

SAINT ANTHONY COLLEGE OF NURSING

Rockford, IL

RESOURCES

Crisis:

- Call 911
- Go to your nearest emergency department
- 24/7 Services
 - o Dial/Text/Chat
 - Suicide, Mental Health, Substance Abuse, or Emotional Crisis
 - Call: 988
 - Online chat: <https://chat.988lifeline.org/>
 - Crisis Text Line: HOME to 741741
 - o National Suicide Prevention Lifeline - 1-800-273-TALK (8255)
 - o National Hopeline Network – 1-800-442-HOPE (4673)
 - o Veterans Crisis Line
 - Dial 988 – then press 1
 - Text 838255
 - Chat online: <https://www.veteranscrisisline.net/>
 - o Domestic Violence/Sexual Abuse
 - 24/7 Center for Prevention of Abuse – 800-559-SAFE (7233)
 - 720 W Joan Court, Peoria, IL 61614; 309-691-0555
 - Sexual Abuse Services: 309-691-4111
 - o Trevor Project
 - LGBTQ - 866-488-7386, Text START to 678678
 - Trans Lifeline – 1-877-565-8860
 - o Trillium Place Crisis services (Carle Health) – mental health, substance abuse
 - Peoria County – 309-671-8084
 - Tazewell & Woodford County – 309-347-1148
 - o Heart of Illinois & Advanced Medical Transport Help Line
 - Call: 211 or 309-999-4029
 - <https://www.211hoi.org/>
 - Food resources, housing & utilities, clothing & household items, education, legal, public safety, transportation, mental & physical healthcare/wellness, income support, employment, & more

Hotlines:

- Sexual Identity
 - o LGBT National Hotline - 1-888-843-4564
 - M-F 3pm-11pm, Sat 11-4pm
 - o Trans Lifeline - 1-877-565-8860
 - 7 days a week - 4pm-12am

- Substance Abuse
 - o National Institute on Drug Abuse Hotline – 800-662-4357
 - o Cocaine Anonymous – 800-347-8998
 - o National Help Line for Substance Abuse – 800-262-2463
 - o Alcohol & Drug Helpline – 800-821-4357
 - o Alcohol & Drug Abuse Hotline – 800-729-6686
- IDHS Help is Here (IL Dept. of Human Services)
 - o Cash, SNAP, & Medical Assistance
 - o Call 1-833-2-FIND-HELP (1-833-234-6343)
- Poison Control
 - o www.illinoispoisoncontrol.org
 - o 1-800-222-1222
- Illinois HIV/AIDS & STD Hotline
 - o 1-800-445-2437

Referral Services:

- Mental Health America
 - o 1-800-969-6MHA (6642)
 - o <https://namiillinois.org/>
- National Alliance on Mental Illness (NAMI) 9am – 9pm
 - o Call 1-800-950-6264
 - o Text NAMI to 741741
 - o Peer-support – information, resource referrals, support to those with a mental illness and/or family members/caregivers
- Call 211 or 309-999-4029
 - o Non-emergency – community information & services, food, shelter, counseling, mental health, employment, elderly, children, and families

Resources Within the Community

- Alignment Rockford
 - o 612 N Main Street, Rockford IL 61103, 779-774-4389
 - o Disability services, food support mental health, housing, etc
- Continuum of Care – Northern Illinois Homeless Coalition
 - o Community Action Agency
 - 612 N Church St., Rockford IL 61103
 - o 24/7 Homeless Hotline – 844-710-6919
- Rockford Rescue Missions
 - o 715 W State St., Rockford IL 61112, 815-965-5332
 - o <https://www.rockfordrescuemission.org/>
 - o Meals, programs, housing, clinic, thrift store
- Salvation Army of Rockford
 - o 1720 18th Avenue, Rockford, IL 61104 – 1-800-SAL-ARMY

- o <https://www.salvationarmyusa.org/il/rockford/>
- o MANY services offered at a variety of locations
 - Thrift store, adult rehabilitation center, social services, rent and utility assistance, youth, disaster, poverty
- Single Point of Entry
 - o 612 N Church St., Rockford, IL 61103, 844-710-6919
 - o <https://www.rockfordil.gov/351/Housing-Programs>
- Village of Winnebago Assistance
 - o Utility, rent, and housing assistance, community services, legal aide
- YWCA Child Care Solutions
 - o 4990 E State St., Rockford IL 61108 815-968-9681
 - o <https://www.ywcanwil.org/>
 - o Child care, family services, language/literary assessments, tutor, intervention programs

