Community Assistance Resources
General Resources (Missouri)

1. **Shelters**
   a) St. Louis Region Housing Helpline-314-802-5444
      Hours of operation: M-F 7:30 AM-8:00 PM.
   b) St. Patrick Shelter- welcome center
      800 N. Tucker, St. Louis, MO 63101
      Hours of operation: M-F 8:00 AM-4:00 PM

2. **General Support**
   a) Family Support Division (food stamps) 314-933-7000
   b) Social Security Administration -1-800-772-1213
   c) Veterans Medical Center- 314-289-6547
   d) Veterans Services- 314-657-1656
   e) Citizens Services Bureau-314-622-4800

3. **Domestic Violence Services**
   a) St. Martha’s Hall-314-533-1313
   b) YWCA-314-531-1115
   c) Crisis Hotline “Alive”-314-933-2777

4. **Substance Abuse Services:**
   a) BASIC-314-621-9009
   b) Bridgeway Counseling Services-314-224-1000
   c) New Beginning Treatment Center-314-367-8989
   d) St. Louis ARC-314-535-0057

5. **Mental Health Services**
   a) Places for People (formerly Community Alternatives)-314-771-8801
   b) BJC Behavioral Health-314-367-8989
   c) St. Louis ARC-314-535-0057
   d) National Crisis Hotlines:
      • 1-800-suicide
      • 1-800-273-talk
COMMUNITY ASSISTANCE INITIATIVE: MID-TOWN/DOWNTOWN RESOURCES

I. General Assistance:
   a) Housing Counseling: Community Action Agency of St. Louis County 314-863-00015
      https://www.needhelppayingbills.com/html/st__louis_assistance_programs.html
   b) Rent, mortgage or minor home repair assistance Phone: 314-863-9023
   c) St. Louis Catholic Charities Assistance:
      • Downtown-Fr. Tolton Center, 1018 Baden Avenue, St. Louis, MO 63147 314-385-3445
      • Midtown-Midtown Center 1202 S. Boyle Avenue, St. Louis, MO 63110 314-534-1180

II. Food Resources:
   a) Emergency food Stamps/Snap Program:
      3101 Chouteau 63103 314-265-7000 or 4411 N. Newstead Ave, 3rd floor 63115 314-877-2000
      http://dss.mo.gov/fsd/food-assistance/food-stamp-program/
   b) Biddle House Opportunities Shelter (overnight shelter for men. Provides food and shelter for men in need):
      1212 N. 13th St. 63103 Phone: 314-802-0700
   c) Shamrock Club at St. Patrick Center (provides free lunch 7 days a week)
      800 N. Tucker 63101 Phone: 314-802-0700
   d) Father Dempsey’s Home:
      3427 Washington 63103 Phone: 314-535-7221
      Sandwiches Monday-Friday 12:00 pm-12:45 pm. (See the housing section of this book for information about the transitional housing for men available at this location.) Call first if possible. Clothing every day. Furniture when available at no cost.
   f) City harvest market (Kingdom House):
      1321 S. 11th St. 63104 Phone: 314-421-0400
      www.kingdomhouse.org
   g) Guardian angel/Hosea house:
      2635 Gravois 63118 Phone: 314-773-9027
      Call to make an appointment for their shopping style food pantry. Weekdays 9:00 am-4:30 pm. 63104 and 6311 only.
      www.gasastl.org
COMMUNITY ASSISTANCE INITIATIVE: MID-TOWN/DOWNTOWN RESOURCES

g) Isaiah 58 ministries
   2149 South Grand 63104 Phone: 314-776-1410
   Provides help with clothing and is also a food pantry. Serves area between Chouteau and Chippewa,
   and between Jefferson and Kingshighway. Tuesday-Thursday 10:00 am-1:00 pm.

h) Soup alley/trinity lutheran church
   812 Soulard Ave. 63104 314-231-4092
   Noodles and other food distributed Monday-Friday 9:00 am-10:30 am and Saturday 10:00 am-11:00 am. In the Alley.
   Bags of groceries are available on Fridays 9:00 am-10:30 am.

i) People’s center: www.pcaestl.org
   2012 Martin Luther King Dr. 63106 Phone: 314-269-5210. Call for food pantry hours and other services.

