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All-Encompassing Resources

United Way (211)

Contact: 211

Website: 211 - United Way of Illinois

Description: 2-1-1 is a vital service that connects millions of people to help every year. Highly trained 2-1-1 call specialists and the online portal are available 24/7 to help individuals locate health and human service assistance during times of non-emergency crisis and for everyday needs.

You'll find help with: Connection and Referrals related to Basic Human Needs (Individuals & families in need of food, shelter, rent and utility assistance), Physical & Mental Health Resources (Health insurance programs, Medicaid and Medicare, medical information lines, crisis intervention services), Elderly & Disability Support (Adult day care, respite care, home health care, independent living program), Employment Supports (Job training, transportation assistance, education programs), and Children & Families (After school programs, family resource centers, mentoring, tutoring, protective services).

St. Clair County Continuum of Care/ Health Resource Center

Contact: 618-825-3330

Website: Home | SCCCOC

Description: The Saint Clair County Continuum of Care is the primary planning and oversight body for efforts to reduce and end homelessness in St. Clair County. It is known locally as the Homeless Action Council or HAC. The HAC works as a collaborative to provide a range of housing programs that includes prevention, emergency shelter, transitional housing, permanent supportive housing, and supportive services. The HAC continuously reaches out to the community seeking membership to join our efforts to end homelessness is St. Clair County.

You'll find help with: Connection to Homeless Assistance, Utility Assistance, Health Care Needs, Rental Assistance, and Employment Needs.

Meridian Community Connections

Contact: 866-775-2192

You'll find help with: Connection to social services, such as Financial assistance (utilities, rent), Medication assistance, Housing services, Non-medical transportation, Support groups, Food assistance, Affordable childcare, Job/education assistance, &Family supplies (diapers, formula, cribs and more).

Housing/Shelter/Home

Women's Shelters

The Holy Angels Shelter & Housing Services

Contact: 618-398-5616

Website: Holy Angels Shelter | Catholic Urban Programs

Address: 1410 N 37th St, East Saint Louis, IL 62204

Description: Holy Angels is an 18-bed, 24/7 shelter program serving single women, mothers with children, and intact families. In addition to meeting basic needs of safety, food, clothing, and shelter, an intensive case management program is centered on personalized housing stability plans. They are run through Catholic Urban Programs in conjunction with Homeless Prevention Programs, Emergency Motel Program, and ANCHORS Safe and Permanent Housing Program.

You'll find help with: Homeless Prevention (Rental assistance, housing arrears, and utility support for those facing eviction), Holy Angels Emergency Shelter, Emergency Motel Vouchers for short-term support, and safety residing in the East Saint Louis Public Housing Developments.

The Good Samaritan House

Contact: 618-300-7255

Website: www.goodsamhouse.org

Address: 1825 Delmar Ave, Granite City, IL 62040

Description: Good Samaritan House is one of the few emergency shelters in the St. Louis Metro East area that serves unhoused mothers and their children. With the consistent support of donors and volunteers, they help our residents establish personal goals, overcome individual obstacles and achieve a higher level of self-sufficiency so residents can move themselves and their children into transitional or permanent housing.

You'll find help with: Not only will you receive shelter, you will also have support with Budgeting & Credit Repair (how to develop a detailed budget to manage finances and recover from past financial missteps), Employment & Job Coach (aid with resume writing, interviewing skills and completing job applications. Residents have access to an on-site computer lab), Advanced Skills (from how to build healthy relationships to tips on cooking, laundry and cleaning skills), Parenting Groups (promote and support the physical, emotional, social and intellectual development of a child from infancy to adulthood), Health & Nutrition (encourage self-care through nutrition and education, including how to create well-balanced meals on a budget), and Housing Search (help explore housing resources to successfully live independently).

Oasis Women's Center, Alton IL

Contact: 618-465-1978

Website: UNDER CONSTRUCTION

Address: 111 Market St, Alton, IL 62002

Description: Emergency shelter for victims of domestic abuse. Provides counseling, advocacy, help with orders of protection, transportation, and childcare. All services are confidential and free of charge.

Stipulation: Serves only Madison, Jersey, Calhoun, & Greene Counties

You'll find help with: Shelter, Counseling, Legal Assistance, Child Assistance, Education, and additional support services such as job training, goal setting, and medical appointments.

The Women's Safe House

Contact: 314-772-4535

Website: https://twsh.org/

Address: 8811 Ladue Rd, Saint Louis, MO 63124

Description: The Women's Safe House offers services for women and their children who have been subjected to domestic violence. Programs and services are free and confidential.

You'll find help with: The Women's Safe House provides emergency safe shelter, advocacy, and support to women and children fleeing domestic violence —typically over the course of 6-8 weeks. While enrolled in the Residential Program, women and children attend group and individual support sessions, team up with case managers to develop individual and family goals, receive health screenings and education, legal advocacy, financial literacy workshops, transportation assistance, job placement guidance, assistance in securing new safe housing, and a wide variety of community referrals and linkages to social service resources. Meals and personal hygiene items are also provided free of charge. In addition to the residential program, The

Women's Safe House has a crisis intervention line, youth development program, community education program, and an aftercare program.

Family Shelters

CDBG Family Living Center

Contact: 618-274-7835

Website: N/A

Address: 510 N. 25th Street, East Saint Louis, IL 62205

Description: A Transitional Housing Program for Families Only. Homeless families residing in emergency shelters or similar facilities for a minimum of 30 days must be referred by the social service agency assisting the family in this first step of the continuum of services.
They accept homeless families with an adult head of household and dependent children aged 17 or younger. An adult head of household is any male, female, or married couple with legal guardianship of children in the family. Families must participate in structured programs and services designed to help them achieve self-sufficiency. Families must contribute 30% of their adjusted gross income for rent during residency. Constructed in 2000, The Family Living Center has fourteen apartments, a common room, computer lab, and laundry room.

You'll find help with: Extended shelter through this transitional housing program. The Family Living Center provides comprehensive case management services for each family. A Family Development plan is created with input from family members. These plans guide professional staff in their work with each family. Families receive food vouchers when they enter the program. Residents purchase and prepare their own meals. Transportation and childcare subsidies may be provided if family and/or community resources are insufficient to meet these needs. Families who successfully complete the program can receive resource assistance for 6 months after leaving the center. The Family Living Center offers on-going training activities that meet the needs of each family member. Other core activities offered through the Center include--Life Skills Training, Parenting, Education/Vocation Resources, Finance and Budgeting Classes, Legal Aid Assistance, Housing Assistance, and On-Site Youth and Adult Computer Classes. Housing and supportive services are provided for 18 months and can be extended for up to 24 months depending upon consumer's progress in the Program.

Violence Prevention Shelter of Southwestern Illinois

Contact: 618-235-0892

Website: https://www.vpcswi.org/emergency-shelter

Address: 605 E Main St, Belleville, IL 62220

Description: When home is no longer safe, this emergency shelter offers a confidential and secure refuge for survivors of domestic violence and their children. We understand that finding safety is the first crucial step, and our shelter provides a free, safe, and confidential environment where you can begin to heal and plan your next steps without pressure.

You'll find help with: Gaining access to compassionate advocates who can help you explore resources, understand your options, and develop a personalized plan for a future free from violence. You will receive shelter for yourself and any children. You will also receive counseling and legal help as needed.

Comprehensive Behavioral Health Center, Drop-In Center

Contact: 618-482-7330

Website: Home - Comprehensive Behavioral Health Center

Address: 505 South 8th Street, East St. Louis, Illinois 62201

Description: Services at Comprehensive Behavioral Health Center of St. Clair County, Inc. are consumer driven, provided in a respectful and ethical fashion, regardless of the ability to pay and discounts are available based on family size and income. Their services are designed to meet the needs of children, adolescents and adults. Services may include but are not limited to therapeutic counseling, psycho-social testing, individual and group therapy, crisis intervention, consultation, community intervention, psychiatric evaluation, case management services, referrals, and outreach services. Emergency and Crisis Intervention services are offered 24-hours a day, seven (7) days per week. Professional staff provide walk-in, outreach and telephone intervention to persons of all ages who may be in crisis. Clients experiencing acute distress requiring protective care will be referred to the local hospitals or the Alton Mental Health Center.

You'll find help with: They have a Drop-In Center. Those who are homeless or in need can visit the Drop-In Center from 10 AM-4 PM Monday-Friday. They will be able to take advantage of a free meal, a change of clothes, and laundry services. Comprehensive Behavioral Health Center Services include—Therapy & Transitional Services, Parenting Classes, Linkage & Hospitalization Aftercare, Residential Services, Specialized Children Services, Consultation/Education to Community, Crisis Intervention, Substance Abuse Treatment Services, Project for Assistance in Transition from Homelessness (PATH), Case Management Services, Opiate Treatment Services, and Adult Re-Deploy. It is important to note that no one will be denied access to services due to inability to pay, and there is a discounted/sliding fee schedule available based on family size and income.

Alive STL

Contact: 314-993-2777 (Crisis Line) 314-993-7080 (Office); alivestl@alivestl.org; Contact Us (online submission form)

Website: ALIVE – Alternatives to Living In Violent Environments

Address: P.O. Box 28733, St. Louis, MO 63146

Description: ALIVE – Alternatives to Living In Violent Environments. Providing shelter, healing, and hope for adults and children affected by intimate partner violence.

You'll find help with: At ALIVE, you will find help with a 24-hour crisis line, emergency transportation/shelter for DV survivors in immediate danger, individual and group adult counseling, a children's treatment program, court advocacy, and community education and outreach.

YWCA Metro Saint Louis

Contact: 314-531-7273 (Crisis Line), 314-726-6665 (Housing Line), 314-427-4940 (Early Education Line), 314-531-1115 (Women's Services)

Website: YWCA Metro St. Louis | Crisis Services & Support

Address: 1155 Olivette Executive Parkway, St. Louis, MO 63132

Description: YWCA Metro St. Louis provides a variety of crucial services for individuals and families: crisis intervention and housing for survivors of sexual and domestic violence, Head Start and Early Head Start education and support services, and programs that promote career readiness as a strategy to achieve economic empowerment.

You'll find help with: Shelter, safety from domestic violence, child education, and employment services.

Maternity Homes

Haven of Grace

Contact: (314) 621-6507

Website: Haven of Grace | Support Women Today

Address: 1225 Warren Street, St. Louis, MO 63106

Description: The Haven of Grace is a supportive maternity home for unhoused, pregnant women ages 18 and over, and their children, helping them transition from homelessness to stable independence. Founded more than three decades ago in response to a dire lack of services for this vulnerable population, The Haven of Grace is now at the heart of regional efforts to provide shelter, stability, and a path forward for some of the most at-risk families in St. Louis. Our work is rooted in the understanding that homelessness—especially during pregnancy—has devastating impacts on maternal health and child development. The women we serve often come from generations of poverty and trauma, many without a high school diploma, work history, or familial support. The consequences of unhousedness ripple across a lifetime, particularly for

children, who are more likely to suffer from developmental delays, emotional challenges, and chronic health conditions.

You'll find help with: The Haven of Grace Maternity Center is a place where mothers find a loving support system, a safe environment to navigate a healthy pregnancy, and opportunities to build a strong foundation for long-term success. Mothers who join our programs become part of the Haven Family and have access to services for up to 13 years through our three core programs. Services in the first year include: life skills and financial literacy focused on achieving independence, a safe, nurturing environment to support a healthy pregnancy and delivery, HiSET high school equivalency preparation and continuing education support, personalized case management and on-site therapeutic counseling, and self-esteem building and stability. Our Transitional Housing program provides families up to two years of safe, affordable living while they work toward stability, education, and permanent housing. Located steps from our Maternity Center, Transitional Housing offers community support in a home-like setting where families continue to grow. Our commitment extends beyond immediate needs, offering sustained support to help families maintain housing stability and prevent a return to being unhoused. The Haven of Grace fosters emotional resilience through family-style encouragement and relationship-building, while also providing access to crucial resources for educational advancement, workforce participation, and financial growth. Our guidance through life's milestones aims to help families build generational wealth and achieve long-term stability.

Angel's Cove

Contact: 618-382-4164 or 618-242-4944

Website: https://bchfs.com/maternity-care/

Address: 949 County Rd. 1300 N. Carmi, IL 62821

Description: Angels' Cove provides resources for pregnant women and their children. Services include residential housing, prenatal care, education, counseling, family care, aftercare, and spiritual opportunities. Pregnant women 18 and older at any point during their pregnancy are eligible for the program. Acceptance to the Angels' Cove maternity care program is based upon our ability to meet the applicant's needs and her willingness to abide by the program.

You'll find help with: See above.

Almost Home

Contact: 314-771-4663

Website: https://almosthomestl.org/

Address: 3200 St. Vincent Avenue, St. Louis, MO 63104

Description: The targeted program, Foundations to Success (FTS), gives young mothers the tools they need to be successful, no matter where they are on their journey, and stay with them to ensure long-term success. It is designed for 16 to 21 year-old pregnant or parenting young women who haven't finished high school and are in need of housing.

You'll find help with: Almost Home offers the follows supports and goals--Earn high school diploma or GED, Ensure safety for child(ren), Create stable living situation, Learn critical habits & life skills, Define life goals and a vision for the future, Qualify for the CEO program, Safe transitional housing for moms and their children, Assistance with food, clothing, baby supplies, and childcare, Case management and counseling, Tutoring and academic support, and Life skills classes.

Good Shepherd

Contact: 314-854-5700

Website: https://goodshepherdstl.org/service/maternity-care/

Address: 1340 Partridge Avenue, St. Louis, MO 63130

Description: Our Maternity Care provides shelter, support, and treatment for pregnant and/or parenting teens and their children who have nowhere to go. We serve both young women aged 12-21 who have been referred to us from the Missouri Department of Social Services to provide oversight and therapy and young women in the St. Louis area who are pregnant and/or parenting and homeless. Our specialized staff teaches young teen mothers parenting skills, life skills, and education. We provide daily groups that range from parenting classes, life skills classes, and psychotherapy groups, as well as work with a licensed therapist. Our Maternity program is supported by a part-time nurse and a full-time educational coordinator.

You'll find help with: Coaching and teaching for young moms in the best practices for child development, bonding and attachment, and pregnancy and postpartum health, Opportunity and supports to accomplish academic and vocational success, Assistance in securing daycare as well as clothing and baby items, A facility with 10 parenting suites and 4 single maternity rooms, Licensed counselors to support a mentally healthy approach to independence, A private room for each young woman, four bathrooms, a common lounge area, laundry facilities and a common dining area, A safe, consistent routine and scheduled activities, 24 hour, 365 days a year supervision and support, A focus on the life skills and educational attainment for a successful transition into independence, Individualized treatment plans, tailored around each youth's strengths, needs, and situation, Professional, trained staff able to coach and strengthen evidence-based parenting techniques, Individual and Group Therapy that allows youth to explore personal challenges safely, and Opportunities to interact with previously established supportive family members.

Our Lady's Inn

Contact: 314-351-4590

Website: Our Lady's Inn – Maternity Homes

Address: 4223 S. Compton, St. Louis, MO 63111

Description: Our Lady's Inn (OLI) is a maternity home for pregnant women and their dependent children who are homeless and in crisis. With locations in St. Louis City and St. Charles County, OLI offers housing in a private room setting while providing for their immediate and basic needs. Case management with individualized services to address personal health, educational, and psychosocial needs is also offered. A case manager, nurse, counselor, and other staff support the women and children in this residential program.

You'll find help with: The Client Advocate provides case management services, working with the family to achieve their specific parenting, educational, employment, and housing goals. Registered nurses offer peri-natal support and education, helping to ensure the delivery of a healthy baby. Professional counselors focus on mental wellness-assisting residents in addressing trauma, substance abuse, and other psychosocial needs. Counselors work with community resources to coordinate additional outside services needed by our families. Residents share household activities, learn life skills, and establish goals through an individualized plan. Workshops and multi-session trainings cover topics such as parenting, nutrition, employment readiness, educational preparedness, stress management, smoking cessation, pre-natal and post-natal care, budgeting, child development, and building healthy relationships.

General Housing Support

Youth Housing Assistance Program (DCFS)

Contact: 312-328-2159; DCFS.YHAP.Coordinator@illinois.gov

Website: www2.illinois.gov/DCFS

Address: 1911 S. Indiana Ave, Chicago, IL 60616

Description: The Youth Housing Assistance Program provides housing advocacy services and cash assistance to youth who are transitioning from, or have transitioned from, DCFS care. Housing advocacy eligibility includes being 171/2 to 21 years old, having an open (or open within 6 months) DCFS case, and be homeless/in danger of being homeless. Cash assistance eligibility includes being 18 to 21 years old, having an open (or open within 6 months) DCFS case, having a sufficient income to meet rent/utility costs, completing a budget statement, and living in adequate housing. Referrals are made via phone or email.

