptroller-

Susana A. Mendoza

Springfield Office
325 W. Adams St.
Springfield, IL 62701
217-782-2103

Chicago Office
100 W. Randolph St
Chicago IL 60601.
217-782-6000

Governor

JB Pritzker

Springfield Office
207 State House
Springfield, IL 62701
217-782-6830
217-782-6831

Chicago Office
100 W. Randolph St.
Chicago, IL 60601
312-814-2121
312-814-2122

Lieutenant Governor

Juliana Stratton

Springfield Office
214 State House
Springfield, IL 62706
217- 558-3085

Chicago Office
100 W. Randolph St.
Chicago, IL 60601.
312-814-5240

Secretary of State/Department of Motor Vehicles

Jesse White

213 State Capitol
Springfield, IL 62756
217-785-3000
800-252-8980

Anna DMV
101A Transcraft Dr.
Anna, IL 62906
618-833-8234

Metropolis DMV

1112 W. 10th St.
Metropolis, IL 62960
618-524-7451

Vienna DMV

400 E. Vine St.
Vienna, IL 62995
618-658-8062

State Government/State of Illinois cont'd

Treasurer

Michael Frerichs

Chicago Office

James R. Thompson Center
100 W Randolph St.
Chicago, IL 60601
866-458-7327

Springfield Office

Capitol Building
219 State House
Springfield, IL 62706
866-458-7327

U.S. State Representative

Mary Miller

Effingham Office

101 North 4th Street, Suite 303
Effingham, IL 62401
217-240-3155

Danville Office

201 N. Vermillion St.
Suite 218
Danville, IL 61832
217-703-6100

Washington Offices

2217 Rayburn House Office Building
Washington, DC 20515
202-225-5271

1529 Longworth House Office Building
Washington, DC 20515
202-225-5271

U.S. Senator

Dale Fowler

Harrisburg Office

2 North Vine
6th Floor
Harrisburg, IL 62946
618-294-8950

Springfield Office

103B Capitol Building
Springfield, IL 62706
217-782-5509

State Representative

Patrick Windhorst

Harrisburg Office

2 N. Vine St.
Suite 5A
Harrisburg, IL 62946

Springfield Office

210-N Stratton Office Bldg
Springfield, IL 62706
217-782-5131

U.S. Senator

Richard Durbin

Carbondale Office

250 W. Cherry Street
Carbondale, IL 62901
618-351-1122

Springfield Office

525 8th St.
Springfield, IL 62703
217-492-4062

Washington Office

711 Hart Senate Office Building
Washington, DC 20510
202-224-2152

U.S. Senator

Tammy Duckworth

Chicago Office

Kluczynski Federal Bldg.
230 S. Dearborn, Suite 3900
Chicago, IL 60604
312-886-3506

Washington Office

524 Hart Senate Office Bldg
Washington, DC 20510
202-224-2854

Carbondale Office

441 East Willow Street
Carbondale, IL 62901
(618) 677-7000

Illinois Department on Aging

One Natural Resources Way, Suite 100
Springfield, IL 62702-1271
1-800-252-8966

Illinois Department of Agriculture

State Fairgrounds
801 E. Sangamon Ave
Springfield, IL 62702-1813
217-782-2172

Illinois Department of Children and Family Services

108 Denny Industrial Dr. 1315 Washington Ave.
Anna, IL 62906 Cairo, IL 62914
618-833-4449 618-734-0858

Illinois Department of Corrections

Springfield Office
1301 Concordia Court
P.O. Box 19277
Springfield, IL 62794-9277
217- 558-2200 x 2008

Illinois Department of Healthcare & Family Services

Springfield Main Office
Prescott Bloom Building
201 South Grand Avenue East
Springfield, Illinois 62763

