**COVID-19 COMMUNITY RESOURCES***Information will be updated as needed.5/1/2020*

**FOOD PANTRIES/FOOD DRIVES**

* **4 C’s Food Pantry Monday, Wednesday, Friday 10am-1pm** \*Bring ID\*
* **Cherry St. General Baptist Church Pantry 1st & 3rd Thursdays 9-11 am** 618-382-7419
* **Eldorado First Baptist Church Tuesdays-Thursdays 11:30 am-12:30 pm**. Will continue until further notice. 618-273-8206
* **Eldorado First Baptist Church Food Pantry Every Third Monday of the month from 10am**-**1pm**
* **Friends of Jesus Food Pantry Wednesdays 9-11 am (Gallatin County)**. Curbside pickup.
* **Gallatin County Food Pantry First 4 Tuesdays 9:30 am-2:30 pm closed for lunch 12-1 pm** 618-313-0296
* **The Roads Church Food Pantry First 3 Saturdays 9 am-12 pm serves** **all counties** 618-378-3959
* **Enfield Christian Church Food Pantry 3rd Saturday 8-10 am (Enfield School District)** 618-926-2596
* **Hands of Compassion -God's Soup Kitchen Monday & Tuesday 4-5:30 pm (White County)** 618-384-0000
* **Harvest Deliverance Food Pantry (Harrisburg) First 3 Wednesdays 10 am-12 pm** 618-499-8083
* **First Baptist Church (Galatia) Wednesdays 10:30 am-1 pm** 618-268-4052 \*Bring ID\*
* **Harrisburg Medical Center/Fire Dept/LCC-** Food drive. Drop off unexpired canned goods/nonperishables M-F 9 am-5 pm @ Fire Dept in HBG, HMC Annex #5, Little Chapel Church. Call for more info 618-253-0403

**COVID-19 HOTLINES/HOSPITAL CONTACT INFO**

* **Illinois Department of Public Health (IDPH)** 1-800-889-3931| DPH.SICK.ILLINOIS.GOV
* **Southern Illinois Healthcare (SIH)** 1-844-988-7800 | sih.net
* **Ferrell Hospital** Triage Nurse 618-273-2275 | ferrellhosp.org
* **Harrisburg Medical Center** 618-253-0342 |harrisburgmc.com
* **Christopher Rural Health Planning Corporation(CCRHPC)**  1-800-408-7351 (Eldorado, Carmi, Shawneetown)
* **Community Health and Emergency Services (CHESI)** 1-877-MYCHESI(692-4374) (Harrisburg)

**Free/low cost internet**

* **Mediacom Connect-2-Compete** [https://mediacomc2c.com/](https://l.facebook.com/l.php?u=https%3A%2F%2Fmediacomc2c.com%2F%3Ffbclid%3DIwAR0e7nh6sgbFByZ04npfs2sKdOGoz1BEQ4HTwrbdTIFo4PKvUHCjq5cxuto&h=AT0tc5bVdJCu2eNwmX1LEV63QRngftTqS_RzW27tWgc-lDWiMesx7B0dfjau2vFfFJ3p5VsmKyl9SrnmOkB2IZngYals--oes9ZGcv7mhm7ruDrpzgsfXsiS9MhlGJgLF6rSqN9oaeKMaw-kLXJwZv_5CsxMQOChW1RlbTuTKLNWqTUjG3mXGdnkifGarfyMuHGFE3t0YuijB6qGeKi6-xOEwbEC98J5LgUxP4c6QXG5xhGtTJX24EpUQf1c0mEppGc2IXLep8ShpZbGNXCAKy6tSKG1ZTgw7YOyNpHGWAjUmDd_I2XtSnWL5RhuX-c4Fuz7hPzyCCwwBuDpyUGEhxiZex0r_WEZpD6-FC4aCibvMisdhHwr-CJ8Dsoku5IJgblOM0G1HUucGm5tgIu_idk1KfzWiurfPU-mJCsIhGBayRBInBrvARcM25-smqE7PWxPZqfKcEr3sctI6ysFy-Q2NiLBQjoRDl2dhrnFTAN-5tzSyIfNMhdvYmATOc2OyCeZW6lPETnH_wWutsh9suupg6JwxVJSl7mltsn9oujA8ewAxvJVkPBHJ88xOXBAjfEpyuJeNYiF5RRIysGdKBC4RWjB7wJsAjC11lPzwQUnbsRbRdTl62wcopRt7-FB_x4) KEY – must live in a Mediacom service area -- Mediacom’s broadband network is available in Eldorado and Harrisburg (also Marion, Carbondale, et al) – but our network infrastructure extends to neighborhoods within the municipality – typically not far beyond. For families that live in rural areas between communities, the ISP option is generally the telephone company.
* **Free Spectrum internet** during school closures 1-844-488-8398

**BEHAVIORAL HEALTH**

* **Call4Calm** text “TALK” to 552020 or “HABLAR” for Spanish. You can also text “Unemployment” “Shelter” or “Food”
* **Disaster Distress Hotline for COVID-19 Related Stress and Anxiety** 1-800-985-5990
* **Substance Abuse and Mental Health Services Administration Helpline** 1-800-622-HELP(4357)
* **National Domestic Violence Hotline** 1-800-799-7233
* **Suicide Prevention Lifeline** 1-800-273-TALK(8255)
* **Online & Phone Meetings**
  + www.na.org
  + www.virtual-na.org
  + www.aa-intergroup.org
  + www.onlinegroupaa.org
  + www.12step.org/social/online-meetings/
  + www.intherooms.com
  + www.smartrecovery.org/community/calendar.php
  + Free Recovery Apps in your App Store
  + Sober Grid
  + Nomo (for families)
  + Sober Tool
  + WeConnect
  + AA Big Book (free text)
  + Smart Recovery Cost Benefit Analysis
  + Meditation Apps
  + Headspace
  + Simple Habit
  + Tide

**UNEMPLOYMENT**

* **Illinois Department of Employment Services (IDES)** [**https://www2.illinois.gov/ides/Pages/default.aspx**](https://www2.illinois.gov/ides/Pages/default.aspx)

**CHILDCARE FOR ESSENTIAL WORKERS**

* If you are an essential worker, call the local **Child Care Resource and Referral (CCRR)** at John A. Logan College at 618-985-5980 for assistance locating day care services.

**OTHER RESOURCES**

* **WADI Assistance Programs** Energy Assistance, Community Service Block Grant, Homeless and Homeless Prevention, Weatherization **Call WADI- Funds are limited- 618-252-2680**
* **Shawnee Alliance Emergency Assistance Services Grant-** Grant funds will be used to assist older adults 60+ with unmet needs related to COVID-19 and isolation which may include but not limited to: nutritional needs, personal care/sanitation needs, personal medical care needs, & transportation services. **618-985-8322 or 1-800-642-7773**