PULASKI COUNTY, ILLINOIS

Community Resource Guide

Food • Housing • Utilities • Health • Family Support • Seniors • Veterans • Employment • Legal • Crisis Support

“Bear one another’s burdens, and so fulfill the law of Christ.”
Galatians 6:2

Need help figuring out where to start?

Start with Shawnee Development Council (618-634-2201), Pulaski County IDHS (618-745-9411), or Southern Seven Health Department (618-634-9405). These agencies can help connect residents to multiple services and referrals.

Important: Hours, funding, eligibility requirements, and distribution schedules can change. Call ahead before traveling.

FOOD & NUTRITION ASSISTANCE

Bibleway Church of God in Christ - Food Distribution Center

460 N. Chestnut St., Pulaski, IL 62976

Phone: 573-510-1856

Provides free grocery and food assistance to individuals and families in the Pulaski area. Current listings show Saturday distribution, but call ahead to verify.

First Baptist Church - Food Distribution Center

309 Main St., Karnak, IL 62956

Provides supplemental groceries and food assistance for residents in and around Karnak and Pulaski County. Distribution schedules may be limited, so contact the church before visiting.

Shawnee Development Council

530 W. Washington St., Karnak, IL 62956

Phone: 618-634-2201

Serves Pulaski County and surrounding southern Illinois counties. Depending on eligibility and current funding, programs may help with food, emergency necessities, shelter, medicine, and other basic needs.

- Food pantry and community food distribution information
- Emergency-needs assistance when funding is available

Southern Seven Health Department - WIC

37 Rustic Campus Drive, Building B, Ullin, IL 62992

Phone: 618-634-9405

WIC provides nutrition support and food benefits to eligible pregnant women, postpartum mothers, infants, and children under age 5. The clinic also provides public-health services.

- WIC nutrition benefits
- Health screenings and immunizations
- Pregnancy testing and maternal support

Illinois Department of Human Services - Pulaski County FCRC

422 S. Blanche St., Mounds, IL 62964

Phone: 618-745-9411

Residents can apply for SNAP food benefits, Medicaid, cash assistance, and other Illinois benefit programs.

HOUSING & HOMELESSNESS ASSISTANCE

Pulaski County Housing Authority

130 Richland Terrace, Mounds, IL 62964

Phone: 618-745-6330

Provides and administers affordable housing programs for qualifying low-income households in Pulaski County.

- Public housing availability
- Applications and waiting lists
- Income eligibility
- Housing options for seniors or people with disabilities
- Current vacancies

Shawnee Development Council

530 W. Washington St., Karnak, IL 62956

Phone: 618-634-2201

May provide emergency shelter-related assistance through community service programs when funding is available. Weatherization programs may also help eligible households make homes safer and more energy efficient.

ELECTRIC, GAS & UTILITY ASSISTANCE

Shawnee Development Council - LIHEAP

530 W. Washington St., Karnak, IL 62956

Phone: 618-634-2201

Shawnee Development Council is the LIHEAP provider for Pulaski and several surrounding counties. LIHEAP can help eligible households with heating and electric costs.

- Ask about crisis assistance if service is disconnected or fuel delivery is denied
- Ask about Ameren low-income discount programs
- Ask about home weatherization and energy-efficiency improvements

MEDICAL & PUBLIC HEALTH

Southern Seven Health Department - Pulaski County Clinic

37 Rustic Campus Drive, Building B, Ullin, IL 62992

Phone: 618-634-9405

The Pulaski County public-health clinic offers a range of preventive and family health services.

- WIC
- Childhood and adult immunizations
- Pregnancy testing
- STD/HIV testing
- Blood pressure and blood sugar screening
- Lead and tuberculosis screening
- Maternal and infant support
- General nursing services

Community Health & Emergency Services - Pulaski Clinic

100 Market St., Pulaski, IL 62976

Phone: 618-342-6767

Community health clinic serving the Pulaski area. Call for current medical services, appointments, eligibility, and low-cost care options.

CHILDREN, PREGNANCY & FAMILY SERVICES

Southern Seven Head Start / Early Head Start

37 Rustic Campus Drive, Ullin, IL 62992
Phone: 618-634-2297
Programs support children from birth through age 5 and their families through school readiness, child development, health screening, nutrition, and family services.

- Ask about Mounds Head Start and Pulaski County enrollment

Illinois Department of Human Services - Pulaski County FCRC

422 S. Blanche St., Mounds, IL 62964
Phone: 618-745-9411
Families can ask about SNAP, Medicaid, cash assistance, child-care support, and other Illinois family benefit programs.

SENIOR CITIZEN RESOURCES

Smiles I Senior Center

412 S. Blanche St., Mounds, IL 62964
Phone: 618-745-6149
Pulaski County senior nutrition and community-services location. Call for current congregate meal schedules, home-delivered meal eligibility, and senior activities.

