

Medical Care Urgent Care Providers

- [Shawnee Health Care Same Day](#) 400 S. Lewis Lane, Carbondale 618-519-9200 9:30am – 7:00pm Mon-Sat; 11:00am – 5:00pm Sun.
- [Center for Medical Arts Prompt Care](#) 2601 W. Main Street, Carbondale 618-549-5361 8:00am – 7:00pm Mon-Fri; 8:00am – 5:00pm Sat; 12:00pm – 4:00pm Sun.

Assistance with Prescriptions/Medical Care

- [SCBC Prescription Advocacy](#) 888-331-1002 (enrollment) Helps lower income patients with their medication and provides case management and patient advocacy
- [Simple Fill Prescription Assistance](#) 877-386-0206 (enrollment) Helps patients with their prescription coverage if they are uninsured or underinsured. Must meet income qualifications, which are anywhere from 200% to 400% above the Federal Poverty Guidelines.
- [Carbondale Township Relief Office](#) 618-457-3366 217 E. Main Street, Carbondale Help to single adults with no dependents with rent, utilities, medications, food and laundry vouchers. Must be a Carbondale Resident.

Childcare Assistance/Child Support

- [Childcare Resource and Referral](#) 700 Logan College Road, Carterville 800-232-0908 Assistance for childcare and provider information
- [Child Support Regional Office](#) 3419 Professional Park Dr. Marion, IL 618-993-7801 Serving all counties in Southern Illinois

Behavioral Health & Substance Abuse Treatment

- [Centerstone](#) 2311 S. Illinois Ave. Carbondale 855-608-3560 8:00am – 3:00pm Mon – Fri Walk-ins
- [Gateway Foundations](#) 1080 E. Park Street, Carbondale 618-529-1151

Transportation

- [Saluki Express](#) 618-549-2877 * Must have a valid SIU Carbondale ID, bus pass, or pay \$1. Drivers have maps of routes
- [MedTrans](#) 844-220-1243 \$2; free for Medicaid recipients, notice required
- [Jackson County Mass Transit District](#) 618-549-0304 7:00am – 5:00pm Mon-Fri. Advanced Notice Required. \$2, Seniors (60+) \$1, Children (ages 6-15) \$1, Child age 0-5 Free if accompanied by paying adult. Regular routes and curbside drop-off.
- [Carbondale Township](#) 217 E. Main Street, Carbondale. 618-457-3366 Mon-Fri, there are four pick up times: 8:30am, 9:00am, 12:00pm, 2:00pm. Free rides to Murphysboro Food Pantry, Jackson County Health Dept, IDHS (public aid), Western Egyptian (energy & housing assistance), Jackson County Probation Office
- [Amtrak](#) 800-872-7245 401 Illinois Ave. Carbondale
- [Greyhound](#) 618-457-3388 401 Illinois Ave Carbondale
- [Ace Taxi, LLC](#) 618-549-8294 Ride fees vary from \$4-\$8
- [All Aboard Jet Taxi](#) 618-964-4412 \$5 local plus \$1 for extra passenger

Food Pantries

- [Good Samaritan Ministries Soup Kitchen](#) 701 S. Marion Street, Carbondale 618-457-5794 Meals daily at 8:00am, 11:30am, 5:30pm
- [Good Samaritan Food Pantry](#) University Baptist Church 700 S. Oakland Dr, Carbondale 618-457-0323 9:00am-1:00pm Mon, 9:00am-11:30am Fri.
- [Feed My Sheep Community Soup Kitchen](#) Bethel A.M.E. Church 316 E. Jackson, Carbondale 618-520-5278 Free Lunch 12:00pm-1:00pm, Mon-Fri; Homebound Delivery
- [Murphysboro Food Pantry](#) 906 N 14th Street, Murphysboro 618-684-8258, 9:00am-11:00am Mon-Fri; Can be accessed once per month. Transportation provided at 8:30am, 9:00am, 12:00pm, 2:00pm Mon-Fri at Carbondale Township, 217 E. Main Street by Jackson County Mass Transit, 618-549-0304. Includes curb-side drop off.
- [Victory Dream Center Food Pantry](#) 607 College Street, Carbondale 618-351-8018; 618-525-2025 10:00am – 1:30pm Wed. 12:00pm – 1:00pm Sun.
- [Matthew 25 Food Pantry](#) Carbondale Church of God, 1461 County Line Road (Rte 13 East) 618-457-6634 9:00am-12:00pm, on 1st and 3rd Thursdays