Churches with Community Support

- <https://www.7cups.com/local/us/il/rockford/faith/>
 - o Directory of local community supports
- Catholic Charities Diocese of Rockford
 - o 555 Colman Center Dr., Rockford IL 61108 – 815-399-4300
 - o <https://www.rockforddiocese.org/>
 - o Counseling, employment, pregnancy and parenting, immigration, refugee, emergency assistance, psychoeducation
 - o St. Elizabeth Center – youth and adult services
- First Covenant Church
 - o 316 Wood Rd., Rockford IL 815-398-4247
 - o <https://firstcovrockford.org/community-ministries/>
 - o Carpenter's place, food pantry, tutoring, habitat for humanity,
 - o One Body Collaboratives
 - 100 local churches teaming up with 40 ministries and more than 120 agencies to provide/coordinate resources within community
- Forest City Church
 - o 1280 S Alpine, Rockford IL 61108, 815-395-8000
 - o <https://www.forestcitychurch.com/>
 - o Provides resources for housing/utility assistance, mental health, shelters, substance abuse, domestic violence, food pantries
- Redeemer Church
 - o 5501 Windor Rd, Loves Park, IL 61111, 815-986-2603
 - o <https://redeemerrockford.church/localoutreach/>
 - o Partnership with multiples outreaches in Rockford
- Third Presbyterian Church
 - o 1221 Custer Ave., Rockford, IL 61103
 - o Partnership with multiples outreaches in Rockford

Support Groups

- American Foundation for Suicide Prevention
 - o <https://afsp.org/>
 - o Support group for those that have lost someone to suicide
- Anxiety and Depression Association of America Support Groups (ADAA)
 - o <https://adaa.org/>
 - o Free resources to support faulty thinking and behavior/relationship/self-esteem problems
- Co-dependents Anonymous
 - o CoDA.org
 - o 12-step program – Developing healthier relationships
- Depression and Bipolar Support Alliance (DBSA)
 - o <https://www.dbsalliance.org/>
 - o Support, education, and tools
- Emotions Anonymous
 - o <https://emotionsanonymous.org/>
 - o 12-step program – Manage negative thinking, self-esteem issues, loneliness, and more
- LGBT Near Me
 - o <https://www.lgbtnearme.org/>
 - o Support for all genders, sexual orientations, races, and ages
- Heal Grief
 - o <https://healgrief.org/>
 - o Tools and resources while walking through grief

Addiction Support Groups

- Alcoholics Anonymous (AA)
 - o <https://www.aa.org/>
 - o Alcohol abuse
- Al-Anon
 - o <https://al-anon.org/>
 - o Support those affected by others' alcoholism (Alateen – specialized for teens)
- Cocaine Anonymous
 - o <https://ca.org/>
 - o 12-step program – Addictions to other substance, in addition to cocaine
- Crystal Meth Anonymous
 - o <https://www.crystalmeth.org/>
 - o Developed from AA, specifically for an addiction to crystal meth
- Dual Recovery Anonymous
 - o <https://draonline.org/>
 - o 12-step program – Chemical dependency AND emotional/psychological disorders
- Gamblers Anonymous
 - o <https://gamblersanonymous.org/>
 - o Gambling habits/addiction

- LifeRing
 - o <https://lifering.org/>
 - o No steps – Design over recovery
- Narcotics Anonymous
 - o <https://na.org/>
 - o Any chemical dependencies
- Nar-Anon
 - o <https://www.nar-anon.org/>
 - o Support those affected by others' addiction
- Overeaters Anonymous
 - o <https://oa.org/>
 - o 12-step program - Managing compulsive eating habits, cultivate a healthier relationship with food
- Secular Organizations for Sobriety (SOS) or Save Our Selves
 - o <https://aaagnostica.org/secular-organization-for-sobriety-sos/>
 - o Non 12-step program – Alcohol abuse
- Sex Addicts Anonymous
 - o <https://saa-recovery.org/>
 - o 12-step program – Managing behaviors and gaining insight to own impulses
- Smart Recovery
 - o <https://smartrecovery.org/>
 - o Cognitive Behavioral Therapy (CBT) strategies – Empowering members
 - o Any addiction