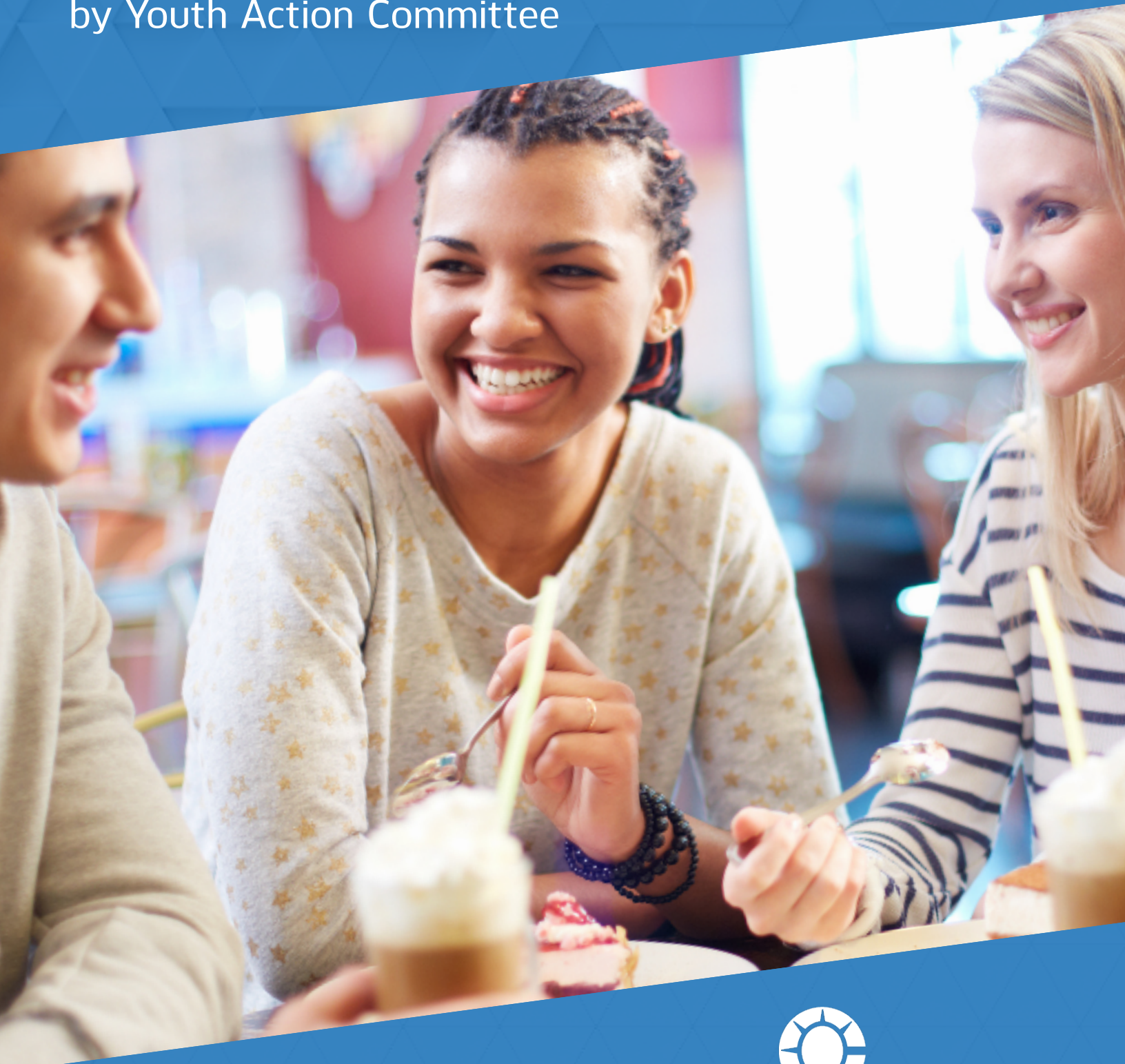


Resource Guide

of Jackson County Youth Services
by Youth Action Committee



CENTERSTONE

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LGBTQ+

RAINBOW CAFÉ

1320 S Giant City Rd., Suite F, Carbondale

815-408-6963

Ages 13-19

Every Friday 6p-10p

[facebook.com/rainbowcafelgbtyouthcenter/](https://www.facebook.com/rainbowcafelgbtyouthcenter/)