You'll Find Help With: In this program, youth will find help with assistance in securing housing, consumer education, budget counseling, community connections, cash assistance, beds, appliances, and a dresser/dinette set.

Eye Housing Solutions

Contact: 618-974-3425, solutions@eyehousing.org

JOH Contact: Kelli Roberts, kelli.roberts@eyehousing.org, 618-974-3694

Website: EYE HOUSING SOLUTIONS – Vision For Our Community

Address: N/A

Description: Their mission is to provide safe, clean, and affordable housing for those most in need, including low-income families, veterans, the elderly, and individuals with disabilities. They strive to improve the quality of life for residents by ensuring access to safe housing and essential resources like financial literacy programs.

You'll find help with: Attaining affordable housing and financial literacy.

Utility Assistance/Rent Assistance

Salvation Army St. Clair County Corps

Contact: 618-235-7378

Website: https://centralusa.salvationarmy.org/midland/stclaircounty/

Address: Several locations

Description: The Salvation Army, an international movement, is an evangelical part of the universal Christian Church. Its message is based on the Bible. Its ministry is motivated by the love of God. Its mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination. They meet many needs in the community.

You'll find help with: The Salvation Army in St. Clair County offers various utility assistance programs, including—Emergency Utility Assistance: Provides temporary relief for families struggling to pay utility bills, including heating and water services. Community Services Block Grant Program (CSBG): Helps with utility bills through local agencies. Food and Utility Assistance Programs: Includes food pantries and other community services to support families in need.

St. Clair Community Action Agency

Contact: 618-277-6790

Website:https://dceo.illinois.gov/communityservices/homeweatherization/communityactionagencies/stclair.html

Address: 19 Public Sq Ste 200, Belleville, IL 62220

Description: SCCAA helps low-income individuals and families with job preparedness, education, income management, and emergency services. They help low-income households in Illinois maintain utility services and reduce energy costs through improved energy efficiency.

You'll find help with: Rental Assistance, Food, Energy Utility Bill Assistance, Employment Training/Placement, Financial Management, and Temporary Shelter. Specifically, Low-Income Home Energy Assistance Program (LIHEAP): Eligible income-qualified households may obtain utility bill assistance through their Local Administering Agencies & Community Services Block Grant Program (CSBG): Community Action Agencies across the State provide a variety of CSBG services, including but not limited to, assistance with Rental/Mortgage, Food, Water/Sewer Payment, Employment Training/Placement, Financial Management, and Temporary Shelter. Each agency delivers locally-designed programs and services based on the needs of its community. If a particular service is not directly provided by your local Community Action Agency, you will be referred to one of our partner entities for further assistance.

Ameren Financial Programs

Contact: 1-800-755-5000

Website: Ameren - Ameren.com

Address: PO Box 88034 Chicago, IL 60680-1034

Description: Ameren Energy Financial Assistance Programs

You'll find help with: Ameren Illinois continues to assist customers with available programs. The following funds have been administered to assist customers: LIHEAP: $29 million, Warm Neighbors Cool Friends: $365,000, PIPP: $3.8 million, Natural Gas Service, Discount (LICA): $16.6 million, Fresh Start: $1.5 million, and Community Assistance $2.3 million. Ameren also utilizes a program called SARP.

The Holy Angels Shelter & Housing Services

Contact: 618-398-5616

Website: Holy Angels Shelter | Catholic Urban Programs

Address: 1410 N 37th St, East Saint Louis, IL 62204

Description: Holy Angels services offer rental assistance (first month's rent and security deposit), housing arrears, and utility support for those facing eviction. They also deliver emergency motel nights for people in short-term housing crises, including victims of issues such as domestic violence. The voucher program adds capacity when shelters are full and keeps families together and safe until permanent housing solutions are found.

You'll find help with: Homeless Prevention (Rental assistance, housing arrears, and utility support for those facing eviction), Holy Angels Emergency Shelter, Emergency Motel Vouchers for short-term support, and safety residing in the East Saint Louis Public Housing Developments.

Illinois Department of Commerce and Economic Opportunity

Contact: 1-833-711-0374

Website(s): Community Action Agencies (LIHEAP & CSBG), Utility Bill Assistance - Utility Bill Assistance (LIHEAP)

Address: N/A

Description: This government department serves as a base source for two financial assistance programs within the state. St. Clair Community Action Agency (listed above) utilizes these specific programs and serves as a bridge between the state and St. Clair County citizens. LIHEAP helps eligible households with low income pay for home energy services. This includes assistance with heating gas, propane and electricity. CSBG offers Illinoisans an opportunity to receive support for an array of essential services including rent assistance, food, temporary shelter, medicine and more.

You'll find help with: Financial Assistance for food, finance management, rent, utilities, temporary shelter, and employment training/placement.

Illinois CDBG Operations Corporation

Contact: 618-274-7832

Website(s): www.cdbgops.org

Address: 510 N. 25th Street, East Saint Louis, Illinois 62205

Description: This organization works to provide homeless prevention to households that would otherwise become homeless and rapid re-housing for families who are currently experiencing homelessness. Eligibility is determined by the funding agencies and includes income limitations and documentation of reason for homeless or nearly homeless.

You'll find help with: They help with short-term rental assistance, medium-term rental assistance, mortgage assistance, utility assistance, and deposits.

Saint Clair County Intergovernmental Grants Department, Rental Housing Support Program

Contact: Mercedes Collado, Mercedes.Collado@co.st-clair.il.us, 618-825-3333

Website: N/A

Address:

Description: The Rental Housing Support Program (RHSP) funded by Illinois Housing Development Authority provides rent subsidies to extremely low-income households with a gross annual income of less than $35,000. Other eligibility requirements apply. Application process— Eligible St. Clair County residents interested in completing an application should request an application by contacting Mercedes Collado (information above). After you complete your application, place it in the drop box outside of the St. Clair County Annex Building at 19 Public Square, Belleville, Illinois 62220. Write "Attention: RHSP" on it so it goes to the right place.

You'll find help with: Rental support. This program does NOT aid with past due rent, rent arrears, or eviction prevention.

Lessie Bates Davis Neighborhood House

Contact: 618-874-0777

Website: Impact Areas – Lessie Bates Davis Neighborhood House

Address: 1200 N 13th St, East Saint Louis, IL 62205

Description: Lessie Bates Davis Neighborhood House is a multi-purpose, faith-based community center in relationship with the United Methodist Church. Our mission is to empower individuals and families to move out of poverty and achieve self-sufficiency. We aim to assure that a new generation of children has the support needed to be successful in school and in life.

You'll find help with: Individual and Family Support Services provides emergency cash grants or other vendor payments or loans for emergency utility assistance, rental, medical, clothing, and shelter assistance to assure that the necessities of life are being met for the individuals and families in the community.

Illinois Court-Based Rental Assistance Program

Contact: 866-454-3571

Website: CBRAP

Address: 111 E. Wacker Dr., Suite 1000, Chicago, IL 60601

Description: The Illinois Court-Based Rental Assistance Program (CBRAP) provides emergency rental assistance to tenants and housing provider/ landlords across Illinois who have pending cases in eviction court. Eligible applicants may qualify for up to $10,000 that can be applied to past due rent, up to $700 for court costs, and up to two months' future rent to prevent housing displacement.

You'll find help with: Eviction prevention. The program opens and closes often, so check the website for updates.

Love Church

Contact: 618-234-9673

Website: About Love Church — Love Church

Address: 1549 Frank Scott Pkwy W, Belleville, IL 62223

Description: Love Church is a local church in Belleville. They are non-denominational.

You'll find help with: Financial assistance with rent, utilities, etc.,

United Way

Contact: 211

Website: 211 - United Way of Illinois

Description: 2-1-1 is a vital service that connects millions of people to help every year. Highly trained 2-1-1 call specialists and the online portal are available 24/7 to help individuals locate health and human service assistance during times of non-emergency crisis and for everyday needs.

You'll find help with: Connection and Referrals related to Basic Human Needs (Individuals & families in need of food, shelter, rent and utility assistance), Physical & Mental Health Resources (Health insurance programs, Medicaid and Medicare, medical information lines, crisis intervention services), Elderly & Disability Support (Adult day care, respite care, home health care, independent living program), Employment Supports (Job training, transportation assistance, education programs), and Children & Families (After school programs, family resource centers, mentoring, tutoring, protective services).

Saint Vincent De Paul

Contact: 618-398-0680

Website: https://svdpsouthil.org/

Address: See Listed Below.

Multiple Locations (serves certain areas):

Blessed Sacrament Conference
8707 West Main Street
Belleville, Illinois 62223
Contact: 618-397-2287 extension #2

Holy Childhood of Jesus Conference
104 North Independence
PO Box 160

Mascoutah, Illinois 62258
Contact: 618-566-2958

Holy Family Conference
116 Church Street
Cahokia, IL 62206
Contact: 618-337-4548

Immaculate Conception Conference
117 East Madison Street
Columbia, Illinois 62236
Contact: 618-281-5105

Queen of Peace Conference
5923 North Belt West
Belleville, IL 62223-4299
contact 618-234-6196

Special Works Conference
#13 Vieux Carre
East St. Louis, Illinois 62203
Contact: 618-398-5616

St. Augustine of Hippo Conference
408 Columbia Place
East St. Louis, Illinois 62205
Contact: 618-274-0655

St. Boniface Conference
402 Munster Street
P.O. Box 280
Germantown, IL 62245
Contact: 618-523-4271

St. Bruno Conference
204 N. Gordon Street
Pinckneyville, IL 62274
Contact: 618-357-5510

St. Clare/St. Nicholas/Corpus Christi Conference
O'Fallon, Illinois
Contact: 618-632-4270

St. Clare of Assisi
1411 Cross
O'Fallon, IL 62269

St. Nicholas
625 St. Nicholas Drive
O'Fallon, IL 62269

Ss. Peter & Paul Catholic Church - St. Elizabeth Ann Seton Conference
204 West Mill St.
Waterloo, IL 62298
contact 618-939-6426

St. Henry Conference
5315 West Main Street
Belleville, Illinois 62226
Contact: 618-463-2411

St. James Conference
405 West Madison
Millstadt, Illinois
Contact: 476-3513

St. Joseph Conference
901 N. Alton
Lebanon, Illinois 62254
Contact: 618-537-2575

St. Luke Conference
301 North Church Street
Belleville, Illinois 62220
Contact: 233-0076

St. Mary Conference
1722 West Main Street
Belleville, Illinois 62226
Contact: 618-233-2391

St. Peter Cathedral Conference
200 W. Harrison Street
Belleville, Illinois 62220
Contact: 618-277-7837

St. Stephen/Holy Trinity Conference
Contact: 618-397-2218

St. Stephen Catholic Church
901 S. Main Street
PO Box 458
Caseyville, IL 62232

Holy Trinity Catholic Church
505 Fountains Parkway
Fairview Heights, IL 62208

St Teresa Conference
1201 Lebanon Ave.
Belleville, Illinois 62221
Contact: 618-233-6461

Description: The Belleville Council of the Society of St. Vincent de Paul seeks to serve the needy throughout Southern Illinois. Core services are offered through a local parish group known as a "conference" mirrored after that first "Conference of Charity." Our 18 area conferences provide assistance with rent, utilities, gas, transportation, vehicle repairs, pharmacy, doctor visits, food, clothing, and other basic essentials. The Society of St. Vincent de Paul provides a presence of the church and we evangelize by our actions and by our charity. It is our hope that through our efforts, those we serve will embrace the love of Jesus Christ. SVDP also offers the following programs, Daily Soup Kitchen, Outreach Ministry Center, Crisis Nite Center, Thrift Store, Mobile Kitchen Bus, and Career Gear. The Crisis Nite Center is a facility that is open from 7:00 pm – 7:00 am daily as a “safe haven” for all who come to spend the night. Hubbard’s Haven Daily Soup Kitchen is the only facility in the Metro East area that offers free meals 7 days a week, 52 weeks a year. The Outreach Ministry Center is a multi-use space for many programs and services such as: Personal Identification Program (I.D.’s & birth certificates), transportation, homeless services, budgeting classes, resume writing, applications for housing & social security, computer center, job skills classes & job search assistance, Gear Up/Career Gear clothing assistance, prison re-entry services, utility & rental assistance, and more. The thrift store offers all types of merchandise including clothing, shoes, purses, jewelry, household items and new beds. See website or call for more services.

You’ll find help with: Assistance with rent, utilities, gas, transportation, vehicle repairs, pharmacy, doctor visits, food, clothing, and other essentials. You will have to call around at the locations to see if the client is in their service area. The areas are very specific.

Catholic Urban Programs

Contact: 618-398-5616

Website: https://catholicurbanprograms.org/

Address: P.O. Box 3310, East St. Louis, IL 62203

Description: Catholic Urban Programs advances the dignity of the human person, remediates the effects of poverty, and empowers people to become self-sufficient through crisis intervention, housing security, and out of school time programs. CUP serves people in need throughout the Diocese with a concentration on East St. Louis and surrounding communities. The social service programs work in collaboration to help meet the needs of our community's most vulnerable. The goal is to rekindle hope in those they serve as they support their progress toward self-sufficiency. As they build relationships with clients, they seek to personify the Corporal Works of Mercy while empowering them to advocate for themselves and their families.

You'll find help with: Catholic Urban Programs steps in with short-term solutions to help stabilize families in times of crisis. They offer utility assistance, rental assistance, funeral and burial support, and assistance with beds and appliances in emergent situations such as fire or securing housing after a period of homelessness.

The Urban League of Metropolitan Saint Louis, St. Clair County Operations

Contact: 618-274-1150

Website: N/A

Address: 500 Hinckley St., Cahokia Heights, IL 62207

Description: Basic needs services are provided for those eligible. To be eligible, individuals must show proof of income, family size, household expenses, and documentation of extenuating circumstances.

You'll find help with: If eligible, one could receive utility assistance, rental/mortgage assistance, housing & financial counseling, food assistance, water distribution, and first-time home buyer workshops. They also have employment services.

First Baptist Church O'Fallon

Benevolence Program

Contact: 618-632-6223

Website: First Baptist Church O'Fallon

Address: 1111 E. Hwy 50, O'Fallon, IL 62269

Description: First Baptist Church O'Fallon's program, Benevolence, is a financial assistance program. They help strictly with utilities only and help once a year. They only service those in O'Fallon/Shiloh.

You'll find help with: Utility assistance once a year.

Food Resources (Soup Kitchens, Pantries, Etc.,)

Collinsville Food Pantry

Contact: 618-346-1861

Website: https://collinsvillefoodpantry.org/

Address: 2009 Mall St, Collinsville, IL 62234

Description: The food pantry is available to Collinsville residents in need of food. Clients are able to "shop" for their groceries and choose what they need and will use. Daytime and evening hours are available for families in need. Special services are provided during holidays as well as emergency food boxes for crisis situations. This service helps those in crisis meeting certain criteria and still attempts to reinforce a self-esteem of independence at the same time.

You'll find help with: Food for Collinsville residents only. This is Madison County, not St. Clair County. The hours are Tuesday & Friday 9am-11am and Tuesday 4pm-6pm. They also provide general assistance by appointment only on Thursdays. Must call to schedule an appointment. Clients may receive general assistance once per year and 3 times in a lifetime. General assistance is provided on a case-by-case basis for qualifying Collinsville residents only and assistance includes utility assistance and rental assistance.

Community Interfaith Pantry

Contact: 618-355-9199

Website: Food Pantry | Community Interfaith Food Pantry | Belleville IL

Address: 1218 W Main St, Belleville, IL 62220

Description: Eleven local faith communities decided their resources were better used and more effective if they cooperated to improve life in our neighborhoods. The Community Interfaith Food Pantry provides food to families throughout Belleville, Scott AFB and Swansea communities who are experiencing difficulty in meeting the demands of daily living. Their hours are 1-3 pm Mon, Thur & Fri and 9-11 am Tue & Sat.

You'll find help with: Access to one week's worth of food (calculated based on family size) every 30 days. Clients must present an ID each time they visit the pantry. On their first visit they must show household income and proof of residency. The pantry is open to Belleville & Swansea residents.

O'Fallon Community Food Pantry

Contact: 618-624-7040

Website: O'Fallon Food Pantry

Address: 801 E State St, O Fallon, IL 62269

Description: Open since 1992, the O'Fallon Community Food Pantry distributes donated and purchased food items to residents of O'Fallon and Shiloh, Illinois, who are dealing with food insecurity. They also offer limited help to the homeless in our communities. The Food Pantry is a volunteer-run organization and was started as a mission of the churches of O'Fallon and Shiloh. In recent years, the panty has transitioned to a community-wide food pantry supported by churches, civic organizations, businesses and individuals.

