CONNECTIMPACT HUB

Nationwide Community Resource Guide

Where to turn when you need help

A practical guide to finding national organizations and local services across the United States.

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HOW TO USE THIS GUIDE

Find the section that matches your need, review the official starting point, contact the organization directly, and ask what to do next if it cannot help. National resources often connect people to state, county, city, or neighborhood services; local availability varies.

START HERE

Immediate danger or medical emergency: Call **911**.

Mental health or suicide crisis: Call or text **988**, or visit https://988lifeline.org. This line provides crisis support; it is not a substitute for emergency medical services.

Need a place to stay: Use HUD's Find Shelter page at https://www.hud.gov/findshelter, then contact the listed local provider to ask about current availability and intake requirements.

Veterans experiencing homelessness: Call the National Call Center for Homeless Veterans at **877-424-3838** or visit https://www.va.gov/homeless/.

HOUSING, SHELTER & AFFORDABLE HOUSING

Emergency or Transitional Shelter: For individuals or families needing a temporary place to stay, visit USA.gov – Find Emergency Housing to locate shelter options and temporary housing assistance.

Affordable Housing & Rental Assistance: For income-based apartments, public housing, and Section 8 rental assistance, visit USA.gov – Get Subsidized Rental Housing. Follow the instructions to search for properties and contact your local housing agency about applications and waiting lists.

Housing Instability or Eviction Risk: Contact your local housing department or legal aid organization to explore eviction prevention and rental assistance. Find legal aid through LawHelp.org.

Fair Housing or Disability Accommodations: Visit HUD Fair Housing for information about housing discrimination and disability accommodations or call **800-669-9777**.

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MORTGAGE HARDSHIP & FORECLOSURE

First step: Contact your mortgage servicer using the number on your statement. Ask for the loss-mitigation department, available options, and the documents needed to review your situation.

Housing counseling: Find a HUD-approved housing counselor at https://www.hud.gov/counseling or call **800-569-4287**. CFPB mortgage resources: https://www.consumerfinance.gov/housing/housing-insecurity/.

Foreclosure notice or court deadline: Contact a housing/foreclosure legal aid provider or attorney promptly. Do not ignore court papers or assume that a counseling call pauses a legal deadline.

Avoid scams: Be cautious of guaranteed foreclosure rescue, pressure to pay upfront, requests to sign over a deed, or advice to stop communicating with your lender.

LEGAL AID & TENANT RIGHTS

Free or low-cost civil legal help: Use the Legal Services Corporation locator: https://www.lsc.gov/about-lsc/what-legal-aid/get-legal-help or LawHelp: https://www.lawhelp.org. Ask about service area, eligibility, issue type, and intake deadlines.

Eviction or landlord-tenant concerns: Contact local legal aid as soon as possible after receiving a notice or court papers. Search the official state/county court website for tenant resources and self-help services.

Disability rights: Find your state's Protection and Advocacy organization through https://www.ndrn.org/about/ndrn-member-agencies/.

Older adults: The Eldercare Locator connects people with local aging services: https://eldercare.acl.gov or **800-677-1116**.

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SUBSTANCE USE & MENTAL HEALTH RESOURCES

Find treatment providers: Use https://findtreatment.gov or contact your state behavioral health agency. Call providers directly to ask about openings, insurance, costs, services, accessibility, and referral requirements.

Treatment referral and information: SAMHSA National Helpline: **800-662-HELP (4357)**. Information: https://www.samhsa.gov/find-help.

Crisis support: Call or text **988** or visit https://988lifeline.org. For immediate danger or a medical emergency, call **911**.

Recovery housing: Ask treatment providers or state agencies about local recovery housing options, costs, rules, and applicable certification or oversight. Verify details before paying fees or moving in.

HEALTHCARE, INSURANCE & BENEFITS

Find a community health center: Use HRSA's Find a Health Center: https://findahealthcenter.hrsa.gov. Contact the center to confirm services, costs, insurance, and new-patient availability.