LGBTQIA YOUTH TALKLINE

800-246-7743

Ages 12- 25

11a- 4p

help@LGBThotline.org

TRANS LIFELINE

877-565-8860

www.translifeline.org

THE TREVOR PROJECT LIFELINE

Call 866-488-7386

Text 678678

Chat www.thetrevorproject.org/get-help-now

www.thetrevorproject.org

Crisis

PATH CRISIS

Dial 211 or 1-888-865-9903

Jackson County: 855-985-0911

Trained counselors to talk to

Available 24/7

CRISIS TEXT LINE

Text "GO" to 741-741

Trained counselor responds quickly

WOMEN'S CENTER

Domestic Violence Victim/Sexual Assault
Services

618-549-4807

Rape Crisis Line 618-993-0803

24-Hour Hotline 1-800-334-2094

BULLYING

www.stopbullying.gov for resources

[https://www.stompoutbullying.org/get-help/
helpchat-line/](https://www.stompoutbullying.org/get-help/helpchat-line/)

HelpChat - Online support for those being
bullied

NATIONAL RUNAWAY SAFELINE

1-800-786-2929

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

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-8255

www.suicidepreventionlifeline.org/chat

CENTERSTONE CRISIS LINE

855-985-0911

NATIONAL DOMESTIC VIOLENCE HOTLINE

1-800-799-7233

www.thehotline.org



Emergency/ Transitional Housing

THE FIELD'S APARTMENTS (18+)
700 S. Lewis Ln., Carbondale
618-549-7377

JACKSON COUNTY HOUSING AUTHORITY (18+)
300 N. 7th St., Murphysboro (office)
618-684-3183



Emotional Health

CENTERSTONE
2311 S. Illinois Ave., Carbondale
855-608-3560
<https://centerstone.org/>

SHAWNEE HEALTH CARE (12+)
400 S. Lewis Ln., Carbondale
618-519-9900
www.shawneehealth.com



Sexual Health and Pregnancy

JACKSON COUNTY HEALTH DEPARTMENT (12+)
415 Health Department Rd, Murphysboro
STD Testing and treatment
HIV/AIDS testing, prevention and case management
Pregnancy tests (birth control not offered)
Access to condoms
<http://www.jchdonline.org/>



PREGNANCY MATTERS
241 S. Lewis Ln., Carbondale
618-549-2794
Pregnancy testing
Prenatal, Maternity, and Baby items