You'll find help with: Food support every 30 days for eligible persons described above. If housed, you need a photo ID and piece of qualified mail no older than 90 days at every visit to the food pantry. Mail can include a utility bill or government letter. A lease or rental agreement is also acceptable.

Fairview Heights Area Pantry

Contact: 618-398-0292

Website: N/A

Address: 10025 Bunkum Rd, Fairview Heights, IL 62208-1703

Description: Food pantry for Fairview Heights Residents only. Hours are Monday - Friday 9:00 am to 11:00 am.

You'll find help with: Food support for homeless individuals as well as those residing in Fairview Heights, Hollywood Heights, and Caseyville. All individuals need an ID. Housed individuals need proof of address (mail received within 30 days that shows name and address).

Jeremiah's Food Pantry

Contact: 314-537-2448

Website: (2) Facebook

Address: 538 South 35th Street, East St Louis, IL 62207

Description: A unique food pantry that requires nothing but to show up for help. Each month they have community events for clients.

You'll find help with: Food resources.

Urban League of Metro STL Inc

Contact: STL City 314-615-3642; STL County 314-388-9840; St. Clair County 618-274-1150

Website: Food & Clothing Assistance - ULSTL

Address: St. Louis City Division 1408 N. Kingshighway Blvd., St. Louis, MO 63113; St. Louis County Division 8960 Jennings Station Rd., Jennings, MO 63136; & St. Clair County Division 10220 Lincoln, Fairview Heights, IL 62208.

Description: The Urban League of Metropolitan St. Louis operates three Food Pantries in the Urban League's St. Louis City, St. Louis County and St. Clair County offices. The Urban League is a member of the St. Louis Area Food Bank and Operation Food Search, which allows the Urban League to purchase food at little or no cost for distribution to families in need. The goal is to give every person looking for food access to the services they need and to make sure that every food recipient is treated with dignity and respect. Individuals seeking food assistance must be 18 years of age or older and have a picture ID. Hours—

-St. Clair County: Tuesdays and Thursdays from 8:30 am to 11:30 am
-St. Louis City: Tuesdays, Wednesdays, Thursdays from 2:00 pm to 4:00 pm
-St. Louis County: Tuesdays, Wednesdays, Thursdays from 9:00 am to 12:00 pm & 2:00 pm to 4:00 pm

You'll find help with: Food support and clothing assistance.

Venice Township Food Bank

Contact: 618-452-1121

Website: N/A

Address: 910 Madison Ave, Madison, IL 62060

Description: Food pantry serving residents of the township. The hours are Monday-Friday 9am-4pm.

You'll find help with: Food Support. Serves residents in the township only. Requires ID.

Soup N' Share Outreach

Contact: 618-709-7500

Website: Soup-n-Share Outreach Program - Home

Address: 1 Caine Drive, Madison, IL 62060

Description: The mission of the Soup-n-Share Outreach Program is to alleviate hunger and provide for the vital social needs in Madison, Illinois and surrounding communities by acquiring and distributing food, clothing, diapers and other necessities to low-income area residents**.** Wednesday Pantry Hours are 12:30pm - 1:30pm **No appointment Necessary** Friday Pantry Hours are 3:00pm - 5:30pm ** Call for an appointment 10am - 2pm**

You'll find help with: Food support is given by providing free groceries twice per week to homeless and low-income households. Soup n' Share helps them stretch their food budgets

farther as they try to get on their feet financially. SNS also offers services in the following programs—Free Clothing, Save Our Students, No Child Wet Behind Diaper Bank, TANF, Senior Box Program, Court-Ordered Community Service, Adopt-A-Family, and NiaMichelle Scholarship. Several of these resources serve Madison County only.

City Temple Food Pantry

Contact: 618-931-1565

Website: N/A

Address: 4751 Maryville Rd, Granite City, IL 62040

Description: The Food Pantry of City Temple serves the community with resources and emotional support. Dedicated volunteers represent several area churches united in their goal to provide community members with everything from essential items such as food and personal items to prayer and comfort during a time of need. Through worship, hard work, and a great team, the Food Pantry volunteers make every week a success. Visit them on Mondays and Thursdays from 12pm-2pm.

You'll find help with: Food and other physical resources as well as prayer and comfort in a time of need.

Damascus Road Fellowship Pantry

Contact: 618-489-1045

Website: Damascus Road Fellowship Church

Address: 1485 Frank Scott Pkwy W, Belleville, IL 62223

Description: This church food pantry is open every second Thursday of the month from 2pm-4pm. They serve the Belleville and Swansea communities, as well as St. Clair County Residents.

You'll find help with: Food support. You will need ID.

Faith Baptist Church's Law & Grace Ministries, Fishes and Loaves Food Pantry

Contact: 618-235-6977

Website: Law & Grace Ministries

Address: 405 E Main St, Belleville, IL 62220

Description: This free service is open to those in need, Wednesdays from 9:30 a.m. to 12:30 p.m. They offer our monthly food boxes before 12 p.m. This includes essentials for families, e.g. produce, refrigerated products, distributing food surplus from our local community partners.

You'll find help with: Food support. You will need an ID and a piece of mail to prove your home address. They serve the homeless as well and make special bags for them. Primarily serves Belleville, Shiloh, and Scott Air Force Base. You can come in once a week for a bag and once a month for shopping. This same ministry offers free counseling services.

Note: Will allow those outside of the Belleville area one trip with a note from JOH Program Manager. Will also allow those inside Belleville area any number of trips with no note needed.

Towerview Baptist Church Food Pantry

Contact: 618-277-7066

Website: Towerview Baptist Church | Food Pantry

Address: 2401 Lebanon Ave, Belleville, Illinois, 62221

Description: The Towerview Shiloh Community Food Pantry is open! The food pantry services those who live in the Whiteside school district. Proof of residency (Electric Bill, housing permit, etc.) and photo ID are required when signing up. The food pantry is open the 2nd and 4th Thursday of each month, 9:00 - 11:00 a.m. The pantry operates as a drive-thru service. Please pull around the back of the church and stay in your vehicle when you arrive.

You'll find help with: Food!

State Park Food Pantry

Contact: 618-558-8465

Website: Home | State Park Food Pantry

Address: 3310 Harvard Place, Collinsville, IL 62234

Description: They serve low-income families and individuals who live in the State Park Place area west of Collinsville and the Village of Fairmont City. Clients may come to the food pantry every two weeks (Mondays 9:00 am to 12:00 pm) and are given meat, produce, dairy items, bakery goods, canned and frozen foods and, when available, personal care items.

You'll find help with: Food distribution Monday Mornings at 9:00 am - 12:00 pm.

Catholic Urban Programs, HUB Foods

Contact: 618-398-5616

Website: https://catholicurbanprograms.org/

Address: 7 Vieux Carre, East St Louis, IL 62203

Description: Catholic Urban Programs advances the dignity of the human person, remediates the effects of poverty, and empowers people to become self-sufficient through crisis intervention,

housing security, and out of school time programs. CUP serves people in need throughout the Diocese with a concentration on East St. Louis and surrounding communities. The social service programs work in collaboration to help meet the needs of our community's most vulnerable. The flagship program of "The HUB" location of Catholic Urban Programs is HUB Foods. They are open 9am – 12pm & 1pm – 3pm Tuesday, Wednesday, and Thursday, except holidays.

You'll find help with: Clients "shop" for their food, much like in a grocery store. The pantry is organized by food groups, with the first section being fresh produce. Clients select items from each shelf based on their family size. The option to choose one's own food fosters an atmosphere of respect and builds trust among pantry guests, volunteers, and staff. Must attend orientation to become a member. This is held once a month, normally the first Monday of the month, the next one is November 3rd at 10am. Enrollees need ID, social security cards of household members, and proof of income. Membership lasts for one year, and members can shop at the pantry once a month for the year.

Illinois Department of Human Services

Contact: 1-800-843-6154

Website: IDHS: The Emergency Food Assistance Program (TEFAP)

Address: N/A

Description: The Emergency Food Assistance Program (TEFAP) gives out a variety of nutritious foods at no cost to Illinoisans through local food pantries, shelters, and soup kitchens.

You'll find help with: Food support through TEFAP as they connect you to their partners for which you qualify depending on your circumstances.

FOCUS Gateway City

Contact: 866-267-3083 x720

Website: FOCUS Gateway City – Facing the needs of our neighbors, together.

Address: 1901 Ann Ave, St Louis, MO 63104

Description: FOCUS Gateway City is a local Orthodox Christian community service center in St. Louis, MO, providing food, clothing, transportation, and other resources to neighbors in need.

You'll find help with: They have the following programs: Apostles Community Kitchen – Serves warm meals on Sundays (4:30–5:30 PM) on the 2nd through 21st of each month. Guests can also use the food pantry for shelf-stable and fresh/frozen foods, plus hygiene items like toothpaste, soap, shampoo, razors, and feminine products. Breakfast is served every Wednesday (9–11 AM) with pantry access; St. Xenia's Closet – Provides clothes, shoes, and towels on the 2nd and 4th Wednesdays of each month (9–11 AM); St. Elijah's Bus Tickets – Offers two Metro

bus tickets to those needing transportation for food, clothing, shelter, school, work, church, doctor's appointments, or case worker meetings. Available Sundays (4:30–5:30 PM) and on the 2nd/4th Wednesdays; St. Elias Haircuts – Provides free haircuts and beard trims during Sunday Suppers (twice a month; check the program calendar for dates).

Saints Peter and Paul Catholic Church

Contact: office@stspeterandpaulstl.org**;** 314-231-9923

Website: Saints Peter and Paul Catholic Church - St. Louis, MO

Address: 1919 South 7th Street St. Louis, Mo 63104

Description: Catholic church located in Saint Louis that offers free meals and bus passes to those in need in the community.

You'll find help with: Bus passes and free meals. If you are currently employed and seeking assistance with purchasing a bus pass for transportation to and from work, they invite you to contact the Parish Office to enroll in the program. Every day from the 2nd through the 21st of each month, a free meal is served at the Parish Mid-Level Hall. These homemade meals are served to the residents of the shelter, as well as to families and individuals in the Soulard area, who may be on limited or fixed incomes. Additional mealtimes include Monday through Friday 5:00 p.m. - 5:45 p.m. and Saturday and Sunday Noon - 12:45 p.m.

Maplewood Church of Christ

Contact: 618-332-6501

Address: 3530 Falling Springs Road, Cahokia, IL 62206

Description: Church that offers monthly food distributions.

You'll find help with: Free food on the first Monday of every month from 10am-11:30am. This food distribution offers a walk-thru mobile store and guests select items offered that they like, want, or can use. The items offered by FOTM vary month-to-month depending on donations and availability. Items may include such things as milk, eggs, bread, meat, can goods, personal hygiene items, cereal, potatoes and vegetables, and dry-goods. Shopping bags are provided but guests may bring their own shopping bags and/or portable carts. Since this mobile store is contained in a mobile trailer, space for roll-on carts is limited. Assistance into and out of the mobile food store is available. Assistance to carry your shopping bags to your vehicle is available.

Gateway Pet Guardians

Contact: 618-687-8007; info@gatewaypets.org

Address: 725 N 15th St., East St. Louis, IL 62205

Description: Gateway Pet Guardians' Pet Food Pantry is accessible to any pet owning family residing in the East Side Pet District. To qualify, families must provide the following at time of application: Proof of residency (62201, 62203, 62204, 62205, 62206, and 62207 only), Proof of need (link card, medical card, W2, pay stub, etc.), and Proof of spay/neuter for every pet in the home (or adoption contract if adopted from shelter). You must complete their application GPG's Pet Food Pantry Application

You'll find help with: Families are allowed to receive free pet food for up to 4 pets on a monthly basis through the Pet Food Pantry. Pet food is distributed at the Gateway Pet Guardians facility at 725 N 15th St., East St. Louis, IL 62205 once/month.

Faith Baptist Church

Contact: (618) 444-1868

Address: 9724 Holy Cross Lane, Breese, IL 62230

Description: Free food distribution to those in need.

You'll find help with: Free food on the first Tuesday & Thursday of every month from 10am-11am. No documentation is required for eligibility.

Mount Calvary Church of God

Contact: (618) 271-0494

Address: 1420 N 49th St, East St. Louis, IL 62204

Description: Free food distribution each month.

You'll find help with: A walk-through, shopping-style food distribution program where participants can select groceries from a 28-foot trailer. No ID or verification is required; all are welcome while supplies last. This is held on the second Wednesday of every month from 2:30pm-3:30pm.

Centreville Church of Christ

Contact: (618) 337-9020

Address: 7435 Old Missouri Ave, Cahokia Heights, IL 62207

Description: Free food distribution to individuals in need.

You'll find help with: Food pantry on the third Tuesday of every month from 9:30am-11am. Open to anyone in the service area; no ID required.

Madison City Hall

Contact: (618) 876-6268

Address: 1452 South 7th Street, Madison, IL 62060

Description: Free food distribution.

You'll find help with: Food distribution on the fourth Monday of every month from 11am-1pm.

Soulcial Kitchen

Contact: (618) 825-9100

Address: 127 N Belt East, Swansea, IL 62226

Description: Free food distribution.

You'll find help with: Free food distributed on the fourth Friday of every month from 2pm-3:30pm.

Morning Start Missionary Baptist Church

Contact: (410) 747-3417

Address: 1 E 6th Street, Alton, IL 62002

Description: Free food distribution for those in need.

You'll find help with: Food distribution on the fourth Friday of each month from 2:30pm-4pm.

Healthcare Resources (General & Pregnancy)

Heartland

Contact: 618-997-5266

Website: Heartland Women's Healthcare of Advantia | Advantia Health

Address: 1170 Fortune Blvd, Shiloh, IL 62269

Description: At Heartland Women's Healthcare of Advantia, they prioritize personalized obstetric, gynecological, and specialty care to cater to the individual needs in women's health. In addition to their comprehensive care, they also offer in-office procedures, eliminating the need for hospital visits.

You'll find help with: All things women's health from annual well-woman exams to endometriosis treatment to free pregnancy classes to nurse midwives and so much more.

WE CARE Clinic

Contact: 618-482-6959

Website: We CARE Clinic | SIUE

Address: 601 James R. Thompson Blvd. Building D, Suite 2015, Campus Box 1200 East St. Louis, IL 62201

Description: The WE CARE Clinic provides primary patient care on the SIUE East St. Louis Higher Education Campus, located on campus in Building D. Staff includes an advanced Nurse Practitioner, a collaborating physician, a licensed clinical social worker, certified health coaches and a doctorally prepared pharmacist. All providers provide full services to our diverse clients who reside in the metro-east and surrounding communities. The Clinic serves patients of all ages, beginning with children age 2 or older. Open daily from 8:00 a.m. to 4:30 p.m. Appointments are available OR you may walk in for an appointment. WE CARE Clinic specializes in primary care needs including asthma, diabetes, high blood pressure, men and women's health care, and care for children. Come by the clinic or call for an appointment.

You'll find help with: Basic physical health services for children, adolescents, and adults. Additionally, specified care in women's health and support in mental health. Services are not free, but they accept nearly all insurance and adjust costs as needed.

SSM Health Women's Health Maternal & Fetal Care Center

Contact: 618-206-6101

Website: Women's Health Services: Caring for Women | SSM Health

Address: 1191 Fortune Blvd., Shiloh, IL 62269

Description: SSM Health understands the life and health changes that are associated with being a woman. No matter what stage of life you're in, if you're looking to start a family or seeking general care, they provide comprehensive health care to help you make the most informed decisions.

You'll find help with: All things women's health from gynecology services to maternity services. They specialize in practices from woman wellness exams to high-risk pregnancies.

Memorial Hospital (Shiloh & Belleville)

Contact: 618-607-1000 (Shiloh) & 618-233-7750 (Belleville)

Website: https://www.bjc.org/locations/memorial-hospital-shiloh & Family Care Birthing Center at Memorial Hospital in Shiloh | BJC

Address: 1404 Cross Street, Shiloh, IL 62269 & 4500 Memorial Drive, Belleville, IL 62226

Description: The hospital's Family Care Birthing Center (at Shiloh location) features spacious LDRP (labor, delivery, recovery, post-partum) suites, Level II E nursery, two dedicated cesarean section rooms, neonatology coverage, and an OB-GYN emergency department.

