

Free Resources for Help

Call 2-1-1

For help with housing, utilities, healthcare, food, mental health & substance use, clothing & household goods, aging & disabilities, employment and holiday programs, this service is free and confidential.

Employment and Job Training

DOL's Employment and Training Helpline provides information for job seekers, workers, and employers on employment and training: 1-877-872-5627

National Domestic Violence Hotline

Available 24/7 to talk confidentially with anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship: 1-800-799-7233

Help for Veterans

Help for Homeless Veterans Helpline provides 24/7 access to VA services and at-risk veterans: 1-877-424-3838

National Runaway Safeline

Supports at-risk youth and their families 24-hours a day by phone, email and live chat: 1-800-786-2929

Treatment Referral Routing Service

Confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental health and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations: 1-800-662-4357