

Resources

Food, Health, Shelter, Mental Health Care, Medical Care, Caregiver Support, and More

The Flare Society recognizes that pain is often in the context of other needs. We will do our best to keep adding to this list of resources.

General assistance (navigating food, housing, disaster recovery, mental healthcare, and more)

211.org

The website is in English and Spanish

<https://www.211.org/>

This is a program of the United Way and helps people who may be new to the country, need housing, help with disaster recovery, food, mental healthcare, and other things.

24/7 availability in multiple languages: 211

To get connect with someone who knows your area, if you put in your zip code you'll get local options: <https://www.211.org/about-us/your-local-211>

Vision help, for those with low vision and blindness

Be My Eyes

Service for people all over the world

<https://www.bemyeyes.com/>

"Be My Eyes connects people needing sighted support with volunteers and companies through live video around the world"

VSP Vision

Learn about the possibility of free prescription glasses for those who lost glasses in a disaster or can't afford glasses, whether child or adult.

<https://www.vspvision.com/eyes-of-hope/get-help.html;jsessionid=A4B5DB825BAAAA2258EB3CF97CE27296#noCost>

New Eyes

Provides free glasses for those with a prescription that is no older than 24 months who are between the ages of 18 and 55.

Website: <https://new-eyes.org/application/>

Mission Cataract USA

They provide free cataract surgery for those who can't afford it.

Phone: 595-797-1629

Website: <https://missioncataractusa.org/doctors>

Ways to check on side effects or possible cross-reactions for medications and supplements you take

Here are two drug interaction checkers. They are both free to use with no sign-up

<https://reference.medscape.com/drug-interactionchecker>

Drugs.com offers a free drug and supplement interaction checker

https://www.drugs.com/drug_interactions.html

Help with medication costs

Needy Meds

<https://www.needymeds.org/pap>

Website is in English and Spanish

Helpline: 1-800-503-6897

“Prescription assistance can be offered in the way of Patient Assistance Programs (PAPs), which are created by pharmaceutical companies to provide free or discounted medicines to people who are unable to afford them.”

Discounts on Medications, Goodrx:

Website in English only

<https://www.goodrx.com/>

Signing up for the Goodrx discount card:

<https://www.goodrx.com/discount-card>

Food assistance, location of nearby food banks and pantries, and food delivery for the homebound

Meals on Wheels

Website in English only

<https://www.mealsonwheelsamerica.org/>

Meals on Wheels, zip code search to find ways of getting a meal to your door:

<https://www.mealsonwheelsamerica.org/signup/aboutmealsonwheels/find-programs?filter=94707>

“Meals on Wheels has been guided by a single goal since the first known U.S. delivery by a small group of Philadelphia citizens in 1954 – to support our senior neighbors to extend their independence and health as they age. What started as a compassionate idea has grown into one of the largest and most effective social movements in America, currently helping nearly 2.8 million seniors annually in virtually every community in the country.”

Feeding America

The website is in English only

To find a food bank for any US zip code: <https://www.feedingamerica.org/find-your-local-foodbank>

This link can help people to sign up for SNAP and WIC, which are food assistance programs:

<https://www.feedingamerica.org/need-help-find-food>

Chaplain services

All VA hospitals have chaplains available for spiritual care.

US Navy Reserve 24/7 Chaplain services. You can call about spiritual or non-spiritual matters, and this is open to anyone of any faith, or those who are not part of a faith.

1-757-322-6550

<https://www.navyreserve.navy.mil/News/Article-View-News/Article/2337172/navy-reserve-force-chaplain-247-hotline-757-322-5650/>

Caregiver support

Caregiver Action Network (CAN)

Main website: <https://www.caregiveraction.org/>

phone: 1-855-227-3640

Helpdesk: <https://www.caregiveraction.org/helpdesk>

Community board: <https://www.caregiveraction.org/community>

Support for those with intellectual disabilities & their families

The Arc

“The Arc promotes and protects the human rights of people with intellectual and developmental disabilities and actively supports their full inclusion and participation in the community throughout their lifetimes.”

Main website: <https://thearc.org/>

Their national phone number: Toll-Free: 800-433-5255

How to find the chapter nearest you: <https://thearc.org/find-a-chapter/#>

US Veterans and homelessness

If you are a Veteran who is homeless or at imminent risk of becoming homeless, call the National Call Center for Homeless Veterans at (877) 4AID-VET (877-424-3838) for assistance.

Mental health, for crisis and non-crisis

988 for Mental Health Crisis

The website is English only

<https://www.samhsa.gov/find-help/988>

Text 988 for text chat support in English or Spanish

For veterans in crisis, call 988, then press “1”

Warmline Directory by State

This is updated, when you click on the link, you will see when it was last updated

<https://warmline.org/warmdir.html>

A warmline helps people connect with another person when they're not in crisis but would like to get some support and connection. It's good for people to connect and get support before a crisis develops.

Crisis Text line:

English and Spanish

<https://www.crisistextline.org/text-us/>

24/7 support, text: 741741

For Mental Health Support for Victims of Disasters (fires, hurricanes, tornadoes, floods, etc.)

This is for the emotional distress after a disaster

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

24/7 phone line: 1-800-985-5990 English or Spanish callers welcome. Through 3rd party interpretation, 100 other languages are available.

National Alliance on Mental Illness (NAMI)

The website is in English and Spanish

“the NAMI HelpLine is here for you. HelpLine volunteers are working to answer questions, offer support and provide practical next steps. The resources on this page provide information to address many needs and concerns.”