You'll find help with: Finding an OB-GYN or midwife is an important first step in taking charge of your overall wellness and creating the childbirth experience you want. The OB-GYNs and midwives at Memorial Hospital offer personalized, compassionate care to help you feel comfortable and supported through every stage of life. From routine gynecological exams and pregnancy care to menopause treatment, they're here for you. And they've got a wide range of nationally recognized specialists and resources, across all medical disciplines in the BJC network to back us up when needed. As a leader in family-centered maternity care, they provide a unique, compassionate, personal birth experience. When it comes to your pregnancy you want to make the right choice for you and your newborn. With compassionate care, a focus on safety, and private rooms, the Family Care Birthing Center has everything moms and babies need. They also offer classes, events, and a parenting toolkit as resources for families and moms throughout the process. Classes must be registered for and there is a $30 fee per couple per class.

SIHF Healthcare, Healthy Start Program

Contact: Belleville 618-394-0712; East Saint Louis 618-271-9191; East Saint Louis 618-274-9105; Healthy Start Program Information 618-646-2505; General Inquiries 618-332-0953

Website: OB/GYN - SIHF Healthcare

Address: Delivery—St. Elizabeths Hospital 1 Saint Elizabeth Blvd, O'Fallon, IL 62269 OB/GYN-- (Belleville) 7210 West Main, Suite 200; (East St. Louis) 2001 State Street; (East St. Louis) 100 N. 8th Street, Suite 120.

Description: SIHF Healthcare believes everyone should have access to quality care regardless of their ability to pay. SIHF Healthcare strives to be your Patient Centered Medical Home (PCMH) – where your healthcare is our primary focus. As a patient at SIHF Healthcare, you'll have a dedicated, on-going relationship with a primary care provider. He or she will help you get to where you need to be both physically and mentally. Your provider leads a team that takes responsibility for providing healthcare for you that is personalized, comprehensive, compassionate and efficient. They accept most insurance plans and offer a sliding fee scale so that everyone has access to quality care. They also strive to make healthcare accessible to all by offering Health Centers in various communities, large and small, so that more people have quality, affordable care close to home. SIHF Healthcare offers a lineup of primary care services across their network, including internal medicine, family medicine, obstetrics and gynecology, pediatrics, dental for children, and behavioral health, to protect both your physical and mental health.

You'll find help with: Caring, specially trained obstetricians, gynecologists, nurse practitioners, and staff spend one-on-one time with you at every visit to learn about any concerns you may have and offer a complete line of healthcare services to address your needs, including: Breast exams, Pap smears, Prenatal care and delivery, Hormone replacement therapy, Treatment of sexually transmitted diseases (STDs), Consultations for premenstrual syndrome (PMS), Family

planning, Osteoporosis prevention, and Gynecological surgery. Many women have a birth plan in mind to help prepare for the big day. SIHF network features providers with diverse backgrounds and practice styles, so you'll find the perfect fit with someone who aligns with your particular plan. At SIHF Healthcare, they focus on education for moms-to-be. They inform you about the healthiest plan of action while also working with you to create the best birth experience possible for both you and your baby. SIHF providers deliver babies at the following hospitals—St. Elizabeth's Hospital, O'Fallon, IL. They also offer the Healthy Start program for moms and moms-to-be in St. Clair County to give your baby the healthiest start to life. This free program connects you to a Healthy Start coach (case manager) who can provide referrals for services, schedule you for pregnancy and parenting classes, and assist with transportation to and from appointments.

SIHF also provides OB/GYN access to all women. The SIHF Healthcare obstetrics and gynecology team accepts most insurance plans, including Medicaid, and provides compassionate, quality care regardless of your ability to pay. Their Health Insurance Navigators can help you find a plan that meets your budget and enroll you on the spot. At your first appointment, please bring—your insurance card, photo ID, a list of medications you're currently taking, and any medical records if you are transferring from another physician. Find your local OB/GYN provider to make an appointment today—(Belleville) 7210 West Main, Suite 200; (East St. Louis) 2001 State Street; (East St. Louis) 100 N. 8th Street, Suite 120.
SIHF supports many other forms of healthcare throughout their system. Please see their website for more information.

HSHS St. Elizabeth's Hospital O'Fallon

Contact: 618-234-2120

Website: Patient Centered Care at HSHS St. Elizabeth's Hospital

Address: 1 Saint Elizabeth Blvd, O'Fallon, IL 62269

Description: The Women and Infants Center at St. Elizabeth's Hospital provides quality care to pregnant women and their families throughout the birthing process. Anesthesia providers are available 24 hours a day to provide epidural placement and other pain management, as needed. Hydrotherapy tubs are available for mothers-to-be (who meet safety guidelines) as a pain relief alternative to epidural treatment.

After you and your closest loved ones have welcomed your new baby in your private labor, delivery and recovery room, you will be transferred to your private post-partum room.

You'll find help with: The pregnancy and birthing process. You will also find parenting classes and support groups. In addition to pregnancy specific care, HSHS St. Elizabeth's Hospital offers care for every vital medical need a woman has, including obstetrics, prenatal and neonatal

support, breast cancer prevention and treatment, heart and vascular care, physical therapy, and more.

Chestnut Health Systems

Contact: 888-924-3786

Website: Chestnut Health Systems | Serving Illinois & Missouri

Address: 12 N. 64th St., Belleville, IL 62223 & 50 Northgate Industrial Dr., Granite City, IL 62040

Description: Chestnut Health Systems™ provides a wide range of services in Illinois and Missouri. Their caring and experienced staff work together to provide high-quality support to the people and communities they serve. Whether it's substance use and recovery support, primary health care, or mental health services, they focus on improving lives and making a difference. They connect care across these main areas—Substance Use Support (Treatment, recovery, and prevention programs for drug and alcohol use), Mental Health Care (Treatment and housing for people living with mental health challenges), and Primary Health Services (Medical care and preventative health services for all ages). By connecting care across these services and collaborating to link individuals with other needed resources, they ensure people receive whole person, coordinated care to heal, grow, and thrive. This approach supports every aspect of their health, making it easier to achieve long-term recovery and an improved quality of life.

You'll find help with: Adult Substance Use Treatment (Intensive outpatient, Outpatient), Adolescent Substance Use Treatment (Intensive outpatient, Outpatient), Adult Mental Health Treatment (Crisis intervention, Life changes such as marriage, divorce, parenthood, etc., Psychiatric services, Supported/supervised residential housing, and Adult group services), Primary Care (Primary care/preventative services, Disease management, Medication-assisted recovery treatment (MAR/T), Treatment of acute and chronic illnesses, Laboratory, Genoa Pharmacy, Psychiatric services), and Children and Youth Mental Health Treatment (Outpatient, Psychiatric services, Co-occurring disorders, Community support services).

The Doula Lab

Contact: 618-213-6800, admin@doulalab.org (appointment only)

Address: 6608 W. Main St, Suite 2, Belleville, IL 62223

Description: The Doula Lab is a pregnancy resource center that offers primarily free (or very low cost) resources to pregnant women in need. They are the first-black owned pregnancy resource center in the area!

You'll find help with: First and foremost, the Doula Lab helps connect expecting women to doula services. These services include full doula, postpartum doula, adoption doula, Nicu doula,

and more. Additionally, the Doula Lab offers birthing, parenting, and infant CPR/safety classes to expectant mothers. They offer lactation support services and classes. Finally, they offer perinatal mental health services to moms struggling throughout their pregnancy and motherhood journey. These mental health services include support groups, individual sessions, group sessions, trauma education, and psychoeducation workshops.

Epilepsy Foundation

Contact: 618-236-2181

Address: 3515 N. Belt West, Belleville, IL 2226

Description: The foundation was established in 1977 and provides a full spectrum of comprehensive services for those whose lives have been impacted by epilepsy.

You'll find help with: Education, Service Coordination, Support Services, Advocacy, and Clinic Connections.

East Side Health District

Contact: Bunkum Road 618-857-7760; East STL 618-874-4713; Cahokia 618-337-4178; Fairmont 618-271-7550

Address: 5540 Bunkum Road, Washington Park, IL 62204; 638 N 29th St, East Saint Louis, IL 62205; 1274 Camp Jackson Road, Cahokia IL, 62207; 2568 N 41st St, Fairmont City, IL 62201

Description: The East Side Health District offers preventative health and education services.

You'll find help with: STI Screening, Immunizations, Lead Testing, Emergency Preparedness, Gardening Classes, Food Safety Education, WIC/Breastfeeding, Substance & Abuse Programs, Acquiring of Vital Records, Case Management, COVID-19 Vaccinations & Testing, and Counseling.

Vivian D. Adams School Health Center

Contact: 618-646-3296

Address: 501 N 10th Street, East Saint Louis, IL 62201

Description: Free healthcare for all students in School District 189.

You'll find help with: School physicals, sports physicals, immunizations, flu shots, tb testing, lead and hemoglobin testing, first aid, and sudden illnesses that occur. Professional referrals for services are not offered.

First Steps Forward

Contact: Shanese Bolden RN, 618-874-4713

Description: In-home or In-Clinic monthly check-ins for high-risk pregnancies.

You'll find help with: Monthly Assessments are held in-clinic or at home where RN takes vitals and evaluates overall health for high-risk pregnancies. They also support NICU baby transitions home and care, as well as medical equipment for said situations.

Momentum Lactation

Contact: 618-406-6372 (call), 618-212-8082 (fax)

Website: Momentum Lactation

Address: 20 Edwardsville Professional Park, Suite B, Edwardsville, IL 62025

Description: Insurance accepting organization that specializes in lactation support, classes, and perinatal mental health support.

You'll find help with: Breastfeeding and pumping support through lactation consultations. Breastfeeding, newborn, postpartum, and big sibling educational classes. Perinatal mental health support classes. Opportunities to connect with other moms and resources in the community.

Mosaic Health

Contact: 618-355-9977

Website: www.revealmosaic.com

Address: 5016 N. Illinois St, Ste. A, Fairview Heights, IL 62208

Description: Mosaic helps women and families by offering free pregnancy services like pregnancy testing, limited ultrasounds, and accurate information about your options. With two convenient offices in Granite City and Fairview Heights, their caring team is ready to walk alongside you with compassion, support, and practical resources so you can feel confident and empowered in your next steps. You must have an appointment.

You'll find help with: Completely free services in the following areas— Pregnancy testing, Limited obstetrical ultrasounds, Options consultations, Nurse consultations, Medical consultations, Abortion information, Abortion pill reversal services, Pregnancy support, Parenting classes and education, Material assistance, Support for men, Abortion recovery, Sexual health education, STI testing and treatment, Adoption information, and Referrals.

GraceHaven Pregnancy Resource Clinic

Contact: 618-816-7526

Website: Home

Address: 4227 Lincolnshire Drive, Mt. Vernon, IL 62864

Description: GraceHaven Pregnancy Resource Clinic offers free services to clients seeking support with an unplanned pregnancy. GraceHaven's purpose is to provide compassionate and comprehensive support and information about pregnancy, sexual health and life. All services provided at the clinic are free of charge. At GraceHaven, our trained staff and volunteers provide education and assistance to women and men so that you are empowered to make informed decisions.

You'll find help with: A safe space to explore your options, process your emotions, receive accurate information on each pregnancy choice. GraceHaven offers free pregnancy testing, ultrasounds, parenting classes, adoption referrals, and abortion recovery classes.

Pregnancy Help Center

Contact: 314-894-9800

Website: Pregnancy Help Center of South County | St. Louis, MO

Address: 4150 Crescent Dr., St. Louis, MO 63129

Description: The pregnancy help center offers completely free services for women. These services in pregnancy tests, ultrasounds, education, and support programs. You must make an appointment before going.

You'll find help with: Safe and accurate pregnancy tests and ultrasounds, education on options (adoption, parenting, and abortion), and support programs for post-abortion healing adoption referrals, and baby items.

Pregnancy Care Center

Contact: 618-233-2273

Website: Pregnancy Care Center – Respect and Dignity For Life

Address: 311 West Lincoln St., Suite 301 Belleville, IL 62220

Description: At the Pregnancy Care Center, they do not charge for any of the services offered. They do, however, require a photo id, copy of birth certificate or birth record from the hospital, and proof of residence. They are committed to the respect and dignity for life and enhancing the quality of human life by providing crisis intervention, support, guidance, and education to persons in need.

You'll find help with: At the PCC you will find help with pregnancy tests, referrals (mosaic, WIC, Public Aid, Doctor Verification), confidential guidance choices and support, access to children's clothing up to age 5, information pamphlets, and infant layettes. Layettes (should take care of a newborn's basic needs for the first six weeks) include onesies, sleepers, towel, wash cloths, burp pads, bibs, several outfits, receiving blankets, quilt or large blanket, sheet, bottles,

pacifier, socks, diapers, etc. Families can then visit the center once a month to get supplies such as diapers, pull-ups, wipes, clothing, socks, books, toys, etc., through the age of 5.

A Beacon of Light Pregnancy Help

Contact: 618-855-9774

Website: ABL Pregnancy Help – Pregnancy Help Center

Address: 6201 W Main Street, Suite 150 Maryville, Illinois 62062

Description: With free and confidential services, A Beacon of Light's services include pregnancy tests, ultrasounds, counseling & education, material goods, and referrals to medical specialists & community agencies.

You'll find help with: Pregnancy confirmation, pregnancy options, ultrasounds, referrals for additional care, material assistance, counseling, and further education based on choice.

Planned Parenthood of Illinois

Contact: 618-277-6668

Website: Planned Parenthood of Illinois

Address: 317 Salem Pl, Fairview Heights, IL 62208

Description: Women's Healthcare for those with Medicaid and other Insurances.

You'll find help with: Birth control, Emergency contraception (morning-after pill), Gender-affirming care, HIV services, Pregnancy testing and planning, STD testing and treatment, Sexual and reproductive concerns, Vaccines, and Wellness and preventive care.

St. Clair County Health Department, Clinical Services Health & Wellness Divisions

Contact: 618-825-4500

Website: St. Clair County Health Department | Growing Healthy Lives

Address: 19 Public Square Ste 150, Belleville, Illinois 62220

Description: These services are available M-F 8am-4pm and second Thursdays 8am-6:30pm. They welcome walk-ins and have interpreter services available.

You'll find help with: This branch of the Health Department offers the following services/programs: baby safe sleep (see physical resources section for more details), TB tests, lead testing, STI/STD testing, free HIV testing, fluoride varnish, & diaper program. It also houses WIC, a residential sharps program, adult/child/respiratory vaccine programs, travel vaccines, & the Illinois Breast and Cervical Cancer Program 618-825-4408 (free clinical breast exam, pelvic exam, pap test, hpv test, and mammograms).

Relevant Options Pregnancy Center

Contact: 618-654-3732 (call) or 636-587-0440 (text)

Address: 2653 Plaza Drive, Highland, Illinois 62249

Website: www.relevantoptions.org

Description: They are here to help you with free pregnancy testing, options counseling, education, and physical and emotional support M-F 9am-4pm.

You'll find help with: Free pregnancy testing, ultrasounds, referrals, options counseling, classes/education, and physical resources.

Women's Care Connect

Contact: 618-300-6240

Website: Home - Women's Care Connect

Address: N/A

Description: Women's Care Connect is an organization in Illinois that connects pregnant women to free resources in their community. Simply call the number, share needs, and they will connect you to a resource.

You'll find help with: Adoption services, domestic violence, addiction recovery, parenting support, sti testing & treatment, options coaching, supplies, housing/maternity homes, financial assistance, pre-abortion consultation, ultrasounds, and pregnancy testing.

Behavioral Health/Counseling/Mental Health/Substance Use

Chestnut Health Systems

Contact: 888-924-3786

Website: Chestnut Health Systems | Serving Illinois & Missouri

Address: 12 N. 64th St., Belleville, IL 62223 & 50 Northgate Industrial Dr., Granite City, IL 62040

Description: Chestnut Health Systems™ provides a wide range of services in Illinois and Missouri. Their caring and experienced staff work together to provide high-quality support to the people and communities they serve. Whether it's substance use and recovery support, primary health care, or mental health services, they focus on improving lives and making a difference. They connect care across these main areas—Substance Use Support (Treatment, recovery, and prevention programs for drug and alcohol use), Mental Health Care (Treatment and housing for people living with mental health challenges), and Primary Health Services (Medical care and

preventative health services for all ages). By connecting care across these services and collaborating to link individuals with other needed resources, they ensure people receive whole person, coordinated care to heal, grow, and thrive. This approach supports every aspect of their health, making it easier to achieve long-term recovery and an improved quality of life.