Medicaid and CHIP: Start at https://www.healthcare.gov/medicaid-chip/ or contact your state Medicaid agency. Eligibility and enrollment rules vary by state.

Medicare: Visit https://www.medicare.gov or call **800-633-4227**. Free Medicare counseling is available through State Health Insurance Assistance Programs: https://www.shiphelp.org.

SSI, Social Security and disability benefits: Use the official Social Security Administration site: https://www.ssa.gov/benefits/ssi/ and https://www.ssa.gov/disability/. Keep copies of notices and note appeal deadlines.

Health insurance options: Visit https://www.healthcare.gov to review Marketplace coverage and enrollment information.

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FOOD, UTILITIES & OTHER BASIC NEEDS

Food assistance and SNAP: Start with https://www.usa.gov/food-help and your state benefits agency. For immediate food needs, contact established local food banks or community organizations and confirm hours and requirements directly.

WIC: Information for eligible pregnant people, new parents, infants and children under five: https://www.fns.usda.gov/wic. Contact your state WIC agency.

Utility and energy assistance: Ask your state or local agency about LIHEAP: https://www.acf.hhs.gov/ocs/programs/liheap. Also contact the utility company about hardship plans, payment arrangements, and shutoff protections.

Benefits and local government services: Use USAGov's benefit finder at https://www.usa.gov/benefit-finder, then apply through the official state or local agency responsible for the program.

SAFETY, FAMILY & ADDITIONAL SUPPORT

Domestic violence: National Domestic Violence Hotline: **800-799-7233** or https://www.thehotline.org. Ask about confidential support and local options; consider device safety if communications may be monitored.

Sexual assault: RAINN National Sexual Assault Hotline: **800-656-4673** or https://rainn.org.

Runaway or homeless youth: National Runaway Safeline: **800-786-2929** or https://www.1800runaway.org.

Veterans: Find VA homeless services at https://www.va.gov/homeless/ or call **877-424-3838**.

Older adults and caregivers: Eldercare Locator: https://eldercare.acl.gov or **800-677-1116**. Ask about local aging services, caregiver support, transportation, and benefits counseling.

Employment and other local services: Check the official state labor department, county human services agency, and community action agency for job services, benefits, and local support.

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HOW TO CONTACT A RESOURCE

Before contacting an organization: Write down the main need, city/state or ZIP code, safe contact method, any urgent deadlines, accessibility or language needs, and questions. Share only information necessary for the referral.

Questions to ask: Do you serve this location? Are you accepting applications or referrals? What are the eligibility rules and costs? What documents are needed? Is there a waitlist or deadline? If you cannot help, which specific agency should I contact next?

Keep a simple contact record: Date and time; organization and staff name; contact information; instructions given; documents requested; next step; and follow-up date. Store sensitive information securely.

If the first contact cannot help: Ask why, whether there is a waitlist or appeal process, and which agency is responsible for the service. One denial does not necessarily mean no other option exists.

IMPORTANT NOTES

Resource information only: This guide helps locate organizations and programs. It does not provide medical advice, diagnosis, treatment, legal advice, financial assistance, or direct services.

Verify directly: Program rules, contact information, funding, and availability. Contact the organization before traveling, sending documents, or relying on a referral.

Privacy and scam awareness: Use official websites and verified contact details. Do not send Social Security numbers, bank details, passwords, or medical records to unverified contacts.

Eligibility is not guaranteed: Programs may have geographic limits, waitlists, funding limits, documentation requirements, and eligibility rules.

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THIS GUIDE IS A RESOURCE

ConnectImpact Hub shares information to help individuals and families locate relevant organizations and programs. It does not provide medical advice, diagnosis, treatment, legal advice, or direct services. Contact providers directly to confirm current availability, eligibility, costs, and application requirements.

CONNECTIMPACT HUB

Advancing Health Equity Through Advocacy, Education, and Community Impact.

What we do: ConnectImpact Hub provides advocacy and resource navigation. If you are in need, connect with us at https://connectimpact-hub.org/#contact.

Website: https://connectimpact-hub.org/