

Local Resources

GCMS Unit Office: 1-217-784-8296
Elementary School: 1-217-784-4278

Middle School: 1-217-784-8731
High School: 1-217-784-4292

Website: www.gcmsk12.org

| Resource | Phone | Website | Details |
|---|----------------|---|---|
| General Area Resources | | | |
| United Way 2-1-1 | Dial: 211 | 211.org | <p>United Way's 2-1-1 is a fast, free, and confidential way for people to seek help. Now, the Ford County Public Health Department is partnering with PATH (Providing Access to Help) to help residents find health and human services in the area as well.</p> <p>2-1-1 specialists are available 24/7 with information in the following areas: <u>Basic Human Needs</u>: such as food, shelter, rent, and utility assistance <u>Physical and Mental Health Resources</u>: such as health insurance programs, Medicaid and Medicare, medical information lines, and crisis intervention services <u>Employment Supports</u>: such as job training, transportation assistance, and education programs <u>Support for Older Americans and Persons with Disabilities</u>: such as adult day care, respite care, home health care, and independent living programs <u>Support for Children, Youth, and Families</u>: such as afterschool programs, family resource centers, mentoring, tutoring, and protective services</p> |
| "SPIDER" Service Provider Identification and Exploration Resource | N/A | https://spider.dcf.illinois.gov/ | 100% free resource for families and students to utilize. This database saves critical time in locating effective and appropriate service referrals. The database provides detailed information on programs including services offered, payment options, eligibility, intake, and more. |
| Food | | | |
| GCMS Elementary School Backpack Program | 1-217-784-4278 | gcmsk12.org | This resource is available to families in the Elementary School and Middle School. Bags are filled with food and confidentially placed in lockers to take home on scheduled days. |

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| Gibson Area Food Pantry at Gibson Area Hospital | 1-217-771-4100 (voicemail) | gibsonareafoodpantry.org | Must meet certain qualifications. Helps low income families receive the food they need for good health. Open the second and fourth Saturday of every month. Facebook site: Gibson Area Food Pantry at the Hospital |
| Gibson Area Food Pantry at Shepherd's Closet | 1-217-379-7860 (voicemail) | | Must meet certain qualifications. Helps low income families receive the food they need for good health. |
| Gibson City Bible Church Salt and Light Program | 217-784-5702 | gibsoncitybible.org | The church serves a free dinner to the kids at 6:00pm on Wednesday nights before children's church. |
| Meals-on-Wheels | 217-784-4251 | gibsonareahospital.org | All ages welcome to use. Lunch and dinner delivered to home. Pay out of pocket. |
| Salt and Light | 217-355-5654 | saltandlightministry.org/grocery-store-urbana-il/ | Helps families afford food they need for good health. Service is available to anyone. Can pay out of pocket or through volunteer credit at the grocery and thrift store. |
| Supplemental Nutritional Assistance Program (SNAP) | 1-800-843-6154 | dhs.state.il.us/page.aspx?item=30357 | Must meet certain qualifications. Helps low income families buy the food they need for good health. |
| Women Infants and Children (WIC) | 1-217-531-4319 | dhs.state.il.us/page.aspx?item=30513 | Supplemental support to help buy food for children 5 and under. |
| Beds for Children 3 - 17 years | | | |
| Sleep In Heavenly Peace IL - Gibson City, IL Chapter (Serves Paxton, Roberts, Gibson City, Melvin, Sibley, Elliott, Foosland) | 844-432-BEDS ext 5594 | sishp.org/chapter/il-gibson-city Facebook Page: @SHPGibsonCity | Who is SHP? *New to the Gibson City area in Spring 2024, Sleep In Heavenly Peace is the only charity providing hand-made beds to children who don't have a bed of their own. They deliver the bed, and new bedding to the children in need. Go to the website listed for more information and to learn more about the application process. |
| Mental Health | | | |
| 988 Crisis Line | Dial: 988 | https://988lifeline.org | A direct connection to compassionate, accessible care and support for anyone experiencing mental-health related distress, including family, friends and/or caregivers. |
| 24 Hour Mental Health Crisis Line | 1-815-935-1600 | riversidehealthcare.org | Located at Riverside Hospital in Kankakee, IL. |