You'll find help with: Adult Substance Use Treatment (Intensive outpatient, Outpatient), Adolescent Substance Use Treatment (Intensive outpatient, Outpatient), Adult Mental Health Treatment (Crisis intervention, Life changes such as marriage, divorce, parenthood, etc., Psychiatric services, Supported/supervised residential housing, and Adult group services), Primary Care (Primary care/preventative services, Disease management, Medication-assisted recovery treatment (MAR/T), Treatment of acute and chronic illnesses, Laboratory, Genoa Pharmacy, Psychiatric services), and Children and Youth Mental Health Treatment (Outpatient, Psychiatric services, Co-occurring disorders, Community support services).

Mosaic Health

Contact: 618-355-9977

Website: Services | Mosaic Health | Granite City & Fairview Heights, IL

Address: 5016 N. Illinois St, Ste. A, Fairview Heights, IL 62208

Description: Mosaic helps women and families by offering free pregnancy services like pregnancy testing, limited ultrasounds, and accurate information about your options. With two convenient offices in Granite City and Fairview Heights, their caring team is ready to walk alongside you with compassion, support, and practical resources so you can feel confident and empowered in your next steps. Must have an appointment.

You'll find help with: Completely free services in the following areas— Pregnancy testing, Limited obstetrical ultrasounds, Options consultations, Nurse consultations, Medical consultations, Abortion information, Abortion pill reversal services, Pregnancy support, Parenting classes and education, Material assistance, Support for men, Abortion recovery, Sexual health education, STI testing and treatment, Adoption information, and Referrals.

Comprehensive Behavioral Health Center

Contact: 618-482-7330

Website: Home - Comprehensive Behavioral Health Center

Address: 505 South 8th Street, East St. Louis, Illinois 62201

Description: Services at Comprehensive Behavioral Health Center of St. Clair County, Inc. are consumer driven, provided in a respectful and ethical fashion, regardless of the ability to pay and discounts are available based on family size and income. Their services are designed to meet the needs of children, adolescents and adults. Services may include but are not limited to therapeutic

counseling, psycho-social testing, individual and group therapy, crisis intervention, consultation, community intervention, psychiatric evaluation, case management services, referrals, and outreach services. Emergency and Crisis Intervention services are offered 24-hours a day, seven (7) days per week. Professional staff provide walk-in, outreach and telephone intervention to persons of all ages who may be in crisis. Clients experiencing acute distress requiring protective care will be referred to the local hospitals or the Alton Mental Health Center.

You'll find help with: Comprehensive Behavioral Health Center Services include—Therapy & Transitional Services, Parenting Classes, Linkage & Hospitalization Aftercare, Residential Services, Specialized Children Services, Consultation/Education to Community, Crisis Intervention, Substance Abuse Treatment Services, Project for Assistance in Transition from Homelessness (PATH), Case Management Services, Opiate Treatment Services, and Adult Re-Deploy. It is important to note that no one will be denied access to services due to inability to pay, and there is a discounted/sliding fee schedule available based on family size and income. They also have a Drop-In Center. Those who are homeless or in need can visit the Drop-In Center from 10 AM-4 PM Monday-Friday. They will be able to take advantage of a free meal, a change of clothes, and laundry services.

ADAPT of Illinois

Contact: 877-553-9482

Website: Adapt of Illinois, Inc. - Adapt Of America

Address: 2600 West Boulevard Belleville, IL 62221

Description: Adapt's services build upon the individual's strengths to help boost self-esteem, regain the power of choice, and facilitate a sense of dignity, purpose, and pride. Through recovery-based care and support, they treat the whole person so that individuals can live at their highest potential within their community, regardless of the symptoms they experience. With the mission to provide support to traditionally under-served individuals living with mental illness, founder and CEO, Bill Harris, opened the doors to Adapt's flagship location in Missouri in 1985. Prior to becoming active in social work, Bill worked as an engineer for 11 years with companies such as General Dynamics, Texas Instruments and Westinghouse. He became involved in a group home providing parental guidance for adolescents living with mental illness. Moved by this experience, Bill identified a significant gap for client care within the mental health environment and after completing a Master's degree in Social Work, he developed an alternative, community-driven behavioral health care model to address the unmet needs in the industry. Bill has since expanded Adapt's services in Illinois (since 1992) and Texas (since 2006).

You'll find help with: At Adapt of Illinois, they offer recovery and psychosocial rehabilitation services for adults living with severe mental illness, such as Schizophrenia, Schizoaffective Disorder, and mood disorders. Whether in their own apartment, a group home or long-term care facility, they serve their clients in an environment that is comfortable and familiar to them. Their

services are tailored specifically to the clients, building upon their strengths to develop skills, boost confidence, and increase independence.

The Women's Safe House

Contact: 314-772-4535

Website: https://twsh.org/

Address: 8811 Ladue Rd, Saint Louis, MO 63124

Description: The Women's Safe House offers services for women and their children who have been subjected to domestic violence. Programs and services are free and confidential.

You'll find help with: The Women's Safe House provides emergency safe shelter, advocacy, and support to women and children fleeing domestic violence —typically over the course of 6-8 weeks. While enrolled in the Residential Program, women and children attend group and individual support sessions, team up with case managers to develop individual and family goals, receive health screenings and education, legal advocacy, financial literacy workshops, transportation assistance, job placement guidance, assistance in securing new safe housing, and a wide variety of community referrals and linkages to social service resources. Meals and personal hygiene items are also provided free of charge. In addition to the residential program, The Women's Safe House has a crisis intervention line, youth development program, community education program, and an aftercare program.

Violence Prevention Shelter of Southwestern Illinois

Contact: 618-235-0892

Website: https://www.vpcswi.org/emergency-shelter

Address: 605 E Main St, Belleville, IL 62220

Description: When home is no longer safe, this emergency shelter offers a confidential and secure refuge for survivors of domestic violence and their children. We understand that finding safety is the first crucial step, and our shelter provides a free, safe, and confidential environment where you can begin to heal and plan your next steps without pressure.

You'll find help with: Gaining access to compassionate advocates who can help you explore resources, understand your options, and develop a personalized plan for a future free from violence. You will receive shelter for yourself and any children. You will also receive counseling and legal help as needed.

The Doula Lab

Contact: 618-213-6800, admin@doulalab.org (appointment only)

Address: 6608 W. Main St, Suite 2, Belleville, IL 62223

Description: The Doula Lab is a pregnancy resource center that offers primarily free (or very low cost) resources to pregnant women in need. They are the first-black owned pregnancy resource center in the area!

You'll find help with: First and foremost, the Doula Lab helps connect expecting women to doula services. These services include full doula, postpartum doula, adoption doula, Nicu doula, and more. Additionally, the Doula Lab offers birthing, parenting, and infant CPR/safety classes to expectant mothers. They offer lactation support services and classes. Finally, they offer perinatal mental health services to moms struggling throughout their pregnancy and motherhood journey. These mental health services include support groups, individual sessions, group sessions, trauma education, and psychoeducation workshops.

NAMI, National Alliance on Mental Illness

Contact: 618-798-9788

Website: www.namiswi.org

Address: 144 E. Ferguson Wood River, Illinois 62095

Description: NAMI is the nation's largest grassroots mental health organization. NAMI Southwestern Illinois supports individuals and families affected by mental illness. They support youth and adults.

You'll Find Help With: Mental health support through free support groups, free education programs, advocacy, and community outreach. NAMI SWI has a weekly women's group via Zoom on Thursdays at 7pm. This group meets in person on the 4th Saturday of each month at 3pm. Visit their website for additional groups and classes.

Momentum Lactation

Contact: 618-406-6372 (call), 618-212-8082 (fax)

Website: Momentum Lactation

Address: 20 Edwardsville Professional Park, Suite B, Edwardsville, IL 62025

Description: Insurance accepting organization that specializes in lactation support, classes, and perinatal mental health support.

You'll find help with: Breastfeeding and pumping support through lactation consultations. Breastfeeding, newborn, postpartum, and big sibling educational classes. Perinatal mental health support classes. Opportunities to connect with other moms and resources in the community.

Faith Baptist Church's Law & Grace Ministries

Contact: 618-235-6977

Website: Law & Grace Ministries

Address: 428 E A St, Belleville, IL 62220

Description: Church ministry offering free counseling services. No eligibility requirements.

You'll find help with: Law and Grace Ministries offers a variety of free counseling services. Classes include substance abuse, anger management and state-approved domestic violence prevention program counseling. Substance abuse and anger management counseling classes are offered on an appointment basis. Domestic violence prevention classes are held as a two-day, three-hour per day program offered once a month. Upon class completion, attendees receive a certificate and encouragement for further self-improvement and spiritual growth.

Baptist Children's Home and Family Services, Pathways

Contact: 618-382-3907

Website: Counseling Services | Baptist Children's Home and Family Services

Address: 949 County Rd. 1300 N., Carmi, IL 62821

Description: Pathways offers licensed clinical counseling services to children, individuals, couples, and families. Utilizing your strengths, their professionally licensed therapists will help you overcome your challenges and achieve personal goals. They understand that every person is unique with differing life experiences, struggles, and patterns. With that in mind, they tailor each counseling session to meet your individual needs.

You'll find help with: Counseling in the following areas—Depression & Anxiety, Marriage and Couples, Premarital Counseling, Parenting, Blended Families, Grief and Loss, Divorce Care, Reactive Attachment Disorder, Eating Disorders, ADHD, Self-Harm, Spiritual Struggles, Caregiver Burnout, Career Concerns, Stage of Life Concerns, and Behavioral Issues.

Illinois Coalition Against Sexual Abuse, Metro East Every Survivor Counts

Contact: 618-397-0975

Website: Metro East Every Survivor Counts | Sexual Assault Help and Services | Illinois

Address: 1 S. Church St. Suite 203, Belleville, IL 62226

Description: ICASA is a not-for-profit corporation of 31 community-based sexual assault crisis centers working together to end sexual violence. Each center provides 24-hour crisis intervention services, counseling and advocacy for victims of sexual assault and their significant others. Each center presents prevention education programs in Illinois schools and communities.

You'll find help with: All counseling services at Metro East Every Survivor Counts (Metro East ESC) are free, confidential, and culturally inclusive. The agency provides counseling services for survivors ages 4 and older and their non-offending loved ones. Youth ages 12-17 can receive a limited amount of counseling sessions without guardian consent. Services include—Individual Counseling, Group Counseling, Family Counseling, and School-Based Counseling (upon request).

Touchette Regional Hospital

Contact: 618-332-5374

Website: Behavioral Health & Wellness - Touchette Regional Hospital

Address: 5900 Bond Avenue, Cahokia Heights, IL 62207

Description: Touchette's expanded Behavioral Health & Wellness Center offers outpatient and inpatient care in a warm and welcoming environment combined with dedicated clinical staff and evidence-based best practices.

You'll find help with: Counseling services related to Inpatient Services, Adult Intensive Outpatient Program, Adolescent Intensive Outpatient Program, Medical Stabilization, and Electroconvulsive Therapy Program. They also offer emergency care, physical therapy services, sleep services, radiology services, surgical services, and more.

Hoyleton Youth & Family Services

Contact: 618-688-7040 or Main Line 618-688-4727

Address: 8 Executive Drive, Fairview Heights, IL 62208

Description: Hoyleton Youth & Family Services offer a variety of behavioral health services for those in need. They also offer a Community Support Team for crisis counseling and interventions.

You'll find help with: Behavioral Health Services include outpatient counseling, school counseling, trauma counseling, nurturing parent program, pathways to success, the community support team, substance use prevention, and teen pregnancy prevention.

Gateway Foundation

Contact: 618-226-4212

Website: Drug & Alcohol Treatment Program in Swansea, IL | Gateway

Address: 1 Bronze Pointe North, Swansea, IL 62226; 600 W Lincoln Ave, Caseyville, IL 62232

Description: At Gateway Swansea, they use evidence-based practices to treat every aspect of addiction. Their intensive outpatient facility offers industry-leading care in a compassionate

environment. At Gateway in Caseyville, they run an intensive inpatient program. The foundation is working on expanding services outside of substance use disorder treatment into general mental health treatment. They serve Madison & St. Clair Counties.

You'll find help with: One can receive treatment for substance use disorders in the following formats—outpatient, intensive outpatient, aftercare, and recovery support. To receive services, you must be unhoused and dealing with an OUD or SUD. You can be of any age. They offer transportation via drivers & bus passes, detox services, rehab services, peer & recovery support services, harm reduction services, and supplies.

SIHF, Behavioral Health

Contact: 618-222-4701; 618-398-9850; 618-233-3205; 618-271-0130; 618-233-5480

Website: Behavioral Health - SIHF Healthcare

Address: Belleville: 180 S. Third Street, Suite 104; Belleville: 7210 West Main, Second Floor, Suites 200 & 204; Belleville: 2900 Frank Scott Parkway West, Suite 950; East St. Louis: 100 N. 8th Street, Suite 256; O'Fallon: 3 St. Elizabeth's Blvd, Suite 4000

Description: At SIHF Healthcare, we offer behavioral health services to our patients in the most compassionate, understanding environment. Our behavioral health specialists work directly with each individual patient to create a customized treatment plan for the best quality of life. Our integrated team of behavioral health and medical professionals will help you get to where you want to be in your life.

You'll find help with: SIHF Healthcare providers specialize in a variety of behavioral health conditions and concerns for patients of all ages, including children and teens, ADHD, Anger issues, Anxiety and panic disorders, Behavioral issues, Chemical dependency, Depression, Parent-child relational issues, Self-esteem issues, Sexually problematic behaviors, Trauma and grief, and Women's issues. Treatment may include individual, family or group therapy. They also offer play therapy and attachment-based therapy for children at various health centers. They partner with the Behavioral Health Department at Touchette Regional Hospital in Cahokia Heights, Ill., if inpatient care is optimal for continued treatment.

Alive STL

Contact: 314-993-2777 (Crisis Line) 314-993-7080 (Office); alivestl@alivestl.org; Contact Us (online submission form)

Website: ALIVE – Alternatives to Living In Violent Environments

Address: P.O. Box 28733, St. Louis, MO 63146

Description: ALIVE – Alternatives to Living In Violent Environments. Providing shelter, healing, and hope for adults and children affected by intimate partner violence.

You'll find help with: At ALIVE, you will find help with a 24-hour crisis line, emergency transportation/shelter for DV survivors in immediate danger, individual and group adult counseling, a children's treatment program, court advocacy, and community education and outreach.

Birthright Counseling

Contact: 314-361-0124

Address: 3946 Lindell Blvd., St. Louis, MO 63125

Description: This is a non-profit that provides free, confidential, and professional counseling to women facing an unexpected pregnancy. Offers positive alternatives to abortion.

You'll find help with: Pregnancy testing, counseling, scholarship, financial literacy, financial assistance, childcare, and parenting/birth classes. Specifically, they offer counseling for crisis pregnancies, infant loss, abnormal prenatal diagnoses, prenatal, postpartum, post-abortion, fathers, and teens. They have an internal program called Melissa's Smile where one can receive assistance with medical costs/equipment, funeral expenses, and grief counseling for those who lose their baby or have a baby with special needs.

Marshmallow's HOPE

Contact: 888-277-4028; info@marshmallowshope.org

Website: Home - Marshmallows Hope

Address: 1628 Temple Ln, Rockford, IL 61112; 2810 Frank Scott Pkwy W, Belleville, IL 62223

Description: Marshmallow's HOPE is a legacy, devoted to saving lives and ensuring every youth feel seen, supported, and hopeful—because they all should still be here. They provide free counseling services for ages 9-26.

You'll find help with: Free counseling for ages 9-26.

Memorial Hospital, Medical Stabilization Program

Contact: 618-257-5341

Address: 4500 Memorial Drive, Belleville, IL 62226 OR 1404 Cross St, Shiloh, IL 62269

Description: Support for adults seeking assistance with substance use disorders.

You'll find help with: Overall substance use disorder recovery support. This includes peer recovery specialists, symptom control, medically assisted withdrawal, planned discharge, resource referral coordination, and basic needs.

Inclusive Insight Counseling

Contact: (773) 659-9207; info@inclusiveinsight.net

Address: 2626 West Blvd, Belleville, IL

Website: Inclusive Insight

Description: Counseling services in the Belleville area. They offer specialized support for LGBTQ+ individuals and marginalized communities, creating a safe and inclusive space for healing and personal growth. They take the following insurances: Aetna, BCBS, Campuscare, Medicare, and Optum/Unitedhealthcare.

You'll find help with: Therapy services designed to assist individuals with a wide range of struggles, providing support and guidance in navigating life's challenges.

Karla Smith Behavioral Health, EmpowerU

Contact: 618-624-5771

Address: 200 N Lincoln, O'Fallon, IL 62269

Description: EmpowerU is an intensive outpatient program offered for teens, young adults, adults, and their families. The program is designed for the client returning home from residential treatment centers or a client who needs more intensive therapy than can be achieved in a traditional weekly therapy session structure.

