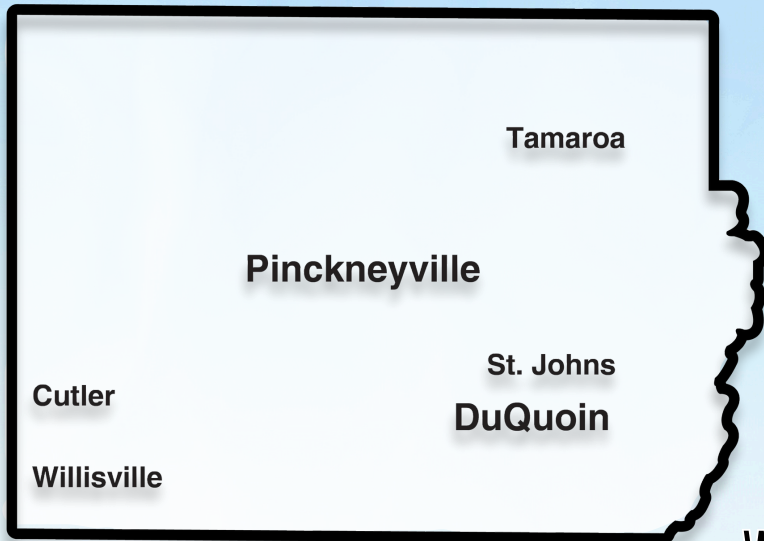


# PERRY COUNTY, IL RESOURCE GUIDE **2026**

FIRST EDITION



SCAN FOR  
DIGITAL GUIDE

WEB LINK: <https://bit.ly/pcrg>

A photograph of several hands of different skin tones stacked together in a circle, symbolizing unity and support. The background is a soft, out-of-focus blue.

*Connecting You to  
What Matters.*

# PERRY COUNTY ILLINOIS, RESOURCE GUIDE

## TABLE OF CONTENTS

- ANCHOR AGENCIES Offering Multiple Services** ..... 11
  - DHS (Department of Human Services) Family Community Resource Center..... 11
  - Perry County Health Department ..... 11
  - Western Egyptian ..... 11
  - Centerstone ..... 12
  - National Alliance on Mental Illness of Southwestern Illinois (NAMI SWI) ..... 12
  - 211 United Way Help Line..... 12
- ADOPTION/FOSTER CARE** ..... 12
  - Caritas Family Solutions..... 12
  - Hoyleton Youth & Family Services ..... 12
  - Lutheran Social Services of Illinois ..... 12
  - Spero Family Services ..... 13
- AGRICULTURE SERVICES** ..... 13
  - Perry County Natural Resources Conservation Service Center..... 13
  - USDA Perry County Farm Service Agency ..... 13
  - Perry County Farm Bureau..... 13
  - Farm Credit Illinois..... 13
- ALCOHOL ABUSE & RECOVERY** ..... 13
  - Alcoholics Anonymous – Find AA Meetings ..... 13
  - New Hope Community Church ..... 14
- ALZHEIMERS** ..... 14
  - Alzheimer’s Support..... 14
  - Alzheimer’s Association ..... 14
  - National Institute on Aging - Alzheimer's..... 14
- ANIMALS** ..... 14
  - Animal Control – Perry County ..... 14
  - Animal Abuse Hotline - PETA ..... 14
  - Perry County Humane Society ..... 15
- AUTISM** ..... 15
  - ABA of Illinois – Applied Behavior Analysis ..... 15
  - Autism Society of Southern Illinois ..... 15
  - Center for Autism Spectrum Disorders ..... 15
  - The Autism Clinic at Hope ..... 15
- BRAIN INJURY** ..... 16

- SIH Brain & Spinal Cord Injuries Rehabilitation..... 16
- Brain Injury Association of Illinois..... 16
- Brain Injury and Stroke Support Group..... 16
- CANCER**..... 16
- Cancer Care and Infusion Clinic ..... 16
- SIH Breast Center (Southern Illinois Healthcare)..... 16
- Illinois Breast and Cervical Cancer Program (IBCCP)..... 17
- Coach Kill Cancer Fund..... 17
- American Cancer Society ..... 17
- Cancer Information Services ..... 17
- CELL PHONE** ..... 17
- LifeWireless..... 17
- SafeLink ..... 17
- CHILD ABUSE**..... 18
- Perry-Jackson County Child Advocacy Center..... 18
- Illinois DCFS Child Abuse Reporting Hotline ..... 18
- Childhelp National Child Abuse Hotline ..... 18
- CHILDREN & FAMILY SERVICES** ..... 18
- Child and Family Connections (Archway) ..... 18
- Southern Region Early Childhood Program ..... 18
- Regional Office of Education (ROE) ..... 19
- Perry County Health Department ..... 19
- Perry-Jackson County Child Advocacy Center..... 19
- Department of Children and Family Services ..... 19
- Illinois CARES Line 24/7..... 19
- Department of Human Services ..... 19
- Planned Parenthood ..... 19
- CDC Infant and Toddler Nutrition..... 19
- Elder Abuse / Adult Protective Services ..... 20
- CHURCH**..... 20
- Church Finder..... 20
- CLOTHING** ..... 20
- Caring & Sharing Thrift Store ..... 20
- Du Quoin Community Clothes Closet ..... 20
- St. Joseph Thrift Store..... 20
- Coat Closet (Pinckneyville Community Center)..... 20
- CRISIS**..... 20

- Perry County Counseling Center ..... 20
- Crisis Text Line..... 21
- 988 Suicide and Crisis Lifeline ..... 21
- Illinois CARES Line: 24/7..... 21
- Illinois Warm Line ..... 21
- CHILD CARE..... 21**
  - Little Panthers Daycare ..... 21
  - Little Britches ..... 21
  - Buttons N Bows Child Care..... 21
  - Pinckneyville Community Center ..... 22
  - Du Quoin Youth Club ..... 22
- DENTAL CARE ..... 22**
  - Steele Dental..... 22
  - Hawkins Family Dentistry ..... 22
  - Du Quoin Dental Dome ..... 22
  - Teel Family Dental ..... 22
  - Issac Davison, DDS, LTD ..... 22
  - SIU Dental School..... 22
  - SIU Community Dental Center- Free Dental Events..... 22
- DIABETES ..... 23**
  - Camp Beta ..... 23
  - American Diabetes Association ..... 23
  - Children with Diabetes..... 23
  - Illinois Department of Public Health: Diabetes Prevention and Control ..... 23
- DIETITIAN ..... 23**
  - Pinckneyville Community Hospital..... 23
- DISABILITY RESOURCES ..... 23**
  - NubAbility ..... 23
  - Five Star Industries ..... 24
  - Southern Illinois Resource and Advocacy Center (SIRAC)..... 24
  - Illinois Department of Human Services (IDHS) ..... 24
  - Illinois Guardianship Advocacy Commissions ..... 24
  - The Arc of Illinois..... 24
  - Southern Illinois Case Coordination Services ..... 24
  - Illinois Mentor..... 24
  - Southern Illinois Center for Independent Living (SICIL) ..... 25
  - SIT Service Dogs ..... 25

- Social Security Administration- Carbondale Field Office..... 25
- Illinois Assistive Technology Program (IATP)..... 25
- Illinois Division of Rehabilitation Services (DRS/ DORS)..... 25
- DOMESTIC VIOLENCE** ..... 26
- Survivor Empowerment Center ..... 26
- Illinois Domestic Violence Hotline ..... 26
- The National Domestic Violence Hotline ..... 26
- EATING DISORDERS** ..... 26
- Branz Nutrition Counseling..... 26
- Clementine St. Louis ..... 26
- Saint Louis Behavioral Medicine Institute ..... 27
- Equip health – Virtual Eating Disorder Care..... 27
- EDUCATION** ..... 27
- Southern Region Early Childhood Program ..... 27
- HeadStart..... 27
- District 204 Pre-K ..... 27
- St. Bruno Pre-K ..... 27
- Tamaroa Pre-K ..... 27
- District 50- Elementary School & Junior High School ..... 28
- Community Consolidated School District 204 ..... 28
- Du Quoin Elementary & Middle School ..... 28
- Tamaroa Grade School District #5..... 28
- St. Bruno Catholic School- Private ..... 28
- Pinckneyville Community High School (PCHS)..... 28
- Du Quoin Community High School (DHS) ..... 28
- Southern Illinois Manufacturing Academy (RLC) ..... 28
- Rend Lake College (RLC) ..... 29
- John A. Logan (JALC)..... 29
- Southern Illinois University (SIU) ..... 29
- Tri-County at Ward School..... 29
- ROE #30 ..... 29
- Illinois Department of Human Services (IDHS) ..... 29
- EMPLOYMENT** ..... 29
- Illinois Department of Employment Security (IDES) – Mt. Vernon Office..... 29
- Man-Tra-Con ..... 30
- Perry County Counseling Center: ISP Program ..... 30
- PlaceSmart Agency Staffing..... 30

**ENERGY ASSISTANCE** ..... 30

- Western Egyptian ..... 30

**EPILEPSY** ..... 30

- Epilepsy Foundation of Greater Southern Illinois..... 30

**EMERGENCY SERVICES** ..... 30

- Pinckneyville Fire Department ..... 30
- Du Quoin Fire Department ..... 30
- Tamaroa Fire Department..... 31
- Pinckneyville Police Department..... 31
- Du Quoin Police Department ..... 31
- Illinois State Police Department District #13..... 31
- Perry County Sheriff’s Office..... 31

**FOOD ASSISTANCE** ..... 31

- Du Quoin Food Pantry ..... 31
- Least of Brethren Ministry ..... 31
- Faith Liberty Mission Church ..... 31
- Gold Plate & Senior Care for Perry County ..... 31
- Tamaroa Mobile Market..... 31
- Reformed Presbyterian Church..... 31
- Meals on Wheels..... 32
- DHS Family Resource Center..... 32
- Perry County Health Department ..... 32

**GOVERNMENT**..... 32

- Perry County Courthouse ..... 32
- Perry County Government Building ..... 32
- Secretary of State Office..... 32

**HEARING**..... 32

- SIU Carbondale Clinic Center ..... 32
- The Arc of Illinois..... 32
- The National Hearing Aid Project..... 33
- CaptionCall ..... 33
- Illinois Telecommunication Access Corporation (ITAC) ..... 33

**HEART** ..... 33

- SIH Cardiology ..... 33
- American Heart Association ..... 33

**HOME HEALTH / IN HOME CARE SERVICES** ..... 33

- Perry County Home Health (Health Department) ..... 33

- At Home Health Care – Sparta ..... 33
- Addus Homecare ..... 33
- Helia Healthcare Services LLC ..... 34
- LHC Group ..... 34
- Residential Healthcare Group..... 34
- HOMELESS SHELTERS..... 34**
- Perry County Transition 2 Hope..... 34
- Perry County Western Egyptian ..... 34
- Southern Illinois Coalition for the Homeless ..... 34
- The Lighthouse Shelter ..... 34
- Survivor Empowerment Center ..... 34
- Carbondale Warming Center ..... 35
- Good Samaritan Ministries ..... 35
- HOSPICE ..... 35**
- Hospice of Southern Illinois..... 35
- Maple Creek Hospice ..... 35
- Residential Home Health & Hospice ..... 35
- HOSPITALS ..... 35**
- Pinckneyville Community Hospital..... 35
- Marshall Browning Hospital ..... 35
- Carbondale Memorial Hospital (SIH) ..... 35
- HOUSING ..... 36**
- Western Egyptian ..... 36
- Perry County Housing Authority ..... 36
- High Point Residence Pinckneyville ..... 36
- Madison Avenue Apartments ..... 36
- Addington Place of Sparta ..... 36
- Five Star Industries ..... 36
- HUMAN TRAFFICKING ..... 37**
- National Human Trafficking Hotline ..... 37
- INTERNET ASSISTANCE ..... 37**
- Lifeline HUD Resource ..... 37
- LAUNDROMAT ..... 37**
- Perry county Wash tub ..... 37
- Wonder Wash Laundry Center ..... 37
- LEGAL Assistance SERVICES ..... 37**
- Land of Lincoln ..... 37