Egyptian Area Agency on Aging

200 E. Plaza Dr., Carterville, IL 62918
Phone: 618-985-8311
Serves Pulaski County and can help older adults and caregivers locate aging-related resources.

- Home-delivered meals
- Caregiver assistance
- Benefits counseling
- Senior transportation
- In-home assistance
- Long-term care resources
- Elder-rights programs
- Senior centers

EMPLOYMENT & JOB TRAINING

Pulaski County Workforce Satellite - Shawnee Community College

8364 Shawnee College Rd., Ullin, IL 62992
Phone: 618-634-3293
Connects residents with Illinois workNet and regional employment services.

- Job searches
- Career planning
- Workforce training
- Resume development
- Skills development

- Employment program referrals

Shawnee Development Council

530 W. Washington St., Karnak, IL 62956
Phone: 618-634-2201
Community service programs may help lower-income residents move toward employment and greater self-sufficiency.

VETERAN SERVICES

Illinois Department of Veterans' Affairs

Veterans in Pulaski County can receive free help from an Illinois Veteran Service Officer with federal, state, and local veterans benefits.

- VA disability claims
- Pension
- Education benefits
- Survivor benefits
- Health-care eligibility
- State veterans benefits
- Service records

VFW Post 8891

316 S. Blanche St., Mounds, IL 62964
Phone: 618-306-2948
Provides veteran fellowship and community support.

FREE & LOW-COST LEGAL HELP

Pulaski County Legal Self-Help Center - Mounds Public Library

418 First St., Mounds, IL 62964
Phone: 618-745-6610
Provides access to legal information, court forms, computers, internet access, and referrals. The center does not provide legal advice.

- Divorce and custody
- Orders of protection
- Evictions
- Small claims
- Record sealing or expungement
- Court procedures

Land of Lincoln Legal Aid - Legal Advice & Referral Center

Phone: 877-342-7891
Free or low-cost civil legal assistance may be available to qualifying southern Illinois residents.

- Eviction-focused hotline: 855-601-9474

DOMESTIC VIOLENCE, MENTAL HEALTH & CRISIS SUPPORT

Guardian Family Services / Regional Domestic Violence Support

Phone: 618-734-4357

Regional domestic-violence services may include emergency shelter, crisis assistance, counseling, advocacy, safety planning, and referrals. Shelter locations may remain confidential for safety.

National Domestic Violence Hotline

Phone: 800-799-7233

Call for confidential support, safety planning, and help locating local services. Text START to 88788.

988 Suicide & Crisis Lifeline

Phone: 988

Call or text 988 for emotional crisis, suicidal thoughts, severe depression, mental-health emergencies, substance-use crisis, or concern about someone else.

Emergency Police / Fire / Medical

Phone: 911

For immediate danger or a life-threatening emergency, call 911.

SUBSTANCE USE & RECOVERY SUPPORT

FindHelp Southern Illinois

A regional directory for Pulaski County and southern Illinois that can help locate treatment, recovery support, harm-reduction services, housing, food, medical care, legal aid, and other assistance.

The Community Action Place, Inc.

2301 Sycamore St., Cairo, IL 62914

Phone: 618-364-8053

Provides prevention, harm-reduction, and supportive services across southern Illinois.

TRANSPORTATION

Transportation Referral Options

Because Pulaski County is rural, transportation can be a major barrier. Ask each agency whether transportation assistance is available.

- Medicaid medical transportation
- Senior transportation
- Transportation to medical appointments
- Veteran transportation
- Agency-provided transportation
- Regional rural transit referrals

EDUCATION & TRAINING

Shawnee Community College

8364 Shawnee College Rd., Ullin, IL 62992

An important regional resource for Pulaski County residents seeking education and workforce development.

- College courses
- Adult education
- GED preparation
- Workforce training
- Career certificates
- Financial-aid information
- Employment preparation

IMPORTANT NUMBERS TO KEEP

Need / Agency	Phone
Emergency Police / Fire / Medical	**911**
Mental Health or Suicide Crisis	**988**
Domestic Violence Hotline	**800-799-7233**
Pulaski County IDHS	**618-745-9411**
Shawnee Development Council	**618-634-2201**
Southern Seven Pulaski Clinic	**618-634-9405**
Southern Seven Main Office	**618-634-2297**
Pulaski County Housing Authority	**618-745-6330**
Smiles Senior Center	**618-745-6149**
Legal Advice & Referral	**877-342-7891**
Pulaski County Legal Self-Help Center	**618-745-6610**

WHEN YOU DON'T KNOW WHERE TO START

1. Shawnee Development Council - 618-634-2201

Food, LIHEAP, emergency needs, weatherization, and referrals.

2. Pulaski County IDHS - 618-745-9411

SNAP, Medicaid, cash assistance, child-care support, and public benefits.

3. Southern Seven Health Department - 618-634-9405

WIC, public health, maternal/child services, screenings, and family support.

4. FindHelp Southern Illinois

Use when the need does not fit neatly into one category or several needs are happening at once.