You'll find help with: EmpowerU helps with life skills, therapy, and family skills within their program.

The Kerengende Foundation

Contact: (618) 767-4526

Website: Home - The Kerengende Foundation

Address: 1 S. Church Street Suite 400, Belleville, Illinois, 62220

Description: At Kerengende, we believe that girls who have experienced sexual trauma are more resilient when their families don't feel alone. Every day, we help these families through building a healing community connected to information, support resources, and education. Because as our communities continue to learn how best to support girls and families in need, we realize that we are stronger together. Sexual abuse is an abuse of power. When a young girl is abused, our communities often misdirect their focus on the behavior of the one who was harmed; therefore, recovering girls and families can face the additional trauma of navigating unskilled or judgmental responses at a time when they need unconditional support and helpful information. Extended family, churches, communities, schools, courts, and police can be well-meaning yet lack information about the effects of sexual trauma on a girl's development and the impacts on family and community dynamics. Kerengende Foundation is building a warm, accepting

platform for families to access resources, information, and support so that our families don't have to go alone in their healing.

You'll find help with: The Kerengende Foundation supports sexual abuse and human trafficking victims and their families with culturally responsive services. We work to decrease the number of teens impacted by sexual trauma and to create safe spaces for families to learn how to recover from and prevent abuse. Stronger Together: In this three-part workshop, girls age 12-18 gain skills to make healthy, empowered choices for themselves and their peers. We discuss the definition of sexual abuse, safety in situations with peers, healthy boundaries, consent, and ways to report harm or potential harm. It's All of Our Business: Our workshops designed for parents, caregivers, and community members provide families with support and education to prevent, respond to, and heal from sexual violence. Family Therapy: We partner with organizations and contract therapists to provide therapy services to teens and families.

Support Groups

First Baptist Church O'Fallon

Embrace Grace

Contact: 618-632-6223

Website: First Baptist Church O'Fallon — Embrace Grace Ministry

Address: 1111 E. Hwy 50, O'Fallon, IL 62269

Description: FBCO's Embrace Grace Ministry offers a supportive Bible study community for single mothers who are navigating unexpected pregnancies. This is a 12-week support group. It runs once in Spring and once in Fall. They limit the roster to 5 moms per semester. The class is on Wednesday evenings at 6:30 pm. The general age range is 16-35, but they are loose with this guideline and will accept older individuals.

You'll find help with: Join an Embrace Grace group, where you'll hear teachings that will empower you and find a community that will encourage you. You will make new friends and meet other young, unmarried moms who are going through similar situations. Every attendee receives a free baby shower with brand-new baby items that you will need.

Embrace Life

Contact: 618-632-6223

Website: First Baptist Church O'Fallon — Embrace Grace Ministry

Address: 1111 E. Hwy 50, O'Fallon, IL 62269

Description: Embrace Life is the follow-up group for Embrace Grace. This group continues a similar curriculum while encouraging continued community.

You'll find help with: Support, community, furthering spiritual life, and education.

More than Moms

Contact: 618-632-6223

Website: First Baptist Church O'Fallon — More Than Moms

Address: 1111 E. Hwy 50, O'Fallon, IL 62269

Description: More than Moms is a place for mothers to feel encouraged, be equipped and engage with other moms all while applying the gospel to our everyday lives. It offers connection with other moms to find your complete identity as woman, wife, mother and most importantly—a child of God. This support group is for mothers of children in 12th grade and younger.

You'll find help with: Support from a connected community of moms. They meet once a month on Sunday evenings from September until May from 6PM - 8PM in the KidsLife Center at the church. 2025 FALL dates are— Sept 14, Oct 19, Nov 16, Dec 7. 2026 SPRING dates are— Jan 11, Feb 22, Mar 22, April 12, May 3. This is a free resource, but first timers must register prior to their first attendance as they serve dinner during the meetings. Childcare is provided by the church. If this is needed, they must register each time they plan to attend. Registration can be found at the link above.

Project Rachel, Catholic Diocese

Hope and Healing After Abortion

Contact: 618-722-5031 & Helpline, 618-722-5068

Website: Project Rachel

Address: 222 South Third Street, Belleville, IL 62220

Description: Abortion is a life-changing event that affects individuals emotionally, spiritually and physically. You may have experienced the need to seek healing right after your abortion, or it may have taken many years for you to come to this place. The truth is that you are suffering from a traumatic loss—and that loss is real. With abortion, society doesn't provide a public way to grieve this loss. With no way to process this loss, the wound caused by abortion often remains unhealed and becomes a secret sorrow carried alone…and without support. You may be suffering from guilt, sadness, isolation, nightmares, addictions, eating disorders, anxiety and other negative emotions and behaviors. Many women and men are surprised at the emotions they experience after abortion which can include, but certainly are not limited to those mentioned above.

You'll find help with: Contact Project Rachel through the Diocese of Belleville in Illinois at 618-722-5068 for free confidential counseling following abortion experiences. The help line is answered live Monday and Thursday, 8 a.m.- 4:30 p.m. If you reach the voicemail, please leave a

message and they will call you back when it is a good time for you. Additionally, they have created a web-based healing study, as an option for you to begin your healing process. They have posted the first two chapters to begin your journey. Why not give them a try? After you have completed these first two chapters, you may then contact the helpline for Chapter 3. It will remain confidential. This is for you- decide to make a positive change in your life. At bottom of page at link above.

Financial

The Women's Safe House

Contact: 314-772-4535

Website: https://twsh.org/

Address: 8811 Ladue Rd, Saint Louis, MO 63124

Description: The Women's Safe House offers services for women and their children who have been subjected to domestic violence. Programs and services are free and confidential.

You'll find help with: The Women's Safe House provides emergency safe shelter, advocacy, and support to women and children fleeing domestic violence —typically over the course of 6-8 weeks. While enrolled in the Residential Program, women and children attend group and individual support sessions, team up with case managers to develop individual and family goals, receive health screenings and education, legal advocacy, financial literacy workshops, transportation assistance, job placement guidance, assistance in securing new safe housing, and a wide variety of community referrals and linkages to social service resources. Meals and personal hygiene items are also provided free of charge. In addition to the residential program, The Women's Safe House has a crisis intervention line, youth development program, community education program, and an aftercare program.

The Urban League, St. Clair County Division

Contact: 618-274-1150

Website: Financial Literacy - ULSTL

Address: St. Clair County Division, 10220 Lincoln, Fairview Heights, IL 62208

Description: From making a household budget or balancing a checkbook to evaluating life insurance and selecting an investment vehicle to fund a comfortable retirement, people must learn about personal finance in order to be successful managers of their incomes and assets. However, mere knowledge of financial matters isn't enough. The Urban League Financial Literacy Training program is designed to teach participants how to make smart money management decisions.

You'll find help with: Participants in the program learn how to Manage Household Budgets, Do Basic Checking and Savings Account Management, Understand Credit Reports, Improve Negative Credit Ratings. And Recognize the Signs of Predatory Lending.

Southwestern Illinois College (SWIC)

Contact: Margaret Ingebretsen, 618-235-2700 ext. 5288

Website: Financial Literacy - Southwestern Illinois College

Address: 2500 Carlyle Avenue, Belleville, IL 62221

Description: SWIC Financial Aid and PALS departments have teamed up to offer financial literacy classes. These classes are an overview of general financial literacy topics that are important to the average college student.

You'll find help with: Financial literacy skills ranging from creating a budget to student loan repayment and everything in between.

Tam's Beautiful Butterflies Scholarship

Contact: N/A

Website: Tammurra Hamilton Legacy Scholarship | Bold.org

Description: Are you a high school senior, undergraduate, or trade-school student in Illinois who believes in the power of resilience, mental-health awareness, and rising through adversity? This scholarship could be for you! What it is: The Tammurra Hamilton Legacy Scholarship was created in memory of Tammurra Hamilton — a compassionate young woman whose life embodied education, hope, and lifting others up. The scholarship supports students who share that drive and want to make an impact. Who is eligible: A high school senior, undergrad or trade-school student, Resident of Illinois, and Able to respond to the prompt: Why are mental health and suicide prevention important today among your peer group, and how has your experience influenced your beliefs, relationships and career aspirations? Key dates: Application deadline: April 1, 2026; Winner announcement: June 1, 2026. Apply on the website listed above.

You'll find help with: $500 toward schooling.

Child Resources (Child Care, Development, Etc.,)

All Kids Healthcare

Contact: 618-332-3524

Website: About All Kids | HFS

Address: 6000 Bond Ave, East Saint Louis, IL 62207

Description: All Kids is Illinois' program for children who need comprehensive, affordable, health insurance, regardless of immigration status or health condition. Every child deserves the chance to grow up healthy. With All Kids, your children will be able to get the care they need, when they need it. It means you can take your child to the doctor for a regular check-up, to the dentist to fill a cavity, or to the eye doctor to get a prescription for glasses. To date, there are over 1.6 million Illinois children enrolled in All Kids. If your family, like many hardworking families, cannot afford private health insurance, All Kids may be the answer for you.

You'll find help with: For children under 18, living in Illinois that meet the requirements All Kids is complete health insurance. All Kids covers doctor visits, hospital stays, prescription drugs, vision care, dental care, and eyeglasses. All Kids covers regular check-ups and immunizations (shots). All Kids also covers special services like medical equipment, speech therapy, and physical therapy for children who need them. Requirements include— Children can qualify for All Kids Assist Share and Premium Level 1 even if they have insurance. To qualify for All Kids Premium Level 2, a child must have been uninsured for 3 months, have lost insurance because a job ended, the employer stopped offering insurance, the insurance was COBRA, the premium for the child was more than 5% of the household income, the cost of the family coverage including the child was more than 9.5 % of the household income, the child has special health care needs, or the child lost benefits under another All Kids program or the Health Insurance Marketplace. There are also qualifying income amounts for families.

Safe Families for Children

Contact: 618-353-4335; metroeaststl@safefamilies.net

Website: About Our Chapter - Metro East

Address: 1111 E Hwy 50, O'Fallon IL 62269

Description: Safe Families for Children (SFFC) hosts vulnerable children and creates extended family-like supports for families facing a crisis through a community of compassionate volunteers to keep children safe and families together. In addition they serve families in crises such as, homelessness, unemployment, child abuse, domestic violence, medical emergencies, and substance use rehabilitation.

You'll find help with: Short-term free childcare through host families. Host Families are people who voluntarily, and without compensation, open their homes to a child of a parent who is experiencing a crisis. Families have all been screened and approved to safely care for children. These families host children as young as a day old all the way through young teens. Children stay with a Host Family anywhere from a couple of days to several months with an average stay of 30 days. Families help in the short term. They are not able to provide long-term foster care nor are they seeking to adopt through this organization. Other parents who have been helped by Safe Families for Children have faced issues like: temporary loss of housing or job, feeling overwhelmed, needing time to put a parenting plan together, health problems, etc.

Comprehensive Behavioral Health Center

Contact: 618-482-7330

Website: Home - Comprehensive Behavioral Health Center

Address: 505 South 8th Street, East St. Louis, Illinois 62201

Description: Services at Comprehensive Behavioral Health Center of St. Clair County, Inc. are consumer driven, provided in a respectful and ethical fashion, regardless of the ability to pay and discounts are available based on family size and income. Their services are designed to meet the needs of children, adolescents and adults. Services may include but are not limited to therapeutic counseling, psycho-social testing, individual and group therapy, crisis intervention, consultation, community intervention, psychiatric evaluation, case management services, referrals, and outreach services. Emergency and Crisis Intervention services are offered 24-hours a day, seven (7) days per week. Professional staff provide walk-in, outreach and telephone intervention to persons of all ages who may be in crisis. Clients experiencing acute distress requiring protective care will be referred to the local hospitals or the Alton Mental Health Center.

You'll find help with: Comprehensive Behavioral Health Center Services include—Therapy & Transitional Services, Parenting Classes, Linkage & Hospitalization Aftercare, Residential Services, Specialized Children Services, Consultation/Education to Community, Crisis Intervention, Substance Abuse Treatment Services, Project for Assistance in Transition from Homelessness (PATH), Case Management Services, Opiate Treatment Services, and Adult Re-Deploy. It is important to note that no one will be denied access to services due to inability to pay, and there is a discounted/sliding fee schedule available based on family size and income. They also have a Drop-In Center. Those who are homeless or in need can visit the Drop-In Center from 10 AM-4 PM Monday-Friday. They will be able to take advantage of a free meal, a change of clothes, and laundry services.

YWCA Metro Saint Louis

Contact: 314-531-7273 (Crisis Line), 314-726-6665 (Housing Line), 314-427-4940 (Early Education Line), 314-531-1115 (Women's Services)

Website: YWCA Metro St. Louis | Crisis Services & Support

Address: 1155 Olivette Executive Parkway, St. Louis, MO 63132

Description: YWCA Metro St. Louis provides a variety of crucial services for individuals and families: crisis intervention and housing for survivors of sexual and domestic violence, Head Start and Early Head Start education and support services, and programs that promote career readiness as a strategy to achieve economic empowerment.

You'll find help with: Shelter, safety from domestic violence, child education, and employment services.

Brightpoint (Formerly Children's Home & Aid)

Contact: Brightpoint Locations—618-235-5335 (Belleville) & 618-874-0216 (East STL); CCAP, 800-847-6770 x360, ccap@brightpoint.org; CCR&R, 800-467-9200 x390, ccrr@brightpoint.org

Website: Brightpoint – Brightpoint provides child welfare services, counseling and treatment programs, child care, and education.

Address: 120 E A St, Belleville, IL 62220 & 601 James R. Thompson Boulevard, Building E, East St. Louis, IL 62201

Description: Their focus is on the family; therefore, their programs are designed to put their needs first so that they, and their communities, thrive. Brightpoint is the St. Clair County Child Care Resource & Referral (CCR&R) and Child Care Assistance Program (CCAP). Enrollment is based on low-income families receiving TANF, SSI, or SNAP, foster care, and homelessness. Eligibility is determined via a questionnaire.

You'll find help with: They strengthen families by providing parents and caregivers with support and resources through doula, home visiting, and fatherhood services. They support the area of Child Welfare through data-informed, collaborative, and preventative solutions in foster care, prevention, stabilization, and preservation (see their non-mandated referral form). They also provide comprehensive behavioral health services to parents, children and youth (ages 4 – 21 years old) across Illinois, including individual, family, and group therapy as well as connections to community resources such as medical providers, housing resources, and immigration guidance. They meet families where they are, help them identify what they need to thrive, and then work together with them to build a strong foundation for their children in their critical early years. Part of this work includes advocating for equal access to affordable, high-quality early childhood education and care for all families. They offer childcare assistance and resources as well as home-based early learning. They also support youth by providing young people with job training, counseling, mentorship, and violence prevention services.

Alive STL

Contact: 314-993-2777 (Crisis Line) 314-993-7080 (Office); alivestl@alivestl.org; Contact Us (online submission form)

Website: ALIVE – Alternatives to Living In Violent Environments

Address: P.O. Box 28733, St. Louis, MO 63146

Description: ALIVE – Alternatives to Living In Violent Environments. Providing shelter, healing, and hope for adults and children affected by intimate partner violence.

You'll find help with: At ALIVE, you will find help with a 24-hour crisis line, emergency transportation/shelter for DV survivors in immediate danger, individual and group adult counseling, a children's treatment program, court advocacy, and community education and outreach.

BabyTALK

Contact: Kristen Flor, kristinflor@faithpyc.com; Kristin Howe, kdmoore2001@yahoo.com

Website: Home - Baby TALK

Address: 505 South Cherry Street, O'Fallon, IL 62269

Description: Founded in 1986, Baby TALK is a community family engagement model which provides the framework to guide home visitors, teachers, social workers, family support specialists and community partners in nurturing school readiness and optimal child development in their community by providing opportunities for infants, toddlers and their caregivers. They provide emotional support, parenting support, and developmental support.

You'll find help with: A framework for community-based programming beginning with a universal screen of families using a relationship-based approach through community outreach such as newborn encounters within the hospital setting. Through these outreach encounters, professionals can identify families who are most vulnerable and who may qualify for intensive home visiting programs, center-based Early Care and Education or referrals to other community resources. A relationship and research-based approach for coming alongside families. Flexible implementation allows professionals to use Baby TALK to fulfill the real needs of communities and families. While the approach is standardized, programs may adapt the model in order to address their goals. A research-based curriculum for intensive home visiting and early childhood programs with foundational developmental information from the perspective of the child, the caregiver and the professional who will come alongside this family supporting healthy and responsive relationships. Implemented by Baby TALK professionals serving expectant and parenting families with children prenatally through age 5.

