Basic Needs: Food, Shelter, Financial Assistance & Healthcare:

United Way: There are approximately 1800 local United Way agencies worldwide.

- How can they help? Essential needs like housing & housing expenses, food, financial assistance, and healthcare; disaster assistance, and crisis and emergency help.
- Dial 2-1-1. 211 is a vital service that connects millions of people to help. Simply call 211 or search for your local 211 online. Operated by the United Way 24 hours a day, 7 days a week.
- Website: 211.org

Feeding America: A nationwide network of food banks that distributes over 4.3 billion meals each year through food pantries and meal programs.

- Website: FeedingAmerica.org -- Click on 'Find a Food Bank' and search by zip code or state.

Financial Needs:

Bill Paying: Learn about governmental programs to help pay for phone bills, medical bills, home energy bills, prescription drugs and other expenses.

- Website: usa.gov -- Click on 'Benefits, Grants & Loans' link at the top of the page.
- Phone: 844.872.4681

Involuntary Unemployment: Government sponsored - Sit to learn how to apply for unemployment benefits, workers' compensation, welfare or temporary assistance, and other programs and services that can help if you lose your job.

- Website: usa.gov - Click on "Jobs & Unemployment" link at the top of the page.
- Phone: 844.872.4681

Resources on Aging:

Eldercare: A public service of the U.S. administration on Aging providing services such as housing, transportation, insurance and other benefits for older adults and their families.

- Website: eldercare.acl.gov
- Phone: 800.677.1116

Family Resources: To provide information on available resources to assist with childcare, after school programs or school supplies the following national organizations may be able to provide guidance.

- United Way (website: 211.org; phone:211)
- Salvation Army (website: salvationarmy.org. Search by zip code)

- Care.com (website: care.com)
- Boys & Girls Club of America (website: bgca.org)