III. Clothing Resources:
a) Goodwill Outlet Center Downtown
   3728 Market Street St. Louis, MO 63110 Phone: 314-531-0671
   M-Sat. 9:00 am-8:00 pm, Sun. 11:00 am-6:00 pm

b) The Salvation Army Family Store & Donation Center
   4121 Forest Park Ave. St. Louis, MO 63108 Phone: 314-535-2000
   M-Sat. 9:00 am-8:00 pm

c) St. Vincent de Paul Thrift Store
   4928 Christ Blvd. St. Louis, MO 63116 Phone: 314-881-6000
   M-Sat. 9:00 am-7:00 pm, Sun. 12:00 pm-5:00 pm
COMMUNITY RESOURCE INITIATIVE: NORTH ST. LOUIS COUNTY RESOURCES

I. General Assistance

a) Housing Counseling: Community Action Agency of St. Louis County 314-863-00015
https://www.needhelppayingbills.com/html/st__louis_assistance_programs.html
b) Rent, mortgage or minor home repair assistance: Phone: 314-863-9023
c) St. Louis Catholic Charities Assistance:
   • North St. Louis- 8454 Glen Echo Drive, St. Louis, MO 63121 Phone: 314-383-6539
   • South St. Louis- Southside Center 221 Spencer Road Suite 1, St. Peters, MO 63376, Phone: 636-498-2273

II. Food Resources:

a) Central reform congregation (CRC)
   5020 Waterman St. Louis, MO 63108 Phone: 314-361-3919
   Clothing and food pantry Monday-Friday 9:00 am-5:00 pm. Clothing for adult women and children. Sometimes men. Call at 314-361-3919 for more information or if looking for something specific.

b) St. Trinity Lutheran church
   517 Koeln St. Louis, MO 63111 Phone: 314-353-3276
   Food pantry Monday, Wednesday, Saturday 9:00 am-10:30 am.

c) People's Center Cook Elementary School: www.pcacstl.org
   5935 Horton Pl. St. Louis, MO 63112 Phone: 314-862-6270
   Call for food pantry hours.

d) People’s Center South City: www.pcacstl.org
   6827 S. Broadway St. Louis, MO 63111 Phone: 314-353-1457

e) Ritenour Co-Care Food Pantry: www.ritenourcocare.org
   516 Lackland Road Overland, MO 63114 Phone: 314-427-7204
   Open five days a week.

f) Chapel For The Exceptional
   3436 Winnebago (at Tennessee) 63118 Phone: 314-776-7172
   Lunch/soup kitchen: Monday-Friday 12:00 pm-12:30 pm. Food pantry: Mondays and Thursdays, after lunch 12:30 pm-1:00 pm. Call first if possible. Clothing every day. Furniture when available at no cost.
COMMUNITY RESOURCE INITIATIVE: NORTH ST. LOUIS COUNTY RESOURCES

g) Carondelet St. Joseph Outreach Food Pantry
   6408 Michigan Ave. 63111 Phone: 314-752-6339
   Monday 8:15 - 11:45am, Wednesday 8:15 - 11:45am
   First visit, during pantry hours, bring: MO Driver’s License or State ID and proof of city residency (i.e. utility bill)
   [www.carondeletliving.com/foodpantry]

III. Clothing Resources

a) Mitchell Resource Center For Social Services
   1341 N Kingshighway Blvd, St. Louis, MO 63133 Phone: 314-367-2633

b) Goodwill Retail Store of Ferguson
   10674 W. Florissant Ave. St. Louis, MO 63136 Phone: 314-522-2028
   M-Sat 9:00 am - 8:00 pm, Sun. 10 am - 6:00 pm

c) Value Town Thrift Store
   27 N. Oaks Plaza, St. Louis, MO 63121 Phone: 314-833-4680
   M-Sat 9:00 am - 9:00 pm, Sun 10:00 am - 7:00pm
1. **General Support**
   a) **Homeless Resources**
      Human Services Phone: 636-629-6193
   b) **Good Shepherd Catholic Church - Utility and Rent Assistance**
      703 Third street, Hillsboro, MO 63050 Phone: 636-789-3868
   c) **Immaculate Conception Catholic Church - Utility Assistance**
      2300 Church Road, Arnold, MO 63010 Phone: 636-321-0002 opt. 6
   d) **Jefferson Franklin Community Action Corporation - Utility and Weatherization assistance**
      2 Merchant Drive, Hillsboro MO 63050 Phone: 636-789-2686
   e) **Salvation Army Church - Utility, Rent, and Mortgage Assistance**
      3740 Telegraph Road, Arnold, MO 63010 Phone: 636-464-0784