- Equip for Equality, Inc ..... 37
- SIU Carbondale School of Law- Legal Clinics..... 38
- LIBRARIES** ..... 38
- Pinckneyville Public Library ..... 38
- Du Quoin Public Library..... 38
- LONG-TERM CARE, ASSISTED LIVING, Respite Care**..... 38
- High Point Residence Pinckneyville ..... 38
- Pinckneyville Nursing and Rehabilitation ..... 38
- Du Quoin Nursing and Rehabilitation ..... 38
- Fairview Rehabilitation and Health Care ..... 38
- Pinckneyville Community Hospital (Nursing Care Services) ..... 39
- LGBTQ+ RESOURCES** ..... 39
- Rainbow Café LGBTQ+ Center ..... 39
- The Trevor Project ..... 39
- MEDICAL**..... 39
- Family Medical Center ..... 39
- Marshall Browning Medical Clinic ..... 39
- Rea Clinic ..... 39
- Family Medical Center Weekend Walk-in Clinic ..... 40
- Marshall Browning Urgent Care..... 40
- SIH Urgent Care ..... 40
- Fresenius Kidney Care..... 40
- Sleep Labs..... 40
- St. Joseph Sleep Disorder Center ..... 40
- Pinckneyville Community Hospital Swing Bed..... 40
- Marshall Browning Hospital Swing Bed..... 41
- MEDICAL INSURANCE**..... 41
- Affordable Care Act..... 41
- Healthcare for Kids (All Kids Program) ..... 41
- Illinois Department of Insurance, Office of Consumer Health Insurance ..... 41
- Medicaid (Illinois)..... 41
- Medicare ..... 41
- MENTAL HEALTH** ..... 42
- Pinckneyville Family Medical Center (FMC Counseling)..... 42
- Perry County Counseling Center ..... 42
- Anchored Hope, LLC ..... 42
- CRHPC Comprehensive Behavioral Health..... 42

- Senior Life Solutions ..... 42
- DHS Family Community Resource Center ..... 42
- Centerstone ..... 43
- Chestnut Health Services ..... 43
- Egyptian Behavioral Health ..... 43
- Gateway Foundation ..... 43
- National Alliance on Mental Illness (NAMI) Illinois ..... 43
- PHARMACIES ..... 43**
  - Stotlar Drug Company ..... 43
  - Du Quoin Medicenter Pharmacy ..... 43
  - Walmart Pharmacy ..... 44
- PHYSICAL ACTIVITY ..... 44**
  - The Wellness Center ..... 44
  - Perfectly Imperfect Yoga ..... 44
  - Panther Gym & Fitness ..... 44
  - Doc Z’s Fitness ..... 44
  - Du Quoin Health Center ..... 44
- POISON CONTROL ..... 45**
  - Illinois Poison Control Center ..... 45
- PREGNANCY ..... 45**
  - Caritas Family Solutions ..... 45
  - Perry County Health Department ..... 45
  - Planned Parenthood ..... 45
- PRISON & JAIL SERVICES ..... 45**
  - Illinois Department of Corrections ..... 45
  - Lutheran Social Services of Illinois (LSSI) ..... 45
  - Center for Health and Justice at TASC ..... 46
- RECREATION ..... 46**
  - Split Decision ..... 46
  - All Sk8 ..... 46
  - Pyramid State Park ..... 46
  - Pinckneyville City Park ..... 46
  - Keyes Park ..... 46
  - Jake Bender Municipal Pool ..... 46
  - Du Quoin City Pool ..... 46
- RUNAWAY ..... 47**
  - National Runaway Safeline ..... 47

**SENIOR SERVICES**..... 47

- Senior Life Solutions ..... 47
- Wellness Center ..... 47
- Pinckneyville Senior Club ..... 47
- Perry County Health Department ..... 47
- Gold Plate Program ..... 48
- Senior Citizen Helpline ..... 48
- Active Day ..... 48
- Egyptian Area Agency on Aging..... 48

**SEXUAL ASSAULT** ..... 48

- Survivor Empowerment Center ..... 48
- National Sexual Assault Hotline ..... 48

**SMOKING CESSATION**..... 49

- Pinckneyville Community Hospital Smoking Cessation Program..... 49
- American Lung Association Lung Helpline ..... 49
- Illinois Tobacco Quitline / Freedom From Smoking..... 49
- Smokefree.gov..... 49

**SUBSTANCE MISUSE & RECOVERY** ..... 49

- Little Egypt Area of Narcotics Anonymous ..... 49
- Take Action Today ..... 50
- Celebration Recovery: Spirit of Life Christian Church ..... 50
- Celebration Recovery: United Pentecostal Church..... 50
- Centerstone South..... 50
- Gateway Foundation ..... 50
- Illinois Helpline for Opioids and Other Substances ..... 50
- Substance Abuse & Mental Health Services Administrations ..... 51

**SUICIDE PREVENTION**..... 51

- 988 Suicide & Crisis Lifeline..... 51
- Illinois Warm Line ..... 51
- CARES Hotline ..... 51

**TRANSPORTATION** ..... 51

- SCT (Southern Central Transit)..... 51
- Amtrak Train Station..... 51

**UNITED STATES POSTAL SERVICE** ..... 52

- USPS..... 52

**UTILITIES**..... 52

- Western Egyptian..... 52

**VETERANS**..... 52

- Illinois Department of Veteran Affairs (IDVA)..... 52
- Centerstone ..... 52
- Veterans Crisis Line ..... 52
- VA Medical Center, Marion ..... 52

**VISION** ..... 53

- Southern Illinois Eye Care..... 53
- Marion Eye Center..... 53
- Bureau of Blind Services..... 53
- Southern Illinois Talking Book Center ..... 53
- National Eye Health Education Program ..... 53
- Southern Illinois Radio Information Service (SIRIS)..... 53

**WEATHERIZATION**..... 54

- Western Egyptian ..... 54

**WOMENS HEALTH**..... 54

- Southern Illinois Ob-Gyn Associates ..... 54
- Heartland Womens Health ..... 54
- Shawnee Health ..... 54
- Asbery & Associates Ob/Gyn LLC..... 54

## ANCHOR AGENCIES OFFERING MULTIPLE SERVICES

### ▪ DHS (Department of Human Services) Family Community Resource Center

**Contact Info:** 342 North St, Murphysboro, IL 62966..... (618) 687-1705/ TTY (800)- 447-6404  
 After Hour Crisis Number..... (773) 867-4000

**Website:** <https://www.welfareoffices.org/li/dhs-family-community-resource-center-in-jackson-county>

**Services:**

- Receives applications for cash assistance including Temporary Assistance for Needy Families (TANF).
- Aid to the Aged, Blind and Disabled (AABD)
- Earnfare and Earned Income Tax Credit (EITC)
- Receives applications for Supplemental Nutrition Assistance Program (SNAP)

### ▪ Perry County Health Department

**Contact Info:** 907 S Main St, Pinckneyville, IL 62274..... (618) 357-5371

**Website:** <https://perryhealth.net/>

**Services:**

- Provides maternal and child health programs including WIC, breastfeeding support, and family case management. Offers environmental health services such as food inspections and water safety. Supports infectious disease control through immunizations and communicable disease monitoring. Also promotes community health education and tobacco-free initiatives.

### ▪ Western Egyptian

**Contact Info:** 317 South Washington St, Du Quoin, IL 62832..... (618) 542-4656  
 Housing..... (618) 542-4656

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

**Services:**

- **Crisis Based Services:** Include rent, utilities and other assistance for low-income individuals.
- **Energy Assistance:** Includes Low Income Home Energy Assistance Program (LIHEAP), Percentage of Income Payment Plan (PIPP) and Warm Neighbors Cool Friends.
- **Food Pantry (Du Quoin)**  
 Location: 317 South Washington St, Du Quoin, IL 62832.....(618) 542-4656
- **Housing Services:** HUD Certified Counseling (number to call 618-542-4656), rent and homeless prevention assistance (number to call 618-443-5231) and Pyramid Manor Apartments (number to call 618-965-3458).
- **Head Start:** Child development program serving three and four-year old children from low-income families and actively recruits and enrolls children with disabilities.  
**Locations:**  
***Pinckneyville:*** 903 S Main St, Pinckneyville, IL 62274.....(618) 357-8083  
***Perry County (Tamaroa):*** 3747 Hitt Road, Tamaroa, IL 62888.....(618) 496-3535  
***Sparta:*** 1820 N Market St, Sparta, IL 62286.....(618) 443-5231
- **Weatherization:** Enables low-income families to reduce their energy bills by making their homes more energy efficient.

▪ Centerstone

**Contact Info:** 2311 South Illinois Ave, Carbondale, IL 62903.....(855) 608-3560

**Website:** <https://centerstone.org/locations/illinois/facilities/centerstone-carbondale-south/>

**Services:**

- Include addiction recovery, children & family, counseling, crisis and urgent care, forensic evaluation, housing, inpatient, military, pharmacy, primary care, psychiatric care, social services, and vocational and workplace assistance.

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

**Contact Info:** Gateway Regional Medical Center, 2100 Madison Ave., 4<sup>th</sup> Floor, Granite City, IL 62040

..... (618) 798-9788...HELPLINE- Dial 988

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

**Services:**

- Offers free education, advocacy, and weekly support groups for individuals and families affected by mental illness. Programs include caregiver and peer recovery classes.

▪ 211 United Way Help Line

**Contact:** 24/7 connection to resources and agencies near you ..... Dial 211

**Website:** <https://www.211.org/>

**Services:**

- 24/7 connection to the most comprehensive source of information about local resources and services in the country.

**ADOPTION/FOSTER CARE**

▪ Caritas Family Solutions

**Contact Info:** 10286 Fleming Rd, Carterville, IL 62918..... (618) 985-2000

**Website:** <https://caritasfamilysolutions.org/>

**Services:**

- Adoption, foster care, family counseling, pregnancy care, mentoring young parents, emergency assistance, school counseling, multi-systematic therapy and senior services.

▪ Hoyleton Youth & Family Services

**Contact Info:** 350 N. Main St, Hoyleton, IL 62803.....(618) 493-7382

**Website:** <https://hoyleton.org/>

**Services:**

- Adoption, foster care, family counseling, therapeutic residential care, and Hispanic community support.

▪ Lutheran Social Services of Illinois

**Contact Info:** 1616 W. Main St., Marion, IL 62959..... 618) 997-9196

**Website:** <https://www.lssi.org/>

**Services:**

- Counseling, adoptive and custody studies, child welfare, foster parent training, emergency assistance, insurance assessment, prisoner and family ministry, divorce mediation.

▪ Spero Family Services

**Contact Info:** 123 S. 10<sup>th</sup> Street, 3<sup>rd</sup> Floor, Mt. Vernon, IL 62864..... (618) 472-0618

**Website:** <https://www.sperofs.org/>

**Services:**

- Provides adoption and foster care services, family counseling, early childhood education, juvenile mental health support, and youth development programs including Wraparound and YouthBuild of South-Central Illinois.

## AGRICULTURE SERVICES

▪ Perry County Natural Resources Conservation Service Center

**Contact Info:** 617 N Main St. Pinckneyville, IL 62274..... (618) 357-6016

**Website:** <https://www.nrcs.usda.gov/>

**Services:**

- Provides technical and financial assistance for voluntary conservation efforts, including soil erosion control, water quality improvement, and wildlife habitat protection.

▪ USDA Perry County Farm Service Agency

**Contact Info:** 617 N Main St. Pinckneyville, IL 62274..... (618) 357-6016 ext. 2

**Website:** <https://www.fsa.usda.gov/state-offices/illinois>

**Services:**

- Supports farmers and ranchers with farm loans, disaster relief, conservation programs, and agricultural record-keeping.

▪ Perry County Farm Bureau

**Contact Info:** 309 S 1<sup>st</sup> St, PO Box, 20, Pinckneyville, IL 62274..... (618) 357-9355

**Website:** <https://www.ilfb.org/about-us/directory/perry-county-farm-bureau/>

**Services:**

- Supports local agriculture through advocacy, education, and community programs. Members receive benefits including health plans, discounts, and scholarships.

▪ Farm Credit Illinois

**Contact Info:** 410 Potomac Blvd, Mt Vernon, IL 62864..... (618) 241-9033

**Website:** <https://www.farmcreditil.com/>

**Services:**

- Provides financial and risk-management services for farmers and landowners, including loans, crop insurance, appraisals, and access to grants, scholarships, and cooperative earnings.

## ALCOHOL ABUSE & RECOVERY

▪ Alcoholics Anonymous – Find AA Meetings

**Contact Info**..... Hotline (800) 643-9618

**Website:** <https://www.aa.org/find-aa>

**Services:**

- Provides support for individuals seeking sobriety, meeting information, and resources for alcohol recovery and relapse.

▪ New Hope Community Church

**Contact Info:** 5290 Snowy Owl Rd. Pinckneyville, IL 62274..... (618) 357-9686

**Website:** <https://www.facebook.com/p/New-Hope-Community-Church-of-Pinckneyville-100067146781368/>

**Services:**

- A Christian-based 12-step recovery program offering both large group meetings and smaller, supportive group sessions for individuals seeking help with addiction.

**ALZHEIMERS**

▪ Alzheimer’s Support

**Contact Info:** Memory Care Specialist 24/7 Helpline..... (888) 595-9951

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

**Services:**

- Offers a free search tool to help families find licensed Alzheimer’s care facilities in Perry County and across Illinois.

