

# 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](http://www.gcmsk12.org)

Resource	Phone	Website	Details
<b>Food</b>			
GCMS Elementary School Backpack Program	1-217-784-4278	<a href="http://gcmsk12.org">gcmsk12.org</a>	This service is available to families in the Elementary School. Bags are filled with food and confidentially placed in lockers to take home on scheduled days.
Gibson Area Food Pantry at Gibson Area Hospital	1-217-771-4100 (voicemail)	<a href="http://gibsonareafoodpantry.org">gibsonareafoodpantry.org</a>	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.
Gibson Area Food Pantry at Shepherd's Closet	1-217-379-7860 (voicemail)	<a href="http://gibsonareafoodpantry.org">gibsonareafoodpantry.org</a>	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	<a href="http://gibsoncitybible.org">gibsoncitybible.org</a>	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	<a href="http://gibsonareahospital.org">gibsonareahospital.org</a>	All ages welcome to use. Lunch and dinner delivered to home. Pay out of pocket.
Salt and Light	217-355-5654	<a href="http://saltandlightministry.org/grocery-store-urbana-il/">saltandlightministry.org/grocery-store-urbana-il/</a>	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	<a href="http://dhs.state.il.us/page.aspx?item=30357">dhs.state.il.us/page.aspx?item=30357</a>	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	<a href="http://dhs.state.il.us/page.aspx?item=30513">dhs.state.il.us/page.aspx?item=30513</a>	Supplemental support to help buy food for children 5 and under.
<b>Mental Health</b>			
24 Hour Mental Health Crisis Line	1-815-935-1600	<a href="http://riversidehealthcare.org">riversidehealthcare.org</a>	Located at Riverside Hospital in Kankakee, IL.
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	<a href="http://gibsonareahospital.org">gibsonareahospital.org</a>	Outpatient mental health facility located in Gibson City, IL.
Cares Line (SASS) 24 Hour Emergency Mental Health	1-800-345-9049	<a href="http://illinois.gov/hfs/MedicalProviders/behavioral/sass/Pages/sasshome.aspx">illinois.gov/hfs/MedicalProviders/behavioral/sass/Pages/sasshome.aspx</a>	For ages 17 and under. Eligibility: Uninsured and/or Medicaid.
Community Resources Counseling Center	1-217-379-4302	<a href="http://4crrc.com">4crrc.com</a>	Outpatient mental health facility located in Paxton, IL.
Crisis Text Line	Text "HOME" to 741741	<a href="http://crisistextline.org">crisistextline.org</a>	This text line is for anxiety, suicide, depression, physical abuse, bullying, self-harm, emotional abuse, loneliness, sexual abuse, & school.

Grief Share	217-784-5702	<a href="http://gibsoncitybible.org">gibsoncitybible.org</a>	Free counseling regarding grief for all ages. Meets once a week for 1.5 hours at GCBC.
National Suicide Prevention	1-800-273-TALK (8255)	<a href="http://suicidepreventionlifeline.org">suicidepreventionlifeline.org</a>	Call the number listed or chat online to a mental health professional on the website.
The Pavilion (Behavioral Health)	1-217-373-1700	<a href="http://pavilionhospital.com">pavilionhospital.com</a>	Inpatient and/or outpatient mental health facility located in Champaign, IL.
<b>Children</b>			
Center for Youth and Family Solutions	Local: 1-217-352-5179 Runaway and Locked Out Youth (under 18): 1-800-200-6804	<a href="http://cyfsolutions.org">cyfsolutions.org</a>	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	<a href="http://ccrrn.com/">ccrrn.com/</a>	Provides many resources for children, parents, guardians, and families.
Children's Home and Aid (Katrina Gauna)	217-530-4040 ext. 7473	<a href="http://childrenshomeandaid.org/">childrenshomeandaid.org/</a>	Provides many resources for children, parents, guardians, and families. Works with new moms as well.
Crisis Nursery	217-337-2730	<a href="http://crisisnursery.net/">crisisnursery.net/</a>	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.
DCFS	1-800-25-ABUSE or 1-800-252-2873	<a href="http://www2.illinois.gov/dcfs">www2.illinois.gov/dcfs</a>	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	<a href="http://1800runaway.org">1800runaway.org</a>	24 hour hotline for children who have run away from home.
School Safety Tip Line	1-800-477-0024	<a href="http://illinoisattorneygeneral.gov/children/schoolviolence.html">illinoisattorneygeneral.gov/children/schoolviolence.html</a>	Not for reports of bullying. Use for threats of violence against schools. 24 hour hotline and can be anonymous.
GCMS Early Childhood Education	217-784-8505	<a href="http://gcmsk12.org/elementaryschool_home.aspx">gcmsk12.org/elementaryschool_home.aspx</a>	Contact the school to learn more information, or to get referred elsewhere.
<b>Domestic Violence</b>			
24 Hour Domestic Violence Help: Courage Connection	1-217-384-4390	<a href="http://courageconnection.org">courageconnection.org</a>	Call to receive help anytime. Located in Champaign, IL
National Domestic Violence Hotline	1-800-799-7233	<a href="http://thehotline.org">thehotline.org</a>	Call to receive help anytime, or chat online.
<b>Substance Abuse</b>			
Alcoholics Anonymous (AA)		<a href="http://aa.org">aa.org</a>	Visit website to learn more information about AA.
Illinois Opioid Helpline	1-833-2FINDHELP	<a href="http://helplineil.org">helplineil.org</a>	Caregivers or those struggling can call to receive help or go to website to learn more.
Narcotics Anonymous (NA)		<a href="http://na.org">na.org</a>	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.
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.
<b>Transportation</b>			
Telecare	217-784-4891	gibsoncityillinois.com	Transportation service for all ages in and out of Gibson City, IL. Pay out of pocket fee.
<b>Financial Assistance</b>			
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.
<b>Older Adult Resources</b>			
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.
Geriatric Behavioral Services	217-784-4540	gibsonhospital.org/locations/profile/geriatric-behavioral-services	Intensive outpatient program that meets four days a week for twelve weeks. Transportation and food provided.

National Veteran Assistance/Services	844-698-2311	va.gov	Services, resources, mental & emotional health, and wellness.
<b>LGBTQ+</b>			
GLAAD	212-629-3322	glaad.org/resourcealist	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.
<b>Health and Health Department</b>			
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.
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.
<b>Miscellaneous</b>			
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, 2020)