WHAT IS RESOURCE NAVIGATION?

HELPING PEOPLE FIND THE RIGHT RESOURCES, SERVICES, AND SUPPORT THEY NEED TO MOVE FORWARD TOWARD A HEALTHIER, SAFER, AND MORE STABLE LIFE.

IN SIMPLE TERMS: WE HELP PEOPLE FIGURE OUT WHERE TO TURN AND WALK ALONGSIDE THEM TO FIND THE SUPPORT THEY NEED.

RESOURCE NAVIGATION IS NOT ABOUT TELLING PEOPLE WHAT TO DO OR EXPECTING THEM TO FIGURE EVERYTHING OUT ON THEIR OWN.

IT IS NOT:

- ❌ PROVIDING ALL THE SERVICES SOMEONE NEEDS DIRECTLY.
- ❌ JUDGING SOMEONE FOR THEIR CIRCUMSTANCES OR CHOICES.
- ❌ MAKING PROMISES WE CANNOT KEEP.
- ❌ EXPECTING PEOPLE TO NAVIGATE COMPLICATED SYSTEMS ALONE.
- ❌ A QUICK FIX FOR EVERY CHALLENGE.
- ❌ TAKING AWAY SOMEONE'S ABILITY TO MAKE THEIR OWN DECISIONS.

Sacred Spaces of CARE

Community Advocacy Resource Education

RESOURCE NAVIGATION IS ABOUT MEETING PEOPLE WHERE THEY ARE, HELPING THEM UNDERSTAND THEIR OPTIONS, AND WALKING ALONGSIDE THEM AS THEY FIND A PATH FORWARD.

Sacred Spaces of CARE
Community Advocacy Resource Education

COMMUNITY ADVOCACY RESOURCE EDUCATION
WWW.SACREDSPACESOFCARE.ORG
618-463-3516 INFO@SACREDSPACESOFCARE.ORG

MENTAL HEALTH & CRISIS SUPPORT GUIDE

Mental Health

MADISON COUNTY MENTAL HEALTH BOARD
WWW.MADISONCOUNTYIL.GOV/DEPARTMENTS/MENTAL_HEALTH/INDEX.PHP

MADISON COUNTY MENTAL HEALTH ALLIANCE -
WWW.MADISONCOUNTYIL.GOV/DEPARTMENTS/HEALTH/MENTAL_HEALTH.PHP

NAMI SOUTHWESTERN IL
HTTPS://NAMISWI.ORG/

BRIGHTPOINT - (618) 462-2714
CENTERSTONE CRISIS INTERVENTION TEAM - (618) 465-4388
CHESTNUT HEALTH SERVICES - (618) 877-4420
CHESTNUT CRISIS INTERVENTION TEAM - (618) 877-0316
COMPREHENSIVE BEHAVIORAL HEALTH - 618-482-7330
GATEWAY REGIONAL MEDICAL CENTER - (618) 798-3888
JUVENILE JUSTICE (CHESTNUT HEALTH SYSTEMS) - (618) 877-4420
MADISON COUNTY CHILD ADVOCACY CENTER - (618) 296-5390
REFUGE - (618) 251-9790 EXT. 205
OSF PSYCHOLOGICAL SERVICES - (618) 474-6240
SIHF BEHAVIORAL HEALTH - (618) 463-5905
HEARTLINKS GRIEF CENTER - 618-573-1801

DIAL 211 - UNITED WAY ASSISTANCE FOR NON-EMERGENT NEEDS

988 - suicide & crisis lifeline

SALVATION ARMY - 618-465-7764
CRISIS FOOD CENTER - 618-462-8201
OASIS WOMEN'S CENTER - 618-465-1978
OVERNIGHT WARMING LOCATIONS - ALTONWARMINGLOCATIONS@GMAIL.COM
RIVERBEND FAMILY MINISTRIES - 618-251-9790
CARITAS FAMILY SOLUTIONS - 618-468-1601
COMMUNITY HOPE CENTER - 618-251-8021
CALVARY CARES - 618-465-4357
SENIOR SERVICES PLUS - 618-465-3298
CHALLENGE UNLIMITED - 618-465-0044

CARES LINE - 800-345-9049
SAMHSA - 1-800-662-4357
SUICIDE PREVENTION HOTLINE 800-273-8255
DOMESTIC VIOLENCE HOTLINE 1-800-799-7233
IL CHILD ABUSE HOTLINE - 1-800-252-2873
VETERANS CRISIS LINE - DIAL 988 THEN PRESS 1
METRO EAST EVERY SURVIVOR COUNTS SEXUAL ASSAULT CRISIS LINE (618)-397-0975

TTY - DIAL 711 THEN 988

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618-463-3516 INFO@SACREDSPACESOFCARE.ORG