▪ Alzheimer’s Association

**Contact Info:** ..... (800) 272-3900

**Website:** <https://www.alz.org/>

**Services:**

- The Alzheimer’s Association leads the way to end Alzheimer's and all other dementia, by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

▪ National Institute on Aging - Alzheimer's

**Contact Info:** ..... (800) 438-4380

**Website:** <https://www.nia.nih.gov/health/alzheimers-and-dementia>

**Services:**

- Offers up-to-date, research-based information on Alzheimer’s disease and related dementias for families, caregivers, and professionals.

**ANIMALS**

▪ Animal Control – Perry County

**Contact Info:** ..... (618) 357-2841

**Website:** [https://ci.pinckneyville.il.us/services/animal\\_control.php](https://ci.pinckneyville.il.us/services/animal_control.php)

**Services:**

- Enforces animal welfare laws, manages stray and dangerous animals, and provides rabies control and impoundment services.

▪ Animal Abuse Hotline - PETA

**Contact Info:** PETA..... (757) 622-7382

**Website:** <https://www.peta.org/>

**Services:**

- PETA is a global animal rights organization working to end cruelty to animals through investigations, advocacy, education, and promoting cruelty-free products.

▪ Perry County Humane Society

**Contact Info:** 8365 State Route IL-14, Du Quoin, IL 62832..... (618) 542-3647

**Website:** <https://www.perrycountyhumanesocietyil.com>

**Services:**

- 501(c)(3) nonprofit, no-kill animal rescue dedicated to reducing pet overpopulation and promoting responsible pet ownership. Operating since 1984, they provide adoption services, spay/neuter programs, and community education.

## AUTISM

▪ ABA of Illinois – Applied Behavior Analysis

**Contact Info:** ..... (309) 635-3513

**Website:** <https://www.abaofillinois.org>

**Services:**

- Provides clinical and consultative support in natural settings to promote positive behavior change. Focus on teaching new skills, preventing problem behaviors, and enhancing quality of life through person-centered planning.

▪ Autism Society of Southern Illinois

**Contact Info:** P.O. Box 2621, Carbondale, IL 62901..... (618) 319-3303

**Website:** <https://www.autismsocietysi.org/>

**Services:**

- They create connections, empowering everyone in the Autism community with the resources needed to live fully.

▪ Center for Autism Spectrum Disorders

**Contact Info:** SIU, 625 Wham Dr., Rm 124, Carbondale, IL 62901 ..... (618) 453-7130

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

**Services:** Autism Screenings, assessments and therapy for children with autism and their families.

▪ The Autism Clinic at Hope

**Contact Info:** ..... (217) 525-8332

**Locations:**

- Herrin South – 3022 South Park Ave., Ste. B, Herrin, IL 62948
- Herrin North – 2315 North Park Ave, Herrin, IL 62948
- 145 Springfield Ct., O’ Fallon, IL 62269

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

**Services:** Training, advice and support that parents and other family members’ needs.

## BRAIN INJURY

### SERVICES & TREATMENT:

#### ▪ SIH Brain & Spinal Cord Injuries Rehabilitation

**Contact Info:** 305 W Jackson St., Carbondale, IL 62901 ..... (618) 351-4972

**Website:** <https://www.sih.net/locations/sih-brain-and-spine-institute>

**Services:**

- Multidisciplinary team provides specialized rehabilitation for individuals recovering from brain and spinal cord injuries. Rehabilitation is available at multiple outpatient clinics across Southern Illinois.

#### ▪ Brain Injury Association of Illinois

**Contact Info:** P.O. Box 70, Palos Heights, IL 60463.....(312) 726-5699

**Website:** <https://biail.org/>

<https://www.braininjurytoolbox.com/biail/> - Education Materials

**Services:**

- BIAA’s mission is to advance awareness, research, treatment and education to improve quality of life for all people affected by brain injury.

### SUPPORT GROUPS:

#### ▪ Brain Injury and Stroke Support Group

**Contact Info:** SIH Herrin Hospital, 201 S., 14<sup>th</sup> St., Herrin, IL, 62948..... (618) 942-2171 ext 36249

**Website:** <https://www.sih.net/services/neurosciences/stroke-survivor-series>

**Services:**

- Offers monthly educational and peer support sessions for stroke and brain injury survivors, caregivers, and families.

## CANCER

#### ▪ Cancer Care and Infusion Clinic

**Contact Info:** 5383 State Route 154, Pinckneyville, IL 62274..... (618) 357-5971

**Website:** <https://pvillehosp.org/services/profile/cancer-care-and-infusion-clinic>

**Services:**

- Cancer Care & Infusion Clinic at Pinckneyville Community Hospital is an outpatient clinic that provides comprehensive medical care to people with cancer and blood disorders.

#### ▪ SIH Breast Center (Southern Illinois Healthcare)

**Contact Info:** 1237 East Main St., Ste. C1, Carbondale, IL 62901..... (618) 457-2281

**Website:** <https://www.sih.net/locations/sih-breast-center>

**Services:**

- Offers breast health services including mammograms, cancer detection and treatment, surgery, prevention, and support for high-risk patients.

▪ Illinois Breast and Cervical Cancer Program (IBCCP)

**Contact Info:** 19 Public Sq., Ste. 150, Belleville, IL 62221..... (618) 825-4412

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

**Services:**

- Provides free breast and cervical cancer screenings for eligible women who are uninsured, underinsured, or have high deductibles.

▪ Coach Kill Cancer Fund

**Contact Info:** .....Call 618.457.5200 ext. 67843 or Email [sihfoundation@sih.net](mailto:sihfoundation@sih.net)

**Website:** <https://www.sih.net/giving-back/sih-foundation/how-your-gift-helps/sih-patient-and-community-support-funds/coach-kill-cancer-fund>

**Services:**

- Provides financial assistance to cancer patients in Southern Illinois who are actively receiving treatment and demonstrate financial need. Support may include help with transportation, co-pays, prescriptions, lodging, nutrition, and medical equipment.

▪ American Cancer Society

**Contact Info:** ..... (800) 227-2345

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

**Services:**

- Nationwide organization dedicated to eliminating cancer. They provide support for patients and families, including a 24/7 helpline, transportation, lodging, and access to clinical trials, while also funding research and advocating for public health.

▪ Cancer Information Services

**Contact Info:** ..... (800) 4- CANCER (800-422-6237)

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

**Services:**

- Offers free, confidential information about cancer prevention, diagnosis, treatment, and clinical trials.

**CELL PHONE**

▪ LifeWireless

**Contact Info:** .....(888) 543-3620

**Website:** <https://lifewireless.com/>

**Services:**

- Offers free unlimited talk, text, data, and a 5GB hotspot. Includes a smartphone or option to bring your own.

▪ SafeLink

**Contact Info:** .....(800) 723-3546

**Website:** <https://www.safelinkwireless.com/>

**Services:** Provides free cell phone service with minutes and data for eligible individuals.

## CHILD ABUSE

### ▪ Perry-Jackson County Child Advocacy Center

**Contact Info:** 5512 Rt. 154, Pinckneyville, IL 62274..... (618) 357-2990

**Website:** <https://perryjacksoncac.com/>

**Services:**

- Provides free support to child abuse victims and non-offending family members through forensic interviews, court advocacy, and resource referrals.

### ▪ Illinois DCFS Child Abuse Reporting Hotline

**Contact Info:** .....(800) 25-ABUSE .....(800) 252-2873.....TTY (800) 358-5117

**Website:** <https://dcfs.illinois.gov/safe-kids/reporting.html>

**Services:**

- DCFS has the primary responsibility of protecting children through the investigation of suspected abuse or neglect by parents and other caregivers in a position of trust or authority over the child.

### ▪ Childhelp National Child Abuse Hotline

**Contact Info:** ..... Call (800) 4-A-CHILD.....(800) 422-4453.....Text (800) 422-4453

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

**Services:**

- Offers 24/7 confidential support, crisis intervention, and referrals for child abuse-related concerns.

## CHILDREN & FAMILY SERVICES

### *EARLY CHILDHOOD EDUCATION AND CARE*

### ▪ Child and Family Connections (Archway)

**Contact Info:** 2751 West Main, Carbondale, IL 62901..... (618) 529-5944

**Website:** <https://archwayforchildren.org/Contact%20Us.htm>

**Services:**

- Provides early intervention resources and support for families with young children facing developmental delays, disabilities, or risk of school failure, while honoring each family's culture and strengths.

### ▪ Southern Region Early Childhood Program

**Contact Info:** SIU, 625 Wham Drive, Carbondale, IL 62901..... (618) 453-2415

**Website:**<https://soe.siu.edu/about-the-school/community-outreach-engagement/south-early-child-program.php>

**Services:**

- Prevention Initiative Program (0–3): Offers classroom and home-based support focused on parent involvement and nurturing infant and toddler development.
- Parental Training Program (3–5): Provides resources and guidance to help parents support their preschoolers' early learning and growth.

▪ Regional Office of Education (ROE)

**Contact Info:** 3698 St. Route 13/127, Pinckneyville, IL 62274..... (618) 357-2828

**Website:** <https://www.roe30.org/>

**Services:**

- Provides truancy intervention, educator licensure support, GED testing, fingerprinting, professional development, and job search assistance.

**MISCELLANEOUS YOUTH & FAMILY SERVICES**

▪ Perry County Health Department

*\* See information under Anchor Agencies*

▪ Perry-Jackson County Child Advocacy Center

*\*See information under Child Abuse*

▪ Department of Children and Family Services

**Contact Info:** .....General: (800) 232-3798....Child Abuse Hotline:(800) 252-2873

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

**Services:**

- Provides child welfare services including family preservation, foster care, adoption, guardianship, and support for relative caregivers through the Extended Family Support Program (EFSP)

▪ Illinois CARES Line 24/7

**Contact Info:** ..... TTY (773) 523-4504 ..... (800) 345-9049

**Website:** <https://www.carescrisisline.com/>

**Services:**

- Provides referral services for children, youth and families, if a child is at risk to themselves or others or having a mental health crisis

▪ Department of Human Services

*\* See information under Anchor Agencies*

▪ Planned Parenthood

**Contact Info:** 200 N Emerald Lane, Carbondale, IL 62901..... (800) 230-7526

**Website:** <https://www.plannedparenthood.org/>

**Services:**

- Provides reproductive and sexual health care including birth control, STI testing, cancer screenings, and general wellness services.

▪ CDC Infant and Toddler Nutrition

**Website:** <https://www.cdc.gov/infant-toddler-nutrition/about/index.html>

**Services:**

- Offers guidance and resources on breastfeeding, formula feeding, introducing solid foods, and supporting healthy nutrition for children from birth to age two

▪ Elder Abuse / Adult Protective Services

**Contact info:** ..... 1-866-800-1409 ..... TTY: 1-888-206-1327

**Services:**

- Investigates reports of abuse, neglect, and exploitation of older adults and adults with disabilities. Offers protective services and support to ensure safety and well-being.

## CHURCH

▪ Church Finder

**Website:** <https://www.churchfinder.com/find-a-church>

**Services:**

- Church Finder is an online directory that helps users locate Christian churches by city, denomination, and worship style. While not every church may be listed, it offers search tools to help individuals find a congregation that fits their spiritual needs.

## CLOTHING

▪ Caring & Sharing Thrift Store

**Contact Info:** 814 S Main St., Pinckneyville, IL 62274..... (618) 357-2246

**Services:** Offers affordable secondhand clothing, toys, household items, and more

▪ Du Quoin Community Clothes Closet

**Contact Info:** 314 N Maple St., Du Quoin, IL 62832.....

**Services:** Provides free clothing and essentials to individuals in need throughout Perry County

▪ St. Joseph Thrift Store

**Contact Info:** 110 W. Main St., Du Quoin, IL 62832..... (618) 542-3423

**Services:** Sells gently used clothing and household goods to support local parish ministries.

▪ Coat Closet (Pinckneyville Community Center)

**Contact Info:** 203 N Walnut St, Pinckneyville, IL 62274..... (618) 317-7302

**Services:** Distributes free winter gear including coats, hats, gloves, scarves, and blankets.

## CRISIS

▪ Perry County Counseling Center

**Contact Info:** 1016 S Madison St, Du Quoin , IL 62832..... (618) 542-4357

**Website:** <https://perrycountycounselingcenter.org/>

**Services:**

- Provides person-centered behavioral health services, including support for mental health, substance use recovery, homelessness, and other life challenges.

▪ Crisis Text Line

**Contact Info:**.....Text “HOME” to 741741

**Website:** <https://www.crisistextline.org/>

**Services:**

- Offers free, 24/7 text-based support from trained crisis counselors for anyone experiencing emotional distress or a crisis.

▪ 988 Suicide and Crisis Lifeline

**Contact Info:**.....Call or Text 988

**Website:** <https://988lifeline.org/>

**Services:**

- Free and confidential support for people in distress, prevention and crisis resources for you or your loved ones; available 24 hours a day; English and Spanish.