SIHF Healthcare

Contact: 618-233-3205; 618-236-6336; 618-271-9191; 618-337-2597; 618-233-0742

Website: Pediatrics - SIHF Healthcare

Address: Belleville: 2900 Frank Scott Parkway West, Suite 950; Belleville: 2810 Frank Scott Parkway West, Suite 828; East St. Louis: 100 N. 8th Street, Suite 232; East St. Louis: 2001 State Street; Swansea: 3214 N. Illinois Street

Description: From the moment your child is born, the caring board-certified pediatricians and pediatric nurse practitioners of SIHF Healthcare are here for every cold, cough, bump and bruise ensuring that your child has the best quality of life.

You'll find help with: Pediatric services include—Routine and well child exams, Immunizations, School and sports physicals, Same-day sick appointments, Developmental evaluations, and Management and treatment of chronic conditions, such as allergy and asthma, ADHD and behavioral issues. They also offer integrated care for your child, including dental and behavioral healthcare. This means, if your child needs to see a doctor, dentist and a behavioral health provider, they can see all three at one location, saving you the time and travel of various office visits.

Birth-to-Five

Contact: 773-739-2107, info@birthtofiveil.com OR 618-825-3900 (Saint Clair County)

Website: Birth To Five Illinois – St. Clair County Regional Office of Education ; Birth to Five Illinois

Address: N/A

Description: Birth to Five Illinois is a statewide mechanism to engage local community members in input to create a more equitable Early Childhood Education and Care (ECEC) system that respects family and community voice and works to ensure it is centered and prioritized at every level of decision-making in Illinois.

You'll find help with: Resources for ECEC for families and kids.

Birth-to-Three Program, O'Fallon Residents Only

Contact: 618-530-0292

Website: N/A

Address: 1010 Moye School Road, O'Fallon, Illinois

Description: This program offers services to families to empower parents to give their children the best possible start in life. They aim to provide a solid foundation for school success and early detection of developmental delays. This program works to enhance parent-child interactions and strengthen family relationships. These services are free and voluntary.

You'll find help with: This program includes home visits, monthly newsletters, family events, play groups, field trips, health & development screenings, and referrals as needed to community agencies and resources.

Marshmallow's HOPE

Contact: 888-277-4028; info@marshmallowshope.org

Website: Home - Marshmallows Hope

Address: 1628 Temple Ln, Rockford, IL 61112; 2810 Frank Scott Pkwy W, Belleville, IL 62223

Description: Marshmallow's HOPE is a legacy, devoted to saving lives and ensuring every youth feel seen, supported, and hopeful—because they all should still be here. They provide free counseling services for ages 9-26.

You'll find help with: Free counseling for ages 9-26.

Metro East Diaper Bank

Contact: 618-741-7296

Website: Metro East Diaper Bank

Address: 4020 Green Mount Crossing Dr Ste 421, O'Fallon, IL 62269

Description: Diapers for families in need.

You'll find help with: Diapers for families in need.

WIC

Contact: County Office at 618-233-6170 or 618-825-4428

Website: IDHS: 4221 - WIC - Make a difference in your child's life

Address: 19 Public Square, Belleville, IL 62220

Description: Operated by the Illinois Department of Human Services, Health Department, WIC is a food assistance program for Women, Infants, and Children. It helps pregnant women, new mothers and young children eat well and stay healthy. To qualify women must be pregnant, breastfeeding, or just had a baby and children must be under the age of 5. WIC serves families with a low to medium income.

You'll find help with: WIC can provide a WIC EBT card to purchase special healthy foods - like fruits & vegetables, milk, juice, eggs, cheese, cereal, whole grains, dry beans or peas, and peanut butter. They also can provide information about nutrition to help you and your family eat well and be healthy. They will share information and help with breastfeeding. They will also help with finding health care and other services in your area.

Celess Helping Hands, NFP

Contact: Augustine James (CEO), 618-447-2661 or 618-213-7301

Address: 5720 N Belt W, Ste 103, Belleville, IL 62226

Description: The Celess Helping Hands Parent Empowerment Program is designed to support parents, caregivers, and guardians with the means to strengthen their families and promote long-term stability. They serve parents, caregivers, and guardians facing economic hardship or housing instability and those seeking guidance, encouragement, and practical tools.

You'll find help with: Services offered include life skills, parenting support, financial literacy, budgeting basics, communication skills, conflict resolution skills, employment readiness, resource referrals, supportive service referrals, coaching, mentorship, and peer support.

Head Start & Early Head Start Programs

Contact: 1-866-763-6481

Website: Head Start Programs | HeadStart.gov ; Head Start Center Locator | HeadStart.gov

Address: N/A

Description: Head Start programs prepare America's most vulnerable young children to succeed in school and in life beyond school. To achieve this, Head Start programs deliver services to children and families in core areas of early learning, health, and family well-being while engaging parents as partners every step of the way. The Head Start program encompasses Head Start Preschool programs, which primarily serve 3- and 4-year-old children, and Early Head Start programs for infants, toddlers, and pregnant women. Head Start programs operate in every state, many tribal nations, and several U.S. territories, including Puerto Rico. Head Start services are delivered nationwide through 1,600 agencies that tailor the federal program to the local needs of families in their service area.

You'll find help with: Finding a nearby program location, early childhood care/education, preschool programs, and programs for pregnant women. Head Start services are available at no cost to children ages birth to 5 in eligible families. Head Start Preschool services work with families with children ages 3 to 5. Early Head Start services work with families with children ages birth to 3, and many also serve expectant families. Many programs operate both Head Start Preschool and Early Head Start services. Programs deliver child development services in center-based, home-based, or family child care settings. All Head Start programs continually work toward our mission for eligible children and families to receive high-quality services in safe and healthy settings that prepare children for school and life. EHS programs provide intensive comprehensive child development and family support services to low-income infants and toddlers and their families, and to pregnant women and their families.

St. Louis Crisis Nursery

Contact: 314-768-3201 (24-hour hotline); 314-292-5770

Website: Our Programs — Saint Louis Crisis Nursery

Address: N/A

Description: Crisis care for children from birth to age 12. The Saint Louis Crisis Nursery is a safe place for children and families in crisis, providing 24/7 access to emergency care and a support network so families can achieve stability.

You'll find help with: The Crisis Nursery has five Nurseries with Child Specialists, Child and Family Specialists, and Overnight Child Specialists. Nurseries operate 24 hours a day, 7 days a week, 365 days a year throughout St. Louis and St. Charles counties:

Crisis Nursery Centene Center, located in South St. Louis City

Crisis Nursery North, located near Christian Hospital

Crisis Nursery West, located in St. Charles City

Crisis Nursery St. Charles, located near St. Joseph's Health Center in St. Charles

Crisis Nursery Wentzville, located near St. Joseph's Health Center in Wentzville

The Nursery also has 10 Family Empowerment Centers in St. Louis, St. Charles, Jefferson, and Lincoln Counties. They serve as a home base for master's level Counselors & Social Workers, who support and assist families in creating a stable environment for their children. The counselors affect change in family dynamics through counseling, community referrals, home visitation, parent education, and intervening early to minimize risk factors for children.

Project Compassion NFP

Contact: 1-618-397-1790, compassion@projectcompassionnfp.org

Website: Project Compassion's Programs and Services

Address: 6609 West Main, Belleville, IL 62223

Description: Year-round, Project Compassion, NFP offers various on-site training and in-house workshops. Through our programs and services, Project Compassion, NFP delivers assistance to our local community empowering the world around us.

You'll find help with: Striving For Excellence Program: Striving for Excellence program offers programs and services for youth ages 14-25. They are either from low-income households, are working, are in school, or in a vocational training program. We help individuals in this program with setting, implementing, and reaching their goals and having a successful life. Therefore, we offer workshops in life skills, workforce development and continuing education. Youth Enrich-Me Program: Youth Enrich-Me program offers 5th-12th grade youth many empowerment programs and services. Our program is for youth who are experiencing one or more of the following: Are struggling socially with making and keeping friends, Have problems with conflict and communication skills, Are new to the school they are attending, Are currently living in a single-parent home or foster care setting, and/or Who recently experienced a change in their family, such as divorce, death of a loved one, or separation from their siblings. Community

Compassion Program: Community Compassion Program offers a mission and community service day where we prepare and give out non-perishable meals, hygiene items, and seasonal supplies to low-income and homeless individuals. We also offer these services in-house: Diaper bank, Free store, Therapy, Mentoring support, Housing resources, and Free café where families can eat on the weekends.

Coordinated Youth Health Services, Health Families Illinois

Contact: 618-876-2383 ext. 1545, tswanson@cyhs.com

Website: Healthy Families Illinois - Coordinated Youth and Human Services

Address: 2016 Madison Avenue Granite City, IL 62040

Description: Program for families with women pregnant or parenting an infant under 3 months at the time of enrollment. This is a no-cost voluntary program available to parents living in Madison and/or Saint Clair County, meeting income eligibility requirements. The program includes home visitation and support tailored to client needs.

You'll find help with: Services include—child development information, family goal planning, prenatal and parenting support, parent-child activities, community resource connections, relationship building, and baby care items.

igrow Illinois

Contact: DHS.HomeVisiting@Illinois.gov

JOH Contact: Taylor Shy, 618-482-7654, tshy@cbhc1.org

Website: www.igrowIllinois.org

Address: 505 South 8th Street, East Saint Louis, Illinois 62201

Description: Home visiting services for expectant parents and families with new babies/young children. They promote parent-child attachment, provide developmental screening, monitoring, & referrals, and provide linkages to community resources & services. Programming is free and voluntary.

You'll find help with: Expectant parents and families of children birth to 5 years old will receive one-on-one visits, developmental screening, parent-child learning activities, health/wellness support/education, and connections to additional resources.

World Changers Prep Academy, Preschool

Contact: 618-416-5188

Address: 3 Emerald Terrace, Swansea, IL 62226

Description: Free preschool program for children ages 3-5 in St. Clair County. The program features developmentally appropriate curriculum, play-based learning, and outdoor play.

You'll find help with: Preschool program for your child aged 3-5. Bus transportation provided.

World Changers Prep Academy, High School

Contact: 618-416-5188

Address: 3 Emerald Terrace, Swansea, IL 62226

Description: High school admission for those in St. Clair County where they help students succeed beyond their dreams and offer unique education to meet student needs.

You'll find help with: High school program for grades 6-12.

Low-Income Housing/Landlords by City

Belleville

https://www.lowincomehousing.us/il/belleville.html

Beacon Properties 314-561-6832

Our Town Realty 618-398-7557

Varski Properties 618-520-8999

Sylvester Radley 618-444-2724/618-509-2568

Kenneth & Eleanore Ahlers 618-235-5872

Steve Reeb 618-277-5694

Monica Young Beverly 618-628-3949

Randy Brown 314-239-4019

Kyle Joseph 312-773-3943

Maryanne Flores 951-377-8999

Bouse Properties 618-410-1047

John Moeser 618-530-7011

Swansea

Metro Landing 618-416-4050

Fairview Heights

Fairview Heights, IL Low Income Housing

Pulver Lewis 423-802-0857

Edward Streif 618-910-9518

O'Fallon

O Fallon, IL Low Income Housing

Edward Streif 618-910-9518

Caseyville

Caseyville, IL Low Income Housing

Cahokia/Cahokia Heights

Carmelo Oliveri 201-618-2854

Cottonwood Apartment 314-207-9220

DCS Properties 314-420-2039

Nick 217-970-2258

Daniel Vasquez Zuluaga 314-712-6788

Granite City

Robert Plaus 618-444-8700

Jaytek Enterprise 618-288-0300

MI Rental LLC 720-231-7499

2937 Morgan LLC 720-539-9087

Kittrrau Ice, LLC 314-495-3987

Kim Benda Properties 618-830-9024

Julia Green Properties 618-977-3393

Jassy Properties 618-210-1183

David Brawley 618-931-5565

Ivo Kandilaroff 314-608-6608

Ginger Glass 314-706-0233

East Saint Louis

East Saint Louis, IL Low Income Housing

Sharon Johnson 314-574-1252

Nathaniel McCloud 618-410-9191

Madison County

Edwardsville Township

Robert Brown Properties 618-660-6092

Robert Bart Bettorf Properties 618-531-9759

Mariconi Properties 618-857-8180

Anthony Womack Properties 618-219-6605

Arsenal Alton Properties 618-251-3300

Robert Carter Properties 618-465-4781

General Resources/Support

Medicaid/TANF/SNAP(Food Stamps)/Employment/More

Illinois Department of Human Services

Website: IDHS: Customers

St. Clair County Office Location (DHS Family Community Resource Center)

Contact: 618-583-2300

Vocational Counselor Contact: Vanessa L. Collier, 618-583-2559 or 217-843-0698

Address: 225 N 9th St East St Louis, IL 62201

Website: IDHS: Illinois Department of Human Services

You'll find help with: Food (SNAP, WIC), Financial Assistance (TANF, LIHEAP), Recovery, Medical (Medicaid, Medicare), Mental Health, Rehabilitation (Employment), Child Care, Shelter/Housing, and Developmental Disabilities.

Application for Benefits Eligibility Resource: Illinois.gov - IL Application for Benefits Eligibility (ABE) ABE Home Page

Community Lifeline

Contact: 618-857-2570

Website: Community Lifeline

Address: 1468 State Street, East Saint Louis, IL 62205

Description: Community Lifeline's mission is to rebuild communities from the inside out with comprehensive programs and community partnerships designed to transform the lives of urban youth and families through Education, Health, Economics and Community Development.

You'll find help with: General case management services and services in the following areas: family advocacy, parenting classes, violence prevention/reduction, counseling, employment readiness training, and housing.

St. Clair County Health Department

Contact: 618-233-7703

Website: St. Clair County Health Department | Growing Healthy Lives

Address: 19 Public Square Suite 150 Belleville, Il 62220

You'll find help with: They offer a wide range of health services for health screenings, tests and vaccinations including childhood immunizations, COVID-19 and Flu Vaccines, HIV Testing, Mammogram and more.

SOAR (SSI/SSDI Outreach, Access, and Recovery)

Contact: (217) 321-2476

Description: SOAR (SSI/SSDI Outreach, Access, and Recovery) is a national initiative that trains caseworkers to guide applicants through the SSI/SSDI process, collect medical records, and prepare comprehensive Medical Summary Reports.

You'll find help with: Support for those with significant mental illness, substance use disorder, and/or medical impairment applying for SSI/SSDI.

Human Support Services

Contact: 618-939-4444

Website: About Us – Human Support Services

Address: 988 N Illinois Rte 3, Waterloo, IL 62298

Description: Human Support Services offers programs assisting with Counseling and outpatient mental health services, Affordable housing for individuals with developmental and intellectual disabilities or mental health concerns, Job coaching, educational classes and training for individuals needing assistance in acquiring vocational, employment and independent living skills

and experience, and Recovery and prevention services for those struggling with substance use and addiction. Employment and Medicaid assistance.

YWCA Metro Saint Louis

Contact: 314-531-7273 (Crisis Line), 314-726-6665 (Housing Line), 314-427-4940 (Early Education Line), 314-531-1115 (Women's Services)

Website: YWCA Metro St. Louis | Crisis Services & Support

Address: 1155 Olivette Executive Parkway, St. Louis, MO 63132

Description: YWCA Metro St. Louis provides a variety of crucial services for individuals and families: crisis intervention and housing for survivors of sexual and domestic violence, Head Start and Early Head Start education and support services, and programs that promote career readiness as a strategy to achieve economic empowerment.

You'll find help with: Shelter, safety from domestic violence, child education, and employment services.

Illinois Department of Employment Security

Contact: 877-342-7533

Website: IDES

Address: N/A

You'll find help with: Unemployment Insurance and Job Search/Connection Support

Job Ready IL.com

Contact: N/A (Online only)

Website: www.jobreadyil.com

You'll find help with: Access to free online job readiness training at anytime, earning work hours to maintain SNAP benefits, and learning how to prepare for, find, and keep a job you love. It is completely free of cost and is most useful for Illinois residents trying to maintain their SNAP benefits.

The Urban League of Metropolitan Saint Louis, St. Clair County Operations

Contact: 618-274-1150

Website: ULSTL - Home

Address: 500 Hinckley St., Cahokia Heights, IL 62207

Description: Basic needs services are provided for those eligible. To be eligible, individuals must show proof of income, family size, household expenses, and documentation of extenuating circumstances.

You'll find help with: If eligible, one could receive utility assistance, rental/mortgage assistance, housing & financial counseling, food assistance, water distribution, and first-time home buyer workshops. They also have employment services and a community garden.