Illinois Department of Juvenile Justice

Springfield Office
2715 Monroe St.
Springfield, IL 62704
217-557-1030

Illinois Department of Natural Resources

Springfield Office Region 5 Office
One Natural Resources Way 11731 State Highway 37
Springfield, IL 62702-1271 Benton, IL 62812
217-782-6302 618-435-8138



State Government/State of Illinois cont'd

Illinois Emergency Management Agency

Springfield Main Office
 2200 South Dirksen Parkway
 Springfield, Illinois 62703
 217-782-2700

Regional Office Building
 2309 W. Main St.
 Marion, IL 62959
 618-997-5847

Illinois State Board of Education

Springfield Office
 100 N. 1st Street
 Springfield, IL 62777
 866-262-6663
 217-782-4321

Illinois State Police

1154 Shawnee College Rd.
 Ullin, Illinois 62992
 618-845-3740
 618-542-2171(AFTER 4 PM)

Illinois Student Assistance Commission

Main Office
 1755 Lake Cook Road
 Deerfield, IL 60015-5209
 800-899-ISAC (4722)

Health & Human Services

Alzheimer's Association

Provides support, information, and referral resources for caregivers and those diagnosed with Alzheimer's.
 402 East Plaza Drive
 Suite 4
 Carterville, Illinois 62918
 618-985-1095

American Cancer Society

Committed to providing education, resources, information, advocacy, patient and family services for those diagnosed with cancer.
 800-227-2345

American Heart Association

The AHA provides information, resources, support and research to those caregivers and individuals diagnosed with heart conditions.
 800-242-8721



American Lung Association

Breathing is important! The American Lung Association is the leading organization in regard to lung health. They provide education, advocacy and research for those with lung and breathing issues.
 800-586-4872

American Red Cross

The Red Cross is known for blood drives but they do so much more than that. They provide emergency shelter, food, clothing, and other resources to victims of disaster.
 800-733-2767

John Steinbeck
 Cryptogram



ABCDEFGHIJKLMNOPQRSTUVWXYZ
 J R

Health and Human Services cont'd

Center for Autism Spectrum Disorders
@ Southern Illinois University

Services offered include applied behavior analysis, speech-language pathology, and clinical psychology (child clinical and pediatric psychology). Our center focuses on Community Service, Student Training, and Research. The CASD is funded through The Autism Program of Illinois (TAP).
625 Wham Drive
Southern Illinois University
Carbondale, IL 62901
618-453-7130

Child Care Resource & Referral (CCR&R)

Provides information, resources, and referrals for those seeking quality child care and early educational experiences for their small children. CCR&R is located within John A. Logan College.
700 College Road
Carterville, IL 62918
800-548-5563

Department of Children and Family Services

DCFS is designed to protect Illinois' children and conduct investigations when allegations of abuse and neglect are reported. If you are being abused or neglected or know a youth/teen that is call 800-252-2873. For all other matters use the phone numbers below to contact your local office.

Anna Office

108 Denny Industrial Dr.
Anna, IL 62906
618-833-4449

Cairo Office

1315 Washington Ave.
Cairo, IL 62914
618-734-0858

Department of Veterans Affairs

The VA sponsors and participates in a number of special programs to benefit veterans and their families. From medical, psychological, homeless programs and more, the VA provides many services to our nation's warriors. To find out more visit their website or contact your local VA office below.
2309 W. Main St.
Marion, IL 62959
618-997-3309



Egyptian Area Agency on Aging

Serving the Southern 7 counties, Egyptian Area Agency on Aging provides information, advocacy, referrals, and oversight to other companies who provide aging services.
200 E. Plaza Dr.
Carterville, Illinois 62918
888-895-3306, ext. 101

Golden Circle Senior Citizens Program

Offers in home meals, home health services, and other community activities for senior citizens.
129 IL Route 146 E.
Elizabethtown, IL 62931
618-287-5590

Housing Authorities

Governed by the U.S. Department of Housing and Urban Development, each county is designated its own Housing Authority office. The Housing Authority provides low income and income based housing to those who qualify. For more information contact your county's housing authority below.