▪ Illinois CARES Line: 24/7

**Contact Info:** ..... TTY (773) 523-4504 ..... (800) 345-9049

**Website:** <https://www.carescrisisline.com/>

**Services:**

- Offers immediate mental health crisis support for children and adults, including mobile crisis response and referrals through Illinois' SASS and MCR programs

▪ Illinois Warm Line

**Contact Info:**..... (866) 359-7953

**Website:** <https://www.illinoismentalhealthcollaborative.com/imhc/en/home/resources/warm-line>

**Services:**

- A peer-support line offering free, confidential emotional support for people facing behavioral health challenges (non-emergency). Calls are approximately 20 minutes and for anyone age 12+.

## CHILD CARE

### DAYCARE

▪ Little Panthers Daycare

**Contact Info:** 205 East Water Street, Pinckneyville, IL 62274..... (618) 357-0015

**Website:** <https://www.facebook.com/people/Little-Panthers-Daycare/100090584140929/>

▪ Little Britches

**Contact Info:** 730 S Washington St Du Quoin, IL 62832..... (618) 542-1800

**Website:** <https://www.facebook.com/p/Little-Britches-LLC-100057153051953/>

▪ Buttons N Bows Child Care

**Contact Info:** 127 North Division St., Du Quoin, IL 62832..... (618) 542-3133

## AFTER SCHOOL CARE

- Pinckneyville Community Center

**Contact Info:** 203 N Walnut St, Pinckneyville, IL 62274..... (618) 317-7302

- Du Quoin Youth Club

**Contact Info:** 2 E North St. Du Quoin, IL 62832..... (618) 542-4051

## DENTAL CARE

- Steele Dental

**Contact Info:** 4742 Holts Prairie Rd., Pinckneyville, IL 62274..... (618) 357-2445

**Website:** <https://steeledental.care/>

- Hawkins Family Dentistry

**Contact Info:** 212 N Walnut St., Pinckneyville, IL 62274..... (618) 357-9333

**Website:** <https://www.facebook.com/hawkins.family.dentistry.fb/>

- Du Quoin Dental Dome

**Contact Info:** 502 Washington St, Du Quoin, IL 62832..... (618) 542-3032

**Website:** <https://www.duquoindentaldome.com/>

- Teel Family Dental

**Contact Info:** 215 S Washington St., Du Quoin, IL 62832..... (618) 542-3166

**Website:** <https://www.facebook.com/teelfamilydentistry/>

- Issac Davison, DDS, LTD

**Contact Info:** 1226 S Washington St. Du Quoin, IL 62832..... (618) 542-8832

**Website:** <https://www.facebook.com/IsaacEDavisonDdsLtd/>

- SIU Dental School

**Contact Info:** 1365 Douglas Dr. Carbondale, IL 62901..... (618) 453-2353

**Website:** <https://academics.siu.edu/health-professions/dental-hygiene/facilities/cdc.php>

**Services:**

- Offers affordable dental care for all ages, provided by supervised dental hygiene students. Discounted self-pay rates available.

- SIU Community Dental Center- Free Dental Events

**Contact Info:** 1365 Douglas Drive, Carbondale, IL 62901..... (618) 453-8826

**Website:** <https://academics.siu.edu/health-professions/dental-hygiene/facilities/cdc.php>

**Services:**

- Offers annual free dental care events for both children and adults, including exams, cleanings, X-rays, fluoride treatments, and sealants. Services are provided by dental hygiene students under professional supervision. Events are typically held once a year in Carbondale, IL.

## DIABETES

### ▪ Camp Beta

**Contact Info:** ..... (618) 457-5200 ext. 67837

**Website:** <https://www.hsidn.org/camp-beta>

**Services:**

- A free overnight camp for children living with Type 1 diabetes, offering outdoor and recreational activities while providing support, education, and community connection.

### ▪ American Diabetes Association

**Contact Info:** ..... (800) DIABETES or (888) 342-2383

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

**Services:**

- Provides education, advocacy, and support for individuals living with diabetes, including a toll-free helpline offering information and resources.

### ▪ Children with Diabetes

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

**Services:**

- Offers online resources, community support, and practical guidance for children, families, and adults living with Type 1 diabetes.

### ▪ Illinois Department of Public Health: Diabetes Prevention and Control

**Contact Info:** .....(217) 782-3300

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

**Services:**

- Provides statewide information, prevention strategies, and resources for diabetes awareness, management, and education.

## DIETITIAN

### ▪ Pinckneyville Community Hospital

\* *See information under Hospital*

## DISABILITY RESOURCES

### ▪ NubAbility

**Contact Info:** 720 N Hickory St. Du Quoin, IL 62832..... (618) 357-1394

**Website:** <https://nubability.org/>

**Services:**

- Provides adaptive sports camps and mentorship for youth athletes with limb differences, including amputations or congenital limb differences. Offers year-round programs such as the All Sports Summer Camp, archery hunts, and other specialized sports camps across multiple states.

▪ Five Star Industries

**Contact Info:** 1308 Wells Street Rd. Du Quoin, IL 62832..... (618) 542-5421

**Website:** <http://www.5starind.com/>

**Services:**

- Provides residential support and day programs for individuals with developmental disabilities, including vocational training and employment assistance.

▪ Southern Illinois Resource and Advocacy Center (SIRAC)

**Contact Info:** 193 West Shawnee Ave, Shawneetown, IL 62984.....(223) 244-2597

**Website:** <https://www.siresources.org/>

**Services:**

- Offers basic needs assistance, including housing support, and provides resources for individuals and families in Southern Illinois.

▪ Illinois Department of Human Services (IDHS)

*\* See information under Anchor Agencies*

▪ Illinois Guardianship Advocacy Commissions

**Contact Info:** #7 Cottage Dr., Anna, IL 62906.....(618) 833-4897

**Website:** <https://www2.illinois.gov/sites/gac/Pages/default.aspx>

**Services:**

- Provides guardianship and legal advocacy for individuals with disabilities or the elderly who cannot make personal or financial decisions, serving multiple Southern Illinois counties including Perry County.

▪ The Arc of Illinois

**Contact Info:** 7550 183<sup>rd</sup> St, Tinley Park, IL 60477..... (815) 464-1832

**Website:** <https://www.thearcofil.org/>

**Services:**

- The Arc of Illinois advocates for people with intellectual and developmental disabilities, families and community organizations to ensure that people with disabilities can live, work, learn, and play in communities across the state.

▪ Southern Illinois Case Coordination Services

**Contact Info:** PO Box 588 130 S. Locust St., Centralia, IL 62801..... (800) 828-7422

**Website:** <https://www.siccs.org/index.html#form>

**Services:**

- Provides support and case coordination for adults and children with developmental disabilities and their families across Southern Illinois, including Perry County.

▪ Illinois Mentor

**Contact Info:** 4505 West DeYoung St., Ste. 203C, Marion, IL 62959 .....(618) 997-9470

**Website:** <https://www.il-mentor.com/marion>

**Services:**

- Offers a range of home and community-based services for adults with intellectual and developmental disabilities, including residential support, day programs, and employment assistance, across multiple Southern Illinois counties.

▪ Southern Illinois Center for Independent Living (SICIL)

**Contact Info:** 2135 West Ramada Lane, Carbondale, IL 62901 .....(618) 457-3318

**Website:** <http://sicil1.org/>

**Services:**

- Provide support to enable people from all backgrounds to live and work independently, help with aspects of daily living and offer assistive services in finding/maintaining a job.

▪ SIT Service Dogs

**Contact Info:** 519 Kilpatrick Rd. Ava, IL 62907..... (618) 426-5666

**Website:** <https://www.sit servicedogs.com/>

**Services:**

- Train and place service dogs for medically complex individuals. Types of dogs they place include seizure response dogs, mobility assistance dogs, medical alert dogs, and traumatic brain injury dogs.

▪ Social Security Administration- Carbondale Field Office

**Contact Info:** 250 W. Cherry St. Room 104. Carbondale, IL 62901..... (877) 714-0377

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

**Services:**

- Provides assistance with Social Security benefits, including retirement, disability, and Supplemental Security Income (SSI). Services include applying for benefits, replacing Social Security cards, and managing existing benefits.

▪ Illinois Assistive Technology Program (IATP)

**Contact Info:** 701 N Walnut St. Springfield, IL 62702..... (217) 522-7985

**Website:** <https://iltech.org/>

**Services:**

- Provides Illinois residents of all ages with disabilities or health conditions access to assistive technology — including device loans, equipment reuse, demonstration & training, and supports to enhance independence and participation in everyday life.

▪ Illinois Division of Rehabilitation Services (DRS/ DORS)

**Contact Info:** 100 S Grand Avenue, 1<sup>st</sup> Floor, Springfield, IL 62762.....217-524-7552

**Website:** <https://www.dhs.state.il.us/page.aspx?item=29764>

**Services:**

- DORS helps individuals with disabilities prepare for, obtain, and maintain employment. They offer vocational rehabilitation (training, job placement, supported employment), independent living supports, assistive technology services, and transition services for students with disabilities.

## DOMESTIC VIOLENCE

### Survivor Empowerment Center

**Contact Info:** 610 South Thompson St., Carbondale, IL 62901 .....(618) 549-4807  
**24-hour hotline**.....(800) 334-2094

**Website:** <https://www.empoweringsurvivors.org/>

**Services:**

- Provides 24-hour crisis support, confidential counseling, safe shelter, legal and medical advocacy, and children’s services for survivors of domestic and sexual violence. Also offers education and prevention programs to promote community awareness.

### Illinois Domestic Violence Hotline

**Contact Info:** ..... Call or Text (877) 863-6338  
 .....TTY (877) 863-6339

**Website:** <https://the-network.org/illinois-domestic-violence-hotline>

**Services:**

- Free, confidential 24/7 support for anyone affected by domestic violence in Illinois, including safety planning and referrals to local shelters and resources.

### The National Domestic Violence Hotline

**Contact Info:** .....Text “START” to 88788 or call (800) 799-7233  
 .....TTY (800) 787-3224

**Website:** <https://www.thehotline.org/>

**Services:**

- 24/7 confidential support for survivors nationwide through phone, text, and online chat, providing crisis counseling and connections to local resources.

## EATING DISORDERS

### Branz Nutrition Counseling

**Contact Info:** 1161 Fortune Blvd Suite 200, Shiloh, IL 62269.....(314) 804-1848

**Website:** <https://www.branznutritioncounseling.com>

**Services:**

- Offering supportive space where you can receive compassionate care from certified eating dietitians who are there to walk alongside your journey of health and healing.

### Clementine St. Louis

**Contact Info:** 7190 Christopher Dr., St. Louis, MO 63129 .....(833) 814-4620

**Website:** <https://www.clementineprograms.com>

**Services:**

- Helping adolescents of all genders replace eating disorders with new healthy skills through personalized care, family involvement, and educational support.

▪ Saint Louis Behavioral Medicine Institute

**Contact Info:** 331 Salem Place, Suite 225-A, Fairview Heights, IL 62208..... (618) 825-0051

**Website:** <https://www.slbmi.com>

**Services:**

- Our experienced staff provides treatment for eating disorders in a respective therapeutic environment.

▪ Equip health – Virtual Eating Disorder Care

**Contact Info:** .....(855) 387-4378

**Website:** <https://www.equip.health>

**Services:**

- Eating disorder treatment that works – delivered at home. Virtual, evidence-based care designed to achieve full recovery.

## EDUCATION

### PRE-SCHOOL

▪ Southern Region Early Childhood Program

*\* See information under Children and Family Services*

▪ HeadStart

**Contact Info:** 903 S Main St., Pinckneyville, IL 62274..... (618) 357-8083

2747 Hitt Road, Tamaroa, IL 62888..... (618) 496-3535

**Website:** <https://weeoc.org/services/head-start/>

▪ District 204 Pre-K

**Contact Info:** 6067 State Route 154 Pinckneyville, IL 62274..... (618) 357-2419

**Website:** <https://www.ccsd204.org/>

▪ St. Bruno Pre-K

**Contact Info:** 210 N Gordon St Pinckneyville, IL 62274..... (618) 357-8276

**Website:** <https://stbrunoschool.com/>

▪ Tamaroa Pre-K

**Contact Info:** 200 W Main St Tamaroa, IL 62888..... (618) 496-5513

**Website:** <https://tgs5.com/>

**ELEMENTARY**

▪ District 50- Elementary School & Junior High School

**Contact Info:** 301 West Mulberry St, Pinckneyville, IL 62274..... (618) 357-5161

**Website:** <https://www.jpantner.com/home>

▪ Community Consolidated School District 204

**Contact Info:** 6067 State RT 154, Pinckneyville, IL 62274..... (618) 357-2419

**Website:** <https://sites.google.com/site/204tigers/>

▪ Du Quoin Elementary & Middle School

**Contact Info:** 845 E Jackson St, Du Quoin, IL 62832..... (618) 542-2646

**Website:** <https://www.Du Quoin schools.org/>

▪ Tamaroa Grade School District #5

**Contact Info:** 200 W Main St, Tamaroa, 62888..... (618) 496-5513

**Website:** <https://tgs5.com/>

▪ St. Bruno Catholic School- Private

**Contact Info:** 210 N Gordon St, Pinckneyville, IL 62274..... (618) 357-8276

**Website:** <https://stbrunoschool.com/>

**HIGH SCHOOL**

▪ Pinckneyville Community High School (PCHS)

**Contact Info:** 600 E Water St, Pinckneyville, IL 62274..... (618) 357-5013

**Website:** <https://www.pchspanthers.com/>

▪ Du Quoin Community High School (DHS)

**Contact Info:** 500 E South St, Du Quoin, IL 62832..... (618) 542-4744

**Website:** <https://www.Du Quoin schools.org/>

**CAREER AND TECHNICAL EDUCATION**

▪ Southern Illinois Manufacturing Academy (RLC)

**Contact Info:** 468 N Ken Gray Pkwy, Ina, IL 62846..... (618) 437-5321

**Website:** <https://rlc.edu/southern-illinois-manufacturing-academy>

**Services:**

- The Southern Illinois Manufacturing Academy (RLC) provides training and education to help students and workers develop in-demand manufacturing skills for careers in the region.