St. Clair County Intergovernmental Grants Department Workforce Development Group

Contact: 618-631-8144 (Kaylee Munton), 618-631-3020 (Sandy Nicard), 618-971-1463 (Shanel Thomas)

Address: 19 Public Square Suite 200, Belleville, IL 62220

Description: St. Clair County IGDWDG offers a program called St. Clair County WIOA Youth Program. This program offers training and paid work experience for those ages 16-24 who face barriers to education, training, and employment. They serve St. Clair County. They also offer a WIOA Adult Program. This program offers job information, job training, and support for dislocated workers.

You'll find help with: The youth program helps with GED, job exploration, tuition assistance, paid work experience, apprenticeships, on job training, and more. The adult program helps with job exploration, return to work, job skills training, and more.

Employment Connection

Contact: 314-333-5627

Address: 2838 Market Street, St. Louis, MO 63103

Description: Connection to employment opportunities.

You'll find help with: Helps prepare for interviews, fill applications, write resumes, finding jobs, dress clothes, transportation to interviews, ongoing job coaching, employment maintenance.

A&M, Workforce Development & Stabilization Program (STL)

Contact: (314) 720-3335; amhomesilf@gmail.com

Website: A•M Homes

Address: 401 Pine St, St. Louis, MO 63102, USA

Description: This program is designed to help individuals obtain employment, secure stable housing, and achieve long-term independence. It connects individuals to opportunities through employer partnerships while also providing housing stabilization and case management services.

Eligibility includes being a veteran, individual transitioning from homelessness, re-entry individual, senior, family, or individual seeking employment and stable housing in the Saint Louis Area.

You'll find help with: An individual would find job placement, job skills training, case management, housing, transportation, meals, and life skills training.

Meridian Illinois Managed Care

Contact: 866-606-3700

Address: N/A

Website: Meridian Illinois Managed Care Plans

You'll find help with: Connects individuals to appropriate healthcare plans and providers that accept those plans. Great resource for Medicaid support.

Puentes de Esperanza

Contact: 618-398-0557

Description: Support & resources for those who speak minimal English and/or need assistance with navigating the community.

Urban League of Metropolitan Saint Louis, Resume Drive

Contact: 618-212-9165; limoore@urbanleague-stl.org

Address: 10220 Lincoln Trail, Fairview Heights, IL 62208

Website: ulstl.com

Description: An individual sends their resume to the email listed above, the staff reviews the resume and matches them with job openings, and they facilitate interviews and placement. See the above listing for job skills training services! Also, they have computer labs with free weekly tech trainings!

Physical Resources

St. Anne Cradle of Hope

Contact: 618-722-5022

Website: St. Anne Cradle of Hope

Address: 2015 West Main Street, Suite B Carbondale, IL 62901

Description: St. Anne Cradle of Hope is a nonprofit Catholic organization that provides material and spiritual assistance to pregnant women and families with young

children. They seek to save lives and strengthen families by helping a mother know that she and her baby are loved and valued.

You'll find help with: At St. Anne Cradle of Hope, they strive to work with other Christians in the community, and together provide material assistance to anyone in need by distributing diapers, wipes, formula, bathing necessities, clothing, and other items for mother and child They seek to help pregnant women in the community choose life for their babies by providing practical assistance and emotional support while sharing God's love and plan for their lives.

Metro East Diaper Bank

Contact: 618-741-7296

Website: Metro East Diaper Bank

Address: 4020 Green Mount Crossing Dr Ste 421, O'Fallon, IL 62269

Description: Diapers for families in need.

You'll find help with: Diapers for families in need.

Lessie Bates Davis Neighborhood House

Contact: 618-874-0777

Website: Impact Areas – Lessie Bates Davis Neighborhood House

Address: 1200 N 13th St, East Saint Louis, IL 62205

Description: Lessie Bates Davis Neighborhood House is a multi-purpose, faith- based community center in relationship with the United Methodist Church. Our mission is to empower individuals and families to move out of poverty and achieve self-sufficiency. We aim to assure that a new generation of children has the support needed to be successful in school and in life.

You'll find help with: Individual and Family Support Services provides emergency cash grants or other vendor payments or loans for emergency utility assistance, rental, medical, clothing, and shelter assistance to assure that the necessities of life are being met for the individuals and families in the community.

Inside/Out Thrift Store

Contact: 618-235-2349

Website: Inside/Out Thrift Store Ministry | When you help us you are helping others

Address: 1620 Lebanon Ave, Belleville, IL 62221

Description: Faith-based, family ministry operating through a thrift store.

You'll find help with: This thrift store offers a free bag of clothing for children, once per season.

Beacon Ministries

Contact: 618-416-4538

Website: BEACON MINISTRIES

Address: Church ministry outreach center that helps where it can.

Description: If furniture assistance is needed, call the resource center to place a request.

You'll find help with: Furniture.

Sleep in Heavenly Peace

Contact: 844-432-2337 x 5547

Description: Sleep in Heavenly peace builds and delivers beds to children in the community for free.

St. Clair County Health Department

Contact: 618-825-4407

Website: St. Clair County Health Department | Growing Healthy Lives

Address: 19 Public Square Suite 150 Belleville, Il 62220

Description: Baby Safe Sleep Program was created for expecting families and families with children under the age of one. The program is designed to offer education on safe sleep practices while also providing items that help those practices.

You'll find help with: They offer help with education on safe sleep practices and acquiring pack and plays and sleep sacks. Walk-in hours are M-F 8am-3:30pm & second Thursdays 8am-6:30pm.

Helping Hand Me Downs

Contact: 314-919-6999

Website: Helping Hand Me Downs

Address: 16225 Westwood Business Park Ellisville, MO 63021

Description: The families referred to HHMD receive clothing, a seasonal coat or jacket, socks, shoes, toys and books.

You'll find help with: Physical resources once referred or upon self-referral.

FOCUS Gateway City

Contact: 866-267-3083 x720

Website: FOCUS Gateway City – Facing the needs of our neighbors, together.

Address: 1901 Ann Ave, St Louis, MO 63104

Description: FOCUS Gateway City is a local Orthodox Christian community service center in St. Louis, MO, providing food, clothing, transportation, and other resources to neighbors in need.

You'll find help with: They have the following programs: Apostles Community Kitchen – Serves warm meals on Sundays (4:30–5:30 PM) on the 2nd through 21st of each month. Guests can also use the food pantry for shelf-stable and fresh/frozen foods, plus hygiene items like toothpaste, soap, shampoo, razors, and feminine products. Breakfast is served every Wednesday (9–11 AM) with pantry access; St. Xenia's Closet – Provides clothes, shoes, and towels on the 2nd and 4th Wednesdays of each month (9–11 AM); St. Elijah's Bus Tickets – Offers two Metro bus tickets to those needing transportation for food, clothing, shelter, school, work, church, doctor's appointments, or case worker meetings. Available Sundays (4:30–5:30 PM) and on the 2nd/4th Wednesdays; St. Elias Haircuts – Provides free haircuts and beard trims during Sunday Suppers (twice a month; check the program calendar for dates).

CPR/First Aid/Safety

Fire Safety

O'Fallon Fire Rescue EMS

Fire Safety Tips – O'Fallon Fire Rescue

Description: Fire Safety Tips listed on website as a resource. Can be printed.

CPR/First Aid

American Red Cross

Website: Search | Classes, Products, Articles | Red Cross

Description: Online and in-person CPR, Frist Aid, and AED classes. These classes are not free and run at about $37.00 for official certification.

Alison Training

Website: Basics of CPR and AED | Free Online Course | Alison & CPR, AED and First Aid | Free Online Course | Alison

Description: Online classes for CPR, AED, and First Aid. The classes are free, but certification costs. Certification may not be as acclaimed as other sources.

CPR Testing Center, Belleville

Website: CPR Training Class Belleville Il 62221 - OFFICIAL SITE

Description: They provide free online classes for CPR, AED, First Aid, Basic Life Support, OSHA 1910.1030, and Bloodborne Pathogens training. The certificate costs money and comes to a total of $24.99 for two years.

The CPR AED Coach - American Heart Association Training Site

Website: cpraedcoach.com

Description: Local training center for the American Heart Association. Most standard classes run around $24.99 and include the certificate.

Self Defense/Gun Safety

Brad Lewis 618-670-7407

Website: Brad Lewis | Certified Instructor

Description: Gun Safety & Home Defense

David Young 636-734-4317

Website: Training

Description: Safety & Self-Defense through business Keep Calm and Carry

Legal Assistance

Land of Lincoln Legal Aid

Contact: 618-398-0958

Website: www.lincolnlegal.org

Address: 8787 State St Ste 201, East Saint Louis, IL 62203

Description: At Land of Lincoln Legal Aid, they work to provide free legal aid to families and individuals in need throughout central and southern Illinois. The team handles certain kinds of civil cases. The kind of help we provide our clients ranges from telephone advice and brief service to representation in court or at administrative hearings.

You'll find help with: They provide legal assistance in the following areas of law: Consumer Law, Family Law, Education Law, Elder Law & Disability Rights, Health &

Economic Security, and Housing Law. The type of service they can provide depends on the specific legal problem, information about the case, and staff availability. They do not handle any criminal cases (including traffic cases). They also do not handle any personal injury, malpractice, or workers' compensation cases.

Children's Justice Division at State's Attorney Office

Contact: (618) 277-3892;

Website: State's Attorney | Departments | St. Clair

Address: #10 Public Square, Belleville, IL 62220

Description: The Children's Justice Division was started in 2013 to address all different types of cases involving children in St. Clair County and protect the children of our community. This unit oversees felony cases involving child victims, truancy cases, abuse and neglect cases, juvenile delinquency cases, child support enforcement and the St. Clair County Teen Court program.

You'll find help with: Legal aid for violent crimes with child victims.

Alive STL

Contact: 314-993-2777 (Crisis Line) 314-993-7080 (Office); alivestl@alivestl.org; Contact Us (online submission form)

Website: ALIVE – Alternatives to Living In Violent Environments

Address: P.O. Box 28733, St. Louis, MO 63146

Description: ALIVE – Alternatives to Living In Violent Environments. Providing shelter, healing, and hope for adults and children affected by intimate partner violence.

You'll find help with: At ALIVE, you will find help with a 24-hour crisis line, emergency transportation/shelter for DV survivors in immediate danger, individual and group adult counseling, a children's treatment program, court advocacy, and community education and outreach.

Renter's Insurance

Low-Income Renter's Insurance

Website: Best Renters Insurance Of 2025 – Forbes Advisor

Description: Insurance companies like Lemonade, Liberty Mutual, American Family Insurance, and Allstate offer low rates for renter's insurance. Some are as low as $5 a month.

Transportation

Medicaid Transport

Website: MedicalTransportationNonEmergency

Description: Medicaid offers transportation to medical appointments/services under certain plans

STL Car Share

Website: https://mdocarshare.org/STL/

Description: Car rental program at Belleville Public Library. $5/hour or $50/day, includes insurance.

Saint Clair County Transportation Department's VanGo

Website: SCCTD VanGo | On-Demand Rideshare in St. Clair County powered by Via

Description: SCCTD VanGo is the county's on-demand transportation service. When you're ready to go, book a shared ride straight from your phone and get picked up in a sleek, comfortable vehicle. For efficiency, you may share the ride with others going in the same direction. Commute, explore the sights, or get just about anywhere you need without breaking the bank. Hours are Monday-Friday 5am to 6pm. Standard Ride is $3. It is $1 to/from Shiloh-Scott MetroLink. Children under 2 are free.

Saint Clair County Transit District Flyer

Website: SCCTD Flyer - St. Clair County Transit District

Description: It provides access to and from six area Metro Transit centers, helping to eliminate the need to walk – sometimes long distances – to gain access to public transportation. The SCCTD Flyer can also be utilized in parts of Belleville to get directly to other destinations – including homes, workplaces, schools, healthcare facilities, shopping establishments and entertainment venues. A ride can be scheduled by calling (618) 800-6884 or using the Via SCCTD Flyer app, which provides an estimated pick-up time, real-time ride tracking and an alert in advance of arrival. Service times vary depending on the service zone. The cost is $1 per one-way trip to or from Metro Transit Centers. Trips to other destinations within Belleville's Mobility-on-Demand (MOD) Zone are $3 per one-way trip. Those with a SCCTD Senior Pass or Benefit Access Pass (BAP) can go anywhere within the available service areas for $1 per one-way trip. Fare can be purchased through the Via SCCTD Flyer app, at Ticket Vending Machines at Metro Transit Centers in Illinois or the Gateway Market (2511 State Street, 62205) or Neighbors Marketplace (1001 N. 15t Street, 62205). No cash fares are accepted.

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Saints Peter and Paul Catholic Church

Contact: office@stspeterandpaulstl.org**;** 314-231-9923

Website: Saints Peter and Paul Catholic Church - St. Louis, MO

Address: 1919 South 7th Street St. Louis, Mo 63104

Description: Catholic church located in Saint Louis that offers free meals and bus passes to those in need in the community.

You'll find help with: Bus passes and free meals. If you are currently employed and seeking assistance with purchasing a bus pass for transportation to and from work, they invite you to contact the Parish Office to enroll in the program. Every day from the 2nd through the 21st of each month, a free meal is served at the Parish Mid-Level Hall. These homemade meals are served to the residents of the shelter, as well as to families and individuals in the Soulard area, who may be on limited or fixed incomes. Additional mealtimes include Monday through Friday 5:00 p.m. - 5:45 p.m. and Saturday and Sunday Noon - 12:45 p.m.

Odds & Ends

Mountains to Molehills

Contact: 618-251-9790 x216, help@mountainstomolehills.org

Website: Mountains to Molehills

Address: 144 E Ferguson Ave Wood River, IL 62095

Descriptions: Mountains to Molehills provides relief for the purpose of improving the lives of the impoverished through appliance repair/replacements, home repairs, auto repairs, or other activities that might provide relief and service to poor or needy individuals.

You'll find help with: The following are areas they assist in appliance repair/replacements, home repairs, auto repairs, or other activities that might provide relief and service to poor or needy individuals.

For Madison County Only

Riverbend Family Ministries

Contact: 618-251-9790

Address: 144 E Ferguson Ave Wood River, IL 62095

Website: Riverbend Family Ministries

Description: Riverbend Family Ministries partners with several nonprofit organizations to provide services to those in need. This is a great resource to support JOH and to outsource clients in Madison County. Nonprofit partners include—Client Service Department, Refuge, Mountains to Molehills, Amare, Group Interventions, Every Survivor Counts, SOAR, CASA, & Pathways Counseling.

Car Repair Program

Contact: 618-296-6177

Description: Madison County Community Development (CSBG) offers car repairs to those working full time. Eligibility includes: meeting income guidelines, working a minimum of 32 hours a week, current driver's license, proof of car insurance, proof of vehicle registration, and completed application.

Vision Assistance Program

Contact: 618-296-6177

Description: Madison County Community Development (CSBG) offers eye exams for those without insurance. They help with eyeglasses and contact lenses as well. One must be a Madison County resident and complete an application.

Madison County Catholic Charities Prescription Assistance

Contact: 618-462-0634 ext 221 (Alton) or 618-877-1184 ext 208 (Granite City)

Description: If you are low income with no insurance or limited prescription coverage, call to schedule an appointment and receive support with prescriptions. Must meet program eligibility requirements and utilize a partner pharmacy.

Faith Coalition Edwardsville

Contact: faithcoalitionedwardsville@gmail.com

Description: They offer yard work services, home-repair services, and furniture distribution for those in need.

Madison County Catholic Charities

Contact: 618-462-0634 (alton) or 618-877-1184 (granite)

Description: Variety of support services including homeless prevention, transportation support, food pantries, legal services, prescription assistance, and counseling services.

Crisis Lines

Anti-Violence Project 212-714-1141

Chestnut Crisis Line 618-877-0316

St. Clair Coordinated Entry Housing Hotline 618-825 -3330

Comprehensive Behavioral Health Crisis Line 618-482-7330

National Child Abuse & Neglect, Child Help 1-800-422-4453

Substance Use Hotline 1-833-234-6343

National Domestic Violence Hotline 1-800-799-7233

National Human Trafficking Hotline 1-888-373-7888

Suicide Prevention Hotline 988

Oasis Women's Center Crisis Line 618-465-1978

SAMHSA 1-800-662-4357

Metro East Sexual Assault Hotline 1-800-656-46733 or 618-397-0975

Violence Prevention Southwestern Illinois Hotline 618-235-0892

Illinois Child Abuse & Neglect Hotline 800-252-2873

SafeLink Hotline 1-800-723-3546

Helpful Resource Lists from Other Organizations

CUP-Community-Resource-Guide-2025-.pdf

Available Resources | SCCCOC

Resources & Links

CompassionSTL – St. Louis Community Resources