2. **Food Resources:**
   a) **Arnold Food Pantry - Thursdays 8:00am-2:00pm**
      2024 Key West Dr, Arnold, MO 63010 Phone: 636-287-3663
   b) **Salvation Army - Tues. & Wed. 10:00am-12pm, Mobile Food pantry 1st Thurs of every month 10:30am**
      3740 Telegraph Road, Arnold MO 63010 Phone: 636-464-0787
   c) **The Peace Pantry - Wed 6:00 pm-7:00 pm & Thurs. 8:30 am-11:30 am**
      6672 Veterans Dr., Cedar Hill, MO 63016 Phone: 636-285-0934
   d) **Emergency Pantry First Christian Church - Mon. through Fri. 9:30 am-11:00am**
      415 North Mill Street, Festus, MO 63028 Phone 636-937-3416
   e) **First United Methodist Church - Tues. 9:00am-11:00am**
      113 Grand Ave, Festus, MO 63028 Phone: 636-937-3416
   f) **Ozark Food Pantry - Sat 8:30am-11:00am**
      #1 Sunset Park, Festus, MO 63028 Phone: 636-933-9974

3. **Clothing Resources:**
   a) **Jefferson County Rescue Mission - Mon. through Fri. 9:30am-2:30pm**
      8943 Commercial Blvd, Pevely, MO 63070 Phone: 636-475-3030
   b) **Salvation Army - Tues. & Wed. 10:00am-12pm, Mobile Food pantry 1st Thurs of every month 10:30am**
      3740 Telegraph Road, Arnold MO 63010 Phone: 636-464-0787
   c) **Peace by Piece Clothes Closet - (clothing costs $0.25/item)**
      4824 Scottsdale Road, House Springs, MO 63051 Phone: 636-671-4190 coatstogo2@aol.com
General Resources (Illinois)

1. Shelters:
   a) Lighthouse Shelter
      1101 North Madison Street, Marion, IL 62959 Phone: 618-993-8180
      http://www.thelighthouseshelter.com/
   b) Good Samaritan Ministries
      701 S. Marion St., Carbondale, IL 62901 Phone: 618-457-5794
      http://www.goodsamcarbondale.org/

2. General Support:
   a) Illinois Department of Human Services-Food stamps, temporary medical assistance, child care, housing
      • Randolph & Monroe Counties-M through F 8:30 am-5:00pm
        870 Lehmen Dr, Chester, IL 62233 Phone: 618-826-4559
      • Madison County- M through F 8:30 am-5:00pm
        608 W. St. Louis Ave, East Alton, IL 62024 Phone: 618-258-1660
      • St. Clair/East St. Louis County- M through F 8:30 am-5:00pm
        225 N 9th St, East St. Louis, IL 62201 Phone: 618-583-2300
   b) Energy Assistance- Phone: 618-827-3555
      https://siec.org/payment-assistance/
   c) VA Medical Center- 618-997-5311
   d) This Able Veteran- 618-964-1162

1. Domestic Violence Services:
   a) The Women’s Center
      610 S. Thompson St. Carbondale, Il 62901 Phone: 618-529-2324
      http://www.thewomensctr.org/
   b) Illinois Coalition Against Domestic Violence Phone: 877-863-6338
      https://www.ilcadv.org/
3. Substance Abuse
   a) AAA DUI Services
      300 West Main Street, Belleville, IL 62220 Phone: 618-550-2384
   b) Addiction Treatment Strategies
      95 North Research Drive Edwardsville, IL 62025
   c) Chestnut Health Systems Inc
      2148 Vadalabene Drive, Maryville, IL 62062 Phone: 618-288-3100