## POST-SECONDARY/ HIGHER EDUCATION

- Rend Lake College (RLC)

**Contact Info:** 5680 State Route 154, Pinckneyville, IL 62274..... (618) 357-3742

**Website:** <https://rlc.edu/murphy-wall-pinckneyville-campus>

- John A. Logan (JALC)

**Contact Info:** 700 Logan College Dr, Carterville, IL 62918..... (618) 958-2828

**Website:** <https://www.jalc.edu>

- Southern Illinois University (SIU)

**Contact Info:** 1365 Douglas Dr, Carbondale, IL 62901..... (618) 453-2121

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

## GED/SPECIAL EDUCATION SERVICES/OTHER

*Note: Rend Lake College and John A. Logan College also offer GED prep and testing for adult learners- see contact info above.*

- Tri-County at Ward School

**Contact Info:** 120 E. Spring St., Du Quoin, IL 62832 .....(618) 542-5954

**Website:** <https://www.tcse.us/en-US>

**Services:**

- Serving students ages 3 to 21, Ward School offers individualized programs for children with special needs including academic instruction, life skills, social development, and transition planning.

- ROE #30

**Contact Info:** 3698 State Rt 13/127, Pinckneyville, IL 62274..... (618) 357-2828

**Website:** <https://www.roe30.org/>

**Services:**

- Include truancy intervention, licensure, testing, background checks, professional development, Illinois equivalent (GED) and job search assistance.

- Illinois Department of Human Services (IDHS)

**\* See information under Anchor Agencies**

## EMPLOYMENT

- Illinois Department of Employment Security (IDES) – Mt. Vernon Office

**Contact Info:** 333 Potomac Blvd. Mt Vernon, IL ..... (618) 244-1700

**Website:** <https://ides.illinois.gov/>

**Services:**

- Offers unemployment insurance services, job search assistance, and access to IllinoisJobLink.com for job seekers.

▪ Man-Tra-Con

**Contact Info:** 3117 Civic Circle Blvd. Suite B Marion, IL ..... (618) 998- 0970

**Website:** <https://mantracon.org/>

**Services:**

- Provides career guidance, job placement, training, and dislocated worker assistance through the American Job Center network.

▪ Perry County Counseling Center: ISP Program

**Contact Info:** 1016 S Madison St. Du Quoin, IL 62832..... (618) 542-4357

**Website:** <https://perrycountycounselingcenter.org>

**Services:**

- Offers assistance with job applications, resume building, interview preparation, and on-the-job coaching for individuals in recovery.

▪ PlaceSmart Agency Staffing

**Contact Info:** 12578 IL-127, Nashville, IL 62263..... (618) 272-2171

**Website:** <https://psastaffing.com/>

**Services:**

- Specializes in temporary, temp-to-permanent, and permanent staffing solutions in light industrial, warehouse, and administrative sectors.

## ENERGY ASSISTANCE

▪ Western Egyptian

*\* See information under Anchor Agencies*

## EPILEPSY

▪ Epilepsy Foundation of Greater Southern Illinois

**Contact Info:** 3515 N Belt W, Belleville, IL 62226..... (618) 236-2181

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

**Services:**

- Offers support groups, counseling, education, and home-based services for individuals and families affected by epilepsy.

## EMERGENCY SERVICES

▪ Pinckneyville Fire Department

**Contact Info:** 110 S Walnut St, Pinckneyville, IL 62274..... (618) 357-2281

▪ Du Quoin Fire Department

**Contact Info:** 30 S Division St, Du Quoin, IL 62832..... (618) 542-5600

- Tamaroa Fire Department

**Contact Info:** 39 W 2<sup>nd</sup> North St, Tamaroa, IL 62888..... (618) 496-3636

- Pinckneyville Police Department

**Contact Info:** 104 S Walnut St, Pinckneyville, IL 62274..... (618) 357-8231

- Du Quoin Police Department

**Contact Info:** 304 E Poplar St, Du Quoin, IL 62832..... (618) 542-2131

- Illinois State Police Department District #13

**Contact Info:** 1391 S. Washington St. Du Quoin, IL 62832..... (618) 542-2171

- Perry County Sheriff’s Office

**Contact Info:** 12 E. Water St. P.O. Box 350 Pinckneyville, IL 62274..... (618) 357-5212

## FOOD ASSISTANCE

### ***FOOD PANTRIES & RESOURCES***

*Note: Days and times for food assistance may change. Please call the organization or check their social media pages for the most up-to-date availability.*

- Du Quoin Food Pantry

**Contact Info:** 314 N Maple St, Du Quoin, IL 62832..... (618) 571-5472

- Least of Brethren Ministry

**Contact Info:** 1100 Kennedy Dr, Pinckneyville, IL 62274..... (618) 357-9530

- Faith Liberty Mission Church

**Contact Info:** 21 N Maple St, Du Quoin, IL 62832..... (618) 559-0336

- Gold Plate & Senior Care for Perry County

**Contact Info:** 721 N Hickory St, Du Quoin, IL 62832..... (618) 542-3511

- Tamaroa Mobile Market

**Contact Info:** 29 Vine St., Tamaroa, IL 62888..... (618) 967-2774

- Reformed Presbyterian Church

**Contact Info:** 321 S Ervin St, Cutler, IL 62238..... (618) 497-2489

- Meals on Wheels

**Contact Info:** 1016 S Madison St. Du Quoin, IL 62832..... (618) 318-3022

**SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)**

- DHS Family Resource Center

*\* See information under Anchor Agencies*

**WOMEN, INFANTS, AND CHILDREN (WIC)**

- Perry County Health Department

*\* See information under Anchor Agencies*

**GOVERNMENT**

- Perry County Courthouse

**Contact Info:** 1 Public Sq, Pinckneyville, IL 62274..... (618) 357-6726

**Website:** <https://perrycountyil.gov/>

- Perry County Government Building

**Contact Info:** 3764 IL-13 #127, Pinckneyville, IL 62274..... (618) 357-5116

**Website:** <https://perrycountyil.gov/perry-county-officials/>

- Secretary of State Office

**Contact Info:** 404. S First St. Pinckneyville, IL 62274..... (618) 357-8261

**Website:** <https://www.ilsos.gov/home.html>

**Services:**

- Provides driver’s license and ID card issuance, vehicle registration and title services, license plate renewals, and voter registration.

**HEARING**

**DEAF**

- SIU Carbondale Clinic Center

**Contact Info:** 625 Wham Dr Ste 141, Carbondale, IL 62901..... (618) 453-2361

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

**Services:**

- Psychological evaluations, counseling, speech-language evaluations and therapy. Services are delivered by graduate students under professional supervision.

- The Arc of Illinois

**Contact Info:** 7550 183<sup>rd</sup> At, Tinley Park, IL 60477..... (815) 464-1832

**Website:** <https://www.thearcofil.org/>

**Services:**

- The Arc of Illinois advocates for people with intellectual and developmental disabilities, families and community organizations to ensure that people with disabilities can live, work, learn, and play in communities across the state.

▪ The National Hearing Aid Project

**Contact Info:** 720 Main Street, Floor 1, Kansas City, MO 64105..... (816) 895-2410

**Website:** <https://hearingaid donations.org/>

**Services:**

- Provides refurbished hearing aids and related services at no charge to low-income individuals with hearing loss.

**GENERAL**

▪ CaptionCall

**Contact Info:** .....(877) 557-2227

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

**Services:**

- CaptionCall provides a no-cost captioned telephone service for individuals with hearing loss. The federally funded service enables users to read real-time captions of phone conversations, enhancing communication.

▪ Illinois Telecommunication Access Corporation (ITAC)

**Contact Info:** 3001 Montvale Dr., Ste. A, Springfield, IL 62704 .....(800) 841-6167

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

**Services:**

- ITAC provides free telephone equipment to eligible Illinois residents who are deaf, hard of hearing, speech-disabled, or deaf-blind. The program offers devices such as amplified phones, captioned telephones, and Braille phones to ensure accessible communication.

**HEART**

▪ SIH Cardiology

**Contact Info:** ..... (618) 549-0721

**Website:** <https://www.sih.net/services/heart-and-vascular>

▪ American Heart Association

**Contact Info:** Regional office/Springfield, IL.....(217) 698-3838

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

**HOME HEALTH / IN HOME CARE SERVICES**

▪ Perry County Home Health (Health Department)

**Contact Info:** 907 S Main St, Pinckneyville, IL 62274..... (618) 357-5371

**Website:** <https://perryhealth.net/home-health-nursing/>

▪ At Home Health Care – Sparta

**Contact Info:** 203 S Vine St. #5, Sparta, IL 62286..... (618) 443-2390

**Website:** <https://www.spartahospital.com/services/home-healthcare/>

▪ Addus Homecare

**Contact Info:** 2929 Broadway, Suite 5, Mt. Vernon, IL 62864..... (618) 244-4481

**Website:** <https://addus.com/home-community/>

▪ Helia Healthcare Services LLC

**Contact Info:** 1310 Mark Franklin Dr, Benton, IL 62812..... (618) 439-3500

**Website:** <https://www.heliahealthcare.com/benton/>

▪ LHC Group

**Contact Info:** 906 Skyline Dr. Ste. 200 Marion, IL 62959..... (618) 997-6565

**Website:** <https://lhcgroupp.com/>

▪ Residential Healthcare Group

**Contact Info:** 104 Airway Dr Ste 1, Marion IL 62864..... (800) 642-6099

**Website:** <https://residentialhealthcaregroup.com/>

**HOMELESS SHELTERS**

*Note: Many of these agencies rely heavily on volunteers and donations to provide their services. Visit each organization’s website for information on how to volunteer, donate, or support their programs.*

▪ Perry County Transition 2 Hope

**Contact Info:** 217 S Washington St, Du Quoin, IL 62832..... (618) 571-1056

**Website:** <https://www.t2hope.org/>

**Services:**

- Non-profit organization supporting individuals and families experiencing homelessness. The Resource Center provides a warm place to rest, showers, laundry facilities, and weekly warm meals. Transition 2 Hope also offers education, tools, and resources to help improve lives, and welcomes volunteers to assist with meals, services, and community support.

▪ Perry County Western Egyptian

*\* See information under Anchor Agencies*

▪ Southern Illinois Coalition for the Homeless

**Contact Info:** 1009 W Cherry St, Marion, IL 62959..... (618) 993-0094

**Website:** <https://sihomelesscoalition.org/>

**Services:**

- The Southern Illinois Coalition for the Homeless is a non-profit organization that provides affordable housing to the 24 most southern counties in Illinois.

▪ The Lighthouse Shelter

**Contact Info:** P.O. Box 732 Marion, IL..... (618) 993-8180

**Website:** <http://www.thelighthouseshelter.com/>

**Services:**

- Offers emergency shelter, meals, and supportive services for individuals and families experiencing homelessness.

▪ Survivor Empowerment Center

*\* See information under Domestic Violence*

▪ **Carbondale Warming Center**

**Contact Info:** 608 E College St. Carbondale, IL 62901..... (314) 312-2539

**Website:** <https://cwcentered.org/>

**Services:**

- Provides a safe, warm place for individuals experiencing homelessness, with meals, showers, and laundry facilities.

▪ **Good Samaritan Ministries**

**Contact Info:** 701 S Marion St. Carbondale, IL 62901..... (618) 457-5794

**Website:** <https://goodsamcarbondale.com/>

**Services:**

- Good Samaritan Ministries provides emergency shelter, transitional housing, a soup kitchen, a food pantry, and emergency assistance to individuals and families in need.