Food Pantries & Soup Kitchens

UNIVERSITY BAPTIST CHURCH

700 S. Oakland Dr., Carbondale

618-457-0323

Mon 9a-1p; Fri 9a-11:30a

Photo ID & mail w/name & address required

VICTORY DREAM CENTER

607 E. College St., Carbondale

618-351-8018

Wed 10:30a-1:30p; Sun 12:15p-1p

CARBONDALE CHURCH OF GOD

1461 County Line Rd., Carbondale

618-457-6634

1st and 3rd Thursday of each month 9a-12p

BETHEL AME CHURCH – FEED MY SHEEP

316 E. Jackson St., Carbondale

618-520-5278

Meals served Mon-Fri 12p-1p

GOOD SAMARITAN MINISTRIES SOUP KITCHEN

701 S. Marion St., Carbondale

618-457-0323

Daily Meals Served: 8a, 11:30a & 5p

MURPHYSBORO FOOD PANTRY

906 N. 14th St., Murphysboro

618-684-8258

Mon-Fri 9a-11a

DESOTO FOOD PANTRY

First Baptist Church

301 N. Hickory, Desoto

618-521-0347

Desoto Township residents only

2nd and 4th Thursday of every month

1p-2:30p

ELM STREET BAPTIST CHURCH

FOOD PANTRY

1907 Elm St, Murphysboro

618-684-6368

Murphysboro residents only

Call on Tuesday, pick up food on Wednesday

Dates vary month to month

Photo ID needed, must fill out registration form

www.elmstreetchurch.org

ELKVILLE CHRISTIAN CHURCH

114 S. Second St., Elkhville

Basement of back building

618-568-1544

Elverado school district residents only

3rd Sunday of every month

5p-6p

SHALOM CO-OP PANTRY

610 Front St., Grand Tower

618-303-7234

Last Saturday of every month

9a-11a

Income guidelines based on family size

Clothing

UNIVERSITY BAPTIST CHURCH

700 S. Oakland Dr., Carbondale

618-457-0323

Monday & Friday

9a-11a

Housing

THE FIELD'S APARTMENTS (18+)

700 S. Lewis Ln., Carbondale

618-549-7377

JACKSON COUNTY HOUSING AUTHORITY

(18+)

300 N. 7th St., Murphysboro (office)

618-684-3183



Hygiene

JOHN A. LOGAN COLLEGE COSMETOLOGY
(HAIRCUTS)
700 Logan College Dr., Carterville
618-985-3741
<https://www.jalc.edu/allied-health-and-public-service/cosmetology>
Services, hours, and pricing listed under additional resources on web page provided above.

Physical Health

TERRIER CARE
1301 E. Walnut St., Rm J120, Carbondale
618-519-9200
Closed when students not in session, see below for detail

SHAWNEE HEALTH CARE
400 S. Lewis Ln., Carbondale
618-519-9200
www.shawneehealth.com

Dental

SIUC COMMUNITY DENTAL CENTER
1365 Douglas Dr., Carbondale
618-453-2353
Prices range (\$20-\$130)
17 and under must be accompanied by adult
<https://sah.siu.edu/cdc.php>

SIUC DENTAL HYGIENE CENTER
1365 Douglas Dr., Carbondale
618-453-8826
Prices listed on web page
17 and under must be accompanied by adult
<https://sah.siu.edu/dhc.php>

SIUC FREE DENTAL CLINICS
Listed occasionally in news free dental exams.
Watch for upcoming events.
<https://news.siu.edu/>

Substance Use Prevention

SUBSTANCE USE PREVENTION
Generation Rx- Opioid Awareness Classes
To set up a session contact:
Justin Dusch 618-499-7067 or Christie Rodgers
618-922-7152

Substance Use Treatment

CENTERSTONE (12+)
2311 S. Illinois Ave., Carbondale
855-608-3560
<https://centerstone.org/>

TOBACCO QUITLINE
1-866-784-8937
www.quityes.org
www.Smokefree.gov

GATEWAY FOUNDATION
1080 E. Park St., Carbondale
618-319-7505
www.gatewayfoundationcarbondale.org



GED Classes

JOHN A. LOGAN COLLEGE

618-985-3741

<https://www.jalc.edu/adult-basic-secondary-education/adult-basic-education-ged>

REBOUND

205 N. Oakland Ave, Carbondale

618-549-8232

<http://www.cchs165.jacksn.k12.il.us/academics/rebound>

YOUTHBUILD

618-242-6723

Assists with GED

Construction classes

Mt. Vernon/Centralia locations

Employment

MAN-TRA-CON

628 E. Walnut St, Carbondale

618-457-6460

ILLINOIS WORKNET

Interest assessments

Job search

www.IllinoisWorkNet.com

ILLINOIS DEPARTMENT OF LABOR

Worker's Permit for ages 14-15

<https://www2.illinois.gov/idol/FAQs/Pages/child-labor-faq.aspx>

Utility Assistance

WESTERN EGYPTIAN E.O.C. (18+)

342 North St., Suite B, Murphysboro

618-443-5231

CARBONDALE TOWNSHIP (18+)

