

# Coles County Resources

## National Resources

### Suicide / Crisis Lines

- Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Trevor Project (LGBTQ youth crisis hotline): 1-866-488-7386, Also an online chat / text option at <http://www.thetrevorproject.org/pages/get-help-now>
- Youth America Hotline: 1-877-YOUTHLINE (968-8464)
- Mom's Postpartum Depression Hotline: 1-866-364-6667
- Veterans Crisis Line: 1-800-273-8255 PRESS 1. Online chat / text available at <http://www.veteranscrisisline.net/>

### Self-injury / Self-harm

- Self Injury Foundation: 1-800-334-HELP

### Sexual Assault

- RAINN (Rape, Abuse, & Incest National Network): National Sexual Assault Hotline: 1-800-656-HOPE (4673). Online Chat available at <https://ohl.rainn.org/online/>

### Domestic Violence

- National Hotline: 1-800-799-SAFE (7233)

### Drug Abuse Hotline

- National Drug Abuse Hotline (SAMHAS): 1-800-662-4357

### Poison Control

- National Line: 1-800-222-1222

### AIDS / HIV / STD Hotline

- 1-800-243-2437

## Local Resources

### Homeless Shelters:

- Mattoon Area P.A.D.S: 217-234-7237
- Coles County Housing Authority  
Mattoon: 217-235-4175

### Domestic Violence:

- Hope of East Central Illinois: Crisis line 1-888-345-3990
- Illinois Domestic Violence Helpline: 1-877-863-6338

### Sexual Assault:

- Sexual Assault Counseling and Information Service (located in Charleston): Crisis Hotline 888-345-2846

### Smoking Quitline

- 1-866-784-8937
- Online Chat available at <http://quityes.org/>

### Other helpful resources:

- To Write Love on Her Arms: <http://twloha.com/home>
- AIDS: <https://www.aids.gov/>
- Smoking: <http://smokefree.gov/>
- Center for Disease Control and Prevention: <http://www.cdc.gov/>
- U.S. Food and Drug Administration: <http://www.fda.gov/>
- Consumer Protection: <http://www.ftc.gov/about-ftc/bureaus-offices/bureau-consumer-protection>
- U.S. Department of Veterans Affairs: <http://www.va.gov/>
- Wounded Warrior Project: <http://www.woundedwarriorproject.org/>