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| 24 Hour Mental Health Emergency After Hours | 1-217-359-4141 | | Call if you need to talk to someone. |
| Behavioral Wellness Center at Gibson Area Hospital | 1-217-784-4540 | gibsonareahospital.org | Outpatient mental health facility located in Gibson City, IL. |
| Cares Line (SASS) 24 Hour Emergency Mental Health | 1-800-345-9049 | illinois.gov/hfs/MedicalProviders/behavioral/sass/Pages/sasshome.aspx | For ages 17 and under. Eligibility: Uninsured and/or Medicaid. |
| Community Resources Counseling Center | 1-217-379-4302 | 4crcc.com | Outpatient mental health facility located in Paxton, IL. |
| Crisis Text Line | Text "HOME" to 741741 | crisistextline.org | This text line is for anxiety, suicide, depression, physical abuse, bullying, self-harm, emotional abuse, loneliness, sexual abuse, & school. |
| Grief Share | 217-784-5702 | gibsoncitybible.org | Free counseling regarding grief for all ages. Meets once a week for 1.5 hours at GCBC. |
| Grit and Grace Therapy (Mahomet, IL) | 217-530-5608 | gritandgraceillinois.com | "Our treatment focus is to help our clients heal, energize, and become aware of their inner strengths. We achieve this by providing a neutral safe space, listening to your concerns, and customizing a therapeutic treatment plan that is right for you regardless of profession, culture, sexual orientation, gender identity, or age." |
| National Suicide Prevention | 1-800-273-TALK (8255) or Text HELLO to 741741 | suicidepreventionlifeline.org | Call the number listed or chat online to a mental health professional on the website. |
| BetterHelp Counseling | | betterhelp.com | Online counseling program for individuals, teens, and couples. They have counselors who are specialized in specific issues, such as stress, anxiety, relationships, parenting, depression, addictions, eating, sleeping, trauma, anger, family conflicts, LGBT matters, grief, religion, self esteem and more. Cost is \$40-70/week. |
| TeenCounseling | | teencounseling.com | TeenCounseling is an online platform where teens from ages 13-19 can get help from a licensed therapist online. They have counselors trained in issues such as coping skills, anxiety, stress, self-esteem, depression, bullying, anger, eating disorders and more. Cost is \$40-70/week |

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| Warm Line | 866-359-7953 | illinoismentalhealthcollaborative.com | The Warm Line staff inspire callers to proactively address aspects of their wellness by identifying challenges, developing action plans, and leaning what is necessary to maintain wellness. |
| The Pavilion (Behavioral Health) | 1-217-373-1700 | pavilionhospital.com | Inpatient and/or outpatient mental health facility located in Champaign, IL. |
| Children | | | |
| Center for Youth and Family Solutions | Local: 1-217-352-5179 Runaway and Locked Out Youth (under 18): 1-800-200-6804 | cyfsolutions.org | Resources on foster care, adoption, seniors, community outreach, guardian angel residential program for youth, behavioral health and counseling, pregnancy counseling, and intact family intervention. |
| Child Care Resource and Referral | 309-828-1892 | ccrrn.com/ | Provides many resources for children, parents, guardians, and families. |
| Children's Home and Aid (Katrina Gauna) | 217-530-4040 ext. 7473 | childrenshomeandaid.org/ | Provides many resources for children, parents, guardians, and families. Works with new moms as well. |
| Crisis Nursery | 217-337-2730 | crisisnursery.net/ | Crisis Nursery creates an "Island of Safety" dedicated to the prevention of child abuse and neglect by providing 24-hour emergency care for children and support to strengthen families in crisis. |
| Easter Seals Jumpstart Home Visiting Program | (815) 690-1568 | ParentAsExpert.com | Serves families with children prenatal to age 3. Strengthening parent-child relationships, reinforce parenting skills, and promote child growth and development so that all children develop a strong foundation for learning. 100% FREE to all families with children 0-3. |
| DCFS | 1-800-25-ABUSE or 1-800-252-2873 | www2.illinois.gov/dcfs | Report abuse and/or neglect, learn how to recognize signs of abuse, and become a mandated reporter. |
| Runaway Hotline | 1-800-RUNAWAY or 1-800-786-2929 | 1800runaway.org | 24 hour hotline for children who have run away from home. |
| School Safety Tip Line | 1-800-477-0024 | illinoisattorneygeneral.gov/children/schoolviolence.html | Not for reports of bullying. Use for threats of violence against schools. 24 hour hotline and can be anonymous. |

