

FINANCIAL HELP

For low income individuals and families in southern Illinois

10/1/2026

Start here: Illinois 211 is the statewide gateway connecting you to health and human services information and resources, 24-hour per day. Dial **2-1-1** to connect to an expert 24 hours a day for help with housing, utilities, food, mental health, health care & more. Free & confidential. **211illinois.org**



Find Help Southern Illinois is a major southern Illinois resource directory covering 19 counties for help with housing, food assistance, utility assistance, medical care, transportation, employment help, domestic violence services, senior support and more. Go to **findhelpsi.org**

IDHS Illinois Dept of Human Services

SNAP (Supplemental Nutrition Assistance Program) helps you pay for food with a Link card.

TANF (Temporary Assistance for Needy Families) cash assistance for pregnant women and families with one or more dependent children to help pay for food, shelter, utilities and other expenses.

AABD (Aid to the Aged, Blind, and Disabled) - cash and medical assistance for some persons who are 65 years or older, blind, or disabled.

Medicaid helps eligible low-income individuals and families pay for health care costs.

Apply for state benefits at **abe.illinois.gov** or call **800-843-6154**

Or apply in person at a Family Community Resource Center:

Jackson & Perry Co.: 2471 W Main Carbondale **618-503-6014**

Johnson & Union Co.: 1000 N Main St Willow Hall Ste B Anna 62906 **618-833-2118**

Monroe & Randolph Co.: 870 Lehmen Drive Chester 62233 **618-826-4559**

Williamson Co.: 1107 W. DeYoung Street, Ste 20 Marion 62959 **618-997-6591**



The St Louis Food Bank can help you apply for benefits.



Learn more and schedule a phone appointment.

stlfoodbank.org/find-food/snap/



SNAP eligibility calculator:



fscalculator.dhs.illinois.gov/FSCalc/

Recent updates to nutrition programs in Illinois



wegotyouillinois.org/updates/

Help with utility bills LIHEAP (Low Income Home Energy Assistance Program) **618-443-5231** helps



qualifying Illinois residents struggling to pay their heating bills. The application period is from October through August, or until funding is exhausted. Read more: **dceo.illinois.gov**

PIPP Break your bill into 12 even payments with budget billing with PIPP (Percentage of Income Payment Plan). **illinoislegalaid.org/legal-information/low-income-home-energy-assistance-program-liheap**



Community Action Agencies (CAAs)

Jackson County* **For utility bill & weatherization:* **weeoc.org** 62288 **618-965-3458**

Western Egyptian Economic Opportunity Council 1 Industrial Park P.O. Box 7 Steeleville,

For rent, food, and other assistance:* **crosswalkcaa.com 618-937-3581

Crosswalk Community Action Agency 410 W Main St West Frankfort, Illinois 62896

Franklin & Williamson counties Crosswalk Community Action Agency

Hardin, Pope and Union Counties Shawnee Development Council, Inc.

530 W Washington Karnak, IL 62956-0298 **618-634-2201**



For other counties, see **dceo.illinois.gov** or call 833-711-0374



Unemployment Insurance UI is a state program run by the Illinois Department of Employment Security (**IDES**). It provides cash to eligible people who are temporarily out of work. **IDES** recommends that you file your claim during the first week after you become unemployed. If you delay filing, you may lose some of your benefits. Apply at **ides.illinois.gov**

IllinoisLegalAid.org Explore the different types of public benefits programs, who is eligible, how to apply, and how to appeal a decision:

illinoislegalaid.org/legal-information/health-benefits



General Assistance (GA) is for those who are not eligible for other public benefits, and who have very little income or assets. It is administered by local townships and county governments. If your county has townships, call your township office first to see if you qualify.

Jackson & Franklin counties have townships. *Carbondale Township residents call 618-457-3366*

General Assistance is run by the county government in counties that do not have townships. In southern Illinois contact these counties for General Assistance:

Johnson County 11 N 5th St Vienna, IL 62995 618-658-3381

Monroe County 509 W Mill St # 216, Waterloo, IL 62298 618-939-8681

Perry County Health Department 907 S Main Pinckneyville, IL 62274 618-357-9631

Randolph County Call for appointment at 618-443-3311

Union County 200 Public Sq. Jonesboro, IL 62952 618-833-5316

Williamson County 407 North Monroe, Suite 220 Marion, IL 62959 618-997-1301

Read more at: illinoislegalaid.org/legal-information/understanding-general-assistance



Child support If you are divorced, legally separated, or living apart from the other parent of your child, you may be entitled to receive child support from the other parent. Child support is money one parent pays to help another parent with expenses related to their shared child. This money is meant to cover housing, utilities, groceries, and regular day-to-day living expenses.

Learn about it at illinoislegalaid.org/legal-information/getting-child-support-basics-0

Federal Benefits

SSI (Supplemental Security Income) is for low-income people who are disabled, blind, or 65 years of age or older, with little or no income, or who have no job history or not enough work credits. You will need documentation to apply.



SSDI (Social Security Disability) pays monthly benefits to you before you reach retirement age if you become disabled and are not able to work. It is based on your work history and work credit earned.

Read about the above programs at usa.gov/social-security-disability

SSA Retirement is for workers who worked long enough and paid into the FICA system. ssa.gov



Medicare is a federal health insurance program that pays a portion of hospital and other medical bills for people 65 or older, younger people with disabilities, and people of any age with End-Stage Renal Disease. How to enroll: illinoislegalaid.org/legal-information/getting-medicare-benefits

Earned Income Tax Credit (EITC) Low- to moderate-income workers with qualifying children may be eligible to claim the EITC to get a tax break. Read more about it at: irs.gov/credits-deductions/individuals/earned-income-tax-credit-eitc



Federal Student Aid Read about grants, including Pell grants at studentaid.gov

The Salvation Army of Southern Illinois offers emergency assistance for rent, mortgage, utilities, prescriptions, transportation, temporary lodging to eligible families, when funding is available. 906 Tower Square Plaza, Marion, IL **618-993-5854**

Information changes frequently. Contact organizations directly to confirm eligibility, funding availability, and current program details.

The information in this document is offered as a resource. While every effort is made to ensure the accuracy of this list, we make no guarantees. The inclusion of an organization, telephone number, website or service does not imply an endorsement, nor does exclusion imply disapproval. Under no circumstances shall New Room Global Methodist Church/Victory Dream Center or its employees or volunteers be liable for any direct, indirect, incidental, special, punitive, or consequential damages which may result in any way from your use of the information included in this list.