

FREE HELP RESOURCE HUB (U.S.)

START HERE (LOCAL HELP FINDER)

- 1) 211 (food, rent, shelters, bills): <https://211.org/>
- 2) Find your local 211 contact: <https://www.211.org/about-us/your-local-211>
- 3) Findhelp directory (search by ZIP): <https://www.findhelp.org/>
- 4) USA.gov financial hardship guide: <https://www.usa.gov/financial-hardship>
- 5) USA.gov Benefit Finder: <https://www.usa.gov/benefit-finder>

FOOD HELP

- 6) Feeding America food bank locator: <https://www.feedingamerica.org/find-your-local-foodbank>
- 7) USDA National Hunger Hotline: <https://www.fns.usda.gov/national-hunger-hotline>
- 8) SNAP (food stamps) state directory: <https://www.fns.usda.gov/snap/state-directory>
- 9) WIC (women/infants/children) contacts: <https://www.fns.usda.gov/wic/wic-contacts>
- 10) Meals on Wheels (seniors): <https://www.mealsonwheelsamerica.org/find-meals>
- 11) No Kid Hungry free meal finder: <https://www.nokidhungry.org/find-free-meals>
- 12) Plentiful pantry access map: <https://app.plentifulapp.com/language>

SHELTER + HOUSING

- 13) HUD Find Shelter (food + shelter + health by ZIP): <https://www.hud.gov/findshelter>
- 14) Find a HUD housing counselor: <https://www.hud.gov/findacounselor>
- 15) Red Cross open shelter map:
<https://www.redcross.org/get-help/disaster-relief-and-recovery-services/find-an-open-shelter.htm>
- 16) FEMA individual assistance: <https://www.fema.gov/assistance/individual>
- 17) DisasterAssistance.gov portal: <https://www.disasterassistance.gov/>
- 18) Family Promise (family homelessness help): <https://familypromise.org/get-help/>
- 19) Covenant House (youth shelter/help): <https://www.covenanthouse.org/get-help>
- 20) National Runaway Safeline: <https://www.1800runaway.org/>
- 21) National Safe Place (youth help): <https://www.nationalsafeplace.org/>
- 22) Salvation Army location finder: <https://www.salvationarmyusa.org/location-finder/>
- 23) Catholic Charities local agency finder:
<https://www.catholiccharitiesusa.org/about-us/find-a-local-agency/>
- 24) St. Vincent de Paul conference locator: <https://svdp.online/>

MENTAL HEALTH + CRISIS

- 25) 988 Suicide & Crisis Lifeline: <https://988lifeline.org/>
- 26) Crisis Text Line (text HOME to 741741): <https://www.crisistextline.org/>
- 27) SAMHSA treatment locator: <https://findtreatment.gov/>
- 28) NAMI help & support: <https://www.nami.org/help>
- 29) Veterans Crisis Line: <https://www.veteranscrisisline.net/>
- 30) The Trevor Project (LGBTQ crisis support): <https://www.thetrevorproject.org/get-help/>

HEALTHCARE + MEDS

- 31) HRSA Health Center locator (low-cost clinics): <https://findahealthcenter.hrsa.gov/>
- 32) Poison Help (24/7 poison control info): <https://poisonhelp.hrsa.gov/>
- 33) NeedyMeds (med help + discounts): <https://www.needymeds.org/>

SAFETY (ABUSE, ASSAULT, TRAFFICKING)

- 34) National Domestic Violence Hotline: <https://www.thehotline.org/>
- 35) DomesticShelters.org directory: <https://www.domesticshelters.org/>
- 36) StrongHearts Native Helpline: <https://strongheartshelpline.org/>
- 37) National Human Trafficking Hotline: <https://humantraffickinghotline.org/en/get-help>
- 38) RAINN (sexual assault hotline + help): <https://www.rainn.org/resources>
- 39) Childhelp (child abuse hotline): <https://www.childhelp.org/hotline/>
- 40) Missing kids help (NCMEC): <https://www.missingkids.org/gethelpnow>

SENIORS + CARE

- 41) Eldercare Locator: <https://eldercare.acl.gov/>

BILLS + INTERNET + ENERGY

- 42) LIHEAP energy help (state contacts):
<https://acf.gov/ocs/map/liheap-map-state-and-territory-contact-listing>
- 43) Lifeline phone/internet discount: <https://www.lifelinesupport.org/>

MONEY + TAX HELP

- 44) IRS free tax prep locator (VITA/TCE): <https://irs.treasury.gov/freetaxprep/>

LEGAL + IMMIGRATION HELP

- 45) Legal Services Corp (find legal aid):
<https://www.lsc.gov/about-lsc/what-legal-aid/get-legal-help>
- 46) LawHelp.org (legal info + help finder): <https://www.lawhelp.org/>
- 47) EOIR immigration pro bono list:
<https://www.justice.gov/eoir/list-pro-bono-legal-service-providers>

JOBS

- 48) American Job Center finder:
<https://www.careeronestop.org/LocalHelp/AmericanJobCenters/find-american-job-centers.aspx>

SCAMS + FRAUD REPORTING

- 49) ReportFraud (FTC): <https://reportfraud.ftc.gov/>

BABY + FAMILY BASICS

- 50) National Diaper Bank Network directory: <https://nationaldiaperbanknetwork.org/member-A>