SUBSTANCE USE TREATMENT & RECOVERY SUPPORT GUIDE

RECOVERY COMMUNITIES & SUPPORT GROUPS

AMARE - (618) 251-9790 EXT. 207

FINDING HOPE - FAMILY SUPPORT GROUP - (316) 708-4471

ALCOHOLICS ANONYMOUS - METRO EAST (618) 251-4000

NARCOTICS ANONYMOUS - METRO EAST (618) 398-9409

AL-ANON - ALTON AREA (618) 463-2429

CELEBRATE RECOVERY - HTTPS://LOCATOR.CRGROUPS.INFO/

METRO EAST RECOVERY COUNCIL - HTWWW.GOVST.EDU/RECOVERY-SUPPORT/MERC-ROSC-COUNCIL

PARTNERSHIP FOR DRUG FREE COMMUNITIES - HTTPS://PARTNERSHIPDRUGFREE.ORG/

IL WARM LINE
866-359-7953

IL HELPLINE FOR OPIOIDS & SUBSTANCES
833-2FINDHELP

PORCHLIGHT COLLECTIVE HARM REDUCTION
618-882-2452

SUBSTANCE USE TREATMENT & SOBER LIVING

ARCH - ALCOHOL REHAB COMMUNITY HOME - (618) 877-4987

ALTON MEMORIAL - (618) 463-7780

ARCA - NORTH COUNTY - 314-645-6840

BELLEVILLE MEMORIAL - 618-233-7750

CENTERSTONE - (618) 465-4388

CHESTNUT HEALTH SYSTEMS - (618) 877-4420

CHESTNUT ADDICTION SERVICES FOR TEENS - (618) 288-3100

GATEWAY FOUNDATION - (877) 465-2353

IL RECOVERY CENTER - (888) 492-3281

OXFORD HOUSE - 301-587-2916; 800-689-6411

NEW VISION AT OSF SAINT ANTHONY'S HEALTH CENTER - (618) 358-0200

SIHF OPIOID DEPENDENCE - (618) 463-5905

TASC - 618-656-7672

TOUCHETTE INTENSIVE OUTPATIENT (ALTON) - 618-332-4081

ALTERNATIVE DRUG COURT PROGRAM - CHESTNUT HEALTH SYSTEMS (618) 877-4420

988 - suicide & crisis lifeline

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RESOURCE GUIDE FOR ESSENTIAL NEEDS – ALTON

BRIGHTPOINT - YOUTH - 718-462-2714
(serving ages 18-24)

OASIS WOMEN'S CENTER - 618-465-1978
(women & children who are victims of domestic violence)

SALVATION ARMY - 618-465-7764
(Booth House Shelter Program serving unhoused men, women, & families)

GOOD SAMARITAN HOUSE (Granite City) - 618-300-7255
(unhoused mothers & children)

ALTON HOUSING AUTHORITY - 618-465-4269
(public housing & subsidy vouchers, rent subsidy based on income)

MADISON COUNTY ENERGY ASSISTANCE PROGRAM
618-692-7040 x6485

MADISON COUNTY EMPLOYMENT & TRAINING
618-692-8954

LCCC ADULT EDUCATION SCOTT BIBB WORKFORCE TRAINING, TUTORING, DIPLOMA/GED
618-468-4141

MADISON COUNTY HEALTH DEPARTMENT
618-296-8942

OVERNIGHT WARMING LOCATIONS - Alton - Deliverance Temple; Edwardsville - First Baptist Church; Granite City - Mt Zion Church

DIAL 211 - UNITED WAY ASSISTANCE FOR NON-EMERGENT NEEDS

FOOD, CLOTHING, & SUPPORTIVE SERVICES

CRISIS FOOD CENTER - 618-462-8201
SALVATION ARMY - 618-465-7764
CATHOLIC CHARITIES - 618-462-0634
RIVERBEND COMMUNITY FOOD PANTRY - 618-462-9841
COMMUNITY HOPE CENTER - 618-251-8021
SENIOR SERVICES PLUS - 68-465-3298
VITALITY SPEAKS - 618-466-1690
WOMEN'S MINISTRY CENTER - 618-433-8308
RIVERBEND FAMILY MINISTRIES - 618-251-9790
CALVARY CARES - 618-465-4357
MADISON COUNTY URBAN LEAGUE - 618-463-1906
LAND OF LINCOLN LEGAL AID - 618-462-0029
IMPACT - 618-692-8940

Resource Guide QR

MOBILE HEALTH & WELLNESS VAN - Alton Memorial Hospital - 618-463-7780
(small clothing & hygiene items, medication waste bags, narcan, fentanyl test strips, medical supplies)

MADISON COUNTY TRANSIT 618-797-4636
(public bus service)

JEWELRIDE 618-250-4771
(medical transport)