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| GCMS Preschool Program | 217-784-4278 | gcmsk12.org/elementaryschool_home.aspx | Contact the school to learn more information, or to get referred elsewhere. |
| Domestic Violence | | | |
| 24 Hour Domestic Violence Help: Courage Connection | 1-217-384-4390 | courageconnection.org | Call to receive help anytime. Located in Champaign, IL |
| National Domestic Violence Hotline | 1-800-799-7233 | thehotline.org | Call to receive help anytime, or chat online. |
| The Butterfly Project | 1-309-828-0745 | childrenshomeandaid.org | Eligible participants must live in the following counties: Ford, Livingston, Logan, McLean or Woodford. Provides free counselling service for children 0 - 18 and safe caregiver following exposure to domestic violence. Counseling services can be done in home, at the agency or virtually. Self referrals accepted. |
| Substance Abuse | | | |
| Alcoholics Anonymous (AA) | | aa.org | Visit website to learn more information about AA. |
| Celebrate Recovery Programs hosted by New Beginnings Church Gibson City, IL (Faith Based - Christian) | John Schneider @ 217-249-4744 (will respond to calls or texts) | jschneider1213@gmail.com | Celebrate Recovery (Adult Program @ 107 S. Sangamon Ave., Gibson City). Celebration Place (5 - 12 years old @ 107 S. Sangamon Ave., Gibson City). The Landing (13 - 19 years old @ 510 W 9th Street, Gibson City, IL). Please contact them if you have questions. Meetings are weekly. Programs are free of charge. Childcare available for 0 - 5 year olds. |
| Illinois Opioid Helpline | 1-833-2FINDHELP | helplineil.org | Caregivers or those struggling can call to receive help or go to website to learn more. |
| Narcotics Anonymous (NA) | | na.org | Visit website to learn more information about NA. |
| Rosecrance | Danville: 217-477-4500 Champaign: 217-693-4580 | rosecrance.org | Treatment for substance use disorders in adults and adolescents. |

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| SMART Recovery | Gibson City: 217-784-5500 (Sue Emberson) | www.smartrecovery.org | Ages 12 - Adult. Meetings in Gibson City every Thursday 5:30p - 6:30p. Supports individuals who have chosen to abstain, or are considering abstinence from any type of addictive behaviors (substance or activities). Meetings in Watseka every other Thursday 12p - 1p. |
| Substances and Mental Health Services Admin. | 1-800-662-HELP (4357) | samhsa.gov | Call to receive help or visit the website to learn more. The website can help locate treatment options and programs. |
| Transportation | | | |
| Telecare | 217-784-4891 | gibsoncityillinois.com | Transportation service for all ages in and out of Gibson City, IL. Pay out of pocket fee. |
| Financial Assistance | | | |
| Catholic Charities | 815-933-7791 | catholiccharitiesjoliet.org/ | Housing assistance, community services, counseling, early childhood education, veterans, aging, and disability services. |
| Child Support Assistance | 1-800-447-4278 | illinois.gov/hfs/ChildSupport/FormsBrochures/Pages/hfs1759.aspx | Call if one needs help receiving child support. |
| Department of Human Services Helpline | Local: 1-217-278-5605 Springfield: 1-800-843-6154 | dhs.state.il.us/page.aspx?item=29757 | Information on Link Card, dental services, medical transportation, All Kids Insurance, & public health. |
| East Central Illinois Community Action Agency | Services: 217-554-9110 Admin: 217-554-9122 | comaction.org | Energy assistance, weatherization, affordable housing, financial literacy, education assistance, employment readiness, & early childhood. |
| Ford County Housing Authority | 1-217-784-5488 ext. 0 | | Oversees public housing and voucher programs. |
| Low Income Home Energy Assistance Program | Ford Co: 1-217-379-2071 Iroquois Co: 1-815-265-4685 Vermillion Co: 1-217-443-2705 | benefits.gov/benefit/1556 | Assistance program for home heating and utilities. |
| Social Security Administration | 1-800-772-1213 | ssa.gov/ | Visit the website to learn more about social service benefits. |
| Older Adult Resources | | | |