Their helpline is Monday through Friday, 10am-10pm Eastern Standard Time: 1-800-950-6264

Text: 62640

Chat: NAMI.org/help

Mental health lines to support first responders

Safe Call Now

<https://www.safecallnowusa.org/>

Staffed by first responder for first responders and their families.

24/7 confidential phone line: 1-206-459-3020

Cop Line

The website is English only

<https://www.copline.org/>

“We provide 24/7, CONFIDENTIAL services for callers who are dealing with various stressors encountered both on and off the job. Whether it is just a “bad day” or a full blown mental health crisis, our retired and trained volunteers are here to listen, sit in the hole with the caller, and provide culturally competent resources.”

24/7 phone number: 1-800-267-5463

Medical

American Cancer Society

The website has information in multiple languages

“Our 24/7 cancer helpline provides support for people dealing with cancer. We can connect you with trained cancer information specialists who will answer questions about a cancer diagnosis and provide guidance and a compassionate ear.”

Main number: 1-800-227-2345

Find support for people with cancer and their families. This website can help people find lodging if they are traveling for treatment, rides to treatment, information, and 24/7 phone or video chat.

<https://www.cancer.org/support-programs-and-services.html>

24/7 Cancer Helpline, video chat is also available 1-800-227-2345

Finding a diabetes support group in the US

<https://defeatdiabetes.org/diabetes-support-groups/>

The Epilepsy Foundation

The website is English only

<https://www.epilepsy.com/247-helpline>

“The Epilepsy & Seizures 24/7 Helpline has trained information specialists standing by to answer your questions about epilepsy and seizures and provide you with help, hope, support, guidance, and access to national and local resources.”

24/7 phone line English: 1-800-332-1000

24/7 phone line **en español**: 1-866-748-8008

American Migraine Foundation

This group has a migraine patient support group online, as well helping people find doctors.

<https://americanmigrainefoundation.org/>

National Organization for Rare Diseases (NORD)

The website has a Spanish language option

<https://rarediseases.org/rare-diseases/>

There are thousands of very rare diseases. This is an easy way to look them up alphabetically so you'll have an overview. You'll also be able to see resources available for support and education and respite care for people and their families.

Genetic and Rare Diseases Information Center

The website has a Spanish language option

<https://rarediseases.info.nih.gov/>

To understand a new diagnosis of a rare disease, to find resources, and support:

Monday through Friday 12 Noon to 6pm Eastern Time: 1-888-205-2311

Contacting them by email, you will get a response between 2 and 10 business days

Addiction Help

Alcoholic Anonymous

Finding the nearest AA meeting to you in the US or abroad

The website is in English, Spanish and French

<https://www.aa.org/find-aa>

Narcotics Anonymous Worldwide Services

The website is in English, but the search is international

Finding the nearest narcotics anonymous meeting in any country

<https://www.na.org/meetingsearch/>

Narcotics Anonymous Virtual Meeting Finder

For those who live in remote areas, or can't get to in-person meetings

Website in English and Spanish

<https://virtual-na.org/>

National Council on Problem Gambling

The website is English only

They provide confidential phone, chat, and text support for people with gambling addiction

24/7 help: 1-800-GAMBLER (1-800-426-2537)

Text: 800GAM

Chat: <https://www.ncpgambling.org/help-treatment/chat/>

Domestic Violence

The Hotline

Website is in English and Spanish

If you are introducing this site to a person, they may want to access it in a public library for privacy. There is a red "X" which will get a person out the site immediately for privacy.

<https://www.thehotline.org/get-help/>

Call: 1-800-787-3224

Text: 88788

Live chat is available on their website

Youth Focused

Child Help

Website is in 10 languages

"The Childhelp National Child Abuse Hotline Crisis counselors are here to support those concerned about or affected by child abuse and provide appropriate, individualized guidance for those that reach out. We can also help research additional resources that may be available. The

hotline is staffed by live crisis counselors (not bots) who all have college education and life experience in working with child abuse, neglect, and maltreatment.”

<https://www.childhelpline.org/>

Phone: 1-800-422-4453

Text: 1-800-422-4453

Chat can be initiated through website: <https://www.childhelpline.org/>

LGBTQI Support

The Trevor Project

Website in English only

This for people between ages 13-24 years old

<https://www.thetrevorproject.org/get-help/>

Phone: 1-866-488-7386

Text: 678-678

Initiate chat from here: <https://www.thetrevorproject.org/get-help/>

Support for Athletes, Their Parents & Coaches

Courage First

The website is in English and Spanish

<https://www.athletehelpline.org/>

Mission: “To serve athletes, former athletes, parents, coaches, and sports communities through crisis response, mental well-being intervention, informational resources, and reporting guidance for concerns about emotional, physical, or sexual abuse. Courage First’s team of athlete-centered counselors offer confidential assistance through calls, text, and online chat.”

Phone: 1-888-279-1026

Text: 1-888-279-1026

Chat: <https://www.athletehelpline.org/>

Applying for Social Security

For the website: <https://www.ssa.gov/apply>

To find your local office: <https://secure.ssa.gov/ICON/main.jsp>

To call with questions:

1-800-772-1213

Medical Insurance

Applying for Medicare (for those over 65)

<https://www.ssa.gov/medicare/sign-up>

To call and speak with someone, call Monday – Friday 8 a.m. – 7 p.m. in English in most US time zones. Some languages other than English are also spoken.

Call [+1 800-772-1213](tel:+18007721213)

Medical insurance from Healthcare.gov

This is sometimes called Obama Care. The website has English and many other languages

<https://www.healthcare.gov/>

For phone support: [1-800-318-2596](tel:18003182596)

To find local help:

<https://localhelp.healthcare.gov/>