SENIOR SERVICES PLUS 618-465-3298
(transport age 60 and older)

988 - suicide & crisis lifeline
*veterans - dial 988 and press 1

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RESOURCE GUIDE FOR RIVERBEND AREA FOOD ASSISTANCE

MEALS

FIRST PRESBYTERIAN CHURCH
E 4th & Alby, Alton
Tuesday 11:30am-12:30pm
Saturday - 11:30am-12:30pm

SALVATION ARMY - *618-465-7764*
525 Alby, Alton
Monday Pizza 11:00am-12:00pm
Thursday Lunch 1pm (1st & 3rd each month)

MORNING STAR MISSIONARY BAPTIST
1 E. 6th Street, Alton
4th Saturday of Each Month
11:30am-1:00pm

COMMUNITY HOPE CENTER - *618-251-8021*
1201 Hope Center Lane, Cottage Hills
Mon/Wed/Fri 10am-1pm; Tuesday 10am-12pm

SENIOR SERVICES PLUS - *618-465-3298*
2603 N Rodgers Ave, Alton
School House Grill Restaurant
Monday - Friday, 7am-1pm (55 & older)

THE ALTON MISSION
Basement of Deliverance Temple, 1125 E 6th, Alton
Sunday 11:30am
(worship at 10:30am with meal served after)

FOOD PANTRIES

COMMUNITY HOPE CENTER - *618-251-8021*
1201 Hope Center Ln. Cottage Hills
By appointment M, W, F 9am-1pm; T 9am-12pm; Th 4pm-7pm

CRISIS FOOD CENTER - *618-462-8201*
21 E 6th Street - Alton
M-F 8:30am-3pm; Food Pick-Up 1pm-3pm

CATHOLIC CHARITIES - *618-462-0634 ext. 259*
Guardian Angel Pantry - 3512 McArthur Blvd. Alton
Wednesday & Friday; 12:30pm-3:30pm

GOT FAITH MINISTRIES - *618-567-5877*
508 West Pine Street, Jerseyville
https://gotfaithonline.org/

GLEN-ED PANTRY - *618-656-7506*
125 5TH Ave, Edwardsville
Monday & Wednesday 3pm-5:30pm; Tu/Th/F 9am-11:30am

OPERATION BLESSING - *618-251-5683*
18 E Lorena, Wood River
Monday - Thursday 10am-1pm
**must live in Wood River, Chouteau, or Fort Russell Township*

SALVATION ARMY - *618-465-7764*
525 Alby, Alton

THE STOREHOUSE - *618-468-1068*

WOMEN'S MINISTRY CENTER - *618-433-8308*
2418 Bloomer Drive, Alton
Monday & Wednesday 1pm-4pm; 1st Saturday 11am-1pm

DIAL 211 - UNITED WAY ASSISTANCE

Scan this QR Code to access resources for Mental Health, Substance Use, Youth, and Essential Needs

988 - suicide & crisis lifeline
*veterans - dial 988 and press 1

www.sacredspacesofcare.org

Sacred Spaces of CARE
Community Advocacy Resource Education

Community Health and Safety Education

Beyond the Diagnosis: Mental Health & Intellectual / Developmental Disabilities

Regulation Before Connection: Understanding Needs & Behavior

Safe to Speak: Building Psychologically Safe Environments

in partnership with Michelle Matsche of

beyond WORDS

Mental Health FIRST AID

Adult & Youth

Talkin' Trauma: Effects of Trauma (ACE's) & Tools for Resilience

Recovery Is Possible: Conversation on Substance Use & Recovery w/ Narcan Demonstration

ALTON POLICE DEPT

Situational Awareness: Navigating Crisis with Tools for Safety & Wellbeing

in partnership with the Alton Police Department for basic self-defense

A CONNECTED COMMUNITY IS A BETTER COMMUNITY

Sacred Spaces of CARE

Community Advocacy Resource Education

A CONNECTED COMMUNITY IS A BETTER COMMUNITY

618-463-3516
info@sacredspacesofcare.org
sacredspacesofcare.org









Resource Navigation - Connection to Care

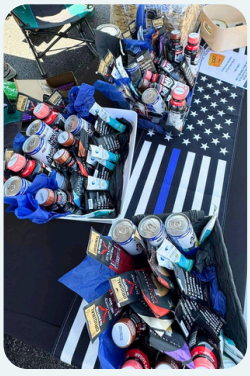
Everyone needs support sometimes — and now, you can get help with navigating hard moments, free of charge. You don't have to walk alone.





Community Health and Safety Education

It's hard to know what to do, where to turn, or how to help. We are here to make that process easier and ensure you are aware of resources and options.







Law Enforcement Safety & Wellbeing

Chronic exposure to trauma and occupational stress are a very real safety and health concern for first responders. We are here to promote healthy choices and lighten the load.