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| Adult Daycare Services | 217-784-4257 | heritageofcare.com/daycare | Service is used when caregiver needs a break and support. Client can stay for a half day (4 hrs.) or full day (8 hrs.). Service is available M-F from 8:00am-4:30pm. |
| Alzheimer's Support Group | 217-784-2530 | gibsonhospital.org/services-and-conditions/profile/long-term-care | Free Alzheimer's support group for all ages through the Annex. Meets on the last Friday of the month at the Moyer District Library. |
| Caregiver Support Group | 217-784-4257 | heritageofcare.com/gibson-city | Free caregiver support group for all ages through Heritage Health. Meets on the third Wednesday of every month. |
| Elder Abuse Hotline | 1-866-800-1409 TTY: 1-888-206-1327 | | 24 hour hotline to report elder abuse. |
| Caring Connections (Gibson Area Hospital) | 217-784-2146 | gibsonhospital.org/locations/profile/caringconnections | Mental health treatment services for older adults (65+). Psychiatry and therapy services. Transportation and lunch provided for patients on days of attendance. |
| National Veteran Assistance/Services | 844-698-2311 | va.gov | Services, resources, mental & emotional health, and wellness. |
| LGBTQ+ | | | |
| GLAAD | 212-629-3322 | glaad.org/resourcelist | LGBTQ+ resource list. |
| LGBTQ+ Health | 800-232-4636 | cdc.gov/lgbthealth/youth-resources.htm | List of resources and information for LGBTQ+ youth/adults and their parents/guardians. |
| The Trevor Project | 1-866-488-7386 | thetrevorproject.org | 24 hour phone line, text, online chat, social media site, FAQs answered, and coming out handbook. |
| Uniting Pride of Champaign County | | unitingpride.org/ | Group is active in the community through support and social groups, community-building events, educational workshops, clothing drives, arts festivals, political advocacy, and more. |
| Health and Health Department | | | |
| Emergency Room at Gibson Area Hospital | 1-217-784-4251 and 9-1-1 | gibsonareahospital.org | Emergency room located in Gibson City, IL. |
| Ford County Public Health Department | 1-217-379-9281 | fordcountyphd.org | Provides many useful resources within the community. Please visit the website to find out more information. |

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| Iroquois County Health Department | 815-432-2483 | co.iroquois.il.us/health-department/ | Provides many useful resources within the community. Please visit the website to find out more information. |
| Pregnancy Resource Center | 217-398-6511 | pregnancyresourcecenter.org/locations/champaign/ | Pregnancy testing, ultrasound, HIV and STI testing, options information, H.O.P.E. pregnancy/parent mentoring, and counseling. |
| Planned Parenthood | 217-359-8022 | plannedparenthood.org/health-center/illinois/champaign/61820/ | Birth control, HIV testing, LGBTQ+ services, men's healthcare, pregnancy testing, STI testing, treatment, and vaccines, women's healthcare, etc. |
| RAINN | 800-656-4673 | rainn.org | Sexual assault and sexual violence resource for survivors and their loved ones. |
| Miscellaneous | | | |
| Heartland Community College GED Program | 309-268-8000 | heartland.edu/adultEd/ged/index.html | Contact Heartland Community College if one would like to learn more about earning a GED. |
| Poison Control | 1-800-222-1222 | illinoispoisoncenter.org | Provides assistance and information if a harmful substance is ingested. |

(Bleich/Schmitt, Updated 2/2024)