Clothing

- [Good Samaritan Free Clothing Pantry](#) University Baptist Church 700 S. Oakland Dr, Carbondale 618-457-0323 9:00am-1:00pm Mon, 9:00am-11:30am Fri.

Housing – Emergency Shelter & Transitional Housing

- [Good Samaritan Ministries](#) 701 S. Marion Street, Carbondale 618-457-5794
- [Lighthouse Shelter](#) 1101 N. Madison Street, Marion 618-993-8180
- **Williamson County Family Crisis Center** 514 N 18th St, Herrin, IL 618-988-8020
- [The Women’s Center](#) 610 S. Thompson Street, Carbondale 618-549-4807 Shelter for women & children; adult & child counseling; rape crises services; domestic violence victim services

Housing – Low-Income

- [Southern Illinois Coalition for the Homeless](#) 801 N. Market Street, Marion 618-993-0094 Low-income & transitional housing, home-buying assistance, supportive services. Open to those with disabilities, ex-felons, and those with HIV/AIDS.
- [Carbondale Towers](#) 703 S. Rawlings St, Carbondale 618-529-3371 Income-based public housing for those 62+ and all ages with physical and/or cognitive disabilities.
- [The Fields Apartments \(HFDA\)](#) 700 S. Lewis Lane, Carbondale 618-498-4848
- [Jackson County Housing Authority](#) 300 N 7th Street, Murphysboro 618-684-3183

Economic & Utility Aid

- [Department of Human Services Family Community Resource Center in Jackson County](#) 342 North Street, Murphysboro 618-687-1705 Receives applications for Cash, SNAP (Food), and Medical Assistance by fax, mail or in person.
- [Carbondale Township](#) 217 E. Main Street, Carbondale 618-457-3366 Rent/Utilities Assistance
- [Crosswalk Community Action](#) 410 W. Main Street, West Frankfort 618-937-3581 Energy assistance, home repair, weatherization, emergency services

- [Western Egyptian Economic Opportunity Council](#) 342 North Street Suite B, Murphysboro 618-443-5231 Energy Assistance & weatherization
- [Social Security Administration](#) 250 W. Cherry Street Room 104, Carbondale 618-457-3666 or 800-772-1213 Social Security card, SSI, and SSD Serving Alexander, Jackson, Perry, Pulaski and Union Counties

Legal Assistance

- [Land of Lincoln](#) 509 S. University Ave (Old National Bank Building), Carbondale 618-457-7800. Disability, housing, and other public benefits

Pregnancy/Parenting Classes/Family Support

- [Pregnancy Matters](#) 241 S. Lewis Lane, Carbondale 618-549-2797
- [The Women's Center](#) 610 S. Thompson Street, Carbondale 618-529-2324 Parenting Classes
- [The Centerstone/Big Brothers Big Sisters](#) 200 N Emerald Ln, Carbondale 618-457-6703 Connects caring adults to mentor children ages 6-16 with friendship and fun.
- [Carbondale Memorial Hospital](#) Memorial Hospital of Carbondale, Conference Rooms 1C or DEF, Carbondale 618-549-0721 Classes for childbirth and newborns.
- [WIC Office](#) 415 Health Department Rd, Murphysboro 618-684-3143 Nutrition Education, supplemental foods and health care referrals for income qualifying pregnant, breastfeeding, and non-breastfeeding postpartum woman and infants/children up to age 5.

Not sure where to go for help? Seek Help through the following areas at SIU:

- [Saluki Cares](#) 618-453-1492 siucares@siu.edu University Wide Program of care and support for students in distress.
- [Saluki Solution Finder](#)