4. Mental Health
   a) After Hours Crisis Hotlines
      • Randolph County: 618-397-0936
      • Chester: 618-826-4547
      • Sparta: 618-443-3045
      • Red Bud: 618-282-6233
   b) Mental Health Services:
      • Carbondale Campus
         2311 S. Illinois Ave. Carbondale, Il 62091 Phone: 618-457-6703
      • Marion Campus
         1307 West Main St. Marion, Il 62959 Phone: 618-997-5336
   c) National Crisis Hotlines:
      • 1-800-suicide
      • 1-800-273-talk
1) General Support
   a) Madison County Housing Authority
      1609 Olive Street, Collinsville, IL 62234 Phone: 618-345-5142
   b) Oxford House for Women
      2502 Iowa Street, Granite City, Il 62040 Phone: 618-219-2050
   c) Oxford House for Men
      2132 Lee Ave Granite City, Il 62040 Phone: 618-512-1717
   d) LIHEAP-Utility Assistance
      - Chouteau Township
        906 Thorngate, Granite City, IL 62040 Phone: 618-931-0360
      - Collinsville Township
        305 E. Main St. Collinsville, IL 62234 Phone: 618-344-1290
2) Food Resources
   a) New Shining Light Community Outreach- Mon. through Thurs. 10:00am-1:00pm
      740 Broadway, Venice, IL 62090 Phone: 618-530-2347
   b) Operation Blessing- Mon. through Thurs. 10:00am-1:00pm
      18 E. Lorena Ave., Wood River, IL 62095 Phone: 618-251-5683
   c) EB Pantry- 2nd Monday of every month 5:30pm-7:30pm
      3401 Fosterburg Rd., Alton, IL 62002 Phone: 618-465-4000
   d) Collinsville Food Pantry Residents Only-Thurs & Fri 9:00am-11:00am and Tues 4:00pm-6:00pm
      201 E. Church St., Collinsville, IL 62234 Phone: 618-346-1861
3) Clothing Resources:
   a) Grandma’s Attic( Maryville Outreach Center)- Tues. 5:30pm-7:30pm, 10:00am-1:00pm Wed. & Thurs. 10:00am-12:00pm Sat
      504 E. Division, Maryville, IL 62062 Phone: 618-345-9693
      www.fbmaryville.org
   b) Women’s Ministry Center(Bootsies’ Boutique)-Tues. & Thurs. 1:00pm-6:00pm
      555 E. Bethalto Dr., Bethalto, IL 62010 Phone: 618-803-9078
      www.womensministrycenter.org
   c) First United Presbyterian Church Thrift Shop–Last Tuesday every month 3:00pm-7:00pm
      201 East Church, Collinsville, IL 62234 Phone: 618-344-1109
      www.fupcoll.org
COMMUNITY ASSISTANCE INITIATIVE: MONROE/RANDOLPH COUNTY, IL
COMMUNITY ASSISTANCE INITIATIVE: MONROE/RANDOLPH COUNTY, IL

1. General Support
   a) House of Neighborly Service
      1331 Jamie Lane, Waterloo, IL 62298 Phone: 618-939-8900
      https://mocohouseofneighborlyservice.weebly.com/
   b) Human Support Services
      988 North Illinois Route 3 Waterloo, IL 62298 Phone: 618-393-4444
      https://www.hss1.org/
   c) Western Egyptian-Utility Assistance & Weatherization-Thursdays by appt. only
      Phone: 618-939-8715
      https://weeoc.org/liheap/

2. Food Resources
   a) Hope Food Pantry-Fridays 9:30am-12:00pm
      9273 Coach Stop Rd., Columbia, IL 62236 Phone: 618-939-9089
      https://www.hopeforhim.com/
   b) Western Egyptian-Monday’s 1:00pm-3:00pm
      207 West Fourth Street, Waterloo, IL 62298 Phone: 618-939-8715
      https://weeoc.org/monroe-county-office/
   c) Human Service Center-Monday through Friday 9:00am-4:00pm
      Phone: 618-282-6233
      https://www.foodpantries.org/li/human_service_center_62278

3. Clothing Resources
   a) Nice Twice at the Depot-Low cost clothing-Monday-Friday 8:30am-4:30pm, Sat. 9:00am-2:00pm, Sun. 11:00am-3:00pm
      518 Park St. Waterloo, IL 62298 Phone: 618-939-0311
      http://campwartburg.com/ways-to-support/nice-twice-thrift-shop/
   b) Immaculate Conception Conference
      117 East Madison Street Columbia, IL 62236 Phone: 618-281-5105
   c) Western Egyptian (Sparta Thrift Store) –Mon, Wed, Thurs., Fri. 8:00-4:00pm
      1820 N. Market St. Bldg. A, Sparta, IL 62286 Phone: 618-443-5231