**HOSPICE**

▪ **Hospice of Southern Illinois**

**Contact Info:** 305 S Illinois St, Belleville, IL 62220..... (618) 235-1703

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

▪ **Maple Creek Hospice**

**Contact Info:** 110 S Market St. Sparta, IL 62286..... (618) 443-4671

**Website:** <https://maplecreekhospice.com/>

▪ **Residential Home Health & Hospice**

**Contact Info:** 104 Airway Dr Ste 1, Marion IL 62864..... (800) 358-8227

**Website:** <https://residentialhealthcaregroup.com/services/hospice/>

**HOSPITALS**

*Note: Specific hospital services are not listed in this guide as they may change frequently. For the most up-to-date information, please visit each hospital's website via the links provided.*

▪ **Pinckneyville Community Hospital**

**Contact info:** 5383 State Route 154 Pinckneyville, IL 62274..... (618) 357-2187

**Website:** <https://pvillehosp.org/>

**Services:** <https://pvillehosp.org/services>

▪ **Marshall Browning Hospital**

**Contact Info:** 900 N Washington St, Du Quoin, IL 62832..... (618) 542-2146

**Website:** <https://www.marshallbrowninghospital.com/>

**Services:** <https://www.marshallbrowninghospital.com/>

▪ **Carbondale Memorial Hospital (SIH)**

**Contact Info:** 405 W Jackson St, Carbondale, IL 62901..... (618) 549-0721

**Website:** <https://www.sih.net/>

**Services:** <https://www.sih.net/services>

## HOUSING

### **COUNSELING, HOMELESS ASSISTANCE, HOUSING PROGRAMS & RENT ASSISTANCE**

- Western Egyptian

*\* See information under Anchor Agencies*

### **PUBLIC HOUSING**

- Perry County Housing Authority

**Contact Info:** 120 W Walnut St, Du Quoin, IL 62832..... (618) 542- 5409

**Website:** <http://www.perrycountyhousing.org/>

**Services:**

- Offers affordable housing for low- and moderate-income residents across Perry County. Applications accepted online or in person.

### **SENIORS/DISABLED**

- High Point Residence Pinckneyville

**Contact Info:** 223 Illinois St, Pinckneyville, IL 62274..... (618) 357-9770

**Website:** <https://www.thehighpointresidence.com/our-communities/high-point-residence-pinckneyville>

**Services:**

- Assisted living community offering support with daily activities, medication management, meals, housekeeping, and social/wellness programs.

- Madison Avenue Apartments

**Contact Info:** 511 E Monroe St, Du Quoin, IL 62832..... (618) 542-4641

**Website:** [https://budsllickmanagement.com/?page\\_id=69](https://budsllickmanagement.com/?page_id=69)

**Services:**

- Provides affordable rental apartments for seniors and adults, with on-site management and maintenance.

- Addington Place of Sparta

**Contact Info:** 211 N Market St Sparta, IL 62286..... (618) 443-2600

**Website:** <https://addingtonplaceofsparta.seniorlivingnearme.com/>

**Services:**

- Assisted living and memory care community offering personalized support with daily activities, medication management, meals, housekeeping, and social programs.

- Five Star Industries

*\* See information under Disabilities*

## HUMAN TRAFFICKING

### ▪ National Human Trafficking Hotline

**Contact Info:** ..... (888) 373-7888

**Website:** <https://humantraffickinghotline.org/en>

**Services:**

- Offers 24/7 confidential support, crisis help, safety planning, and referrals for trafficking victims.

## INTERNET ASSISTANCE

### ▪ Lifeline HUD Resource

**Contact Info:** ..... (800) 234-9473

**Website:** <https://www.lifelinesupport.org/>

**Services:**

- Offers discounted phone and internet services to eligible low-income HUD residents, helping make communication more affordable.

## LAUNDROMAT

### ▪ Perry county Wash tub

**Contact Info:** 407 S Main St. Pinckneyville, IL 62274..... (618) 357-2750

### ▪ Wonder Wash Laundry Center

**Contact Info:** 20 S Washington St. Du Quoin, IL 62832..... (618) 883-0975

## LEGAL ASSISTANCE SERVICES

### ▪ Land of Lincoln

**Contact info:** Old National Bank Building, Third Floor, 509 South University Ave., Carbondale IL, 62901

..... (877) 342-7891

**Website:** <https://lincolnlegal.org/>

**Services:**

- Provides free legal aid in areas such as housing, family, consumer, education, and disability law. Does not handle criminal, personal injury, or workers' compensation cases.

### ▪ Equip for Equality, Inc

**Contact Info:** 300 East Main S., Carbondale, IL 62901 ..... (618) 457-7930

**Website:** <https://www.equipforequality.org/>

**Services:**

- Legal representation and advocacy for people with developmental, mental and physical disabilities, outreach and training, information and referral.

▪ SIU Carbondale School of Law- Legal Clinics

**Contact Info:** 1150 Douglas Dr., Carbondale, IL 6290..... (618) 536-4423

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

**Services:**

- The SIU School of Law offers a variety of legal clinics and programs for the community, providing services such as civil legal assistance, support for veterans, and access to a self-help legal center.

**LIBRARIES**

▪ Pinckneyville Public Library

**Contact Info:** 312 S Walnut St, Pinckneyville, IL 62274..... (618) 357-2410

**Website:** <https://pinckneyvillelibrary.com/>

**Services:**

- Regular library services including faxing, making copies, and scanning documents. They also provide Wi-Fi services and tutors are available to help students after school. The library can also help assist you when applying for a job or government assistance programs.

▪ Du Quoin Public Library

**Contact Info:** 28 S Washington St, Du Quoin, IL 62832..... (618) 542-5045

**Website:** <https://Du Quoin library.org/>

**Services:**

- Regular library services including free use of computers, Wi-Fi, and printing/ faxing services for the corresponding fees. They also provide a vary of different free programs and events geared towards all ages throughout the year.

**LONG-TERM CARE, ASSISTED LIVING, RESPITE CARE**

▪ High Point Residence Pinckneyville

**Contact Info:** 223 Illinois St, Pinckneyville, IL 62274..... (618) 357-9770

**Website:** <https://www.thehighpointresidence.com/our-communities/high-point-residence-pinckneyville>

▪ Pinckneyville Nursing and Rehabilitation

**Contact Info:** 708 Virginia Ct, Pinckneyville, IL 62274..... (618) 357- 2493

**Website:** <https://www.facebook.com/Pinckneyvillerehab/>

▪ Du Quoin Nursing and Rehabilitation

**Contact Info:** 514 E Jackson St, Du Quoin, IL 62832..... (618) 542-4731

**Website:** <https://Du Quoin .wlcfirm.com/our-facility/>

▪ Fairview Rehabilitation and Health Care

**Contact Info:** 602 E Jackson St, Du Quoin, IL 62832..... (618) 542-3441

**Website:** <https://fairview.wlcfirm.com/>

▪ Pinckneyville Community Hospital (Nursing Care Services)

**Contact Info:** 5383 State Route 154 Pinckneyville, IL 62274 .....(618) 357-5963  
**Website:** [www.pvillehosp.org](http://www.pvillehosp.org)

## LGBTQ+ RESOURCES

▪ Rainbow Café LGBTQ+ Center

**Contact info:** 118 N. Illinois Ave. Carbondale, IL ..... (618) 525-9922  
**Website:** <https://www.rainbowcafe.org/>  
**Services:**

- Provides a safe, welcoming space for LGBTQIA+ individuals with support groups, resources, and health and wellness services.

▪ The Trevor Project

**Contact Info:** ..... call 1-866-488-7386 or text “START” to 678-678  
**Website:** <https://www.thetrevorproject.org/get-help/>  
**Services:**

- Provides 24/7 crisis support and suicide prevention for LGBTQ+ youth via phone, text, or chat.

## MEDICAL

### *CLINICS, PHYSICIANS OFFICE, WELLNESS CARE*

▪ Family Medical Center

**Contact Info:** 5383 State Route 154 Pinckneyville, IL 62274..... (618) 357-2131  
**Website:** <https://pvillehosp.org/services/profile/family-medical-center>  
**Services:**

- Comprehensive family care, pediatrics, behavioral health, lab testing, physical exams, immunizations, pain management, women’s health, and Medicare wellness visits. Walk-In Clinic is available on Saturdays and Sundays.

▪ Marshall Browning Medical Clinic

**Contact Info:** 900 N Washington St. Du Quoin, IL 62832.....(618) 542-1050  
**Website:** [https://www.marshallbrowninghospital.com/getpage.php?name=Medical\\_Clinic](https://www.marshallbrowninghospital.com/getpage.php?name=Medical_Clinic)  
**Services:**

- Rural Health Clinic offering family medicine and general healthcare services. Accepting new patients, including Medicare and Medicaid.

▪ Rea Clinic

**Contact Info:** 1564 South Washington St. Du Quoin, IL 62274..... (618) 542-8702  
**Website:** <https://www.crhpc.org/>  
**Services:**

- Family practice, medication-assisted therapy, lab services, and comprehensive behavioral health. Same day appointments/ Walk-in are available.

## CONVENIENT CARE

### ▪ Family Medical Center Weekend Walk-in Clinic

**Contact Info:** 5383 State Route 154 Pinckneyville, IL 62274..... (618) 357-2131

**Website:** <https://pvillehosp.org/services/profile/family-medical-center>

### ▪ Marshall Browning Urgent Care

**Contact Info:** 900 N. Washington St., Du Quoin, IL 62832..... (618) 542-2146

**Website:** <https://www.marshallbrowninghospital.com/getpage.php?name=urgent#>

### ▪ SIH Urgent Care

**Contact Info:** 2601 W Main St, Carbondale, IL 62901..... (618) 549-5361

**Website:** <https://www.sih.net/locations/sih-center-for-medical-arts-walk-in>

## DIALYSIS SERVICES

### ▪ Fresenius Kidney Care

**Contact Info:** 825 Sunset Ave, Du Quoin, IL 62832..... (800) 881-5101

**Website:** <https://www.freseniuskidneycare.com/treatment>

**Services:**

- Offers hemodialysis and peritoneal dialysis services to people with chronic kidney disease. Get reviews, services, hours, directions and more.

## SLEEP SERVICES

### ▪ Sleep Labs

**Contact Info:** See listings under “Hospitals”.....

**Services:**

- Pinckneyville and Marshall Browning Hospitals offer overnight sleep studies to diagnose sleep disorders like apnea and insomnia.

### ▪ St. Joseph Sleep Disorder Center

**Contact Info:** 8305 Express Dr, Marion, IL 62959..... (888) 387-5337

**Website:** <https://www.sih.net/locations/sih-sleep-center-marion>

**Services:**

- Care for individuals experiencing a variety of sleep issues. Services include diagnosis and treatment for sleep apnea, insomnia, narcolepsy, restless legs syndrome, and shift work sleep disorder.

## TRANSITIONAL CARE

### ▪ Pinckneyville Community Hospital Swing Bed

**Contact info:** 5383 State Route 154 Pinckneyville, IL 62274..... (618) 357-5963

**Website:** <https://pvillehosp.org/services/profile/swing-bed>

**Services:**

- Short-term post-hospital care with nursing, therapy, and support to help patients safely recover and return home.

▪ Marshall Browning Hospital Swing Bed

**Contact Info:** 900 N Washington St, Du Quoin, IL 62832..... (618) 542-2146

**Website:** [https://www.marshallbrowninghospital.com/getpage.php?name=Swing\\_Bed\\_Care](https://www.marshallbrowninghospital.com/getpage.php?name=Swing_Bed_Care)

**Services:**

- Short-term post-hospital care with nursing, therapy, and support to help patients safely recover and return home.

**MEDICAL INSURANCE**

▪ Affordable Care Act

**Contact Info:**..... 1-866-311-1119 (TTY: 711)

**Website:** <https://getcovered.illinois.gov/>

**Services:**

- Compare health plans, enroll, and access financial assistance through the Illinois ACA marketplace.

▪ Healthcare for Kids (All Kids Program)

**All Kids Hotline** .....(866) ALL-KIDS or (866) 255-5437 TTY: (877) 204-1012

**Website:** <https://hfs.illinois.gov/medicalprograms/allkids.html>

**Services:**

- Provides comprehensive health coverage for children under 19 in Illinois, including doctor visits, hospital stays, prescriptions, vision, and dental care.

▪ Illinois Department of Insurance, Office of Consumer Health Insurance

**Contact Info:** .....(866) 445-5364

**Website:** <https://idoi.illinois.gov/>

**Services:**

- Assists consumers with complaints or issues regarding state-regulated health insurance plans.