Alexander County

1101 Ohio St.
Cairo, IL 62914
618-734-1910

Hardin County

355 Walnut St.
Elizabethtown, IL 62931
618-287-2786

Johnson County

501 N. 4th St.
Vienna, IL 62995
618-658-5811

Massac County

1209 E. 5th St.
Metropolis, IL 62960
618-524-8411

Pope County

802 Franklin St.
Golconda, IL 62938
618-683-4791

Pulaski County

130 Richland Terrace
Mounds, IL 62964
618-745-6330

Union County

131 Hillside Terrace
Anna, IL 62906
618-833-5129



Illinois Department of Employment Security (IDES)

Provides information, resources, and support for the Illinois work force. Job development services, employee recruiting, migrant/season workers programs, and unemployment insurance are some of the services IDES provides.
333 Potomac Boulevard, Suite E
Mt. Vernon, IL 62864
800-244-5631

Health and Human Services cont'd

Illinois Department of Human Services

DHS offers streamlined access to integrated services, especially for those who are striving to move from welfare to work and economic independence, and for others who face multiple challenges to self-sufficiency. Included in the services DHS offers are Veteran's services, SNAP/LINK, TANF, DRS Rehab services, Medicaid, and child care assistance. To sign up call or visit your local office listed below. You can also sign up for benefits by using the web link ABE.illinois.gov or calling 1-833-2-FIND-HELP.

Family Community Resource Center

(for Alexander & Pulaski)

422 S Blanche St.
Mounds, IL 62964
Phone: 618-745-9411

DHS Family Community Resource Center

(for Johnson & Union)

1000 North Main Street
Anna, IL 62906
Phone: 618-833-2118

Family Community Resource Center

(for Pope County)

320 Raymond Street
Harrisburg, IL 62946
Phone: 618-253-7161

Illinois Department of Public Health

IDPH has 200 different programs that benefit each state resident and visitor, although its daily activities of maintaining the public's health are rarely noticed unless a breakdown in the system occurs. With the assistance of local public health agencies, these essential programs and services make up Illinois' public health system, a system that forms a frontline defense against disease through preventive measures and education. Public health has provided the foundation for remarkable gains in saving lives and reducing suffering.

Springfield Headquarters Office

525-535 West Jefferson Street
Springfield, IL 62761
217-782-4977

Chicago Headquarters Offices

122 S. Michigan Avenue, 7th and 20th Floors
Chicago, IL 60603
312-814-2793

69 W. Washington Street, 35th Floor
Chicago, IL 60602
312-814-5278

Land of Lincoln/Legal Aid

Provides free legal aid to families and individuals in need throughout central and southern Illinois. Offers legal assistance in the following areas of law: Consumer Law, Family Law, Education Law, Elder Law & Disability Rights, Health & Economic Security, and Housing Law.

To apply for services visit this website:

<https://lincolnlegal.org/apply>.

509 S. University Ave. #100
Carbondale, IL 62901
877-342-7891

Lions Club

The mission of the Lions Club is to empower their volunteers to serve their communities, meet humanitarian needs, encourage peace and promote international understanding. The services provided by the Lions Club include five areas of need which include diabetes, vision, hunger, and childhood cancer. To find out more or to speak to someone about services contact your local Lions Club listed below.

Metropolis Chapter

307 W. 4th St.
Metropolis, IL 62960
618-524-5883

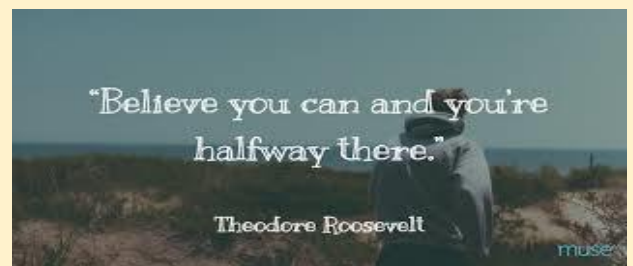
Mounds Chapter

418 1st. St.
Mounds, IL 62964
630-571-5466

MAP Training Center

Provides highly individualized training services for those with disabilities. Offers instruction and activities to assist with the acquisition, retention, or improvement in self-help, socialization, and adaptive skills. For more information, use the contact information below.

504 East 7th Street
Karnak, IL 62956
618-634-9401



Shawnee Alliance

Enabling older adults to maximize their independence by providing access to community agencies which provide services in physical and behavioral health, insurance, medications, nutrition, transportation, financial, and legal benefits.

6355 Brandhorst Drive
Carterville, IL 62918
618-985-8322

Shawnee Development Council

A Community Action Agency which provides services for homeless/homelessness, low income, and emergencies for those individuals who qualify. The Council has a food pantry, provides financial assistance for rent, homelessness, scholarships, housing stabilization, medications, and more.

530 W. Washington St.
P.O. Box 298
Karnak, IL 62956
618-634-9551



Social Security Administration

The Social Security Administration assigns Social Security numbers, and administers the Social Security retirement, survivors, and disability insurance programs. They also administer the Supplemental Security Income program for the aged, blind, and disabled. At their website, users can access a wide variety of services including applications for benefits, apply for a new or replacement social security card, estimate retirement and more. Most in person services can be completed over the phone or online.

Cape Girardeau Office

2445 Cape Centre Drive
Cape Girardeau, Mo 63703
866-931-7077

Carbondale Office

250 W. Cherry St.
Carbondale, IL 62901
877-714-0377

Harrisburg Office

18 Veterans Drive
Harrisburg, IL 62946
866-366-3980

Paducah Office

125 Brett Chase
Paducah, KY 42003
866-614-7905

Southern Pride Senior Program

Offers in home meals, home health services, and other community activities for senior citizens.

P.O.Box 1372
Vienna, IL 62995
(618) 658-8140



Southern Seven Health Department

Southern Seven protects and improves the health of people and the community of the southern seven counties including Alexander, Hardin, Johnson, Massac, Pope, Pulaski, and Union counties. Southern 7 services include pregnancy testing, STD/HIV testing, immunizations/screenings, TB, WIC, diabetes prevention, health education, cancer prevention, teen pregnancy prevention, Headstart, food sanitation/safety, vector control, water/sewage supply, and many others. For more information, contact your counties office listed below.

Alexander County

3014 Elm Street
Cairo, IL 62914
618-734-4167

Hardin County

IL Route 146, Building 2
Elizabethtown, IL 62931
Phone: 618- 285-6215

Johnson County

513 ½ Vine St.
Vienna IL, 62995
618-658-5011

Massac County

1230 Commercial Park Rd.
Metropolis, IL 62960
618-524-2657

Pope County

IL Route 146 Bldg. 2
Elizabethtown, IL 62931
618-285-6215

Pulaski County

37 Rustic Campus Drive,
Building B
Ullin, IL 62992
618-634-9405

Union County

260 Lick Creek Road
Anna, IL 62906
618-833-8561

Medical Services

Dentists

Cobden Dental Clinic

General Dentistry
103 N. Appleknocker Dr.
Cobden, IL 62960
618-893-4005

Don Akridge, DDS

General Dentistry
35 Old Bloomfield Rd., Vienna, IL 62995
618-658-9732

Hardin County Dental Clinic-CHESI

Offers general and preventive dental services.
226 Main Street
Rosiclare, IL 62982
618-285-3930

John Shelton Dentistry

General dentistry, cosmetic, restorative, implants, and more.
1015 Market Street
Metropolis, IL 62960
618-524-8011

Dr. Raymond Otte, DDS

General Dentistry
112 W. Main St., Goreville, IL 62939
(618) 995-9777

Dr. Robin Weatherall, DMD

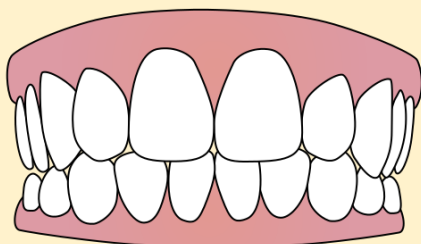
General and Cosmetic dentistry
805 N. 1st Street
Vienna, IL 62995
618-658-8361

Rural Health, Inc.

General and Preventive dentistry
513 N. Main St., Anna, IL 62906
618-833-4471

Wells Dental Care

General Dentistry
310 Lick Creek Rd.
Anna, IL 62906
618-833-2411



Hospitals

Hardin County General Hospital

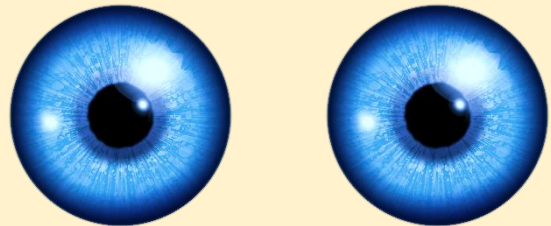
Services provided include ER care, Laboratory, Radiology, CT and MRI, Rehab, PT, OT, Respiratory, Nursing, Health Information, and Social Services.
6 Ferrell Road
Rosiclare, IL 62982
618-285-6634

Massac Memorial Hospital

Services provided include Behavioral Health, Cardiac Rehab, Cardiopulmonary, ER, Inpatient, Laboratory, Radiology, Rehab services, Sleep disorders, Outpatient Surgery, and Wound Care.
28 Chick Street
Metropolis, IL 62960
618-524-2176

Union County Hospital

Services provided include Breast Health, Cardiac Care, Convenient Care/Family Practice, Diagnostic Imaging (Radiology), Emergency Care, General Surgery, Infusion Center Services, Long Term Care, Alcohol and Medical Detox, Pain Management, Podiatry, Pulmonary/Respiratory Health, Rehab Services, Senior Behavioral Health, Sleep Disorders, Vascular, and Wound Care.
517 N. Main Street
Anna, IL 62906
618-833-4511



Optical (Eye Doctors)

Brush Optical

Services offered include Vision Exams, Eyeglasses, Contact Lenses, and Pediatric Eye Care.
1801 East 5th Street
Metropolis, IL 62960
800-851-3601

Crabtree & Merriman Optometry

Services offered include Contacts, Eyeglasses, Eye Exams, Ocular Disease Care, and Pharmanex.
316 S. Main St.
Anna, IL 62906
618-833-3777

Medical Services

Optical (Eye Doctors) cont'd

Marion Eye Center

Services include Cataract Surgery, Contacts, Corneal Transplant, Eyeglasses, Eye Exams, Lasik, Oculoplastic Surgery, Pediatric Eye Care, and Retina Care.

Anna Office

165 Plaza Drive
Anna, IL, 62906
618-833-8359

Vienna Office

1005 Vine St.
Vienna, IL 62995
618-658-2195

Moreland Eye Care

Services offered include Contacts, Eyeglasses, Eye Exams, and Ocular Disease Management.

100 Peach Ridge Road
Anna, IL 62906
618-833-9208

Primary Care Providers

CHESI Clinic

Medical services include general practice, internal medicine, pediatrics, well woman, podiatry, lab services, radiology, mammography, bone density, and bloodgas testing.

Cairo Mega Clinic

13245 Kessler Road
Cairo, IL 62914
618-734-4400

Hardin County Medical

IL Route 146 Bldg. 2
Elizabethtown, IL 62931
618-287-6191

Pope County Clinic

217 S. Adams St.
Golconda, IL 62938
618-683-3781

Pulaski County Clinic

100 Market Street
Pulaski, IL 62976
618-342-6767

Tamms Community Health Center

290 Railroad Street
Tamms, IL 62988
618-747-2391

Hardin County Clinic

Medical Services include family practice, physicals, well baby checks, immunizations, and specialist referrals.

6 Ferrell Road
Rosiclare, IL 62982
618-285-2800

Massac Family Care Clinic

Medical services provided include primary care, specialty care, ENT, Audiology, Pediatrics, chronic disease management, wound care, and sleep medicine.

1204 West 10th Street
Metropolis, IL 62960
618-524-3572

Rural Health, Inc. Clinics

Services provided include general practice, family medicine, Obstetrics, Gynecology, immunizations, well and sick child care, lab services, family planning, school physicals, chronic disease management, Social and Behavioral Health services.

Anna Main Office

513 N. Main Street
Anna, IL 62906
618-833-4471

Dongola Medical Clinic

318 N. Old Highway 51
Dongola, IL 62926
618-995-1002

Goreville Medical Clinic

400 S. Broadway St.
Goreville, IL 62939
618-995-1002

Metropolis Medical Clinic

1003 E. 5th Street
Metropolis, IL 62960
618-524-7499

Vienna Medical Clinic

803 N. 1st Street
Vienna, IL 62995
618-658-2811

SIH Anna Primary Care

Services provided include family medicine, acute care visits, chronic illness management, well child care, women's health, men's health, and preventative care.

98 Peach Ridge Road
Anna, IL 62906
618-614-1400

Union County Convenient Care

Services include, family practice, acute care visits, well child care, preventative care, immunizations, and school physicals. (Located on south side of the hospital)

517 N. Main St.
Anna, IL 62906
618-833-2295

*Medicine cure diseases but
only doctors can cure
patients. – Carl G. Jung*

Mental Health Services

Arrowleaf

Provides both adult and youth outpatient services. Services include crisis intervention, outpatient counseling, Intensive Placement Stabilization, child advocacy assistance, substance abuse counseling, supportive housing programs, DUI evaluation and DUI risk education.

Alexander County Office

1401 Washington Ave.
Cairo, IL 62914
618-734-2665

Hardin County Office

147 N. Main St.
Elizabethtown, IL 62931
618-287-7010

Johnson County Office

101 Oliver Street
Vienna, IL 62995
618-658-2611

Pope County Office

125 N. Market St.
Golconda, IL 62938
618-683-2461

Massac County Mental Health

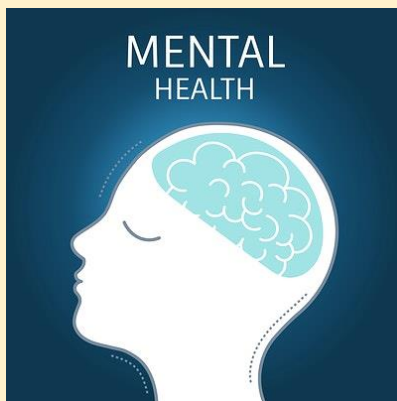
Provides both adult and youth outpatient services including individual, group, family, and marriage counseling. Also provided is crisis intervention, DUI evaluation and risk education, gastric bypass evaluations, substance use treatment and prevention services. They also offer EAP, trainings, and consumer support services.

206 West 5th Street
Metropolis, IL 62960
618-524-9368 (local)
800-851-1251 (toll free)
After hours crisis line: 618-524-9368

Union County Counseling Services

Provides both adult and youth outpatient services including individual counseling, crisis intervention, psychiatric, outpatient fitness restoration, Trauma Focused Cognitive Behavioral Therapy, Support Services, Community Support Services, and Residential Support Services.

204 South Street
Anna, IL 62906
618-833-8551 (available 24 hours)



Substance Use Services

Arrowleaf

Services include Substance Abuse Prevention and Recovery which is designed for individuals with psychoactive substance abuse disorders or for those family who have a member with a substance use issue.

406 E. Vine St.
Vienna, IL 62995
618-658-3079

Centerstone Fellowship House

Addiction Recovery and Inpatient services available. Other services provided include addiction prevention, detox, medication assisted treatment (MAT), intensive outpatient program (IOP), residential treatment programs, youth programs, support services, outpatient intervention services, and support groups.

800 N. Main St.
Anna, IL 62906
877-467-3123 or 618-833-2194

CHESI (Community Health & Emergency Services)

Offers Alcohol & Substance abuse prevention as well as DASA Outpatient and Intensive Outpatient treatment.

Cairo Mega Clinic

13245 Kessler Road
Cairo, IL 62914
618-734-4400

Hardin County Medical

IL Route 146 Bldg. 2
Elizabethtown, IL 62931
618-287-6191

Pope County Clinic

217 S. Adams St.
Golconda, IL 62938
618-683-3781

Pulaski County Clinic

100 Market Street
Pulaski, IL 62976
618-342-6767

Tamms Community Health Center

290 Railroad Street
Tamms, IL 62988
618-747-2391

Massac County Mental Health

Provides both adult and youth outpatient services including DUI evaluation and risk education, substance use treatment and prevention services. They also offer EAP, trainings, and consumer support services.

206 West 5th Street
Metropolis, IL 62960
618-524-9368 (local)
800-851-1251 (toll free)
After hours crisis line: 618-524-9368

Union County Hospital

Provides Detox and medical stabilization treatment as well as withdrawal management.

517 North Main St.
Anna, IL 62906
618-833-4112



Zombie Zone

Word Search

DIRECTIONS: Find and circle the Zombie Zone words in the grid. Look for them in all directions including backwards and diagonally.

H	W	P	P	A	R	A	N	O	I	A	C	I	Z	B	P	Y	T	
G	N	I	K	L	A	W	P	L	B	C	C	A	P	U	B	C	S	R
B	C	I	G	C	H	N	F	I	T	N	O	D	J	W	U	I	A	E
C	S	H	A	M	F	Z	B	S	H	O	C	R	R	V	S	K	T	G
Y	E	W	G	P	L	S	C	R	E	A	M	F	P	N	E	T	N	E
Z	L	M	R	A	D	I	A	T	I	O	N	Y	A	S	N	V	A	N
I	O	R	E	W	J	N	I	N	D	Q	C	I	S	E	E	B	F	E
W	A	M	M	T	X	I	V	C	Z	U	T	E	G	H	Q	G	T	R
Z	I	D	B	V	E	A	Z	D	G	I	I	O	I	P	U	H	D	A
P	D	X	Z	I	Z	R	H	U	A	V	H	D	S	Z	G	A	M	T
B	R	H	V	M	E	Y	Y	H	O	T	O	P	X	I	E	Y	O	E
L	O	F	R	E	A	N	I	M	A	T	I	O	N	D	Z	J	O	C
R	R	W	G	I	G	A	Q	P	L	Z	U	U	N	G	H	D	D	I
R	R	H	B	V	N	A	B	A	J	Z	F	U	Q	L	C	J	O	N
N	O	E	V	P	I	L	V	C	J	L	U	R	Y	S	P	Y	O	A
R	H	R	H	E	V	W	I	I	I	E	I	Y	E	B	C	L	V	P
T	N	E	R	V	I	H	R	S	X	F	I	X	G	Q	U	V	M	P
Q	J	U	V	E	L	L	U	A	P	O	C	A	L	Y	P	S	E	V
S	H	G	E	X	T	M	S	W	A	T	U	W	C	G	H	O	U	L

Apocalypse

Bite

Cemetery

Corpse

Fantasy

Ghoul

Haitian

Horror

Living

Movies

Night

Pank

Paranoia

Pathogen

Radiation

Reanimation

Regenerate

Scream

Terror

Undead

Virus

Voodoo

walking

Zombie