217 E. Main St., Carbondale

618-457-3366

MURPHYSBORO TOWNSHIP

1410 Walnut St., Murphysboro

618-684-6711

Transportation

SALUKI EXPRESS

618-549-2877

SIUC ID, bus pass or \$1 fee

JACKSON COUNTY MASS TRANSIT

618-549-0304

Advanced notice required

CARBONDALE TOWNSHIP

618-457-3366

Free rides to Murphysboro Food Pantry, Jackson County Health Department, Department of Human Services, Western Egyptian and Jackson County Probation Office



Peer Support - 12-step Programs

UNITED METHODIST CHURCH (ALCOHOLICS ANONYMOUS)
1500 Pine St., Murphysboro
618-687-2317
Monday & Wednesday 7p
Saturday 10a



THE VIEW CHURCH
(ALCOHOLICS ANONYMOUS)
725 S. Lewis Ln, Carbondale
618-351-0811
Thursday 6:30p

UNITED METHODIST CHURCH
(ALCOHOLICS ANONYMOUS)
1500 Pine St., Murphysboro
618-687-2317



SAINT FRANCIS XAVIER CHURCH
(NARCOTICS ANONYMOUS)
303 S. Poplar, Carbondale
618-457-4556
Tuesday 7:30p

WESLEY FOUNDATION
(NARCOTICS ANONYMOUS)
816 S. Illinois Ave, Carbondale
618-457-8165
Friday 8p



Spiritual

INTERFAITH CENTER
913 S. Illinois Ave, Carbondale
618-549-7387

CARBONDALE UNITARIAN FELLOWSHIP
105 N. Parrish Ln, Carbondale
618-529-2439

Recreation

CARBONDALE PARK DISTRICT

618-549-4222

www.cpkd.org/recreation/youth-activities/

Activities Offered:

- Martial Arts (\$40-\$50)
- Soccer clinics (\$24-\$30)
- Archery (\$24-\$30)
- T-ball clinics (\$24-\$30)
- Basketball leagues (\$25-\$31.25)

Life Community Center

2500 W. Sunset Dr, Carbondale

Swimming pool (\$3.25-\$4.50)

Super Splash Park

625 S. Lewis Ln, Carbondale

\$5-\$7.50

Hickory Ridge Golf Center

2727 W. Glenn Rd, Carbondale

\$15-\$26

Disc Golf

Evergreen Park

1205 W. Pleasant Hill Rd, Carbondale

Softball Field

Lenus Turley Park

Corner of W. Main and Glenview Dr, Carbondale

Crispus Attucks Park

800 North Wall St.

Football, Basketball, Tennis, Soccer Fields/Courts

CARBONDALE PUBLIC LIBRARY TEEN PGMS

405 W. Main, Carbondale

618-457-0354

carbondalepubliclibrary.org

SIU RECREATION CENTER

300 E. Grand Ave, Carbondale

618-453-1277

www.rec.siu.edu

SIU STUDENT CENTER

1255 Lincoln Dr, Carbondale

618-536-3351

Craft Workshops, Bowling & Billiards

Miscellaneous

DEPARTMENT OF HUMAN SERVICES

SNAP & Medicaid

www.dhs.state.il.us

BOYS AND GIRLS CLUB

Service Program

250 N. Springer St., Carbondale

618-457-8877

LAND OF LINCOLN LEGAL ASSISTANCE

509 S. University St., Carbondale

618-457-7800

Advisement on legal matters

<http://lollaf.org/>

ONLINE BULLYING & ABUSE AWARENESS

www.athinline.org

NEIGHBORHOOD CO-OP LINK MATCH

1815 W. Main St., Carbondale

618-529-3533

When LINK card is used at the Co-op they will match up to \$25 towards your next purchase of local fruits and vegetables at the Co-op

Community Youth Services

Can't find the resources you need? Reach out to the Community Youth Services program Organizer Magdalena Dul at Magdalena.Dul@centerstone.org or 618-305-4618 or the Community Services Manager Edrica McDowell at edrica.mcdowell@centerstone.org or 855-608-3560, ext. 7863.



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