▪ Medicaid (Illinois)

**Contact Info:** .....(800) 843-6154

**Website:** <https://abe.illinois.gov/abe/access/>

**Services:** Federal and state programs that help people with limited income cover medical costs.

▪ Medicare

**Contact Info:** .....1-800-MEDICARE (1-800-633-4227)

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

**Services:** Federal health coverage for people 65+ or under 65 with certain disabilities.

## MENTAL HEALTH

### ▪ Pinckneyville Family Medical Center (FMC Counseling)

**Contact Info:** 5383 State Route 154 Pinckneyville, IL 62274..... (618) 357-2131

**Website:** <https://pvillehosp.org/services>

**Services:**

- A full-time Licensed Clinical Social Worker provides individual and group therapy, and a Behavioral Health Nurse Practitioner is available to prescribe related medications and treatments.

### ▪ Perry County Counseling Center

**Contact Info:** 1016 S Madison St, Du Quoin, IL 62832..... (618) 542-4357

**Website:** <https://perrycountycounselingcenter.org/>

**Services:**

- Provides outpatient mental health and substance use treatment, crisis support, and counseling for individuals of all ages, with options for in-office, community, and telehealth services.

### ▪ Anchored Hope, LLC

**Contact Info:** 6 S. Washington St. Du Quoin, IL 62832..... (618) 790-9156

**Website:** <https://www.anchoredhopellc.com/>

**Services:**

- Anchored Hope, LLC provides mental health counseling for individuals, couples, and families, addressing concerns such as anxiety, depression, trauma, grief, and life transitions. They offer personalized, confidential care tailored to each client’s needs.

### ▪ CRHPC Comprehensive Behavioral Health

**Contact Info:** 119 Gas Plant Rd. Du Quoin, IL 62832..... (618) 790-2146

**Website:** <https://www.crhpc.org/copy-of-christopher>

**Services:**

- Individual and family counseling, psychiatric evaluations, medication management, and treatment for various behavioral health conditions.

### ▪ Senior Life Solutions

**Contact Info:** 5383 State Route 154 Pinckneyville, IL 62274..... (618) 357-8811

**Website:** <https://pvillehosp.org/services/profile/senior-life-solutions>

**Services:**

- Provides confidential outpatient therapy for seniors dealing with depression, anxiety, grief, or life transitions. Services include individual, group, and family counseling, medication management, and coordination with primary care providers to support emotional wellness and improve quality of life.

### ▪ DHS Family Community Resource Center

*\* See information under Anchor Agencies.*

▪ Centerstone

\* **See information under Anchor Agencies.**

▪ Chestnut Health Services

**Contact Info:** 12 North 64<sup>th</sup> St., Belleville, IL 62223 .....(888) 924-3786

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

**Services:**

- Provides mental health and addiction treatment for all ages, including counseling, psychiatry, crisis care, and substance use support.

▪ Egyptian Behavioral Health

**Contact Info:** 1412 US Hwy 45 N., Eldorado, IL 62930.....(618) 273-3326

**Website:** <https://egyptian.org/>

**Services:**

- Offers outpatient mental health care including counseling, assessments, psychiatric evaluations, medication management, and referrals.

▪ Gateway Foundation

**Contact Info:** 1080 East Park St., Carbondale, IL 62901 ..... (855) 944-3805

**Website:** <https://www.gatewayfoundation.org/>

**Services:**

- Provides residential and outpatient treatment for substance use and co-occurring mental health disorders. Services include medical detox, medication-assisted treatment (MAT), and trauma-informed care through specialized programs like *Her Story* for women. Dual diagnosis support is available for both adolescents and adults in a private, therapeutic setting.

▪ National Alliance on Mental Illness (NAMI) Illinois

**Contact Info:** ..... (800) 650-6264

**Website:** <https://namiillinois.org/>

**Services:**

- Nonprofit organization that provides advocacy, education, support groups, and public awareness so that all individuals and families affected by mental illness can build better lives.

## PHARMACIES

▪ Stotlar Drug Company

**Contact Info:** 1 N Walnut St. Pinckneyville, IL 62274..... (618) 357-8781

**Website:** <https://www.stotlardrugcompany.com/>

▪ Du Quoin Medicenter Pharmacy

**Contact Info:** 204 S Washington St. Du Quoin, IL 62832.....(618) 542-2575

**Website:** <https://www.medicenterpharmacy.com/duquoin>

▪ Walmart Pharmacy

**Contact Info:** 215 E Grantway St. Du Quoin, IL 62832..... (618) 542-2488

**Website:** <https://www.walmart.com/store/252-du-quin-il/pharmacy>

**PHYSICAL ACTIVITY**

▪ The Wellness Center

**Contact Info:** 5383 State Route 154, Pinckneyville, IL 62274.....(618) 357-5935 Option 2

**Website:** <https://pvillehosp.org/services/profile/fitness-center>

**Services:**

- Open 24/7, offering access to cardio machines, weights, strength equipment, group chair classes, aquatics, and select fitness classes. Additional options include personal training, nutrition coaching, and specialty classes with certified trainers.

▪ Perfectly Imperfect Yoga

**Contact Info:** 1104 S Main St. Pinckneyville, IL 62274..... (618)357-6364

**Website:** <https://www.facebook.com/perfectlyimperfectyogastudio/>

**Services:**

- Offers yoga classes and wellness sessions in a supportive, inclusive studio environment.

▪ Panther Gym & Fitness

**Contact Info:** 717 W Water St, Pinckneyville, IL 62274..... (618) 318-8228

**Website:** <https://www.panthergymandfitness.com/>

**Services:**

- 24/7 fitness center providing personal training, fitness classes, tanning, in-store supplements, kids group classes/play area, and sauna.

▪ Doc Z's Fitness

**Contact Info:** 7 E Main St. Du Quoin, IL 62832..... (618) 542-2165

**Website:** <https://www.doczs.com/doc-z-s-fitness.html>

**Services:**

- 24-hour fitness facility with nearly 9,000 sq ft of commercial grade equipment. Includes free weights, two cardio rooms with entertainment, a private circuit training room, and a private yoga studio.

▪ Du Quoin Health Center

**Contact Info:** 31 S Mulberry St, Du Quoin, IL 62832..... (618) 542-6680

**Website:** <https://dqhealth.com/membership>

**Services:**

- We have equipped the Recreation Center with a 24 hour a day access system. The facility is locked 24 hours a day and every member is issued an access card.

## POISON CONTROL

### Illinois Poison Control Center

**Contact Info:** .....(800) 222-1222

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

**Services:**

- The Illinois Poison Center provides free, 24/7 confidential advice and treatment guidance for exposures to medications, chemicals, household products, bites, stings, and other poisons. They offer poison prevention education, consultation for parents and caregivers, and support for healthcare professionals managing poison-related cases.

## PREGNANCY

### Caritas Family Solutions

**Contact Info:** 10286 Fleming Road, Carterville, IL 62918..... (618) 985-2000

**Website:** <https://caritasfamilysolutions.org/>

**Services:**

- Offers adoption, foster care, pregnancy counseling, parenting classes, and support for families and individuals.

### Perry County Health Department

*\* See information under Anchor Agencies*

### Planned Parenthood

**Contact:** 20 N Emerald Lane, Carbondale, IL 62901..... (618) 549-2561

**Website:** <https://www.plannedparenthood.org/>

**Services:**

- Provides reproductive and sexual health care including birth control, STI testing, cancer screenings, and general wellness services.

## PRISON & JAIL SERVICES

### Illinois Department of Corrections

**Contact:**1301 Concordia Court, P.O. Box 19277 Springfield, IL 62794.....(217) 558- 2200

**Website:** <https://idoc.illinois.gov/programs.html>

**Services:**

- Offers rehabilitation programs for incarcerated individuals, including education, addiction recovery, mental health care, and reentry support.

### Lutheran Social Services of Illinois (LSSI)

**Contact:** 1616 W Main St. Marion, IL 62959.....(618) 997-9196

**Website:** <https://www.lssi.org/>

**Services:**

- Offers reentry programs, addiction recovery, case management, and family reunification support. Includes the Storybook Project, allowing incarcerated parents to record themselves reading to their children.

▪ Center for Health and Justice at TASC

**Contact Info:** 700 S. Clinton St., Chicago, IL 60607..... (312) 573-8302

**Website:** <https://www.centerforhealthandjustice.org/>

**Services:**

- Supports justice-involved individuals with case management, treatment coordination, housing, employment help, and reentry programs focused on reducing recidivism.

## RECREATION

### BOWLING

▪ Split Decision

**Contact Info:** 1608 S Washington St. Du Quoin, IL 62832..... (618) 542-4586

**Website:** <https://www.splitdecisionil.com/Home>

**Services:** Restaurant including bowling/ entertainment with a family-friendly atmosphere.

### SKATING

▪ All Sk8

**Contact Info:** 1645 S Washington St, Du Quoin, IL 62832..... (618) 542-5634

**Website:** <https://www.facebook.com/AllSk8DuQuoin/>

**Services:**

- Local roller-skating rink offering public skate sessions, party rentals, and family-friendly events.

### PARKS & MISCELLANEOUS

▪ Pyramid State Park

**Contact Info:** 1562 Pyramid Park Rd, Pinckneyville IL 62274..... (618) 357-2574

**Website:** <https://dnr.illinois.gov/parks/park.pyramid.html>

**Services:**

- As the largest state recreation area in Illinois, it spans 19,701 acres and offers a variety of outdoor activities, including fishing, hunting, hiking, camping, and horseback riding.

▪ Pinckneyville City Park

**Contact Info:** 600 Fairgrounds Rd, Pinckneyville, IL 62274..... (618) 357-3505

▪ Keyes Park

**Contact Info:** E Park St & N Washington St, Du Quoin, IL 62832..... (618) 542-3841

### POOLS

▪ Jake Bender Municipal Pool

**Contact Info:** 711 Fairgrounds Rd, Pinckneyville, IL 62274.....

▪ Du Quoin City Pool

**Contact Info:** 640 W Park St, Du Quoin, IL 62832..... (618) 542-8942

## RUNAWAY

### ▪ National Runaway Safeline

**Contact Info:** ..... 1-800-RUNAWAY (1-800-786-2929)

**Website:** <https://www.1800runaway.org/>

**Services:**

- Provides free, confidential support for youth (ages 12–21) and concerned adults. Services include 24/7 crisis counseling by phone, chat, or email; referrals to shelters and local resources; and the Home Free program, which offers free bus tickets to reunite youth with family or a safe alternative.

## SENIOR SERVICES

### ▪ Senior Life Solutions

**Contact Info:** 5383 State Route 154, Pinckneyville IL 62274..... (618) 357- 8811

**Website:** <https://pvillehosp.org/services/profile/senior-life-solutions>

**Services:**

- Senior Life Solutions at Pinckneyville Community Hospital provides outpatient behavioral health support for older adults, including individual and group therapy, family support, and medication management to address depression, anxiety, grief, and coping with life changes.

### ▪ Wellness Center

**Contact Info:** 5383 State Route 154, Pinckneyville, IL 62274..... (618) 357-5935

**Services:**

- Offers a full range of therapy and wellness services including physical therapy, occupational therapy and speech therapy. On-site 24/7 gym features friendly, low-impact fitness classes such as chair class and water aerobics.

### ▪ Pinckneyville Senior Club

**Contact Info:** 605 S Douglas St Pinckneyville, IL 62274.....618-571-1772

**Website:** <https://www.facebook.com/profile.php?id=100075869023068>

**Services:**

- Hosts monthly gatherings on the 1st Tuesday at 10am, offering seniors a friendly space for socializing, recreational activities, and peer support. Contact by phone or Facebook for event updates and participation.

### ▪ Perry County Health Department

**\* See information under Anchor Agencies**

▪ Gold Plate Program

**Contact Info:** 721 N Hickory St, Du Quoin, IL 62832..... (618) 542-3511

**Website:** [https://seniorcenter.us/sc/gold\\_plate\\_program\\_of\\_perry\\_county\\_Du\\_Quoin\\_il](https://seniorcenter.us/sc/gold_plate_program_of_perry_county_Du_Quoin_il)

**Services:**

- A senior center in Perry County offering on-site meals, adult day services, home-delivered meals, outreach, and additional support for older adults.

▪ Senior Citizen Helpline

**Contact Info:** ..... (800) 252-8966

**Website:** <https://ilaging.illinois.gov/resources/helpline-main.html>

**Services:**

- Offers statewide support for older adults and individuals with disabilities, including in-home care, Medicare counseling, transportation, nutrition programs, and protective services.

▪ Active Day

**Contact Info:** 900 Skyline Dr, Suite 30, Marion, IL 62959.....(618) 998-2032

**Website:** <https://www.activeday.com/locations/active-day-of-marion-il/>

**Services:**

- Offers adult day services for seniors and adults with special abilities, including nursing supervision, personal care, engaging activities, meals, and transportation.

▪ Egyptian Area Agency on Aging

**Contact Info:** 200 E Plaza Dr, Carterville, IL 62918..... (618) 985-8311

**Website:** <https://egyptianaaa.org/>

**Services:**

- Supports seniors in Southern Illinois with health and financial resources, caregiver training, and community-based programs that promote independence.

**SEXUAL ASSAULT**

▪ Survivor Empowerment Center

**Contact Info:** 610 South Thompson St, Carbondale IL 62901..... (618) 549-4807

**24/7 hotline:** ..... (800) 334-2094

**Website:** <https://www.empoweringsurvivors.org/>

**Services:**

- Provides free, confidential support for survivors of domestic and sexual violence, including shelter, crisis response, counseling, advocacy, children’s services, and prevention education.

▪ National Sexual Assault Hotline

**Contact Info:** ..... 1-800-656-4673 (HOPE) or Text “HOPE” to 66746

**Website:** <https://rainn.org/>

**Services:**

- Provides 24/7 confidential crisis counseling, emotional support, and recovery guidance via phone, text, and online chat. Services are available in English and Spanish and tailored to each caller’s needs.

## SMOKING CESSATION

### ▪ Pinckneyville Community Hospital Smoking Cessation Program

**Contact Info:**..... (618) 357-5949

**Website:** <https://pvillehosp.org/>

**Services:**

- Smoking Cessation program consists of 8 sessions held over a 7-week period. Participants quit smoking completely after session 4. The class and schedule are designed to provide support during the period of highest risk of relapse.

### ▪ American Lung Association Lung Helpline

**Contact Info:** .....1-800-586-4872

**Website:** <https://www.lung.org/help-support/lung-helpline>

**Services:**

- Free, confidential lung health support staffed by nurses, respiratory therapists, and certified tobacco treatment specialists; provides information on quitting smoking, lung disease, and referrals to local resources.

### ▪ Illinois Tobacco Quitline / Freedom From Smoking

**Contact Info:** .....1-866-784-8937

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

**Services:**

- Offers free telephone counseling with certified tobacco treatment specialists, online support, interactive tools, and (for eligible participants) free nicotine replacement therapy (patches, gum, lozenges) for quitting all forms of tobacco.

### ▪ Smokefree.gov

**Contact Info:** .....1-800-QUIT-NOW (1-800-784-8669)

**Website:** <https://smokefree.gov/>

**Services:**

- Smokefree.gov offers free tools and support to help individuals quit tobacco, including a personalized quit plan, mobile app and text programs, live counseling, and resources for teens, veterans, pregnant individuals, and Spanish speakers.

## SUBSTANCE MISUSE & RECOVERY

### ▪ Little Egypt Area of Narcotics Anonymous

**Contact Info:** Visit website for meeting locations/ times.....(573) 367-5713

**Website:** <https://www.littleegyptna.org/meetings/>

**Services:**

- The Little Egypt Area of Narcotics Anonymous offers peer support and recovery resources and meetings for individuals seeking freedom from addiction throughout Southern Illinois.

▪ Take Action Today

**Contact Info:** 410 West Saint Louis St. West Frankfort, IL 62896..... (618) 212-3171

*DuQuoin Location:* 1016 S. Madison St. DuQuoin, IL 62832 (Transition to Hope)

**Website:** <https://takeactiontoday.net/>

**Services:**

- Provides peer recovery support, harm reduction, Narcan distribution, and connections to treatment and housing. Recovery centers offer showers, laundry, nutrition, and support groups. A peer support specialist is available at the Transition to Hope Center in Du Quoin.

▪ Celebration Recovery: Spirit of Life Christian Church

**Contact Info:** 720 N Hickory St. Du Quoin, IL 62832 ..... (618) 542-5552

**Services:**

- A Christ-centered recovery support group meeting weekly offering a safe space to work through hurts, hangups, and habits using biblical principles and shared peer support.

▪ Celebration Recovery: United Pentecostal Church

**Contact Info:** 1311 S Washington St. Du Quoin, IL 62832..... (618) 542-5571

**Website:** <https://www.duquoinupc.org/>

**Services:**

- A 12-step recovery program designed to help anyone struggling with their hurts, hang-ups, or habits of any kind. Celebration Recovery meets weekly.

▪ Centerstone South

**Contact Info:** 2311 South Illinois Ave., Carbondale, IL 62903 .....(855) 608-3560

**Website:** <https://centerstone.org/>

**Services:**

- Provides outpatient care for children and adults with mental health or substance use challenges. Offers Medication-Assisted Treatment (MAT) for opioid addiction, including suboxone support during early recovery.

▪ Gateway Foundation

**Contact Info:** 1080 East Park St., Carbondale, IL 62901 ..... (618) 319-7495

**Website:** <https://www.gatewayfoundation.org/>

**Services:**

- Provides individualized, evidence-based treatment for substance use, including inpatient and outpatient care, withdrawal management, and specialized trauma programs. Offers recovery housing, alumni support, and 24/7 confidential assessments.

▪ Illinois Helpline for Opioids and Other Substances

**Contact Info:** 24/7.....Call 833-234-6343 or text “HELP” to 833234

**Website:** <https://helplineil.org/>

**Services:**

- Provides free, confidential information and referrals for substance use treatment, recovery support, and harm reduction services across Illinois, with trained specialists available by phone, text, or online chat.

▪ Substance Abuse & Mental Health Services Administrations

**Contact info:** ..... (877-726-4727), TTY: 800-487-4889

**Website:** <https://www.samhsa.gov/find-help/national-helpline>

**Services:**

- Offers 24/7 free, confidential referrals and information for mental health and substance use treatment, supports evidence-based programs and grants, provides helplines, and maintains a national treatment locator service.

## SUICIDE PREVENTION

▪ 988 Suicide & Crisis Lifeline

**Contact Info:** ..... Call or Text 988

**Website:** <https://988lifeline.org/>

**Services:**

- Free and confidential support for people in distress, prevention and crisis resources for you or your loved ones; available 24 hours a day; English and Spanish.

▪ Illinois Warm Line

**Contact Info:**..... (866) 359-7953

**Website:** <https://www.illinoismentalhealthcollaborative.com/imhc/en/home/resources/warm-line>

**Services:**

- A peer-support line offering free, confidential emotional support for people facing behavioral health challenges (non-emergency). Calls are approximately 20 minutes and for anyone age 12+.

▪ CARES Hotline

**Contact Info:**..... 1-800-345-9049

**Website:** <https://hfs.illinois.gov/medicalclients/behavioral/crisisservices.html>

**Services:**

- 24/7 statewide crisis line in Illinois for mental health emergencies, including mobile crisis response.

## TRANSPORTATION

▪ SCT (Southern Central Transit)

**Contact Info:** 854 E. Olive St. Du Quoin, IL 62832..... (618) 542-4700

**Website:** <https://southcentraltransit.org/>

**Routes and Schedule Page:** <https://southcentraltransit.org/routes-and-schedules/>

**Services:**

- Provides public transportation across six counties in Southern Illinois, offering safe, affordable, and accessible transit for work, medical appointments, shopping, and more.

▪ Amtrak Train Station

**Contact Info:** 20 North Chestnut St. Du Quoin, IL 62832..... (800) 872-7245

**Website:** <https://www.amtrak.com/home.html>

## UNITED STATES POSTAL SERVICE

### ▪ USPS

**Contact Info:** **Pinckneyville:** 212 S Walnut St, Pinckneyville, IL 62274

**Du Quoin:** 304 E Main St, Du Quoin, IL 62832

**Tamaroa:** 11 N Chestnut St, Tamaroa, IL 62888

**Cutler:** 409B S Main St, Cutler, IL 62238

**Phone Number:** ..... (800) 275-8777

**Services:**

- The United States Postal Service (USPS) provides mail and package delivery, money orders, greeting cards, and other retail services, with select locations also offering passports, burial flags, and federal duck stamps.

## UTILITIES

### ▪ Western Egyptian

*\* See information under Anchor Agencies*

## VETERANS

### ▪ Illinois Department of Veteran Affairs (IDVA)

**Contact Info:** ..... (800) 437- 9824

**Website:** <https://www.va.gov/>

**Services:**

- Connects Illinois veterans and their families to federal and state benefits, including healthcare, housing, education, employment, and mental health support. Offers assistance through Veteran Service Officers across the state

### ▪ Centerstone

*\* See information under Anchor Agencies*

### ▪ Veterans Crisis Line

**Contact Info:** ..... Dial 988 then press 1

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

**Services:**

- Available 24/7. Confidential crisis support for Veterans and their loved ones. You don't have to be enrolled in VA benefits or health care to connect.

### ▪ VA Medical Center, Marion

**Contact Info:** 2401 W. Main St. Marion, IL 62959..... (618) 997-5311

**Website:** <https://www.va.gov/marion-health-care/>

**Services:** <https://www.va.gov/marion-health-care/health-services/>

## VISION

### ▪ Southern Illinois Eye Care

**Contact Info:** 15 N Locust St, Pinckneyville, IL 62274..... (618) 357-6117  
 630 S Washinton St, Du Quoin, IL 62832..... (618) 542-6677

**Website:** <https://www.southernillinoiseyecare.com/>

### ▪ Marion Eye Center

**Contact Info:** 401 S Walnut St, Pinckneyville, IL 62274..... (618) 357-2020  
 821 S Washington St, Du Quoin, IL 62832..... (618) 542-3812

**Website:** <https://www.marioneye.com>

### ▪ Bureau of Blind Services

**Contact Info:** 333 Potomac Blvd., Ste. F, Mt. Vernon, IL 62864.....(618) 244-0331  
**Website:** <https://www.dhs.state.il.us/page.aspx?item=32305>

**Services:**

- Help individuals who have visual impairments with training and job placement assistance. They also recommend assistive technology to help people perform tasks on the job.

### ▪ Southern Illinois Talking Book Center

**Contact Info:** 607 Greenbriar Road, Carterville, IL 62908.....(618) 985-8375

**Services:**

- The Talking Book and Braille Service (TBBS) provides audio and braille library service via mail or digital download to any Illinois resident who is unable to read standard print material due to a permanent or temporary visual or physical disability.

### ▪ National Eye Health Education Program

**Contact Info:** .....(301) 496-5248

**Website:** <https://www.nei.nih.gov/learn-about-eye-health/outreach-resources/national-eye-health-education-program>

**Services:** Provides online education and materials regarding eye health, disease and treatment.

### ▪ Southern Illinois Radio Information Service (SIRIS)

**Contact Info:** 1100 Lincoln Dr, Mailcode 6602, Carbondale, IL 62901..... (618) 453-6185

**Website:** <https://www.wsiu.org/southern-illinois-radio-information-service>

**Services:**

- The Southern Illinois Radio Information Service (SIRIS) is a community service of WSIU Public Broadcasting which provides a reading and information service for individuals who are blind, visually impaired, and print-disabled. Any person in the WSIU-FM (91.9) or WWSI-FM (88.9) listening area whose eyesight or physical condition makes it impossible to read a newspaper or book qualifies to receive the SIRIS broadcast.

## WEATHERIZATION

- Western Egyptian

\* *See information under Anchor Agencies*

## WOMENS HEALTH

- Southern Illinois Ob-Gyn Associates

**Contact Info:** 305 W Jackson St. #402, Carbondale, IL 62901..... (618) 529-4711

**Website:** <https://www.siobgyn.com/>

- Heartland Womens Health

**Contact Info:** 900 E Walnut St. Ste. 10, Carbondale, IL 62901..... (618) 997-5266

**Website:** <https://www.advantiahealth.com/usaobgyn/locations/heartland-womens-healthcare-of-advantia-carbondale/>

- Shawnee Health

**Contact Info:** 101 S Wall St, Carbondale, IL 62901..... (618) 519-9200

**Website:** <https://www.shawneehealth.com/locations/shc-obgyn-peds/>

- Asbery & Associates Ob/Gyn LLC

**Contact Info:** 8 Cusumano Professional Plaza Dr. Mt Vernon, IL 62864..... (618) 244-4800

**Website:** <https://www.asberyandassociates.com/>

# ABOUT THIS GUIDE

**This edition of the Perry County Resource Guide was thoughtfully developed and led by Pinckneyville Community Hospital, with support from members of the Perry County Healthy Community Coalition. It was created to connect residents with valuable local services and support.**

While we've worked hard to provide accurate and comprehensive information, we know there is always room to grow. This is an evolving guide, and we welcome your suggestions to help keep it current.

If you notice an error or would like to request an addition, please email:  
**[perrycountyresourceguide@gmail.com](mailto:perrycountyresourceguide@gmail.com)**

**Subject Line:** Perry County Resource Guide

**When submitting updates, please include:**

- Page number of the update or correction
- Suggested changes or additions
- Organization/ business name
- Contact information (address, phone, email, website)
- Brief description of services offered

Our goal is to release an updated digital version each year so Perry County residents always have access to the most current information.

**Thank you for helping us keep Perry County, IL informed and connected!**

Printing of this guide was  
generously sponsored by:

