

GET OUT THE HOLE

Nationwide Assistance Directory

A Complete Guide to Rent, Utility, Food & Emergency
Assistance
Across All 50 States

2026

*For those in need • For social workers • For case managers • For community
organizations*

**IN ANY EMERGENCY, CALL OR TEXT 211 — FREE, 24/7, ALL 50
STATES**

Table of Contents

Front Matter

Introduction & How to Use This Directory

National Hotlines & Key Resources

How to Apply for SNAP, Section 8 & LIHEAP

State-by-State Directory

State	Capital	State	Capital
Alabama	Montgomery	Montana	Helena
Alaska	Juneau	Nebraska	Lincoln
Arizona	Phoenix	Nevada	Carson City
Arkansas	Little Rock	New Hampshire	Concord
California	Sacramento	New Jersey	Trenton
Colorado	Denver	New Mexico	Santa Fe
Connecticut	Hartford	New York	Albany
Delaware	Dover	North Carolina	Raleigh
Florida	Tallahassee	North Dakota	Bismarck
Georgia	Atlanta	Ohio	Columbus
Hawaii	Honolulu	Oklahoma	Oklahoma City
Idaho	Boise	Oregon	Salem
Illinois	Springfield	Pennsylvania	Harrisburg
Indiana	Indianapolis	Rhode Island	Providence
Iowa	Des Moines	South Carolina	Columbia
Kansas	Topeka	South Dakota	Pierre
Kentucky	Frankfort	Tennessee	Nashville
Louisiana	Baton Rouge	Texas	Austin
Maine	Augusta	Utah	Salt Lake City
Maryland	Annapolis	Vermont	Montpelier

State	Capital	State	Capital
Massachusetts	Boston	Virginia	Richmond
Michigan	Lansing	Washington	Olympia
Minnesota	St. Paul	West Virginia	Charleston
Mississippi	Jackson	Wisconsin	Madison
Missouri	Jefferson City	Wyoming	Cheyenne

Back Matter

National Resources & Hotlines Summary

Quick Tips & Important Reminders

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

Introduction & How to Use This Directory

Welcome to the **Get Out The Hole Nationwide Assistance Directory 2026**. This directory was created to connect individuals, families, and communities with real, free assistance — covering rent, utilities, food, emergency shelter, and more — across all 50 states. Whether you are facing eviction, a shutoff notice, hunger, or homelessness, help is available to you.

This guide is designed for individuals in crisis, social workers, case managers, community organizations, churches, and anyone who wants to point a neighbor toward help. All programs listed are operated by government agencies, nonprofits, or charities. **You should never pay a fee to apply for assistance.**



SCAM WARNING

Legitimate assistance programs are **always free** to apply for. If anyone asks you for money, a gift card, or personal banking information to "process" your assistance, it is a scam. Report scams to the FTC at 1-877-382-4357 or reportfraud.ftc.gov.

How to Use This Directory

1. **Start with 211.** Before anything else, call or text **211** from any phone. It is free, available 24 hours a day, 7 days a week, in all 50 states, and connects you to a live person who knows what help is available in your specific zip code. This is always your fastest first step.
2. **Find your state section.** This directory is organized alphabetically by state. Each state section lists statewide programs, programs in the capital city, and programs in major cities across the state.
3. **Call before you go.** Hours and funding change. Always call ahead to confirm a program is still accepting clients and that you have the correct documentation.
4. **Bring what you need.** Most programs require: photo ID, proof of address (utility bill, lease), proof of income (pay stubs, award letters), and Social Security numbers for household members. Requirements vary — ask when you call.
5. **Apply to multiple programs.** You are allowed — and encouraged — to apply for more than one program at a time. Funding runs out; having multiple applications in process protects your family.
6. **Check Benefits.gov.** Visit www.benefits.gov to screen yourself for dozens of federal programs at once, including SNAP, Medicaid, LIHEAP, WIC, housing vouchers, and more.

What Is 211?

211 is a free, confidential information and referral service operated by United Way. When you dial 2-1-1 from any phone — landline or cell — you are connected to a trained specialist in your area who can find resources for food, housing, utilities, mental health, child care, employment, and more. The service is available in English and Spanish (and many other languages via interpreter). In 2025, the 211 network made over 19 million referrals to help people across America.



YOUR MOST IMPORTANT NUMBER: 211

Call or text 211 — Free — Confidential — 24/7 — All 50 States

Or text your ZIP code to **898-211**

Or visit: **www.211.org**

Five Categories of Assistance in Every State

Category	What It Covers	Key Programs
Rent Assistance	Emergency rental payments, eviction prevention, security deposits, first/last month's rent	Emergency Rental Assistance (ERA), Section 8 / Housing Choice Vouchers, Rapid Rehousing
Utility Assistance	Electric, gas, water, heating, cooling bills; weatherization; equipment repair	LIHEAP, Weatherization Assistance Program (WAP), utility company assistance programs
Food Assistance	Groceries, hot meals, baby formula, WIC benefits, food pantries	SNAP (Food Stamps), WIC, food banks, food pantries, community meal programs
Emergency Shelter	Overnight shelter, transitional housing, domestic violence shelters, rapid rehousing	Local shelters, Salvation Army, Catholic Charities, HUD-funded programs
Community Action Agencies	Multiple services in one place: case management, rent, utilities, food,	Local CAAs funded by Community Services Block Grant (CSBG)

Category	What It Covers	Key Programs
	employment, childcare	

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

National Hotlines & Key Resources

The following organizations provide assistance nationwide. Contact these first if you are unsure where to start, or use them alongside your state and local resources.

Organization / Program	Contact	Website	Services
211 (United Way)	Call or text 211 Available 24/7	www.211.org	Local referrals for rent, food, utilities, shelter, health, employment — all 50 states
HUD Housing Locator	(800) 569-4287	www.hud.gov/findhousing	Find affordable rental housing, apply for Section 8 vouchers, contact local Public Housing Authorities
LIHEAP Energy Assistance	(866) 674-6327	www.acf.hhs.gov/ocs/liheap	Home heating and cooling bill help, weatherization, crisis energy assistance
Feeding America Food Bank Locator	1-800-771-2303	www.feedingamerica.org	Find food banks and food pantries near you; food distribution and SNAP enrollment help

Organization / Program	Contact	Website	Services
National Homelessness Hotline	1-800-466-3537 (1-800-HOMELESS)	—	Emergency shelter referrals, crisis assistance for individuals and families facing homelessness
Benefits.gov	—	www.benefits.gov	Eligibility screener for all federal programs: SNAP, Medicaid, LIHEAP, WIC, Section 8, and more
Community Action Partnership (CAP)	(202) 265-7546	www.communityactionpartnership.com	Find local Community Action Agencies providing rent, utility, food, and social services
SNAP (Food Stamps)	Contact local SNAP office or apply online	www.fns.usda.gov/snap	Monthly food benefits for low-income households; income-based eligibility; apply at local DSS/DHS office
Section 8 / Housing Choice Voucher	Contact local Public Housing Authority (PHA)	www.hud.gov	Rental subsidy vouchers for low-income households; apply through local PHA; waitlists vary by location
National Low Income Housing Coalition	(202) 662-1530	www.nlihc.org	Advocacy, research, and rental housing resources for extremely low-income households
Salvation Army	1-800-725-2769 (1-800-SAL-ARMY)	www.salvationarmyusa.org	Emergency financial assistance, food, shelter, utility help, disaster relief — locations nationwide

Organization / Program	Contact	Website	Services
Catholic Charities USA	(703) 549-1390	www.catholiccharitiesusa.org	Food, shelter, rent, utility assistance, immigration services — open to all regardless of faith
United Way Worldwide	(703) 836-7112	www.unitedway.org	Funds and coordinates local 211 systems, food, housing, income stability programs
Modest Needs Foundation	—	www.modestneeds.org	Grants for working poor: one-time emergency bill payments for rent, utilities, medical, car, and more

How to Apply for Key Federal Programs

SNAP (Food Stamps)

SNAP provides monthly benefits loaded onto an EBT card to buy food. Eligibility is based on household size and gross income (generally at or below 130% of the federal poverty level). To apply: visit your state's SNAP office or apply online through your state's benefits portal. Use www.benefits.gov to pre-screen your eligibility.

LIHEAP (Utility Assistance)

LIHEAP is a federal program administered by each state to help low-income households pay heating and cooling bills. Apply through your state agency or local Community Action Agency. The national hotline is **(866) 674-6327**. Funding is limited and seasonal — apply early.

Section 8 / Housing Choice Voucher Program

Section 8 vouchers help low-income families rent housing in the private market. Apply through your local Public Housing Authority (PHA). Waitlists are often long — apply to as many PHAs as possible in your area. Find your PHA at www.hud.gov.

WIC (Women, Infants & Children)

WIC provides food benefits and nutrition services to pregnant women, new mothers, infants, and children up to age 5. Apply at your local WIC office. Find locations at www.fns.usda.gov/wic.

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► ALABAMA

|

Capital: Montgomery

Alabama 211:

Call or text 211 • (888) 421-1266 • www.211connectsalabama.org • Available 24/7 for local referrals statewide

STATEWIDE PROGRAMS

Program / Organization	Contact	Website	Services	Eligibility Notes
Alabama LIHEAP (Energy Assistance) Alabama Dept. of Economic & Community Affairs (ADECA) 401 Adams Ave,	(800) 392-8098 (334) 242-5100	adeca.alabama.gov	Utility bill assistance (electric, gas, heating oil); crisis assistance; weatherization	Income at or below 150% of federal poverty level; apply through local CAA

Program / Organization	Contact	Website	Services	Eligibility Notes
Montgomery, AL 36130				
Alabama Department of Human Resources (SNAP/WIC) Gordon Persons Bldg, 50 N. Ripley St, Montgomery, AL 36130	(334) 242-1310	dhr.alabama.gov	SNAP food benefits, WIC, Temporary Assistance for Needy Families (TANF), child care assistance	Income-based; varies by program; apply online or at local DHR office
Alabama Housing Finance Authority (AHFA) 7460 Halcyon Pointe Dr, Montgomery, AL 36117	(334) 244-9200	ahfa.com	Affordable rental housing, Section 8 administration, homeownership programs, emergency rental assistance	Low to moderate income; varies by program
Alabama Community Action Association (ACAA) PO Box 3529, Montgomery, AL 36109	(334) 356-5690	alabamacaa.org	Connects residents to local Community Action Agencies for rent, utilities, food, and social services	Low-income households; contact local CAA for specific eligibility
Salvation Army — Alabama	1-800-725-2769	salvationarmyusa.org	Emergency financial assistance, rent/utility help, food pantries, shelters statewide	Varies by location; based on financial need

Program / Organization	Address	Phone	Services	Eligibility
Salvation Army — Montgomery	2501 W. Fairview Ave, Montgomery, AL 36108	(334) 834-6505	Emergency rent/utility help, food pantry, emergency shelter	Financial need; ID required; limited funding
Catholic Social Services — Montgomery	2006 Woodley Rd, Montgomery, AL 36106	(334) 832-4545	Rent assistance, food pantry, utility help, refugee services	Open to all; income verification required
Montgomery Area Food Bank	521 Trade St, Montgomery, AL 36108	(334) 263-3784	Food distribution to pantries; find partner pantries via website	Low-income individuals and families
Family Promise of Montgomery	Montgomery, AL	(334) 834-2110	Emergency shelter and transitional housing for families with children	Homeless families with children
Central Alabama Community Action Agency	910 Forest Ave, Montgomery, AL 36106	(334) 263-5381	LIHEAP utility assistance, SNAP enrollment, emergency rent help, weatherization	Income at or below 200% federal poverty level

MAJOR CITIES

Birmingham

Organization	Address	Phone	Services
Salvation Army — Birmingham	2015 26th Ave N, Birmingham, AL 35234	(205) 328-2420	Emergency rent/utility assistance, food pantry, emergency shelter (Center of Hope)
Birmingham Jefferson County Community Action Agency	3600 8th Ave S, Birmingham, AL 35222	(205) 323-2006	LIHEAP, SNAP enrollment, rental assistance, weatherization, Head Start
United Way of Central Alabama	3600 8th Ave S, Birmingham, AL 35222	(205) 251-5131	Manages 211 for Central AL; connects to food, rent, utilities, shelter resources
Catholic Charities — Birmingham	P.O. Box 12585, Birmingham, AL 35202	(205) 252-0248	Emergency financial assistance, food pantry, refugee and immigration services
Greater Birmingham Ministries	2304 12th Ave N, Birmingham, AL 35234	(205) 326-6821	Emergency utility assistance, food pantry, advocacy for low-income residents

Huntsville

Organization	Address	Phone	Services
Community Action Agency of North Alabama	1427 Bank St NE, Decatur, AL 35601 (serves Huntsville area)	(256) 355-4923	LIHEAP, SNAP enrollment, emergency rent/utility help, weatherization
Salvation Army — Huntsville	604 Meridian St N, Huntsville, AL 35801	(256) 536-5414	Emergency rent/utility help, food pantry, emergency shelter

Organization	Address	Phone	Services
Huntsville-Madison County Community Development	308 Fountain Circle, Huntsville, AL 35801	(256) 427-5400	Emergency rental assistance, housing rehabilitation, homeless services
Food Bank of North Alabama	2012 Meridian St N, Huntsville, AL 35811	(256) 539-2256	Food distribution network; find partner food pantries at website

Mobile

Organization	Address	Phone	Services
Salvation Army — Mobile	1009 Dauphin St, Mobile, AL 36604	(251) 438-1625	Emergency rent/utility help, food pantry, emergency shelter
South Alabama Regional Planning Commission — CAA	110 Beauregard St, Mobile, AL 36602	(251) 433-6541	LIHEAP energy assistance, CSBG services, weatherization
Mobile Area Food Bank	3132 Brunswick Ave, Mobile, AL 36607	(251) 471-1507	Food distribution; 300+ partner agencies in southwest Alabama
Christ Health Center — Mobile	612 Charlotte St, Mobile, AL 36607	(251) 285-2577	Medical, dental, food assistance, referrals to rent/utility programs

Tuscaloosa, Dothan

&

Auburn

Organization	City	Phone	Services
West Alabama Food Bank	Tuscaloosa	(205) 758-8000	Food distribution network for west Alabama counties
Salvation Army — Tuscaloosa	1100 19th St S, Tuscaloosa, AL 35401	(205) 758-8000	Emergency rent/utility, food, shelter
Community Action Agency of South Alabama	Dothan/Houston County area	(334) 793-6843	LIHEAP, SNAP, emergency rent help, weatherization
Lee County Community Action (Auburn/Opelika area)	Auburn, AL	Call 211	Energy assistance, food, emergency services; call 211 for current contact

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► ALASKA

|

Capital: Juneau

Alaska 211:

Call or text 211 • (800) 478-2221 • Available 24/7. Also: Alaska LIHEAP: (800) 470-3058

STATEWIDE PROGRAMS

Program	Contact	Website	Services	Eligibility
Alaska LIHEAP AK Dept. of Health & Social Services 350 Main St, Juneau, AK 99811	(800) 470-3058 (907) 465-3347	alaska.gov/dhss	Heating assistance, weatherization, energy crisis assistance	Income at or below 150% FPL; prioritizes elderly and disabled
Alaska Housing Finance Corporation (AHFC) 4300 Boniface Pkwy, Anchorage, AK 99504	(907) 338-6100 (800) 478-2432	ahfc.us	Section 8 vouchers, public housing, rental assistance, homeless housing programs	Income-based; varies by program
Alaska Division of Public Assistance (SNAP/WIC) 350 Main St, Juneau, AK 99811	(800) 478-7778	dhss.alaska.gov/dpa	SNAP, WIC, Medicaid, TANF, adult public assistance	Income-based; apply online or at local DPA office
Salvation Army — Alaska	(907) 276-2188 (Anchorage)	salvationarmyusa.org	Food pantries, emergency shelter, rent/utility help statewide	Financial need; ID required
Food Bank of Alaska 2121 E. 40th Ave, Anchorage, AK 99508	(907) 745-7501	foodbankofalaska.org	Statewide food distribution to food pantries and meal programs	Low-income individuals and families throughout Alaska

CAPITAL: JUNEAU

&

MAJOR CITIES

Organization	City	Phone	Services
Catholic Community Service — Juneau	419 6th St, Juneau, AK 99801	(907) 463-6140	Emergency rent/utility assistance, food pantry, family support services
Salvation Army — Anchorage	1712 A St, Anchorage, AK 99501	(907) 276-2188	Emergency shelter, food pantry, rent/utility assistance, disaster relief
Bean's Café	1118 E. 1st Ave, Anchorage, AK 99501	(907) 272-2326	Hot meals daily, emergency food pantry, transitional housing
Covenant House Alaska	755 A St, Anchorage, AK 99501	(907) 272-1255	Emergency shelter, transitional housing, outreach for youth ages 13-24
RurAL CAP (Rural Alaska Community Action Program)	731 E. 8th Ave, Anchorage, AK 99501	(907) 279-2511	LIHEAP, housing, Head Start, behavioral health, senior services; serves rural AK
Fairbanks Community Food Bank	Fairbanks, AK	(907) 456-2799	Food pantry and distribution for Fairbanks North Star Borough residents
Interior Alaska Center for Non-Violent Living (Fairbanks)	912 Barnette St, Fairbanks, AK 99701	(907) 452-2293	DV shelter, emergency housing, advocacy; 24-hr crisis line
Wasilla Community Food Pantry	Wasilla, AK	Call 211	Food pantry; call 211 for current hours and locations in

Organization	City	Phone	Services
			Matanuska-Susitna Borough

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► ARIZONA

|

Capital: Phoenix

Arizona 211:

Call or text 211 • www.211arizona.org • 24/7, statewide resource directory

STATEWIDE PROGRAMS

Program	Contact	Website	Services	Eligibility
Arizona LIHEAP AZ Dept. of Economic Security 1789 W. Jefferson St, Phoenix, AZ 85007	(800) 582-5706	des.az.gov/services/energy	Utility bill assistance, cooling/heating crisis help, weatherization	Income at or below 150% FPL; apply through local CAA or DES office
AZ DES — SNAP, TANF, Medical	(855) 432-7587	healthearizona.plus.gov	SNAP, TANF cash assistance, Medicaid (AHCCCS),	Income-based; apply online via HEAplus portal

Program	Contact	Website	Services	Eligibility
			child care assistance	
Arizona Housing Coalition	(602) 368-5570	azhousing.org	Affordable housing advocacy, eviction prevention resources, rental assistance programs	Low-income renters and individuals at risk of homelessness
Arizona Department of Housing 1110 W. Washington St, Phoenix, AZ 85007	(602) 771-1000	azhousing.gov	Section 8 administration , emergency rental assistance, affordable housing programs	Income at or below 80% Area Median Income (AMI)
Community Action Program Inter-City (CAPIC)	Call 211 for local CAA	communityactionpartnership.com	LIHEAP, CSBG services, food, rent, employment assistance statewide	Low-income households; contact local CAA

CAPITAL: PHOENIX

&

MAJOR CITIES

Organization	Address	Phone	Services
Catholic Charities — Phoenix	4747 N. 7th Ave, Phoenix, AZ 85013	(602) 285-1999	Emergency rent/utility help, food pantry, immigration, refugee services
St. Vincent de Paul — Phoenix	420 W. Watkins St, Phoenix, AZ 85003	(602) 261-6810	Emergency shelter, meals,

Organization	Address	Phone	Services
			food pantry, clothing, case management, rent help
Human Services Campus (Phoenix)	1125 W. Jackson St, Phoenix, AZ 85007	(602) 256-6945	Coordinated homeless services campus: shelter, food, medical, employment, housing placement
United Way of Maricopa County	2201 E. Camelback Rd, Phoenix, AZ 85016	(602) 631-4800	211 AZ operator; manages community resource referrals for all Maricopa County
Salvation Army – Phoenix	2707 E. Van Buren St, Phoenix, AZ 85008	(602) 267-4100	Emergency shelter, food, rent/utility help, disaster relief
Primavera Foundation (Tucson)	702 S. 6th Ave, Tucson, AZ 85701	(520) 623-5111	Emergency shelter, transitional housing, rent assistance, job training
Community Food Bank of Southern Arizona (Tucson)	3003 S. Country Club Rd, Tucson, AZ 85713	(520) 622-0525	Food distribution; over 300 partner agencies across southern AZ
Salvation Army – Tucson	1002 N. Main Ave, Tucson, AZ 85705	(520) 622-5411	Emergency rent/utility assistance, food pantry, shelter
East Valley Family Resource Center (Mesa/Chandler)	Mesa, AZ	Call 211	Emergency rent, food pantry, utility help; call 211 for current intake details
A New Leaf (Mesa/Scottsdale/Gilbert/Tempe)	868 E. University Dr, Mesa, AZ 85203	(480) 969-4024	Emergency shelter, transitional housing, domestic violence services, food pantry

► ARKANSAS

|

Capital: Little Rock

Arkansas 211:

Call or text 211 • www.ar211.org • 24/7 statewide resource referral

STATEWIDE PROGRAMS

Program	Contact	Website	Services	Eligibility
Arkansas LIHEAP AR Dept. of Human Services 700 Main St, Little Rock, AR 72201	(501) 682-8715	humanservice.s.arkansas.gov	Heating/cooling utility bill assistance, weatherization , crisis energy help	Income at or below 150% FPL; apply through local CAA
AR DHS — SNAP, WIC, Medicaid	(501) 682-1001	dhs.arkansas.gov	SNAP, WIC, Medicaid (ARKids First), TANF cash assistance	Income-based; apply at local DHS county office or online
Arkansas Development Finance Authority (ADFA) 423	(501) 682-5900	adfa.arkansas.gov	Section 8 administration , affordable housing, HOME	Low income; varies by program

Program	Contact	Website	Services	Eligibility
Main St, Little Rock, AR 72201			program, rental assistance	
Arkansas Community Action Agencies Association (ACAAA)	(501) 374-0513	arcaa.org	Connects to local CAAs statewide; LIHEAP, CSBG, food, rent help	Low-income households
Arkansas Foodbank 4301 W. 65th St, Little Rock, AR 72209	(501) 565-8121	arkansasfoodbank.org	Statewide food distribution; find local food pantries via website	Anyone in need; no income verification at most partner pantries

CAPITAL: LITTLE ROCK

&

MAJOR CITIES

Organization	Address/City	Phone	Services
Salvation Army — Little Rock	1111 W. Markham St, Little Rock, AR 72201	(501) 374-9296	Emergency rent/utility, food pantry, emergency shelter
Our House (Little Rock)	302 E. Roosevelt Rd, Little Rock, AR 72206	(501) 374-7383	Homeless shelter, transitional housing, employment, meals, life skills
Dorcas House (Little Rock)	700 Cross St, Little Rock, AR 72201	(501) 374-6867	DV shelter, emergency housing, food assistance for women and children
Catholic Charities of	2500 N. Tyler St, Little Rock, AR	(501) 664-0340	Emergency food, rent/utility help,

Organization	Address/City	Phone	Services
Arkansas	72207		immigration services; open to all
Community Action Agency of NW Arkansas (Fayetteville/Springdale/Rogers)	1411 W. Poplar, Rogers, AR 72756	(479) 273-2201	LIHEAP, rent assistance, food pantry, weatherization, Head Start
NWA Food Bank (Fayetteville)	1604 N. 18th St, Rogers, AR 72756	(479) 872-8873	Regional food distribution; 150+ partner agencies in NW Arkansas
Salvation Army – Fort Smith	600 Lexington Ave, Fort Smith, AR 72901	(479) 782-1741	Emergency shelter, food pantry, rent/utility help
River Valley Regional Food Bank (Fort Smith)	1617 S. Zero St, Fort Smith, AR 72901	(479) 785-0582	Food distribution for River Valley and surrounding areas

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► CALIFORNIA

|

Capital: Sacramento

California 211:

Call or text 211 • www.211ca.org • Available 24/7 • LIHEAP Hotline: (866) 675-6623

STATEWIDE PROGRAMS

Program	Contact	Website	Services	Eligibility
CA LIHEAP / Energy Assistance CA Dept. of Community Services & Development 2389 Gateway Oaks Dr, Sacramento, CA 95833	(866) 675-6623	csd.ca.gov	Utility bill assistance, weatherization , solar installation for low-income, cooling/heating crisis help	Income at or below 200% FPL; administered through local CAAs
CA SNAP (CalFresh) CA Dept. of Social Services	(877) 847-3663	getcalfresh.org	Monthly food benefits (CalFresh/SNAP); same-day enrollment available at many offices	Income at or below 130% FPL (200% for college students in some cases)
CA Housing Is Key / ERA Program State Emergency Rental Assistance	(833) 430-2122	housingiskey.com	Emergency rental and utility assistance; eviction protection for income-eligible renters	Income at or below 80% AMI; COVID-impacted or pandemic-related financial hardship
California Department of Housing & Community Development 2020 W. El Camino Ave, Sacramento, CA 95833	(800) 952-5275	hcd.ca.gov	Affordable housing programs, Section 8 policy, HOME grants, rental assistance programs	Low to moderate income; varies by program
California Association of Food Banks	(916) 967-5983	cafoodbanks.org	Statewide network of 40+ food banks; use Feeding America locator for	Anyone in need; no income verification at most sites

Program	Contact	Website	Services	Eligibility
			nearest pantry	

MAJOR CITIES — CALIFORNIA

Sacramento (Capital)

Organization	Address	Phone	Services
Loaves & Fishes (Sacramento)	1351 N. C St, Sacramento, CA 95811	(916) 446-0874	Daily hot meals, food pantry, emergency services, transitional housing referrals
Sacramento Steps Forward	2000 X St, Sacramento, CA 95818	(916) 392-9400	Homeless services coordination, rapid rehousing, emergency shelter referrals
Salvation Army — Sacramento	1231 N St, Sacramento, CA 95814	(916) 442-0331	Emergency shelter, food pantry, utility/rent help, disaster services
Catholic Charities — Sacramento	2110 Broadway, Sacramento, CA 95818	(916) 452-1900	Emergency food, rental assistance, immigration, refugee services
SETA (Sacramento Employment & Training Agency)	925 Del Paso Blvd, Sacramento, CA 95815	(916) 263-3800	Head Start, employment training, CSBG services, rent and utility assistance

Los Angeles

Organization	Address	Phone	Services
Union Rescue Mission	545 S. San Pedro St, Los Angeles, CA 90013	(213) 347-6300	Emergency shelter for 1,300+; 3 meals daily; medical, dental, legal aid, transitional housing
Catholic Charities — Los Angeles	1531 James M. Wood Blvd, Los Angeles, CA 90015	(213) 251-3400	Food pantry, homeless prevention, emergency shelter, immigration services
Los Angeles Regional Food Bank	1734 E. 41st St, Los Angeles, CA 90058	(323) 234-3030	Food distribution; 600+ partner agencies across LA County
Los Angeles County DPSS (SNAP/Medicaid/GAIN)	12860 Crossroads Pkwy S, Industry, CA 91746	(866) 613-3777	CalFresh, Medi-Cal, GAIN employment, GROW, CalWORKs cash assistance
Shelter Partnership (LA)	523 W. 6th St, Los Angeles, CA 90014	(213) 688-2188	Emergency shelter referrals, rapid rehousing coordination, homeless prevention
Salvation Army — Los Angeles	832 S. San Pedro St, Los Angeles, CA 90014	(213) 896-9116	Emergency shelter (Harbor Light), food pantry, rent/utility help

San Diego

Organization	Address	Phone	Services
Interfaith Community Services (San Diego)	550 W. Washington Ave, Escondido, CA 92025	(760) 489-6380	Emergency rent/utility, food pantry, job training, transitional housing
Father Joe's Villages	3350 E St, San Diego, CA 92102	(619) 446-2489	Emergency shelter, meals, medical, dental, mental health, transitional housing
San Diego Food Bank	9850 Distribution Ave, San Diego, CA 92121	(858) 527-1419	Food distribution; 400+ partner agencies across San Diego County
Community HousingWorks (San Diego)	3111 Camino Del Rio N, San Diego, CA 92108	(619) 282-6647	Affordable rental housing, Section 8 assistance, financial counseling

San Francisco

&

Bay Area

Organization	Address	Phone	Services
Glide Memorial (San Francisco)	330 Ellis St, San Francisco, CA 94102	(415) 674-6000	3 free meals daily, emergency food, housing referrals, health services
SF-Marin Food Bank	900 Pennsylvania Ave, San Francisco, CA 94107	(415) 282-1900	Food distribution; 250+ partner pantries in San Francisco and Marin
Catholic Charities — San	1 Peter Yorke Way, San Francisco, CA	(415) 972-1200	Emergency food, rent/utility help,

Organization	Address	Phone	Services
Francisco	94109		immigration, senior services
Salvation Army — Oakland/East Bay	2869 Foothill Blvd, Oakland, CA 94601	(510) 436-4800	Emergency shelter, food pantry, rent/utility help
Alameda County Community Food Bank (Oakland)	7900 Edgewater Dr, Oakland, CA 94621	(510) 635-3663	Food distribution; 300+ partner agencies in Alameda County

Other Major California Cities (Fresno, Bakersfield, Stockton, Riverside, Anaheim, Long Beach)

Organization	City	Phone	Services
Community Food Bank of Central CA	Fresno, CA	(559) 237-3663	Food distribution for Fresno and Madera counties; 250+ partner agencies
Poverello House (Fresno)	412 F St, Fresno, CA 93706	(559) 498-6988	Meals, emergency shelter, showers, clothing; serves homeless in Fresno
Kern County DPSS (Bakersfield)	Bakersfield, CA	(661) 631-6000	CalFresh, Medi-Cal, CalWORKs, LIHEAP referrals
Emergency Food Bank of Stockton	7 W. Scotts Ave, Stockton, CA 95203	(209) 464-7369	Food pantry, emergency food distribution, CalFresh enrollment assistance
Salvation Army — Riverside	839 Tequesquite Ave, Riverside, CA 92501	(951) 784-5610	Food pantry, emergency rent/utility, shelter referrals
Long Beach	3820 Cherry Ave,	(562) 612-3800	LIHEAP, CalFresh

Organization	City	Phone	Services
Community Action Partnership	Long Beach, CA 90807		enrollment, emergency services, workforce development
Salvation Army — Anaheim	1300 S. Lewis St, Anaheim, CA 92805	(714) 491-1780	Food pantry, emergency rent/utility, family shelter

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► COLORADO

|

Capital: Denver

Colorado 211:

Call or text 211 • www.211colorado.org • 24/7 • LIHEAP Hotline: (866) 432-8435

STATEWIDE PROGRAMS

Program	Contact	Website	Services	Eligibility
Colorado LIHEAP / Low-Income Energy Assistance CO Dept. of	(866) 432-8435	cdhs.colorado.gov/leap	Utility bill assistance (LEAP), weatherization , crisis energy assistance	Income at or below 165% FPL; apply through county DHS office Nov–

Program	Contact	Website	Services	Eligibility
Human Services 1575 Sherman St, Denver, CO 80203				April
CO SNAP (Food Assistance) CO Dept. of Human Services	(800) 536-5298	cdhs.colorado.gov/snap	Monthly SNAP food benefits; apply online or at county office	Income-based; apply via PEAK portal (peak.my.colorado.gov)
Colorado Division of Housing 1313 Sherman St, Denver, CO 80203	(303) 894-2382	colorado.gov/pacific/dola	Emergency rental assistance, affordable housing, Section 8 voucher program	Low to moderate income; varies by program
Food Bank of the Rockies 10700 E. 45th Ave, Denver, CO 80239	(303) 371-9250	foodbankrockies.org	Statewide food distribution; 800+ partner agencies in CO and WY	Anyone in need; no income verification at most sites

MAJOR CITIES — COLORADO

Organization	Address/City	Phone	Services
Salvation Army — Denver	2650 Stout St, Denver, CO 80205	(303) 295-2107	Emergency shelter, food pantry, rent/utility help, disaster relief
Catholic Charities — Denver	1350 Cleveland Pl, Denver, CO 80202	(303) 742-0828	Emergency food, rent help, immigration, refugee services, senior services
Denver Human Services	1200 Federal Blvd, Denver, CO 80204	(720) 944-3666	SNAP, Medicaid, TANF, utility assistance, rental

Organization	Address/City	Phone	Services
			assistance programs
Denver Rescue Mission	6100 Smith Rd, Denver, CO 80216	(303) 297-1815	Emergency shelter, meals, addiction recovery, transitional housing
Mile High United Way (Denver)	711 Park Ave W, Denver, CO 80205	(303) 595-9239	Manages 211 for Denver area; community resource referrals, EITC outreach
Salvation Army — Colorado Springs	918 S. Farragut Ave, Colorado Springs, CO 80903	(719) 636-3891	Emergency shelter, food pantry, rent/utility help
El Paso County Human Services (Colorado Springs)	1675 Garden of the Gods Rd, Colorado Springs, CO 80907	(719) 444-5700	SNAP, Medicaid, TANF, LEAP energy assistance, housing resources
Salvation Army — Fort Collins/Pueblo	Call 211 for nearest location	(970) 484-1471 (FC)	Emergency rent/utility, food, shelter services in Fort Collins, Pueblo, Aurora, and Lakewood

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► CONNECTICUT

|

Capital: Hartford

Connecticut 211:

Call or text 211 • www.211ct.org • 24/7 • LIHEAP: (800) 842-1132

STATEWIDE

&

MAJOR CITIES — CONNECTICUT

Program / Organization	Address/City	Phone	Services	Eligibility
CT LIHEAP / Energy Assistance CT Dept. of Social Services	(800) 842-1132	ct.gov/dss	Utility bill (heating/cooling) assistance, weatherization, crisis energy help	Income at or below 60% State Median Income
CT Dept. of Social Services (SNAP/Medicaid/TANF) 55 Farmington Ave, Hartford, CT 06105	(855) 626-6632	ct.gov/dss	SNAP, Medicaid, TANF, HUSKY Health Insurance, rental assistance	Income-based; apply online at connect.ct.gov
CT Housing Finance Authority (CHFA) 999 West St, Rocky Hill, CT 06067	(860) 721-9501	chfa.org	Section 8 administration, affordable rental housing, down payment assistance	Low to moderate income; varies by program
End Hunger CT!	Hartford, CT	(860) 266-3253	Food advocacy, SNAP outreach, summer meals; find local food bank via Foodshare.net	Any CT resident in need of food assistance
Foodshare	450 Woodland	(860) 286-	Food	Anyone in

Program / Organization	Address/City	Phone	Services	Eligibility
(Hartford & Tolland Counties)	Ave, Bloomfield, CT 06002	9999	distribution; 300+ partner agencies across Greater Hartford and Tolland County	need; no income verification at most pantries
Salvation Army — Hartford	350 Sheldon St, Hartford, CT 06106	(860) 543- 8400	Emergency rent/utility, food pantry, emergency shelter	Financial need
Community Action Agency of New Haven	186 Willis St, New Haven, CT 06511	(203) 387- 7700	LIHEAP, SNAP enrollment, rental assistance, Head Start, weatherization	Income at or below 200% FPL
Person-to-Person (Darien/Norwalk/Stamford)	Darien, CT	(203) 655- 0048	Food pantry, clothing, emergency financial assistance (rent/utility)	Fairfield County residents in need
Salvation Army — Bridgeport	60 Washington Ave, Bridgeport, CT 06604	(203) 336- 4804	Emergency rent/utility, food, shelter	Financial need
Community Renewal Team (CRT) — Hartford	555 Windsor St, Hartford, CT 06120	(860) 560- 5700	Emergency food, housing, energy assistance, workforce, Head Start; major Greater Hartford CAA	Low-income residents in Greater Hartford

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► DELAWARE

|

Capital: Dover

Delaware 211:

Call or text 211 • www.211.delaware.gov • 24/7 statewide

STATEWIDE

&

MAJOR CITIES — DELAWARE

Program / Organization	Address/City	Phone	Services	Eligibility
Delaware LIHEAP DE Health & Social Services 1901 N. DuPont Hwy, New Castle, DE 19720	(302) 255-9675	dhss.delaware.gov	Utility bill assistance, crisis heating/cooling help, weatherization	Income at or below 200% FPL; apply Nov–April through local CAA
DE SNAP, Medicaid, TANF DE Health & Social Services	(302) 255-9500	dhss.delaware.gov/dhss/dss	Food stamps, Medicaid, TANF cash assistance, child care	Income-based; apply online at ASSIST (assist.dhss.delaware.gov)
Delaware State Housing Authority (DSHA) 18 The Green, Dover, DE	(302) 739-4263	destatehousing.com	Section 8 vouchers, affordable housing, emergency rental assistance,	Low income; income-based; contact DSHA for waitlist status

Program / Organization	Address/City	Phone	Services	Eligibility
19901			homeownershi p	
Community Action Agency of Delaware (CAAD) 100 W. 10th St, Wilmington, DE 19801	(302) 655-0443	caaofde.org	LIHEAP, emergency rent/utility help, food programs, weatherization , CSBG services	Income at or below 200% FPL
Food Bank of Delaware 222 Lake Dr, Newark, DE 19702	(302) 292-1996	fbd.org	Statewide food distribution; culinary school; SNAP enrollment help	Anyone in need
Salvation Army — Wilmington	400 N. Walnut St, Wilmington, DE 19801	(302) 654-8808	Emergency rent/utility help, food pantry, emergency shelter	Financial need; ID required
Ministry of Caring (Wilmington)	862 N. Broom St, Wilmington, DE 19806	(302) 652-5523	Hot meals, emergency shelter, transitional housing, food pantry	Open to all in need; no income verification for meals
Connections CSP (Wilmington)	3 Reads Way, New Castle, DE 19720	(302) 472-0350	Rapid rehousing, transitional housing, mental health, substance use, homeless services	Individuals and families experiencing homelessness in Delaware

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► FLORIDA

|

Capital: Tallahassee

Florida 211:

Call or text 211 • www.211florida.org • 24/7 • LIHEAP: (850) 717-8450

STATEWIDE PROGRAMS — FLORIDA

Program	Contact	Website	Services	Eligibility
Florida LIHEAP / EHEAP FL Dept. of Elder Affairs & Children & Families 2415 N. Monroe St, Tallahassee, FL 32303	(850) 717-8450	myflfamilies.com	Utility assistance, cooling/heating crisis help, weatherization ; EHEAP for seniors	Income at or below 150% FPL; prioritizes elderly, disabled, and young children
FL ACCESS (SNAP, Medicaid, TANF) FL Dept. of Children & Families	(866) 762-2237	myflorida.com/accessflorida	Food stamps (SNAP), Medicaid, TANF cash assistance, child care	Income-based; apply online at myACCESS portal
Florida Housing Finance Corporation 227 N. Bronough St, Tallahassee, FL 32301	(850) 488-4197	floridahousing.org	Affordable rental housing, Section 8 administration , SHIP grants, homeownership programs	Low to moderate income; varies by program

Program	Contact	Website	Services	Eligibility
Feeding Florida (Statewide Food Bank Network)	(850) 521-5600	feedingflorida.org	Statewide food bank coordination; find nearest food bank via feedingflorida.org/find-a-food-bank	Anyone in need; income-based at some sites

MAJOR CITIES — FLORIDA

Organization	Address/City	Phone	Services
Salvation Army — Jacksonville	900 W. Forsyth St, Jacksonville, FL 32204	(904) 356-5200	Emergency shelter, food pantry, rent/utility help, disaster relief
Clara White Mission (Jacksonville)	613 W. Ashley St, Jacksonville, FL 32202	(904) 354-4162	Daily hot meals, food pantry, job training, transitional housing
Sulzbacher Center (Jacksonville)	611 E. Adams St, Jacksonville, FL 32202	(904) 359-0670	Comprehensive homeless services: shelter, medical, dental, mental health, housing placement
Camillus House (Miami)	1603 NW 7th Ave, Miami, FL 33136	(305) 374-1065	Emergency shelter, meals, medical care, transitional housing, mental health
Salvation Army — Miami	2521 NW 33rd St, Miami, FL 33142	(305) 637-8877	Emergency shelter, food pantry, rent/utility help
Feeding South Florida (Miami/Broward/	2501 SW 32nd Terr, Pembroke Park, FL 33023	(954) 518-1818	Food distribution for 4 SE Florida counties; 400+

Organization	Address/City	Phone	Services
Palm Beach)			partner agencies
Catholic Charities — Miami	9401 Biscayne Blvd, Miami Shores, FL 33138	(305) 754-2444	Emergency food, rent/utility help, immigration, refugee services
Metropolitan Ministries (Tampa)	2002 N. Florida Ave, Tampa, FL 33602	(813) 209-1000	Emergency shelter, food pantry, rent/utility assistance, transitional housing, jobs
Salvation Army — Tampa	1603 N. Florida Ave, Tampa, FL 33602	(813) 226-1879	Emergency shelter, food pantry, rent/utility help
Coalition for the Homeless of Central Florida (Orlando)	639 W. Central Blvd, Orlando, FL 32801	(407) 426-1250	Comprehensive homeless services: shelter, meals, housing, case management
Second Harvest Food Bank of Central FL (Orlando)	411 Mercy Dr, Orlando, FL 32805	(407) 295-1066	Food distribution for 7 Central FL counties; 700+ partner agencies
Salvation Army — St. Petersburg	2 18th St S, St. Petersburg, FL 33705	(727) 822-4954	Emergency rent/utility, food, shelter
Early Learning Coalition (Tallahassee/Capital region)	1940 N. Monroe St, Tallahassee, FL 32303	(850) 385-0504	Child care subsidies, Head Start enrollment, family resource referrals

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► GEORGIA

|

Capital: Atlanta

Georgia 211:

Call or text 211 • www.211ga.org • 24/7 • LIHEAP: (404) 657-3426

STATEWIDE

&

MAJOR CITIES — GEORGIA

Program / Organization	Address/City	Phone	Services	Notes
Georgia LIHEAP GA Dept. of Community Affairs 60 Executive Park S NE, Atlanta, GA 30329	(404) 679-3170	dca.ga.gov	Utility bill assistance, weatherization , crisis energy help	Income at or below 150% FPL; apply through local CAA
Georgia SNAP / Medicaid / TANF GA Dept. of Human Services	(877) 423-4746	compass.ga.gov	Food stamps, Medicaid, TANF cash assistance	Income-based; apply via GA COMPASS portal
Georgia Department of Community Affairs (Housing)	(404) 679-3118	dca.ga.gov	Section 8 administration , affordable housing, rental assistance, HOME program	Low income; contact local PHA

Program / Organization	Address/City	Phone	Services	Notes
Atlanta Community Food Bank	732 Joseph E. Lowery Blvd, Atlanta, GA 30318	(404) 892-9822	Food distribution; 700+ partner agencies across 29 counties in metro Atlanta and NW GA	Anyone in need
Salvation Army — Atlanta	1000 Chapel St NW, Atlanta, GA 30314	(404) 523-5887	Emergency shelter, food pantry, rent/utility help, disaster relief	Financial need
Catholic Charities — Atlanta	680 West Peachtree St NW, Atlanta, GA 30308	(404) 920-7725	Emergency food, rent/utility help, immigration, refugee services	Open to all regardless of faith
Gateway Center (Atlanta)	275 Pryor St SW, Atlanta, GA 30303	(404) 215-6600	Comprehensive homeless services: shelter, meals, medical, mental health, housing	Homeless adults in Atlanta
United Way of Greater Atlanta	40 Courtland St NE, Atlanta, GA 30303	(404) 527-7200	211 GA operator; resource referrals; poverty prevention programs	All residents of Greater Atlanta area
Columbus Consolidated Government — Human Services (Columbus)	Columbus, GA	(706) 225-4455	Emergency rent/utility, food pantry referrals, LIHEAP connections	Columbus/Muscogee County residents
Salvation Army — Savannah	401 W. 36th St, Savannah, GA 31401	(912) 232-5033	Emergency rent/utility, food, shelter	Financial need
Golden	3200	(706) 736-	Food	Anyone in

Program / Organization	Address/City	Phone	Services	Notes
Harvest Food Bank (Augusta)	Commerce Dr, Augusta, GA 30909	1199	distribution for Central Savannah River Area; 250+ partner agencies	need

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► HAWAII

|

Capital: Honolulu

Hawaii 211:

Call or text 211 • www.211hawaii.org • LIHEAP: (855) 643-1643 • Available 24/7

STATEWIDE

&

MAJOR CITIES — HAWAII

Program / Organization	Address/City	Phone	Services	Notes
Hawaii LIHEAP HI Dept. of	(855) 643-1643 (808) 768-7700	honolulu.gov/csd	Utility assistance, weatherization	Income at or below 150% FPL; apply

Program / Organization	Address/City	Phone	Services	Notes
Community Services 715 S. King St, Honolulu, HI 96813			, cooling/heating crisis help	through local CAAs
Hawaii SNAP (SNAP/TANF/Medicaid) HI Dept. of Human Services	(808) 586-5758	humanservices.hawaii.gov	SNAP food benefits, Medicaid, TANF, temporary assistance programs	Income-based; apply online via MyBenefits portal
Hawaii Housing Finance & Development Corporation 677 Queen St, Honolulu, HI 96813	(808) 587-0469	hawaii.gov/dbedt/hhfdc	Affordable rental housing, rental assistance, Section 8, HOME program	Low to moderate income; contact for waitlist status
Salvation Army — Honolulu	296 N. Vineyard Blvd, Honolulu, HI 96817	(808) 988-2136	Emergency shelter, food pantry, rent/utility help	Financial need
Institute for Human Services (IHS) — Honolulu	546 N. Nimitz Hwy, Honolulu, HI 96817	(808) 447-2800	Emergency shelter (men, women, families), street outreach, transitional housing	Adults and families experiencing homelessness in Hawaii
Hawaii Foodbank	2611 Kili Hau St, Honolulu, HI 96819	(808) 836-3600	Food distribution statewide; SNAP enrollment assistance	Anyone in need; partner pantries throughout all islands
Catholic Charities Hawaii	1822 Ke'eumoku St, Honolulu, HI 96822	(808) 523-4302	Emergency food, rental assistance, immigration, senior services, DV services	Open to all regardless of faith or background

Program / Organization	Address/City	Phone	Services	Notes
Big Island United Way (Hilo/Kona area)	400 Hualani St, Hilo, HI 96720	(808) 935-0671	211 coordination; community resources for rent, food, utilities on Hawaii Island	All Hawaii Island residents

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► IDAHO

|

Capital: Boise

Idaho 211:

Call or text 211 • www.211.idaho.gov • 24/7 • Idaho LIHEAP: Call local CAA or 211

STATEWIDE

&

MAJOR CITIES — IDAHO

Program / Organization	Address/City	Phone	Services	Notes
Idaho LIHEAP ID Dept. of	(208) 334-5747	healthandwelfare.idaho.gov	Utility bill assistance,	Income at or below 150%

Program / Organization	Address/City	Phone	Services	Notes
Health & Welfare			crisis heating/cooling help, weatherization	FPL; apply through local CAA or DH&W office
Idaho SNAP / Medicaid ID Dept. of Health & Welfare	(877) 456-1233	healthandwelfare.idaho.gov	SNAP food benefits, Medicaid, CHIP, cash assistance (TAFI)	Income-based; apply online or at local H&W office
Idaho Housing & Finance Association (IHFA) 565 W. Myrtle St, Boise, ID 83702	(208) 331-4882 (877) 438-4232	ihfa.org	Section 8 vouchers, affordable housing, rental assistance, homeownership programs	Low income; apply through local IHFA office
Foodbank of Southeastern Idaho (Pocatello/Idaho Falls)	250 S. Main St, Pocatello, ID 83204	(208) 233-4567	Food distribution for SE Idaho; partner pantries in Pocatello, Idaho Falls, Blackfoot	Anyone in need
The Idaho Foodbank (Boise/Nampa/Caldwell/Coeur d'Alene)	3562 N. Glenwood St, Garden City, ID 83714	(208) 336-9643	Statewide food distribution; 270+ partner agencies; SNAP enrollment assistance	Anyone in need
Salvation Army — Boise	1617 W. Washington St, Boise, ID 83702	(208) 343-5345	Emergency rent/utility, food pantry, shelter, disaster relief	Financial need
El Ada Community Action Agency (Boise/Ada County)	1607 W. Jefferson St, Boise, ID 83702	(208) 345-2820	LIHEAP, emergency rent/utility, Head Start, weatherization, SNAP enrollment	Income at or below 200% FPL in Ada County area

Program / Organization	Address/City	Phone	Services	Notes
Family Promise of Idaho (Nampa/Meridian/Caldwell)	Nampa, ID	(208) 461-0156	Emergency shelter, transitional housing, case management for families with children	Homeless or housing-insecure families with children
Community Council of Idaho (Nampa — migrant/seasonal workers)	311 S. 3rd Ave, Caldwell, ID 83605	(208) 454-1652	Housing, food, health, employment services for migrant/seasonal farm workers and low-income	Low-income, migrant seasonal workers in SW Idaho

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► ILLINOIS

|

Capital: Springfield

Illinois 211:

Call or text 211 • www.illinoisishelps.net • 24/7 • LIHEAP: (877) 411-9276

STATEWIDE PROGRAMS — ILLINOIS

Program	Contact	Website	Services	Eligibility
Illinois LIHEAP & CSBG IL Dept. of Commerce & Economic Opportunity 500 E. Monroe St, Springfield, IL 62701	(877) 411-9276	illinois.gov/dceo	LIHEAP utility bill help, CSBG rent/food/shelter assistance; apply through local CAA Oct-Aug 2026	LIHEAP: income at or below 200% FPL; CSBG: at or below 200% FPL
Illinois SNAP / Medicaid / TANF IL Dept. of Human Services	(800) 843-6154	dhs.state.il.us	SNAP, Medicaid, TANF, child care assistance; apply online via ABE portal	Income-based; apply at abe.illinois.gov
Illinois Housing Development Authority (IHDA) 111 E. Wacker Dr, Chicago, IL 60601	(312) 836-5200	ihda.org	Section 8 administration, rental assistance, affordable housing, HOME program	Low to moderate income; contact IHDA or local PHA
Greater Chicago Food Depository	4100 W. Ann Lurie Pl, Chicago, IL 60632	(773) 247-3663	Food distribution; 700+ partner agencies across Cook County	Anyone in need

MAJOR CITIES — ILLINOIS

Organization	Address/City	Phone	Services
Salvation Army — Chicago	5040 N. Pulaski Rd, Chicago, IL 60630	(773) 725-1100	Emergency shelter, food pantry, rent/utility help, disaster relief
Catholic Charities — Chicago	651 W. Lake St, Chicago, IL 60661	(312) 655-7700	Emergency food, rental assistance, immigration,

Organization	Address/City	Phone	Services
			refugee services, senior services
Pacific Garden Mission (Chicago)	1458 S. Canal St, Chicago, IL 60607	(312) 492-9410	Emergency shelter for men, women, families; meals; recovery; transitional housing
Chicago DFSS (Dept. of Family & Support Services)	1615 W. Chicago Ave, Chicago, IL 60622	(312) 744-5300	Emergency rental assistance, utility help, food programs, homeless shelter coordination
LISC Chicago	Chicago, IL	(312) 360-0300	Rental assistance, affordable housing development, financial coaching
Salvation Army — Springfield	1600 E. Lawrence Ave, Springfield, IL 62703	(217) 525-4990	Emergency rent/utility, food pantry, shelter
Heartland Community Action Agency (Bloomington/Peoria area)	1706 Eastland Dr, Bloomington, IL 61701	(309) 827-0031	LIHEAP, CSBG, food, rental assistance, Head Start, weatherization
Crusader Community Health (Rockford)	1200 W. State St, Rockford, IL 61102	(815) 490-5707	Medical, food pantry, social services, rental assistance referrals
Opportunity House (Aurora/Elgin area)	Call 211 for nearest CAA	Call 211	LIHEAP, rent, food, weatherization; call 211 for Kane/DuPage County CAA contact

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

|

Capital: Indianapolis

Indiana 211:

Call or text 211 • www.in.211.org • 24/7 • LIHEAP: (800) 872-0371

STATEWIDE

&

MAJOR CITIES — INDIANA

Program / Organization	Address/City	Phone	Services	Notes
Indiana LIHEAP / EAP IN Office of Community & Rural Affairs	(800) 872-0371	in.gov/myenergy	Utility bill (heating/cooling) assistance, weatherization, crisis energy help	Income at or below 150% FPL; apply through local CAA
Indiana SNAP / Medicaid / TANF IN Dept. of Child Services / FSSA	(800) 403-0864	in.gov/fssa	SNAP, Medicaid, CHIP, TANF, child care; apply via FSSA benefits portal	Income-based; apply at local DFR office or online
Indiana Housing & Community Development Authority	(317) 232-7777	ihcda.in.gov	Section 8 administration, emergency rental assistance,	Low income; contact local PHA or IHCD

Program / Organization	Address/City	Phone	Services	Notes
(IHCD) 30 S. Meridian St, Indianapolis, IN 46204			affordable housing, HOME program	
Gleaners Food Bank of Indiana (Indianapolis)	3737 Waldemere Ave, Indianapolis, IN 46241	(317) 925-0191	Food distribution; 300+ partner agencies across Central Indiana	Anyone in need
Salvation Army — Indianapolis	540 N. Alabama St, Indianapolis, IN 46204	(317) 637-5551	Emergency shelter, food pantry, rent/utility help, disaster relief	Financial need
Catholic Charities — Indianapolis	1424 N. Meridian St, Indianapolis, IN 46202	(317) 524-4700	Emergency food, rental assistance, immigration, refugee services	Open to all regardless of faith
Wheeler Mission (Indianapolis)	245 N. Delaware St, Indianapolis, IN 46204	(317) 635-3575	Emergency men's shelter, women/family shelter, meals, recovery, transitional housing	Homeless adults and families in Indianapolis area
Salvation Army — Fort Wayne	347 W. Superior St, Fort Wayne, IN 46802	(260) 422-7241	Emergency rent/utility, food pantry, shelter	Financial need
Community Services of NE Indiana (Fort Wayne)	227 E. Washington Blvd, Fort Wayne, IN 46802	(260) 423-3546	LIHEAP, CSBG, food pantry, rental assistance, weatherization , Head Start	Income at or below 200% FPL in Allen County area
Center for the Homeless (South Bend)	813 S. Michigan St, South Bend, IN 46601	(574) 232-5929	Emergency shelter, transitional housing, meals, job training,	Homeless adults and families in South Bend area

Program / Organization	Address/City	Phone	Services	Notes
			mental health	
Salvation Army — Evansville	1040 N. Main St, Evansville, IN 47711	(812) 422-4673	Emergency rent/utility, food, shelter	Financial need

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► IOWA

|

Capital: Des Moines

Iowa 211:

Call or text 211 • www.211iowa.org • 24/7 • Iowa LIHEAP: (515) 281-3861

STATEWIDE

&

MAJOR CITIES — IOWA

Program / Organization	Address/City	Phone	Services	Notes
Iowa LIHEAP IA Dept. of Human Rights Lucas State	(515) 281-3861	humanrights.iowa.gov	Utility assistance (heating/cooling),	Income at or below 150% FPL; apply through local

Program / Organization	Address/City	Phone	Services	Notes
Office Bldg, Des Moines, IA 50319			weatherization , crisis energy help	CAA or IWD office
Iowa SNAP / Medicaid / TANF IA Dept. of Human Services	(855) 944-9010	dhs.iowa.gov	SNAP food benefits, Medicaid, TANF, CHIP	Income-based; apply online at yourhealthiowa.gov
Iowa Finance Authority 1963 Bell Ave, Des Moines, IA 50315	(515) 452-0400 (800) 432-7230	iowafinanceauthority.gov	Section 8, affordable rental housing, HOME program, homeownership assistance	Low income; contact local PHA for waitlist
Food Bank of Iowa (Des Moines)	2220 E. 17th St, Des Moines, IA 50316	(515) 564-0330	Food distribution; 560+ partner agencies across central and SW Iowa	Anyone in need
Salvation Army — Des Moines	204 Army Post Rd, Des Moines, IA 50315	(515) 285-9200	Emergency shelter, food pantry, rent/utility help	Financial need
Central Iowa Community Action (MICA) — Des Moines	2200 E. Euclid Ave, Des Moines, IA 50317	(515) 244-7869	LIHEAP, rent/utility assistance, food pantry, Head Start, weatherization , CSBG	Income at or below 200% FPL in Polk County area
Hiawatha Community Action — Cedar Rapids	3375 Wright Brothers Blvd SW, Cedar Rapids, IA 52404	(319) 731-8087	LIHEAP, CSBG services, food, rent assistance, Head Start	Linn, Jones, Benton, and Iowa County residents
Salvation Army — Cedar Rapids	1000 C Ave NW, Cedar Rapids, IA 52405	(319) 365-9111	Emergency rent/utility, food pantry, shelter	Financial need
Food Bank for the Heartland —	Call 211 for nearest pantry	Call 211	Food distribution for eastern Iowa;	Anyone in need

Program / Organization	Address/City	Phone	Services	Notes
Iowa City/Davenport branch			call 211 for partner pantry locations in Davenport, Sioux City, Iowa City	

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► KANSAS

|

Capital: Topeka

Kansas 211:

Call or text 211 • www.211kansas.org • 24/7 • LIHEAP: (800) 432-0043

STATEWIDE

&

MAJOR CITIES — KANSAS

Program / Organization	Address/City	Phone	Services	Notes
Kansas LIHEAP KS Dept. of	(800) 432-0043	dcf.ks.gov	Utility assistance, crisis	Income at or below 150% FPL; apply

Program / Organization	Address/City	Phone	Services	Notes
Children & Families			heating/cooling, weatherization	through local DCF office
Kansas SNAP / Medicaid / TANF KS Dept. of Children & Families	(888) 369-4777	dcf.ks.gov	SNAP food benefits, KanCare Medicaid, TANF cash assistance	Income-based; apply at local DCF office or online at self.ks.gov
Kansas Housing Resources Corporation (KHRC) 611 S. Kansas Ave, Topeka, KS 66603	(785) 217-2001	kshousingcorp.org	Section 8, affordable housing, rental assistance, HOME, tenant-based rental assistance	Low to moderate income
Harvesters — Community Food Network (Kansas City/Wichita area)	3801 Topping Ave, Kansas City, MO 64129 (serves KS communities)	(816) 929-3030	Food distribution; 620+ partner agencies; serves 26 counties in MO and KS	Anyone in need
Kansas Food Bank (Wichita — serves statewide)	1919 E. Douglas Ave, Wichita, KS 67214	(316) 267-3662	Statewide food distribution; 900+ partner agencies across Kansas	Anyone in need
Salvation Army — Wichita	350 N. Market St, Wichita, KS 67202	(316) 265-4422	Emergency shelter, food pantry, rent/utility help	Financial need
Catholic Charities of NE Kansas (Overland Park/Kansas City area)	9720 W. 87th St, Overland Park, KS 66212	(913) 648-4884	Emergency food, rental assistance, immigration services, refugee resettlement	Open to all
Topeka Rescue Mission (Topeka)	600 N. Kansas Ave, Topeka, KS 66608	(785) 354-1744	Emergency shelter, meals, transitional housing,	Homeless or housing-insecure in Topeka area

Program / Organization	Address/City	Phone	Services	Notes
			clothing, job assistance	
Community Action Program of Topeka	1901 SE Jefferson, Topeka, KS 66605	(785) 233-1365	LIHEAP, CSBG, food pantry, rent/utility assistance, Head Start	Income at or below 200% FPL in Shawnee County

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► KENTUCKY

|

Capital: Frankfort

Kentucky 211:

Call or text 211 • www.ky211.org • 24/7 • LIHEAP: (800) 456-3452

STATEWIDE

&

MAJOR CITIES — KENTUCKY

Program / Organization	Address/City	Phone	Services	Notes
Kentucky	(800) 456-	chfs.ky.gov	Utility	Income at or

Program / Organization	Address/City	Phone	Services	Notes
LIHEAP / KCEAP KY Dept. for Community Based Services	3452		assistance, weatherization , crisis energy help	below 150% FPL; apply at local DCBS office or CAA
KY SNAP / Medicaid (Kynect) KY Cabinet for Health & Family Services	(855) 459-6328	kynect.ky.gov	SNAP food benefits, Medicaid, CHIP, TANF, child care; apply via Kynect portal	Income-based; apply online at kynect.ky.gov
Kentucky Housing Corporation (KHC) 1231 Louisville Rd, Frankfort, KY 40601	(502) 564-7630	kyhousing.org	Section 8 administration , affordable housing, HOME grants, homeownership	Low income; contact local PHA for Section 8 waitlist
Feeding Kentucky (statewide food bank network)	(502) 327-8821	feedingkentucky.org	Coordinates 7 food banks across Kentucky; find nearest pantry via website	Anyone in need
Salvation Army — Louisville	922 W. Muhammad Ali Blvd, Louisville, KY 40203	(502) 587-2884	Emergency shelter, food pantry, rent/utility help, disaster relief	Financial need
Catholic Charities — Louisville	2911 S. Floyd St, Louisville, KY 40209	(502) 636-9263	Emergency food, rent/utility help, immigration, refugee services	Open to all
Dare to Care Food Bank (Louisville)	5803 Fern Valley Rd, Louisville, KY 40228	(502) 966-3821	Food distribution; 300+ partner agencies in 39 counties in KY and Southern IN	Anyone in need

Program / Organization	Address/City	Phone	Services	Notes
Lexington-Bluegrass CAA (LBCCA)	362 Versailles Rd, Frankfort, KY 40601 / Lexington, KY	(859) 233-4600	LIHEAP, CSBG, food pantry, rental assistance, Head Start, weatherization	Low-income in Fayette County and surrounding area
Salvation Army — Lexington	736 W. Main St, Lexington, KY 40508	(859) 254-3624	Emergency rent/utility, food pantry, shelter	Financial need
Hope Center (Bowling Green)	Bowling Green, KY	(270) 781-0048	Emergency shelter, food pantry, transitional housing, case management	Homeless or at-risk individuals and families in Bowling Green area

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► LOUISIANA

|

Capital: Baton Rouge

Louisiana 211:

Call or text 211 • www.la211.org • 24/7 • LIHEAP: (888) 454-2001

STATEWIDE

&

MAJOR CITIES — LOUISIANA

Program / Organization	Address/City	Phone	Services	Notes
Louisiana LIHEAP LA Dept. of Children & Family Services	(888) 454-2001	dcfs.louisiana.gov	Utility bill assistance, weatherization , crisis energy help	Income at or below 150% FPL; apply at local DCFS office
Louisiana SNAP / FITAP / Medicaid LA DCFS	(888) 524-3578	dcfs.louisiana.gov	SNAP (FITAP), Medicaid (Healthy Louisiana), child care, cash assistance; apply at mylaramp.com	Income-based
Louisiana Housing Corporation (LHC) 2415 Quail Dr, Baton Rouge, LA 70808	(225) 763-8700	lhc.la.gov	Section 8 vouchers, affordable housing, rental assistance, HOME program	Low income; contact LHC or local PHA
Second Harvest Food Bank of Greater New Orleans & Acadiana	700 Edwards Ave, New Orleans, LA 70123	(504) 734-1322	Food distribution; 700+ partner agencies across south Louisiana	Anyone in need
Salvation Army — New Orleans	4200 S. Claiborne Ave, New Orleans, LA 70125	(504) 899-5546	Emergency shelter, food pantry, rent/utility help, disaster relief	Financial need
Catholic Charities — New Orleans	1000 Howard Ave, New Orleans, LA 70113	(504) 523-3755	Emergency food, rental assistance, counseling, immigration, disaster recovery	Open to all

Program / Organization	Address/City	Phone	Services	Notes
Volunteers of America — New Orleans	4152 Canal St, New Orleans, LA 70119	(504) 482-2130	Transitional housing, homeless services, substance use recovery, veterans programs	Homeless adults and families in New Orleans area
Community Action Agency of South Central LA (Baton Rouge)	Baton Rouge, LA	(225) 387-7637	LIHEAP, food pantry, Head Start, rental assistance, weatherization	Income at or below 200% FPL in East Baton Rouge Parish
Food Bank of Northwest Louisiana (Shreveport)	2307 Texas Ave, Shreveport, LA 71103	(318) 675-2400	Food distribution for 12 NW Louisiana parishes; 150+ partner agencies	Anyone in need
Salvation Army — Shreveport/Lafayette/Lake Charles	Call 211 for nearest location	Call 211	Emergency rent/utility, food pantry, shelter across major cities	Financial need

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► MAINE

|

Capital: Augusta

Maine 211:

Call or text 211 • www.211maine.org • 24/7 • LIHEAP: (800) 452-4668

STATEWIDE

&

MAJOR CITIES — MAINE

Program / Organization	Address/City	Phone	Services	Notes
Maine LIHEAP / HEAP Maine Community Action Partnership Augusta, ME 04330	(800) 452-4668	mecap.org	Heating fuel assistance, weatherization, crisis energy help; Maine Energy Relief Program	Income at or below 60% State Median Income; apply through local CAA
Maine SNAP / Medicaid (MaineCare) ME Dept. of Health & Human Services	(855) 797-4357	maine.gov/dhhs	SNAP, MaineCare (Medicaid), TANF, childcare assistance	Income-based; apply at local DHHS office or online via mymaineconnection.gov
Maine State Housing Authority (MaineHousing) 26 Edison Dr, Augusta, ME 04330	(207) 626-4600 (800) 452-4668	mainehousing.org	Section 8 vouchers, affordable housing, emergency rental assistance, HOME program	Low income; contact MaineHousing for waitlist
Good Shepherd Food Bank (statewide)	3121 Hotel Rd, Auburn, ME 04210	(207) 782-3554	Statewide food distribution; 600+ partner agencies;	Anyone in need across Maine

Program / Organization	Address/City	Phone	Services	Notes
			mobile food pantries in rural areas	
Preble Street (Portland)	252 Oxford St, Portland, ME 04101	(207) 775-0026	Comprehensive homeless services: shelter, meals, day services, housing placement	Homeless adults and families in Portland area
Salvation Army — Portland	297 Cumberland Ave, Portland, ME 04101	(207) 774-6304	Emergency rent/utility help, food pantry, emergency shelter	Financial need
Catholic Charities Maine	795 Congress St, Portland, ME 04102	(207) 781-8550	Emergency food, rental/utility assistance, immigration, refugee resettlement	Open to all
Community Concepts — Lewiston/Auburn area	240 Bates St, Lewiston, ME 04240	(207) 333-6420	LIHEAP, CSBG, Head Start, food, rental assistance, weatherization	Androscoggin, Franklin, Oxford County low-income residents
Bangor Area Homeless Shelter	263 Main St, Bangor, ME 04401	(207) 942-9055	Emergency shelter, meals, transitional housing, case management	Homeless adults in Bangor area

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► MARYLAND

|

Capital: Annapolis

Maryland 211:

Call or text 211 • www.211md.org • 24/7 statewide resource referral

STATEWIDE

&

MAJOR CITIES — MARYLAND

Program / Organization	Address/City	Phone	Services	Notes
Maryland LIHEAP / EUSP MD Dept. of Human Services	(800) 332-6347	dhs.maryland.gov	Electric Universal Service Program (EUSP), utility assistance, weatherization , crisis energy help	Income at or below 175% FPL; apply at local DSS office or online at myMDThink.gov
MD SNAP / Medicaid / TDAP MD Dept. of Human Services	(800) 332-6347	mymdthink.maryland.gov	SNAP food benefits, Medicaid, TDAP cash assistance, CCAP child care	Income-based; apply online at myMDThink.gov
Maryland Dept. of Housing & Community Development 7800 Harkins Rd, Lanham,	(800) 756-0119	dhcd.maryland.gov	Emergency rental assistance, affordable housing, Section 8, HOME	Low to moderate income; contact local PHA or DHCD

Program / Organization	Address/City	Phone	Services	Notes
MD 20706			program	
Maryland Food Bank	2200 Halethorpe Farms Rd, Halethorpe, MD 21227	(410) 737-8282	Statewide food distribution; 1,200+ partner agencies across Maryland	Anyone in need
Salvation Army — Baltimore	814 Light St, Baltimore, MD 21230	(410) 539-5200	Emergency shelter, food pantry, rent/utility help, disaster relief	Financial need
Catholic Charities — Baltimore	320 Cathedral St, Baltimore, MD 21201	(410) 547-5300	Emergency food, rental/utility assistance, immigration, refugee, senior services	Open to all regardless of faith
Baltimore City Department of Social Services	1910 N. Howard St, Baltimore, MD 21218	(410) 361-2000	SNAP, Medicaid, TANF, LIHEAP, emergency housing referrals	Baltimore City residents; income-based
Interfaith Works (Rockville/Montgomery County)	114 West Montgomery Ave, Rockville, MD 20850	(301) 762-8682	Food pantry, emergency financial assistance (rent/utilities), clothing, transitional housing	Montgomery County residents in need
Community Action Council of Howard County (Columbia)	6751 Columbia Gateway Dr, Columbia, MD 21046	(410) 313-6400	LIHEAP, CSBG, emergency financial assistance, Head Start, housing counseling	Howard County low-income residents

► MASSACHUSETTS

|

Capital: Boston

Massachusetts 211:

Call or text 211 • www.mass211.org • 24/7 • LIHEAP: (617) 573-1400

STATEWIDE

&

MAJOR CITIES — MASSACHUSETTS

Program / Organization	Address/City	Phone	Services	Notes
Massachusetts LIHEAP / Fuel Assistance MA Dept. of Housing & Community Development	(617) 573-1400	mass.gov/liheap	Heating fuel assistance, weatherization, crisis assistance	Income at or below 60% State Median Income; apply through local CAA
MA SNAP / Medicaid (MassHealth) MA Dept. of Transitional Assistance (DTA)	(877) 382-2363	dtaconnect.eohhs.state.ma.us	SNAP food benefits, MassHealth, TAFDC cash assistance; apply online at dtaconnect	Income-based

Program / Organization	Address/City	Phone	Services	Notes
Massachusetts Housing Partnership (MHP) 160 Federal St, Boston, MA 02110	(617) 330-9944	mhp.net	Affordable housing resources, rental assistance, homeownership counseling	Low to moderate income residents of Massachusetts
Greater Boston Food Bank	70 S. Bay Ave, Boston, MA 02118	(617) 427-5200	Food distribution for eastern Massachusetts ; 500+ partner agencies	Anyone in need
Pine Street Inn (Boston)	444 Harrison Ave, Boston, MA 02118	(617) 771-1950	Emergency shelter, meals, transitional housing, employment, case management	Homeless adults in Boston area
Salvation Army — Boston	339 Harrison Ave, Boston, MA 02118	(617) 451-4771	Emergency shelter, food pantry, rent/utility help, disaster relief	Financial need
Catholic Charities — Boston	275 W. Broadway, Boston, MA 02127	(617) 542-3428	Emergency food, rental assistance, immigration, refugee, senior services	Open to all regardless of faith
Community Action! (formerly WCAC) — Springfield/Worcester	61 Market St, Springfield, MA 01103	(413) 737-5955	LIHEAP, CSBG, food pantry, Head Start, rental assistance, weatherization	Low-income in Hampden County and Western MA
Salvation Army — Worcester	701 Main St, Worcester, MA 01610	(508) 756-5111	Emergency rent/utility, food, shelter	Financial need
Lowell Community Health Center	161 Jackson St, Lowell, MA 01852	(978) 937-9700	Medical, food assistance, SNAP enrollment	Greater Lowell residents; sliding-scale fees

Program / Organization	Address/City	Phone	Services	Notes
			help, housing referrals	

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

▶ MICHIGAN

Capital: Lansing

Michigan 211:

Call or text 211 • www.mi211.org • 24/7 • LIHEAP: (855) 275-6424

STATEWIDE

&

MAJOR CITIES — MICHIGAN

Program / Organization	Address/City	Phone	Services	Notes
Michigan LIHEAP / Home Heating Credit MI Dept. of Health &	(855) 275-6424	michigan.gov/mdhhs	State Energy Assistance Program (SEAP), Home Heating Credit, weatherization	Income at or below 150% FPL; apply through local MDHHS office or local CAA

Program / Organization	Address/City	Phone	Services	Notes
Human Services			, crisis energy	
Michigan SNAP / Medicaid / TANF MI DHHS	(855) 275-6424	mibridges.com	SNAP food benefits, Medicaid, TANF, child care; apply at MIBridges portal	Income-based
Michigan State Housing Development Authority (MSHDA) 735 E. Michigan Ave, Lansing, MI 48912	(517) 373-8370	michigan.gov/mshda	Section 8, emergency rental assistance, affordable housing, HOME program	Low to moderate income; contact local PHA
Gleaners Community Food Bank (Metro Detroit)	2131 Beaufait St, Detroit, MI 48207	(313) 923-3535	Food distribution for metro Detroit; 500+ partner agencies in Wayne, Oakland, Macomb, Livingston, Monroe	Anyone in need
Salvation Army — Detroit	3737 Lawton St, Detroit, MI 48208	(313) 965-7760	Emergency shelter, food pantry, rent/utility help, disaster relief	Financial need
Detroit Rescue Mission Ministries	150 Stimson St, Detroit, MI 48201	(313) 993-4700	Emergency shelter, meals, recovery services, transitional housing	Homeless adults and families in Detroit
Catholic Charities — Detroit	9851 Hamilton Ave, Detroit, MI 48202	(313) 883-2100	Emergency food, rental assistance, immigration, refugee, counseling	Open to all

Program / Organization	Address/City	Phone	Services	Notes
West Michigan Community Action Agency (Grand Rapids)	1110 Cesar E. Chavez Ave SW, Grand Rapids, MI 49503	(616) 336-4000	LIHEAP, food pantry, rental assistance, Head Start, weatherization , CSBG	Low-income in Ottawa and Muskegon County
Salvation Army — Grand Rapids	1215 Fulton St E, Grand Rapids, MI 49503	(616) 459-3433	Emergency rent/utility, food pantry, shelter	Financial need
Flint Area Community Action Agency	Flint, MI	(810) 232-0183	LIHEAP, CSBG, food pantry, rental assistance, weatherization in Genesee County	Low-income Flint/Genesee County residents
Food Bank of Eastern Michigan (Flint)	2300 N. Dort Hwy, Flint, MI 48506	(810) 239-4441	Food distribution for 22 counties in eastern Michigan	Anyone in need

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► MINNESOTA

|

Capital: St. Paul

Minnesota 211:

Call or text 211 • www.211unitedway.org • 24/7 • MN LIHEAP: Call local county

office or 211

STATEWIDE

&

MAJOR CITIES — MINNESOTA

Program / Organization	Address/City	Phone	Services	Notes
Minnesota LIHEAP / MHEAT MN Dept. of Commerce	(800) 657-3710	mn.gov/commerce/consumers/consumer-assistance/energy/assistance	Utility bill assistance (MHEAT), crisis assistance, weatherization	Income at or below 50% State Median Income; apply through local county office or CAA
Minnesota SNAP / Medicaid (Medical Assistance) MN Dept. of Human Services	(800) 657-3739	mn.gov/dhs	SNAP, Medical Assistance, MinnesotaCare, MFIP cash assistance; apply at mnbenefits.mn.gov	Income-based
Minnesota Housing Finance Agency (MHFA) 400 Wabasha St N, St. Paul, MN 55102	(651) 296-7608 (800) 657-3769	mnhousing.gov	Section 8, emergency rental assistance, affordable housing, HOME program	Low to moderate income; contact local PHA
Second Harvest Heartland (Twin Cities)	1140 Gervais Ave, Maplewood, MN 55109	(651) 484-5117	Largest food bank in Upper Midwest; 1,000+ partner agencies in MN and WI	Anyone in need

Program / Organization	Address/City	Phone	Services	Notes
Salvation Army — Minneapolis	900 N. 4th St, Minneapolis, MN 55401	(612) 332-5886	Emergency shelter, food pantry, rent/utility help, disaster relief	Financial need
Catholic Charities — Minneapolis	1010 LaSalle Ave, Minneapolis, MN 55403	(612) 664-8500	Emergency shelter, meals, affordable housing, rental assistance, refugee services	Open to all
Ramsey County CAP Agency — St. Paul	450 Syndicate St N, St. Paul, MN 55104	(651) 645-6206	LIHEAP, CSBG, food pantry, Head Start, rental assistance, weatherization	Ramsey County low-income residents; income at or below 200% FPL
Simpson Housing Solutions (Minneapolis)	2 E. Franklin Ave, Minneapolis, MN 55404	(612) 870-0490	Rapid rehousing, transitional housing, housing stability, case management	Homeless adults in Minneapolis area
Rochester Public Health Dept.	4001 W. River Pkwy NW, Rochester, MN 55901	(507) 328-6000	Emergency financial assistance referrals, SNAP enrollment, housing resources for Olmsted County	Olmsted County residents
Salvation Army — Duluth	324 W. 1st St, Duluth, MN 55802	(218) 722-4701	Emergency rent/utility, food pantry, shelter	Financial need

► MISSISSIPPI

|

Capital: Jackson

Mississippi 211:

Call or text 211 • www.211ms.org • 24/7 statewide

STATEWIDE

&

MAJOR CITIES — MISSISSIPPI

Program / Organization	Address/City	Phone	Services	Notes
Mississippi LIHEAP MS Dept. of Human Services 200 S. Lamar St, Jackson, MS 39201	(601) 359-4500	mdhs.ms.gov	Utility assistance, weatherization , crisis energy help	Income at or below 150% FPL; apply through local MDHS or CAA
Mississippi SNAP / Medicaid / TANF MS Dept. of Human Services	(800) 948-4060	access.ms.gov	SNAP food benefits, Medicaid, TANF cash assistance; apply via ACCESS Mississippi portal	Income-based

Program / Organization	Address/City	Phone	Services	Notes
Mississippi Home Corporation 735 Riverside Dr, Jackson, MS 39202	(601) 718-4626	mshomecorp.com	Section 8 vouchers, affordable housing, emergency rental assistance, HOME program	Low income; contact MHC or local PHA for waitlist status
Mississippi Food Network (Jackson)	1027 N. Mill St, Jackson, MS 39202	(601) 353-7286	Statewide food distribution; 200+ partner agencies across Mississippi	Anyone in need
Salvation Army — Jackson	1024 N. Mill St, Jackson, MS 39202	(601) 354-2457	Emergency rent/utility, food pantry, emergency shelter	Financial need
Catholic Charities — Jackson	105 Lawndale Dr, Jackson, MS 39216	(601) 355-8634	Emergency food, rental/utility assistance, immigration, refugee services	Open to all
Salvation Army — Gulfport/Biloxi	2411 27th St, Gulfport, MS 39501	(228) 863-4174	Emergency shelter, food pantry, rent/utility help	Financial need
Gulf Coast Community Action Agency (Gulfport)	Gulfport, MS	(228) 896-0988	LIHEAP, CSBG, food, rent assistance, Head Start for Harrison/Stone/George counties	Low-income in Gulf Coast counties
Salvation Army — Hattiesburg	315 Hope Dr, Hattiesburg, MS 39401	(601) 583-4300	Emergency rent/utility, food, shelter	Financial need

► MISSOURI

|

Capital: Jefferson City

Missouri 211:

Call or text 211 • www.211missouri.org • 24/7 statewide resource referral

STATEWIDE

&

MAJOR CITIES — MISSOURI

Program / Organization	Address/City	Phone	Services	Notes
Missouri LIHEAP / LIEAP MO Dept. of Social Services	(573) 751-4815	dss.mo.gov	Utility bill assistance, weatherization , crisis energy help	Income at or below 150% FPL; apply at local FSD office
Missouri SNAP / Medicaid (MO HealthNet) MO Dept. of Social Services	(855) 373-4636	mydss.mo.gov	SNAP food benefits, Medicaid, TANF, child care; apply at myDSS portal	Income-based
Missouri Housing Development	(816) 759-6600	mhdc.com	Section 8 administration , affordable	Low income; contact MHDC or local PHA

Program / Organization	Address/City	Phone	Services	Notes
Commission (MHDC) 920 Main St, Kansas City, MO 64105			housing, rental assistance, HOME	
Harvesters — Kansas City Food Bank	3801 Topping Ave, Kansas City, MO 64129	(816) 929-3030	Food distribution; 620+ partner agencies in MO and KS	Anyone in need
Ozarks Food Harvest (Springfield)	2810 N. Airport Blvd, Springfield, MO 65803	(417) 865-3411	Food distribution for 28-county area in SW Missouri; 300+ partner agencies	Anyone in need
Salvation Army — Kansas City	101 W. Linwood Blvd, Kansas City, MO 64111	(816) 756-3663	Emergency shelter, food pantry, rent/utility help	Financial need
Catholic Charities — Kansas City-St. Joseph	1112 Broadway, Kansas City, MO 64111	(816) 221-4377	Emergency food, rent/utility, immigration, refugee, senior services	Open to all
Salvation Army — St. Louis	3616 Grandel Sq, St. Louis, MO 63108	(314) 646-1500	Emergency shelter, food pantry, rent/utility help, disaster relief	Financial need
St. Patrick Center (St. Louis)	800 N. Tucker Blvd, St. Louis, MO 63101	(314) 802-0700	Homeless services, transitional housing, employment, mental health, meals	Homeless adults and families in St. Louis area
Community Partnership of the Ozarks (Springfield)	330 N. Jefferson Ave, Springfield, MO 65806	(417) 862-0235	Homeless prevention, transitional housing, rental	Low-income and homeless in Greene County area

Program / Organization	Address/City	Phone	Services	Notes
			assistance, case management	

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

▶ MONTANA

|

Capital: Helena

Montana 211:

Call or text 211 • www.211.mt.gov • 24/7 statewide

STATEWIDE

&

MAJOR CITIES — MONTANA

Program / Organization	Address/City	Phone	Services	Notes
Montana LIHEAP MT Dept. of Public Health & Human Services	(406) 444-3865	dphhs.mt.gov	Utility assistance, weatherization , crisis heating help	Income at or below 150% FPL; apply through local DPHHS county office

Program / Organization	Address/City	Phone	Services	Notes
Montana SNAP / Medicaid / TANF MT DPHHS	(888) 706-1535	benefitsmt.com	SNAP food benefits, Medicaid, TANF; apply at BenefitsMT portal	Income-based
Montana Board of Housing 301 S. Park Ave, Helena, MT 59620	(406) 841-2840	housing.mt.gov	Section 8, affordable housing, emergency rental assistance, HOME program	Low income; contact Housing Board or local PHA
Montana Food Bank Network	PO Box 9568, Missoula, MT 59807	(406) 721-3825	Statewide food distribution; partner pantries across all Montana counties	Anyone in need
Salvation Army — Billings	2020 Montana Ave, Billings, MT 59101	(406) 245-7627	Emergency rent/utility, food pantry, shelter	Financial need
Salvation Army — Missoula	240 W. Main St, Missoula, MT 59801	(406) 541-1800	Emergency rent/utility, food pantry, shelter	Financial need
Human Resource Development Council (HRDC) — Bozeman	32 S. Tracy Ave, Bozeman, MT 59715	(406) 587-4486	LIHEAP, food pantry, emergency financial assistance, Head Start, weatherization	Gallatin County low-income residents
HRDC — Billings/Yellowstone County	7 N. 31st St, Billings, MT 59101	(406) 247-4732	LIHEAP, CSBG, food pantry, rental assistance, Head Start	Low-income in Yellowstone and surrounding counties

► NEBRASKA

|

Capital: Lincoln

Nebraska 211:

Call or text 211 • www.ne211.org • 24/7 statewide

STATEWIDE

&

MAJOR CITIES — NEBRASKA

Program / Organization	Address/City	Phone	Services	Notes
Nebraska LIHEAP NE Dept. of Health & Human Services	(800) 383-4278	dhhs.ne.gov	Utility assistance, weatherization , crisis energy help	Income at or below 150% FPL; apply through local DHHS office
Nebraska SNAP / Medicaid / TANF NE DHHS	(800) 383-4278	accessnebraska.ne.gov	SNAP, Medicaid, TANF cash assistance, child care; apply at ACCESSNebraska portal	Income-based
Nebraska Investment Finance	(402) 434-3900	nifa.org	Section 8, affordable housing, rental	Low to moderate income

Program / Organization	Address/City	Phone	Services	Notes
Authority (NIFA) 1230 O St, Lincoln, NE 68508			assistance, homeownership programs	
Food Bank for the Heartland (Omaha)	10525 J St, Omaha, NE 68127	(402) 331-1213	Food distribution; 600+ partner agencies across NE and western Iowa	Anyone in need
Salvation Army — Omaha	2424 Cuming St, Omaha, NE 68131	(402) 898-7000	Emergency shelter, food pantry, rent/utility help, disaster relief	Financial need
Catholic Charities — Omaha	3300 N. 60th St, Omaha, NE 68104	(402) 554-0520	Emergency food, rent/utility, immigration, refugee, senior services	Open to all
Salvation Army — Lincoln	3140 N. 27th St, Lincoln, NE 68521	(402) 434-9200	Emergency rent/utility, food pantry, shelter	Financial need
Community Action Partnership of Mid-Nebraska (Grand Island/Kearney)	2715 W. 5th St, Hastings, NE 68901	(402) 462-3663	LIHEAP, CSBG, food, rental assistance, Head Start, weatherization for south-central NE	Low-income in south-central Nebraska counties

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► NEVADA

|

Capital: Carson City

Nevada 211:

Call or text 211 • www.nevada211.org • 24/7 statewide

STATEWIDE

&

MAJOR CITIES — NEVADA

Program / Organization	Address/City	Phone	Services	Notes
Nevada LIHEAP NV Dept. of Health & Human Services	(775) 684-0505	welfare.nv.gov	Utility assistance, weatherization, cooling/heating crisis help	Income at or below 150% FPL; apply through local welfare office
Nevada SNAP / Medicaid / TANF NV Division of Welfare & Supportive Services	(800) 992-0900	dwss.nv.gov	SNAP food benefits, Medicaid, TANF cash assistance; apply online at access.nv.gov	Income-based
Nevada Housing Division 1830 College Pkwy, Carson City, NV 89706	(775) 687-2040	housing.nv.gov	Section 8, affordable housing, emergency rental assistance, HOME program	Low income; contact Nevada Housing Division or local PHA

Program / Organization	Address/City	Phone	Services	Notes
Three Square Food Bank (Las Vegas)	4190 N. Pecos Rd, Las Vegas, NV 89115	(702) 644-3663	Food distribution for Southern Nevada; 1,600+ partner sites; SNAP enrollment help	Anyone in need in Southern Nevada
Salvation Army — Las Vegas	35 W. Owens Ave, North Las Vegas, NV 89030	(702) 649-3811	Emergency shelter, food pantry, rent/utility help, disaster relief	Financial need
Catholic Charities of Southern Nevada (Las Vegas)	1511 Las Vegas Blvd N, Las Vegas, NV 89101	(702) 387-2282	Emergency food, rent/utility, immigration, comprehensive social services	Open to all
Nevada Dept. of Employment, Training & Rehab (DETR) — Reno	500 E. 3rd St, Carson City, NV 89713	(775) 684-0400	Employment services, SNAP referrals, rental assistance connections	Nevada residents seeking employment and benefits
Salvation Army — Reno	1931 Sutro St, Reno, NV 89512	(775) 688-4555	Emergency shelter, food pantry, rent/utility help	Financial need
Food Bank of Northern Nevada (Reno/Sparks)	550 Italy Dr, McCarran, NV 89434	(775) 331-3663	Food distribution for northern Nevada and northeast California counties	Anyone in need

► NEW HAMPSHIRE

|

Capital: Concord

New Hampshire 211:

Call or text 211 • www.211nh.org • 24/7 statewide

STATEWIDE

&

MAJOR CITIES — NEW HAMPSHIRE

Program / Organization	Address/City	Phone	Services	Notes
NH LIHEAP / ERAP NH Office of Energy & Planning	(603) 271-2611	energy.nh.gov	Fuel assistance, weatherization , crisis energy help; apply through local CAA	Income at or below 60% State Median Income
NH SNAP / Medicaid (NH Healthy Families) NH Dept. of Health & Human Services	(800) 852-3345	nheasy.nh.gov	SNAP, Medicaid, TANF; apply via NHEasy portal	Income-based
NH Housing Finance	(603) 472-8623	nhhfa.org	Section 8, affordable	Low income; contact

Program / Organization	Address/City	Phone	Services	Notes
Authority 32 Constitution Dr, Bedford, NH 03110			housing, rental assistance, HOME program	NHHFA for waitlist
New Hampshire Food Bank	700 E. Industrial Park Dr, Manchester, NH 03109	(603) 669-9725	Statewide food distribution; 400+ partner agencies across New Hampshire	Anyone in need
Salvation Army — Manchester	93 Lowell St, Manchester, NH 03101	(603) 625-6233	Emergency rent/utility, food pantry, shelter	Financial need
Southern NH Services (Manchester/Nashua area — CAA)	243 Lowell St, Manchester, NH 03103	(603) 668-8010	LIHEAP, CSBG, food pantry, Head Start, rental assistance, weatherization	Low-income in Hillsborough and Rockingham counties
Community Action Partnership of Strafford County (Dover/Rochester)	577 Central Ave, Dover, NH 03820	(603) 436-4000	LIHEAP, food pantry, Head Start, rental assistance, weatherization	Low-income in Strafford County
CAP (Community Action Program) — Belknap/Merrimack (Concord/Laconia)	2 Industrial Park Dr, Concord, NH 03301	(603) 225-3295	LIHEAP, CSBG, food, rental assistance, weatherization, Head Start	Low-income in Concord/Merrimack/Belknap County area

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► NEW JERSEY

|

Capital: Trenton

New Jersey 211:

Call or text 211 • www.nj211.org • 24/7 • NJ LIHEAP: (800) 510-3102

STATEWIDE

&

MAJOR CITIES — NEW JERSEY

Program / Organization	Address/City	Phone	Services	Notes
NJ LIHEAP / HEAP & USF NJ Dept. of Community Affairs 101 S. Broad St, Trenton, NJ 08625	(800) 510-3102	nj.gov/dca/divisions/dhcr/offices/hea.html	LIHEAP utility assistance, Universal Service Fund (USF) for electric/gas, weatherization	Income at or below 150% FPL; apply through local CAA or DCA
NJ SNAP / Medicaid (NJ FamilyCare) NJ Dept. of Human Services	(800) 792-9773	myfamilybenefits.nj.gov	SNAP, NJ FamilyCare Medicaid, WFNJ cash assistance; apply at myFamilyBenefits portal	Income-based
NJ Housing & Mortgage Finance Agency	(609) 278-7400	njhousing.gov	Section 8 administration, affordable housing, rental	Low income; contact local PHA or HMFA

Program / Organization	Address/City	Phone	Services	Notes
(HMFA) 637 S. Clinton Ave, Trenton, NJ 08611			assistance, HOME program	
Community FoodBank of NJ	31 Evans Terminal, Hillside, NJ 07205	(908) 355-3663	Statewide food distribution; 1,000+ partner agencies across NJ; SNAP enrollment help	Anyone in need
Salvation Army — Newark	45 N. Jefferson St, Orange, NJ 07050	(973) 672-1511	Emergency shelter, food pantry, rent/utility help, disaster relief	Financial need
Catholic Charities — Newark	150 Main St, Orange, NJ 07050	(973) 674-5757	Emergency food, rental assistance, immigration, refugee, senior services	Open to all
Eva's Village (Paterson)	393 Main St, Paterson, NJ 07501	(973) 523-6220	Emergency shelter, hot meals, transitional housing, medical care, substance use recovery	Homeless and low-income in Passaic County
Trenton Area Soup Kitchen (TASK)	45 Escher St, Trenton, NJ 08609	(609) 695-5456	Hot meals, food pantry, case management, job training	Open to all; Mercer County focus
Interfaith Hospitality Network (Camden)	Camden, NJ	(856) 963-1250	Emergency shelter, transitional housing, case management for families	Homeless families in Camden County
Affordable	3535 US-9,	(732) 389-	Rental	Low-income

Program / Organization	Address/City	Phone	Services	Notes
Housing Alliance (Toms River/Ocean County)	Freehold, NJ 07728	2958	assistance, eviction prevention, housing counseling	renters in Ocean, Monmouth, and Burlington counties

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► NEW MEXICO

|

Capital: Santa Fe

New Mexico 211:

Call or text 211 • www.nm211.org • 24/7 statewide

STATEWIDE

&

MAJOR CITIES — NEW MEXICO

Program / Organization	Address/City	Phone	Services	Notes
New Mexico LIHEAP NM Human Services Dept.	(505) 827-7250	hsd.state.nm.us	Utility assistance, weatherization, crisis energy	Income at or below 150% FPL; apply through local

Program / Organization	Address/City	Phone	Services	Notes
			help	CAA or HSD office
NM SNAP / Medicaid NM Human Services Dept.	(800) 283-4465	yes.state.nm.us	SNAP food benefits, Medicaid, TANF; apply via NM YES portal	Income-based
NM Mortgage Finance Authority (MFA) 344 4th St SW, Albuquerque, NM 87102	(505) 843-6880	housingnm.org	Section 8, affordable housing, rental assistance, HOME program, emergency rent help	Low income; contact MFA or local PHA
Roadrunner Food Bank (Albuquerque — statewide)	5840 Office Blvd NE, Albuquerque, NM 87109	(505) 247-2052	Statewide food distribution; 700+ partner agencies across New Mexico	Anyone in need
Salvation Army — Albuquerque	4000 2nd St NW, Albuquerque, NM 87107	(505) 348-8000	Emergency shelter, food pantry, rent/utility help, disaster relief	Financial need
Catholic Charities — Albuquerque	2010 Bridge Blvd SW, Albuquerque, NM 87105	(505) 724-4600	Emergency food, rent/utility, immigration, refugee, senior services	Open to all
Community Action Agency — Albuquerque /Bernalillo County	1022 Lomas Blvd NW, Albuquerque, NM 87102	(505) 247-3671	LIHEAP, CSBG, food pantry, Head Start, rental assistance, weatherization	Low-income in Bernalillo County
Salvation Army — Santa Fe	801 N. Guadalupe St, Santa Fe, NM 87501	(505) 988-5054	Emergency rent/utility, food pantry, shelter	Financial need
Community	Las Cruces,	(575) 647-	LIHEAP, food	Low-income in

Program / Organization	Address/City	Phone	Services	Notes
Action Agency — Las Cruces/Doña Ana County	NM	3334	pantry, rental assistance, Head Start, weatherization	Doña Ana County

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► NEW YORK

|

Capital: Albany

New York 211:

Call or text 211 • www.ny211.org • 24/7 statewide • NYC: 311 also works for local services

STATEWIDE PROGRAMS — NEW YORK

Program	Contact	Website	Services	Eligibility
New York LIHEAP / HEAP NY Office of Temporary & Disability Assistance	(800) 342-3009	mybenefits.ny.gov	Utility bill assistance, weatherization, emergency HEAP, crisis energy help	Income at or below 60% State Median Income; apply through local DSS

Program	Contact	Website	Services	Eligibility
(OTDA)				
NY SNAP / Medicaid / TANF NY Office of Temporary & Disability Assistance	(800) 342-3009	mybenefits.ny.gov	SNAP, Medicaid, Safety Net Assistance, TANF; apply at MyBenefits NY portal	Income-based
NY Homes & Community Renewal (HCR) 38-40 State St, Albany, NY 12207	(800) 432-4210	hcr.ny.gov	Section 8, affordable housing, HOME, emergency rental assistance, eviction prevention	Low income; contact local PHA or HCR
NY ERAP (Emergency Rental Assistance Program) NY Office of Temporary & Disability Assistance	(844) 691-7368	hcr.ny.gov/erap	Emergency rental and utility arrears assistance for income-eligible renters	Income at or below 80% AMI; COVID-impacted households

NEW YORK CITY (All 5 Boroughs)

Organization	Address	Phone	Services
NYC Human Resources Administration (HRA)	150 Greenwich St, New York, NY 10007	(718) 557-1399	SNAP, Medicaid, TANF, HEAP, emergency shelter, rental assistance, food programs
Coalition for the Homeless (NYC)	129 Fulton St, New York, NY 10038	(212) 776-2000	Emergency meals (Grand Central Food Program), housing rights advocacy, shelter

Organization	Address	Phone	Services
			access
New York Common Pantry	8 E. 109th St, New York, NY 10029	(917) 720-9700	Food pantry, hot meals, SNAP enrollment, case management; 3.5M meals/year
Catholic Charities — New York	1011 First Ave, New York, NY 10022	(212) 371-1000	Emergency food, rental assistance, immigration, refugee, senior services
Salvation Army — Greater New York	120 W. 14th St, New York, NY 10011	(212) 337-7200	Emergency shelter, food pantry, rent/utility help, disaster relief across all 5 boroughs
Food Bank For New York City	39 Broadway, 10th Floor, New York, NY 10006	(212) 566-7855	Food distribution; 1,000+ food programs across NYC; SNAP enrollment help
Breaking Ground (NYC)	505 8th Ave, New York, NY 10018	(212) 389-9300	Affordable housing development, transitional housing, outreach for street homeless

UPSTATE NEW YORK — MAJOR CITIES

Organization	City	Phone	Services
Community Action Organization of Erie County (Buffalo)	70 Harvard Pl, Buffalo, NY 14209	(716) 881-5150	LIHEAP, CSBG, food pantry, Head Start, rental assistance, weatherization
FoodLink (Rochester)	1999 Mt. Read Blvd, Rochester, NY 14615	(585) 328-3380	Food distribution for 10 counties in western NY; 450+

Organization	City	Phone	Services
			partner agencies
Salvation Army — Buffalo	960 Main St, Buffalo, NY 14202	(716) 883-9800	Emergency shelter, food pantry, rent/utility help
Salvation Army — Albany	462 Washington Ave, Albany, NY 12206	(518) 462-3549	Emergency rent/utility, food pantry, shelter
Interfaith Food Pantry Network — Syracuse	Syracuse, NY	(315) 474-6823	Food pantry coordination across Onondaga County; 100+ partner pantries

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► NORTH CAROLINA

|

Capital: Raleigh

North Carolina 211:

Call or text 211 • www.nc211.org • 24/7 statewide

STATEWIDE

&

MAJOR CITIES — NORTH CAROLINA

Program / Organization	Address/City	Phone	Services	Notes
NC LIHEAP / Crisis Intervention Program (CIP) NC Dept. of Health & Human Services	(919) 527-6900	ncdhhs.gov	Utility assistance, crisis energy help, weatherization	Income at or below 150% FPL; apply through local DSS office
NC SNAP / Medicaid / Work First NC DHHS	(800) 662-7030	ncdhhs.gov	SNAP food benefits, Medicaid, Work First (TANF); apply at local DSS or online	Income-based
NC Housing Finance Agency (NCHFA) 3508 Bush St, Raleigh, NC 27609	(919) 877-5700	nchfa.com	Section 8 administration , affordable housing, HOME, emergency rental assistance	Low income; contact NCHFA or local PHA
Food Bank of Central & Eastern NC (Raleigh)	1924 Capital Blvd, Raleigh, NC 27604	(919) 875-0707	Food distribution; 900+ partner agencies across 34 counties in central/easter n NC	Anyone in need
Second Harvest Food Bank of Metrolina (Charlotte)	500 Spratt St, Charlotte, NC 28206	(704) 376-1785	Food distribution; 900+ partner agencies in 16-county area around Charlotte	Anyone in need
Salvation Army — Charlotte	534 Spratt St, Charlotte, NC 28206	(704) 372-1810	Emergency shelter, food pantry, rent/utility help, disaster relief	Financial need

Program / Organization	Address/City	Phone	Services	Notes
Catholic Charities — Charlotte	1123 S. Church St, Charlotte, NC 28203	(704) 370-3262	Emergency food, rent/utility, immigration, refugee, senior services	Open to all
Salvation Army — Raleigh/Durham	215 S. Person St, Raleigh, NC 27601	(919) 834-6733	Emergency rent/utility, food pantry, shelter	Financial need
Crisis Assistance Ministry (Charlotte)	500 Spratt St, Charlotte, NC 28206	(704) 371-3001	Emergency rent/utility, financial assistance, food pantry, clothing — major Charlotte CAA	Financial need; Mecklenburg County focus
Greensboro Urban Ministry	305 W. Gate City Blvd, Greensboro, NC 27406	(336) 271-5959	Emergency food, rent/utility, shelter, hot meals	Guilford County residents in need

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► NORTH DAKOTA

|

Capital: Bismarck

North Dakota 211:

Call or text 211 • www.nd211.org • 24/7 statewide

STATEWIDE

&

MAJOR CITIES — NORTH DAKOTA

Program / Organization	Address/City	Phone	Services	Notes
North Dakota LIHEAP / HAAF ND Dept. of Human Services	(701) 328-3871	nd.gov/dhs	Utility assistance (HAAF), heating crisis help, weatherization	Income at or below 150% FPL; apply at local DHS office
ND SNAP / Medicaid / TANF ND Dept. of Human Services	(800) 755-2716	nd.gov/dhs	SNAP food benefits, Medicaid, TANF cash assistance	Income-based; apply at local DHS office
North Dakota Housing Finance Agency (NDHFA) 2624 Vermont Ave, Bismarck, ND 58504	(701) 328-8080 (800) 292-8621	ndhfa.org	Section 8, affordable housing, HOME, rental assistance, homeownership programs	Low income; contact NDHFA or local PHA
Great Plains Food Bank (Fargo)	1720 3rd Ave N, Fargo, ND 58102	(701) 232-6219	Statewide food distribution; 250+ partner agencies across North Dakota and Montana	Anyone in need
Salvation Army — Fargo	304 Roberts St N, Fargo, ND 58102	(701) 232-5565	Emergency rent/utility, food pantry, shelter	Financial need
Community Action	Bismarck, ND	Call 211	LIHEAP, food, rent	Low-income in Bismarck-

Program / Organization	Address/City	Phone	Services	Notes
Agency — Bismarck/Mandan area (RSVP)			assistance; call 211 for current CAA contact in Burleigh/Morton counties	Mandan area
Presentation Partners in Housing (Bismarck)	900 E. Boulevard Ave, Bismarck, ND 58505	(701) 255-6333	Transitional housing, permanent supportive housing, rental assistance for homeless	Low-income and homeless individuals in Bismarck area
Churches United for the Homeless (Fargo)	1816 1st Ave N, Moorhead, MN 56560 (serves Fargo-Moorhead metro)	(218) 236-0372	Emergency shelter, transitional housing, meals, social services for Fargo-Moorhead area	Homeless adults and families in the Fargo-Moorhead metro area

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► OHIO

|

Capital: Columbus

Ohio 211:

Call or text 211 • www.211ohio.org • 24/7 statewide

STATEWIDE

&

MAJOR CITIES — OHIO

Program / Organization	Address/City	Phone	Services	Notes
Ohio LIHEAP / HEAP OH Dept. of Development	(614) 466-4663	development.ohio.gov	Utility assistance, weatherization, crisis energy help	Income at or below 200% FPL; apply through local CAA (HEAP opens Oct–March)
Ohio SNAP / Medicaid OH Dept. of Job & Family Services	(614) 466-6282	benefits.ohio.gov	SNAP, Medicaid, TANF, child care; apply via Ohio Benefits portal	Income-based
Ohio Housing Finance Agency (OHFA) 57 E. Main St, Columbus, OH 43215	(614) 466-7970	ohiohome.org	Section 8, affordable housing, rental assistance, HOME program, foreclosure prevention	Low income; contact OHFA or local PHA
Mid-Ohio Food Collective (Columbus)	3960 Brookham Dr, Grove City, OH 43123	(614) 277-3663	Food distribution; 600+ partner agencies across 20 counties in central and eastern Ohio	Anyone in need
Salvation Army — Columbus	863 E. Long St, Columbus, OH 43203	(614) 221-7281	Emergency shelter, food pantry, rent/utility help, disaster relief	Financial need

Program / Organization	Address/City	Phone	Services	Notes
Catholic Charities — Columbus	197 E. Gay St, Columbus, OH 43215	(614) 221-5891	Emergency food, rental assistance, immigration, refugee, senior services	Open to all
Greater Cleveland Food Bank	15500 S. Waterloo Rd, Cleveland, OH 44110	(216) 738-2067	Food distribution; 1,000+ partner agencies in 6 counties in NE Ohio	Anyone in need
Salvation Army — Cleveland	4007 Prospect Ave E, Cleveland, OH 44103	(216) 861-8700	Emergency shelter, food pantry, rent/utility help	Financial need
Freestore Foodbank (Cincinnati)	1141 Central Pkwy, Cincinnati, OH 45202	(513) 482-7500	Food distribution; 400+ partner agencies across SW Ohio, NE KY, SE Indiana	Anyone in need
Community Action Agency of Greater Dayton (CAAGD)	719 S. Main St, Dayton, OH 45402	(937) 341-5000	LIHEAP (HEAP), CSBG, food pantry, Head Start, rental assistance, weatherization	Low-income in Montgomery County area

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► OKLAHOMA

|

Capital: Oklahoma City

Oklahoma 211:

Call or text 211 • www.211oklahoma.org • 24/7 statewide

STATEWIDE

&

MAJOR CITIES — OKLAHOMA

Program / Organization	Address/City	Phone	Services	Notes
Oklahoma LIHEAP OK Dept. of Human Services	(405) 521-3561	okdhs.org	Utility assistance, weatherization , crisis energy help	Income at or below 150% FPL; apply through local DHS office
Oklahoma SNAP / Medicaid (SoonerCare) / TANF OK Dept. of Human Services	(405) 522-5050	okdhs.org	SNAP food benefits, SoonerCare Medicaid, TANF cash assistance	Income-based; apply at local DHS office or via OneMyself portal
Oklahoma Housing Finance Agency (OHFA) 100 NW 63rd St, Oklahoma City, OK 73116	(405) 848-1144	ohfa.org	Section 8, affordable housing, rental assistance, HOME program	Low income; contact OHFA or local PHA
Regional Food Bank of Oklahoma (Oklahoma	3355 S. Purdue Ave, Oklahoma City, OK 73179	(405) 972-1111	Food distribution; 1,200+ partner	Anyone in need

Program / Organization	Address/City	Phone	Services	Notes
City)			agencies across central and western Oklahoma	
Food Bank of Eastern Oklahoma (Tulsa)	1304 N. Salvation Army Dr, Tulsa, OK 74106	(918) 585-2800	Food distribution for eastern Oklahoma; 400+ partner agencies	Anyone in need
Salvation Army — Oklahoma City	2800 NW 10th St, Oklahoma City, OK 73107	(405) 632-5433	Emergency shelter, food pantry, rent/utility help, disaster relief	Financial need
Catholic Charities — Oklahoma City	1501 N. Classen Blvd, Oklahoma City, OK 73106	(405) 523-3000	Emergency food, rent/utility, immigration, refugee, senior services	Open to all
Salvation Army — Tulsa	102 N. Denver Ave, Tulsa, OK 74103	(918) 583-6361	Emergency shelter, food pantry, rent/utility help	Financial need
Community Action Agency — Oklahoma City/Cleveland/Logan	1900 NW Expressway, Oklahoma City, OK 73118	(405) 232-0199	LIHEAP, CSBG, food pantry, Head Start, rental assistance, weatherization	Low-income in Oklahoma City metro area

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► OREGON

|

Capital: Salem

Oregon 211:

Call or text 211 • www.211info.org • 24/7 statewide

STATEWIDE

&

MAJOR CITIES — OREGON

Program / Organization	Address/City	Phone	Services	Notes
Oregon LIHEAP OR Dept. of Human Services	(503) 945-6442	oregon.gov/dhs	Utility assistance, weatherization , crisis energy help	Income at or below 150% FPL; apply through local CAA or DHS office
Oregon SNAP / Medicaid (OHP) OR Dept. of Human Services	(800) 699-9075	or-access.oregon.gov	SNAP food benefits, Oregon Health Plan (Medicaid), TANF, child care	Income-based; apply at ONE Oregon portal (one.oregon.gov)
Oregon Housing & Community Services (OHCS) 725 Summer St NE, Salem, OR 97301	(503) 986-2000	oregon.gov/ohcs	Section 8, affordable housing, emergency rental assistance, HOME, Oregon Emergency Rental Assistance	Low income; contact OHCS or local PHA

Program / Organization	Address/City	Phone	Services	Notes
Oregon Food Bank (Portland — statewide)	7900 NE 33rd Dr, Portland, OR 97211	(503) 282-0555	Statewide food distribution; 1,300+ partner agencies across Oregon and SW Washington	Anyone in need
JOIN (Portland — homelessnes s)	1435 NE 81st Ave, Portland, OR 97213	(503) 232-9696	Street outreach, rapid rehousing, transitional housing, permanent supportive housing	Homeless adults and families in Portland area
Salvation Army — Portland	30 NW 6th Ave, Portland, OR 97209	(503) 226-5933	Emergency shelter, food pantry, rent/utility help, disaster relief	Financial need
Catholic Charities — Portland	2740 SE Powell Blvd, Portland, OR 97202	(503) 790-8440	Emergency food, rental assistance, immigration, refugee, senior services	Open to all
Mid-Willamette Valley Community Action Agency (Salem)	2475 Center St NE, Salem, OR 97301	(503) 585-6232	LIHEAP, CSBG, food pantry, Head Start, rental assistance, weatherization	Low-income in Marion and Polk counties
Umpqua Community Development Corp. (Medford/Roseburg/Bend)	Call 211 for nearest office	Call 211	Rental assistance, LIHEAP, food programs; call 211 for CAA covering your county in southern/central OR	Low-income residents of southern and central Oregon

► PENNSYLVANIA

|

Capital: Harrisburg

Pennsylvania 211:

Call or text 211 • www.pa211.org • 24/7 statewide

STATEWIDE

&

MAJOR CITIES — PENNSYLVANIA

Program / Organization	Address/City	Phone	Services	Notes
Pennsylvania LIHEAP PA Dept. of Human Services	(866) 857-7095	dhs.pa.gov	Utility bill assistance, crisis heating/cooling help, weatherization	Income at or below 150% FPL; apply through local CAO or CAA (Nov–Mar)
PA SNAP / Medicaid / TANF PA Dept. of Human Services	(800) 692-7462	compass.state.pa.us	SNAP food benefits, Medicaid (PA Health), TANF cash assistance; apply via	Income-based

Program / Organization	Address/City	Phone	Services	Notes
			COMPASS portal	
Pennsylvania Housing Finance Agency (PHFA) 211 N. Front St, Harrisburg, PA 17101	(717) 780-3800 (800) 822-1174	phfa.org	Section 8, affordable housing, emergency rental assistance, HOME, HEMAP foreclosure prevention	Low to moderate income; contact PHFA or local PHA
Philadelphia Food Bank / Philabundance	3616 S. Galloway St, Philadelphia, PA 19148	(215) 339-0900	Food distribution; 350+ partner agencies across Philadelphia and Delaware Valley	Anyone in need
Salvation Army — Philadelphia	701 N. Broad St, Philadelphia, PA 19123	(215) 787-2887	Emergency shelter, food pantry, rent/utility help, disaster relief	Financial need
Catholic Charities — Philadelphia	222 N. 17th St, Philadelphia, PA 19103	(215) 587-3900	Emergency food, rent/utility, immigration, refugee, senior services	Open to all
Project HOME (Philadelphia)	1515 Fairmount Ave, Philadelphia, PA 19130	(215) 232-7272	Street outreach, emergency shelter, transitional/permanent housing, employment, medical	Homeless adults and chronically homeless in Philadelphia
Greater Pittsburgh Community Food Bank	1 N. Linden St, Duquesne, PA 15110	(412) 460-3663	Food distribution; 400+ partner agencies across 11 counties in	Anyone in need

Program / Organization	Address/City	Phone	Services	Notes
			southwestern PA	
Salvation Army — Pittsburgh	700 Smithfield St, Pittsburgh, PA 15222	(412) 456-4900	Emergency shelter, food pantry, rent/utility help	Financial need
Community Action Committee of Erie County (Erie)	18 W. 9th St, Erie, PA 16501	(814) 459-4581	LIHEAP, CSBG, Head Start, food pantry, rental assistance, weatherization	Low-income in Erie County
Bethany Christian Services (Lancaster/Allentown/Scranton)	Call 211 for nearest office	Call 211	LIHEAP, food, rental assistance; call 211 for current CAA in your PA county	Low-income residents in respective counties

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► RHODE ISLAND

|

Capital: Providence

Rhode Island 211:

Call or text 211 • www.211ri.org • 24/7 statewide

STATEWIDE

&

MAJOR CITIES — RHODE ISLAND

Program / Organization	Address/City	Phone	Services	Notes
Rhode Island LIHEAP / HEAP RI Office of Energy Resources	(401) 462-4444	energy.ri.gov	Utility bill assistance, weatherization , crisis energy help	Income at or below 60% State Median Income; apply through local CAA
RI SNAP / Medicaid (Rite Care) / TANF RI Dept. of Human Services	(401) 462-5300	dhs.ri.gov	SNAP, Rite Care Medicaid, TANF, child care assistance; apply at RIBridges portal	Income-based
Rhode Island Housing 44 Washington St, Providence, RI 02903	(401) 457-1234	rihousing.com	Section 8, affordable housing, emergency rental assistance, HOME program	Low income; contact RI Housing or local PHA
Rhode Island Community Food Bank	200 Niantic Ave, Providence, RI 02907	(401) 942-6325	Statewide food distribution; 200+ partner agencies across Rhode Island	Anyone in need
Salvation Army — Providence	386 Broad St, Providence, RI 02907	(401) 421-6690	Emergency shelter, food pantry, rent/utility help, disaster relief	Financial need
Crossroads Rhode Island	160 Broad St, Providence, RI	(401) 521-2255	Emergency shelter,	Homeless adults and

Program / Organization	Address/City	Phone	Services	Notes
(Providence)	02903		transitional housing, rapid rehousing, meals, case management	families throughout Rhode Island
Catholic Charities — Providence	1 Cathedral Sq, Providence, RI 02903	(401) 278-4500	Emergency food, rental/utility assistance, immigration, refugee, senior services	Open to all regardless of faith
Community Action Program (CAP) of Providence	100 Medway St, Providence, RI 02906	(401) 521-2520	LIHEAP, CSBG, food pantry, Head Start, rental assistance, weatherization	Low-income Providence County residents
Amos House (Providence)	460 Pine St, Providence, RI 02907	(401) 272-0220	Daily hot meals, food pantry, emergency shelter, employment training, transitional housing	Homeless and low-income individuals in Providence area

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► SOUTH CAROLINA

|

Capital: Columbia

South Carolina 211:

Call or text 211 • www.sc211.org • 24/7 statewide

STATEWIDE

&

MAJOR CITIES — SOUTH CAROLINA

Program / Organization	Address/City	Phone	Services	Notes
SC LIHEAP / Crisis Intervention SC Dept. of Social Services	(803) 898-7601	dss.sc.gov	Utility assistance, weatherization, crisis energy help	Income at or below 150% FPL; apply at local DSS or CAA office
SC SNAP / Medicaid / TANF SC Dept. of Social Services	(800) 616-1309	benefits.sc.gov	SNAP food benefits, Medicaid, TANF cash assistance; apply via SC EASY portal	Income-based
SC State Housing Finance & Development Authority 300-C Outlet Pointe Blvd, Columbia, SC 29210	(803) 896-9001	schousing.com	Section 8, affordable housing, HOME, emergency rental assistance, homeownership	Low income; contact SC Housing or local PHA
Harvest Hope Food Bank (Columbia/Statewide)	2220 Shop Rd, Columbia, SC 29201	(803) 254-4432	Food distribution across SC; 500+ partner agencies; find pantries at harvesthope.org	Anyone in need

Program / Organization	Address/City	Phone	Services	Notes
			rg	
Salvation Army — Columbia	3024 Millwood Ave, Columbia, SC 29205	(803) 765-0260	Emergency shelter, food pantry, rent/utility help, disaster relief	Financial need
Catholic Charities — Columbia	1505 Augusta St, Columbia, SC 29201	(803) 254-6221	Emergency food, rent/utility, immigration, refugee, senior services	Open to all
Salvation Army — Charleston	3226 W. Montague Ave, North Charleston, SC 29418	(843) 747-4107	Emergency shelter, food pantry, rent/utility help	Financial need
Lowcountry Food Bank (Charleston)	2864 Azalea Dr, Charleston, SC 29405	(843) 747-8146	Food distribution for 10 coastal SC counties; 300+ partner agencies	Anyone in need
Salvation Army — Greenville	305 Rutherford St, Greenville, SC 29609	(864) 242-3234	Emergency shelter, food pantry, rent/utility help	Financial need
Upstate Carolina CAP (Greenville/Spartanburg)	Greenville, SC	Call 211	LIHEAP, CSBG, food, rental assistance; call 211 for current CAA in upstate SC	Low-income in Greenville/Spartanburg/Anderson counties

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► SOUTH DAKOTA

|

Capital: Pierre

South Dakota 211:

Call or text 211 • www.sd211.org • 24/7 statewide

STATEWIDE

&

MAJOR CITIES — SOUTH DAKOTA

Program / Organization	Address/City	Phone	Services	Notes
South Dakota LIHEAP SD Dept. of Social Services	(605) 773-4678	dss.sd.gov	Utility assistance, weatherization , crisis energy help	Income at or below 150% FPL; apply at local DSS office
SD SNAP / Medicaid SD Dept. of Social Services	(605) 773-3165	dss.sd.gov	SNAP food benefits, Medicaid, TANF; apply at local DSS office or online	Income-based
South Dakota Housing Development Authority (SDHDA) 3060 E. Elizabeth St, Pierre, SD	(605) 773-3181	sdhda.org	Section 8, affordable housing, rental assistance, HOME program	Low income; contact SDHDA or local PHA

Program / Organization	Address/City	Phone	Services	Notes
57501				
Feeding South Dakota (Sioux Falls)	4701 N. Westport Ave, Sioux Falls, SD 57107	(605) 335-0364	Statewide food distribution; 250+ partner agencies; mobile pantries in rural areas	Anyone in need
Salvation Army — Sioux Falls	800 N. Cliff Ave, Sioux Falls, SD 57103	(605) 336-2410	Emergency shelter, food pantry, rent/utility help, disaster relief	Financial need
Bishop Dudley Hospitality House (Sioux Falls)	900 E. Sioux Ave, Sioux Falls, SD 57103	(605) 338-7653	Emergency shelter, meals, case management, transitional housing referrals	Homeless adults and families in Sioux Falls area
Salvation Army — Rapid City	816 5th St, Rapid City, SD 57701	(605) 348-2550	Emergency rent/utility, food pantry, shelter	Financial need
Community Action — Watertown/Aberdeen/Brookings	Call 211 for nearest office	Call 211	LIHEAP, food, rental assistance; call 211 for CAA serving your county	Low-income SD residents

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► TENNESSEE

|

Capital: Nashville

Tennessee 211:

Call or text 211 • www.211tn.org • 24/7 statewide

STATEWIDE

&

MAJOR CITIES — TENNESSEE

Program / Organization	Address/City	Phone	Services	Notes
Tennessee LIHEAP / Low Income Home Energy Assistance TN Dept. of Human Services	(615) 313-4700	tn.gov/humanservices	Utility bill assistance, crisis energy help, weatherization	Income at or below 150% FPL; apply through local CAA or DHS office
TN SNAP / Medicaid (TennCare) / TANF TN Dept. of Human Services	(866) 311-4287	tn.gov/humanservices	SNAP food benefits, TennCare Medicaid, Families First (TANF); apply online at tnfoods.tn.gov	Income-based
Tennessee Housing Development Agency (THDA) 502 Deaderick St, Nashville, TN 37243	(615) 815-2200	thda.org	Section 8, affordable housing, HOME, emergency rental assistance, homeownership	Low income; contact THDA or local PHA

Program / Organization	Address/City	Phone	Services	Notes
Second Harvest Food Bank of Middle TN (Nashville)	331 Great Circle Rd, Nashville, TN 37228	(615) 329-3491	Food distribution for 46 counties in Middle TN; 600+ partner agencies	Anyone in need
Salvation Army — Nashville	651 Davidson St, Nashville, TN 37213	(615) 242-0411	Emergency shelter, food pantry, rent/utility help, disaster relief	Financial need
Catholic Charities — Nashville	1 Vantage Way, Nashville, TN 37228	(615) 352-3087	Emergency food, rent/utility, immigration, refugee, senior services	Open to all
Room In The Inn (Nashville)	2402 Gallatin Ave, Nashville, TN 37206	(615) 256-5111	Emergency shelter (winter), transitional housing, meals, case management	Homeless adults in Nashville area
Mid-South Food Bank (Memphis)	239 S. Dudley St, Memphis, TN 38104	(901) 527-0841	Food distribution for 31 counties in TN, MS, and AR; 800+ partner agencies	Anyone in need
Salvation Army — Memphis	696 Jackson Ave, Memphis, TN 38105	(901) 543-4500	Emergency shelter, food pantry, rent/utility help	Financial need
Knoxville-Knox County Community Action Committee (CAC)	2247 Western Ave, Knoxville, TN 37921	(865) 524-9131	LIHEAP, CSBG, food pantry, Head Start, rental assistance, weatherization	Low-income in Knox County area
Salvation Army —	407 W. 8th St, Chattanooga,	(423) 756-1681	Emergency shelter, food	Financial need

Program / Organization	Address/City	Phone	Services	Notes
Chattanooga	TN 37402		pantry, rent/utility help	

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► TEXAS

|

Capital: Austin

Texas 211:

Call or text 211 • (877) 541-7905 • www.211texas.org • 24/7 statewide

STATEWIDE PROGRAMS — TEXAS

Program	Contact	Website	Services	Eligibility
Texas LIHEAP / CEAP TX Dept. of Housing & Community Affairs (TDHCA)	(512) 475-3800	tdhca.state.tx.us	Utility assistance, weatherization, crisis energy help; administered through local CAAs	Income at or below 150% FPL; apply through local CAA or community org
TX SNAP / Medicaid / TANF TX	(877) 541-7905	yourtexasbenefits.com	SNAP food benefits, Medicaid,	Income-based

Program	Contact	Website	Services	Eligibility
Health & Human Services (HHS)			CHIP, TANF; apply via Your Texas Benefits portal	
Texas Department of Housing & Community Affairs (TDHCA) 221 E. 11th St, Austin, TX 78701	(512) 475-3800	tdhca.state.tx.us	Section 8, emergency rental assistance, affordable housing, HOME, weatherization	Low income; contact TDHCA or local PHA
Feeding Texas (Statewide Food Bank Network)	(512) 441-6674	feedingtexas.org	Statewide food bank coordination; 21 food banks across Texas; find partner pantry via website	Anyone in need

MAJOR CITIES — TEXAS

Organization	Address/City	Phone	Services
Salvation Army — Houston	1500 Austin St, Houston, TX 77010	(713) 752-0677	Emergency shelter, food pantry, rent/utility help, disaster relief
Star of Hope Mission (Houston)	6897 Ardmore St, Houston, TX 77054	(713) 748-0700	Emergency shelter (men, women, families), meals, transitional housing, job training
Houston Food Bank	535 Portwall St, Houston, TX 77029	(713) 223-3700	Largest food bank in the nation by volume; 1,500+ partner agencies in SE Texas

Organization	Address/City	Phone	Services
Catholic Charities — Houston	2900 Louisiana St, Houston, TX 77006	(713) 526-4611	Emergency food, rent/utility, immigration, refugee, senior services
BakerRipley (Houston — major CAA)	6500 Rookin St, Houston, TX 77074	(713) 273-3400	LIHEAP, rent/utility assistance, food, Head Start, workforce development, SNAP enrollment
Salvation Army — San Antonio	1025 N. Flores St, San Antonio, TX 78212	(210) 224-6154	Emergency shelter, food pantry, rent/utility help
San Antonio Food Bank	5200 Old Corpus Christi Rd, San Antonio, TX 78223	(210) 431-8326	Food distribution; 900+ partner agencies in 16-county area around San Antonio
Catholic Charities — San Antonio	202 W. French Pl, San Antonio, TX 78212	(210) 222-1294	Emergency food, rent/utility, immigration, refugee, senior services
Salvation Army — Dallas	5302 Harry Hines Blvd, Dallas, TX 75235	(214) 678-3000	Emergency shelter, food pantry, rent/utility help, disaster relief
North Texas Food Bank (Dallas)	3677 Mapleshade Ln, Plano, TX 75075	(214) 330-1396	Food distribution; 900+ partner agencies in 13-county area around Dallas
Metrocrest Services (Dallas/Carrollton area)	1740 W. Frankford Rd, Carrollton, TX 75007	(972) 446-2100	Emergency rent/utility, food pantry, case management, job assistance
Salvation Army — Fort Worth	1855 E. Lancaster Ave, Fort Worth, TX 76103	(817) 332-4254	Emergency shelter, food pantry, rent/utility help
Tarrant Area	2600 SE Loop 820,	(817) 857-7100	Food distribution;

Organization	Address/City	Phone	Services
Food Bank (Fort Worth)	Fort Worth, TX 76140		550+ partner agencies across 13 North Texas counties
Salvation Army — Austin	501 E. 8th St, Austin, TX 78701	(512) 476-1111	Emergency shelter, food pantry, rent/utility help
Central Texas Food Bank (Austin)	6500 Metropolis Dr, Austin, TX 78744	(512) 282-2111	Food distribution for 21-county area in Central Texas; 200+ partner agencies
Foundation Communities (Austin)	3000 S. IH 35, Austin, TX 78704	(512) 610-4400	Affordable housing, financial coaching, food pantry, education — major Austin CAA
Salvation Army — El Paso	4300 E. Paisano Dr, El Paso, TX 79905	(915) 532-8938	Emergency shelter, food pantry, rent/utility help
West Texas Food Bank (Odessa/Midland/El Paso region)	411 Kermit Hwy, Odessa, TX 79761	(432) 580-6333	Food distribution for 19-county area in West Texas
Food Bank of the Rio Grande Valley (Brownsville/Laredo/McAllen)	724 N. Veterans Blvd, Pharr, TX 78577	(956) 682-8599	Food distribution for 8-county area in South Texas; 240+ partner agencies
Salvation Army — Lubbock/Amarillo/Corpus Christi	Call 211 for nearest location	Call 211	Emergency rent/utility, food, shelter across West and South Texas cities

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

|

Capital: Salt Lake City

Utah 211:

Call or text 211 • www.211utah.org • 24/7 statewide

STATEWIDE

&

MAJOR CITIES — UTAH

Program / Organization	Address/City	Phone	Services	Notes
Utah LIHEAP / HEAT Program UT Dept. of Workforce Services	(801) 526-4410	jobs.utah.gov	Utility bill assistance, weatherization , crisis energy help; apply Nov–March	Income at or below 150% FPL; apply at local DWS office or online
Utah SNAP / Medicaid UT Dept. of Workforce Services	(866) 435-7414	jobs.utah.gov	SNAP food benefits, Medicaid, CHIP, TANF (FEP); apply at mycase.utah.gov	Income-based
Utah Housing Corporation 2479 Lake	(801) 902-8200	utahhousingcorp.org	Section 8, affordable housing, rental assistance,	Low income; contact Utah Housing Corp or local PHA

Program / Organization	Address/City	Phone	Services	Notes
Park Blvd, West Valley City, UT 84120			HOME, homeownershi p	
Utah Food Bank (Salt Lake City)	3150 S. 900 W, Salt Lake City, UT 84119	(801) 887-1268	Statewide food distribution; 220+ partner agencies across Utah	Anyone in need
Salvation Army — Salt Lake City	174 W. 800 S, Salt Lake City, UT 84101	(801) 323-6655	Emergency shelter, food pantry, rent/utility help, disaster relief	Financial need
Catholic Community Services — Salt Lake City	745 E. 300 S, Salt Lake City, UT 84102	(801) 977-9119	Emergency food, rent/utility, immigration, refugee, senior services	Open to all regardless of faith
Road Home (Salt Lake City)	210 S. Rio Grande St, Salt Lake City, UT 84101	(801) 359-4142	Emergency shelter, transitional housing, rapid rehousing, outreach for homeless	Homeless adults and families in Salt Lake area
Community Action Services & Food Bank (Provo/Orem)	815 S. Freedom Blvd, Provo, UT 84601	(801) 373-8200	LIHEAP, food pantry, emergency rent/utility, Head Start, weatherization	Low-income in Utah County
Ogden-Weber Community Action Partnership	2186 Lincoln Ave, Ogden, UT 84401	(801) 394-9431	LIHEAP, food pantry, Head Start, rental assistance, weatherization , employment	Low-income in Weber and Morgan counties

► VERMONT

|

Capital: Montpelier

Vermont 211:

Call or text 211 • www.vermont211.org • 24/7 statewide

STATEWIDE

&

MAJOR CITIES — VERMONT

Program / Organization	Address/City	Phone	Services	Notes
Vermont LIHEAP / HEAP VT Dept. of Children & Families	(800) 479-6151	dcf.vermont.gov	Fuel assistance, weatherization , crisis energy help; apply Sept–April	Income at or below 60% State Median Income; apply through local CAP agency
Vermont SNAP / Medicaid (Green Mountain Care) / TANF VT Dept. of Children & Families	(800) 479-6151	mybenefits.vermont.gov	SNAP, Medicaid, TANF, child care; apply via myBenefits portal	Income-based
Vermont Housing Finance	(802) 864-5743	vhfa.org	Section 8, affordable housing,	Low income; contact VHFA or local

Program / Organization	Address/City	Phone	Services	Notes
Agency (VHFA) 164 St. Paul St, Burlington, VT 05401			HOME, emergency rental assistance	housing authority
Vermont Foodbank (Barre)	33 Parker Rd, Barre, VT 05641	(802) 476-3341	Statewide food distribution; 250+ partner agencies; SNAP outreach across VT	Anyone in need
Salvation Army — Burlington	26 Taft Corners Shopping Ctr, Williston, VT 05495	(802) 862-2703	Emergency rent/utility, food pantry, disaster relief	Financial need
Cathedral Square (Burlington — housing)	60 N. Winooski Ave, Burlington, VT 05401	(802) 863-4471	Affordable housing for seniors and low-income households; rental assistance	Low-income and seniors in Chittenden County
Community Action (Rutland/SW Vermont CAP)	195 N. Main St, Rutland, VT 05701	(802) 775-0878	LIHEAP, CSBG, food, rental assistance, Head Start, weatherization	Low-income in Rutland County area
Champlain Valley Office of Economic Opportunity (CVOEO) — Burlington	255 S. Champlain St, Burlington, VT 05401	(802) 862-2771	LIHEAP, CSBG, food, rent assistance, weatherization , Head Start	Low-income in Chittenden, Franklin, Grand Isle counties

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► VIRGINIA

|

Capital: Richmond

Virginia 211:

Call or text 211 • www.va211.org • 24/7 statewide

STATEWIDE

&

MAJOR CITIES — VIRGINIA

Program / Organization	Address/City	Phone	Services	Notes
Virginia LIHEAP / CARES VA Dept. of Social Services	(800) 552-3431	dss.virginia.gov	Utility assistance (CARES), weatherization, crisis energy help	Income at or below 200% FPL; apply at local DSS office
Virginia SNAP / Medicaid / TANF VA Dept. of Social Services	(804) 726-7000	commonhelp.virginia.gov	SNAP food benefits, Medicaid, TANF; apply via CommonHelp VA portal	Income-based
Virginia Housing (VHDA) 601 S. Belvidere St, Richmond, VA 23220	(800) 968-7837	virginiahousing.com	Section 8, affordable housing, emergency rental assistance, HOME, homeownership	Low income; contact Virginia Housing or local PHA

Program / Organization	Address/City	Phone	Services	Notes
Feeding America Southwest Virginia (Roanoke) / Central VA (Richmond)	Call 211 for nearest food bank	Call 211	Food distribution statewide; 400+ partner agencies; find nearest pantry via feedingamerica.org	Anyone in need
Salvation Army — Richmond	2 W. Grace St, Richmond, VA 23220	(804) 225-9333	Emergency shelter, food pantry, rent/utility help, disaster relief	Financial need
Catholic Charities — Richmond	1601 Rolling Hills Dr, Richmond, VA 23229	(804) 285-5900	Emergency food, rent/utility, immigration, refugee, senior services	Open to all
Daily Planet Health Services (Richmond)	713 Oliver Hill Way, Richmond, VA 23219	(804) 783-2505	Medical, mental health, food, housing case management for low-income and homeless	Low-income and homeless in Richmond area
Salvation Army — Virginia Beach/Norfolk	1453 Virginia Beach Blvd, Virginia Beach, VA 23453	(757) 428-4580	Emergency shelter, food pantry, rent/utility help	Financial need
STOP (Services to Overcome Poverty) — Norfolk	7526 Hampton Blvd, Norfolk, VA 23505	(757) 587-4202	LIHEAP, CSBG, food pantry, Head Start, rental assistance, weatherization	Low-income in Hampton Roads area
Salvation Army — Alexandria/Northern Virginia	8495 Richmond Hwy, Alexandria, VA 22309	(703) 799-1800	Emergency rent/utility, food pantry, shelter	Financial need
Arlington	2100	(703) 228-	SNAP,	Arlington

Program / Organization	Address/City	Phone	Services	Notes
SNAP/DSS (Arlington)	Washington Blvd, Arlington, VA 22204	1350	Medicaid, TANF, emergency assistance, housing resources for Arlington County	County residents; income-based

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► WASHINGTON

|

Capital: Olympia

Washington 211:

Call or text 211 • www.wa211.org • 24/7 statewide

STATEWIDE

&

MAJOR CITIES — WASHINGTON

Program / Organization	Address/City	Phone	Services	Notes
Washington	(360) 725-	commerce.wa.	Utility	Income at or

Program / Organization	Address/City	Phone	Services	Notes
LIHEAP / LIHEAP & WAP WA Dept. of Commerce	2870	gov	assistance, weatherization , crisis energy help; administered through local CAAs	below 150% FPL; apply through local CAA or community action agency
WA SNAP / Medicaid (Apple Health) / TANF WA Dept. of Social & Health Services (DSHS)	(877) 501-2233	washingtonconnection.org	SNAP, Apple Health (Medicaid), TANF, child care; apply via WA Connection portal	Income-based
Washington State Housing Finance Commission (WSHFC) 1000 2nd Ave, Seattle, WA 98104	(206) 464-7139 (800) 767-4663	wshfc.org	Section 8, affordable housing, HOME, emergency rental assistance	Low income; contact WSHFC or local PHA
Food Lifeline (Seattle — Western WA)	815 S. 96th St, Seattle, WA 98108	(206) 545-6600	Food distribution; 300+ partner agencies across Western Washington	Anyone in need
Second Harvest Inland Northwest (Spokane)	1234 E. Front Ave, Spokane, WA 99202	(509) 534-6678	Food distribution for Eastern WA and Northern Idaho; 300+ partner agencies	Anyone in need
Salvation Army — Seattle	318 2nd Ave Ext S, Seattle, WA 98104	(206) 447-9944	Emergency shelter, food pantry, rent/utility help, disaster relief	Financial need
Catholic	100 23rd Ave	(206) 323-	Emergency	Open to all

Program / Organization	Address/City	Phone	Services	Notes
Community Services — Seattle	S, Seattle, WA 98144	6336	food, rent/utility, immigration, refugee, senior services	
DESC (Downtown Emergency Service Center) — Seattle	515 3rd Ave, Seattle, WA 98104	(206) 464-1570	Emergency shelter, permanent supportive housing, mental health, outreach	Chronically homeless adults in Seattle
Community Action Council — Olympia/Thurston County	5710 Capital Blvd SE, Olympia, WA 98501	(360) 438-1100	LIHEAP, CSBG, food pantry, Head Start, rental assistance, weatherization	Low-income in Thurston County area
Salvation Army — Spokane	222 E. Indiana Ave, Spokane, WA 99207	(509) 325-6810	Emergency shelter, food pantry, rent/utility help	Financial need
Tacoma Rescue Mission	425 S. Tacoma Ave, Tacoma, WA 98402	(253) 383-4493	Emergency shelter, hot meals, transitional housing, job training, recovery	Homeless adults and families in Tacoma/Pierce County

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► WEST VIRGINIA

|

Capital: Charleston

West Virginia 211:

Call or text 211 • www.wv211.org • 24/7 statewide

STATEWIDE

&

MAJOR CITIES — WEST VIRGINIA

Program / Organization	Address/City	Phone	Services	Notes
West Virginia LIHEAP WV Dept. of Health & Human Resources	(304) 558-8290	dhhr.wv.gov	Utility assistance, weatherization , crisis energy help	Income at or below 150% FPL; apply at local DHHR office
WV SNAP / Medicaid WV Dept. of Health & Human Resources	(304) 558-0684	dhhr.wv.gov	SNAP food benefits, Medicaid, TANF, child care; apply at local DHHR office or online	Income-based
WV Housing Development Fund (WVHDF) 814 Virginia St E, Charleston, WV 25301	(304) 345-6475	wvhdf.com	Section 8, affordable housing, HOME, emergency rental assistance	Low income; contact WVHDF or local PHA
Facing Hunger Foodbank (Huntington)	1327 7th Ave, Huntington, WV 25701	(304) 523-6029	Food distribution for 17 counties in WV, KY, and OH; 200+ partner	Anyone in need

Program / Organization	Address/City	Phone	Services	Notes
			agencies	
Morgantown Area Community Kitchen & Emergency Food Pantry	Morgantown, WV	(304) 292-8580	Hot meals, food pantry for Monongalia County residents	Open to all in Morgantown area
Salvation Army — Charleston	1415 Washington St E, Charleston, WV 25301	(304) 340-3940	Emergency shelter, food pantry, rent/utility help, disaster relief	Financial need
Catholic Charities — West Virginia	1105 Virginia St E, Charleston, WV 25301	(304) 345-0416	Emergency food, rent/utility, immigration, senior services	Open to all
Community Action of South Eastern WV (Beckley/Huntington area)	Call 211 for nearest office	Call 211	LIHEAP, food, rental assistance, Head Start, weatherization ; call 211 for your county's CAA	Low-income WV residents
Wheeling Soup Kitchen (Wheeling/Weirton area)	71 14th St, Wheeling, WV 26003	(304) 232-8660	Hot meals, food pantry, emergency financial assistance referrals	Open to all in Ohio County area

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

► WISCONSIN

|

Capital: Madison

Wisconsin 211:

Call or text 211 • (866) 211-3380 • www.211wisconsin.org • 24/7 statewide

STATEWIDE PROGRAMS — WISCONSIN

Program	Contact	Website	Services	Eligibility
Wisconsin LIHEAP / WHEAP WI Dept. of Administration	(608) 267-3680	doa.wi.gov/wheap	Utility bill assistance (WHEAP), weatherization, crisis energy help	Income at or below 60% State Median Income; apply through local CAA (opens Oct-May)
Wisconsin SNAP / Medicaid (BadgerCare Plus) / TANF (W-2) WI Dept. of Children & Families	(855) 757-4539	access.wi.gov	SNAP, BadgerCare Plus (Medicaid), W-2 cash assistance, child care; apply via ACCESS Wisconsin	Income-based
Wisconsin Housing & Economic Development Authority (WHEDA) 201 W. Washington Ave, Madison, WI 53703	(800) 334-6873	wheda.com	Section 8, affordable housing, HOME, emergency rental assistance, homeownership	Low income; contact WHEDA or local PHA
Feeding	1700 W. Fond	(414) 931-	Food	Anyone in

Program	Contact	Website	Services	Eligibility
America Eastern Wisconsin (Milwaukee area)	du Lac Ave, Milwaukee, WI 53205	7400	distribution; 600+ partner agencies in Eastern Wisconsin	need
Second Harvest Foodbank of Southern WI (Madison area)	2802 Dairy Dr, Madison, WI 53718	(608) 223- 9121	Food distribution; 450+ partner agencies across 16 counties in Southern Wisconsin	Anyone in need

MAJOR CITIES — WISCONSIN

Organization	Address/City	Phone	Services
Salvation Army — Milwaukee	1751 N. 12th St, Milwaukee, WI 53205	(414) 344-8500	Emergency shelter, food pantry, rent/utility help, disaster relief
Community Advocates (Milwaukee)	728 N. James Lovell St, Milwaukee, WI 53233	(414) 449-4777	Emergency rent/utility assistance, housing stability, case management, tenant rights
Impact 2-1-1 (Milwaukee/SE Wisconsin)	Milwaukee, WI	Dial 211	24/7 resource referrals for food, shelter, rent, utilities, mental health in SE Wisconsin
Catholic Charities — Milwaukee	3200 W. Highland Blvd, Milwaukee, WI 53208	(414) 771-2881	Emergency food, rent/utility, immigration, refugee, senior services
Repairers of the Breach	1300 W. Vliet St, Milwaukee, WI	(414) 342-9323	Daytime refuge, hot meals,

Organization	Address/City	Phone	Services
(Milwaukee)	53205		showers, clothing, emergency services for homeless
Salvation Army — Madison	630 E. Washington Ave, Madison, WI 53703	(608) 250-0160	Emergency shelter, food pantry, rent/utility help
Community Action Coalition for South Central WI (Madison/Dane County)	1717 N. Stoughton Rd, Madison, WI 53704	(608) 246-4730	LIHEAP (WHEAP), food pantry, rental assistance, Head Start, weatherization
Salvation Army — Green Bay	1235 N. Irwin Ave, Green Bay, WI 54303	(920) 435-3548	Emergency shelter, food pantry, rent/utility help
St. Vincent de Paul — Green Bay	Green Bay, WI	(920) 435-4040	Emergency financial assistance (rent/utilities), food pantry, thrift store vouchers
ADVOCAP (Fond du Lac/Green Lake/Winnebago — CAA)	19 W. 1st Ave, Oshkosh, WI 54901	(920) 922-7760	LIHEAP, food, rental assistance, Head Start, weatherization for NE Wisconsin counties
Salvation Army — Kenosha/Racine	625 52nd St, Kenosha, WI 53140	(262) 657-4820	Emergency shelter, food pantry, rent/utility help
Western Dairyland EOC (Eau Claire — CAA)	418 Wisconsin St, Eau Claire, WI 54703	(715) 836-7511	LIHEAP, CSBG, food, Head Start, rental assistance, weatherization for western WI

► WYOMING

|

Capital: Cheyenne

Wyoming 211:

Call or text 211 • www.wy211.org • 24/7 statewide

STATEWIDE

&

MAJOR CITIES — WYOMING

Program / Organization	Address/City	Phone	Services	Notes
Wyoming LIHEAP WY Dept. of Family Services	(307) 777-6346	dfs.wyoming.gov	Utility assistance, weatherization, crisis energy help	Income at or below 150% FPL; apply at local DFS office or CAP agency
Wyoming SNAP / Medicaid / TANF WY Dept. of Family Services	(307) 777-6345	wyomingbenefits.wyo.gov	SNAP food benefits, Medicaid, TANF cash assistance; apply via WY Benefits portal	Income-based
Wyoming Community Development Authority (WCDA) 155	(307) 265-0603	wyomingcda.com	Section 8, affordable housing, HOME, emergency	Low income; contact WCDA or local PHA

Program / Organization	Address/City	Phone	Services	Notes
N. Beech St, Casper, WY 82601			rental assistance, homeownershi p	
Food Bank of Wyoming (Casper — statewide)	2020 Dirksen Dr, Casper, WY 82601	(307) 265-2172	Statewide food distribution; 160+ partner agencies; mobile pantries for rural communities	Anyone in need throughout Wyoming
Salvation Army — Cheyenne	4020 Pershing Blvd, Cheyenne, WY 82001	(307) 635-9467	Emergency rent/utility, food pantry, disaster relief	Financial need
Comea Shelter (Cheyenne)	2318 Capitol Ave, Cheyenne, WY 82001	(307) 637-8668	Emergency shelter, transitional housing, meals, case management for homeless	Homeless adults and families in Cheyenne/Laramie County
Wyoming Rescue Mission (Casper)	116 E. 2nd St, Casper, WY 82601	(307) 235-6055	Emergency shelter, hot meals, transitional housing, recovery services	Homeless adults in Casper/Natrona County area
Laramie County Community Action Agency (LCCAA) — Cheyenne	1603 Central Ave, Cheyenne, WY 82001	(307) 635-9291	LIHEAP, food pantry, Head Start, rental assistance, weatherization	Low-income in Laramie County
Natrona County CAP (Casper)	Casper, WY	Call 211	LIHEAP, food, rental assistance; call 211 for current contact in Natrona County	Low-income in Natrona County

Program / Organization	Address/City	Phone	Services	Notes
St. Joseph's Children's Home (Laramie/Gillette/Sheridan)	Call 211 for nearest resource	Call 211	Emergency services, food pantry, shelter referrals; call 211 for current contacts in smaller WY cities	Residents of Wyoming in need

Get Out The Hole | Nationwide Assistance Directory 2026 | Call 211 for local help

National Resources & Hotlines Summary

YOUR FIRST CALL: 211

Call or text 211 — Free — Confidential — 24/7 — All 50 States

Text your ZIP code to **898-211** • Visit: **www.211.org**

Quick-Reference National Hotlines

Organization	Phone Number	What They Help With
211 (United Way)	2-1-1	Everything — food, rent, utilities, shelter, health, employment — all 50 states, 24/7
National Homelessness Hotline	(800) 466-3537	Emergency shelter referrals and crisis help for homeless individuals

Organization	Phone Number	What They Help With
		and families
Salvation Army	(800) 725-2769	Emergency financial help, food, shelter, utility assistance — locations nationwide
LIHEAP Energy Hotline	(866) 674-6327	Help paying heating/cooling bills; find your state's energy assistance program
HUD Housing & Rental Help	(800) 569-4287	Find affordable housing, Section 8 vouchers, and HUD-approved housing counselors
Feeding America Food Bank Locator	(800) 771-2303	Find the nearest food bank or food pantry in your area
Catholic Charities USA	(703) 549-1390	Food, housing, utilities, immigration — open to all faiths and backgrounds
Community Action Partnership	(202) 265-7546	Find your local Community Action Agency for rent, utilities, food, and social services
United Way Worldwide	(703) 836-7112	Funds and coordinates local assistance programs, 211 services, and poverty reduction
National Low Income Housing Coalition	(202) 662-1530	Housing policy advocacy; information on affordable housing rights and resources

Key Websites for Benefits & Assistance

Website	Purpose
www.benefits.gov	Screen yourself for all federal programs at once — SNAP, Medicaid, LIHEAP, WIC, housing, and more
www.211.org	Search local food, housing, utility, and other resources in your community

Website	Purpose
www.hud.gov/findhousing	Find affordable rental housing, public housing, and Section 8 (Housing Choice Vouchers)
www.acf.hhs.gov/ocs/liheap	Learn about LIHEAP energy assistance and find your state's program contact
www.feedingamerica.org	Find your nearest food bank and learn about Feeding America's national network
www.fns.usda.gov/snap	Apply for SNAP (Food Stamps) and find your local SNAP office
www.salvationarmyusa.org	Find your nearest Salvation Army for emergency food, shelter, and financial help
www.catholiccharitiesusa.org	Find Catholic Charities near you — open to all backgrounds and faiths
www.modestneeds.org	Apply for small emergency grants to cover rent, utilities, medical, and other bills
www.communityactionpartnership.com	Find your local Community Action Agency (CAA) — one-stop shop for multiple services
www.nlihc.org	Housing affordability research, renter rights resources, and legislative advocacy
www.findhelp.org	Search 300,000+ social services programs by ZIP code — food, housing, goods, transit, health, and more

Quick Tips for Getting Help

✓ DO THESE THINGS

- **Call 211 first.** It is always the fastest way to find local help in your exact area.
- **Apply to multiple programs at the same time.** Funding runs out. More applications = more protection.

- **Gather documents before you call:** Photo ID, proof of address, proof of income, Social Security numbers for all household members.
- **Be honest about your situation.** Programs prioritize those with urgent need — eviction notices, shutoff notices, and pending crises move applications forward.
- **Ask about all available services** when you contact any organization. Many offer rent AND food AND utilities in the same place.
- **Follow up.** If you don't hear back within a week, call again. Staff and funding change.
- **Check Benefits.gov** to make sure you haven't missed any federal programs you qualify for.

AVOID THESE SCAMS

- **Never pay a fee** to apply for any assistance program. All legitimate programs are free.
- If anyone asks for a gift card, wire transfer, or prepaid debit card to "process" assistance — it is a scam.
- LIHEAP and CSBG do NOT offer direct grants to individuals online. Only apply through official government or nonprofit channels.
- Report scams to the FTC at **reportfraud.ftc.gov** or call **1-877-382-4357**.

A Note from Get Out The Hole

No one should face hardship alone. This directory exists because we

believe that having the right information — a phone number, an address, a name — can change everything. Whether you are a person in crisis, a social worker, a pastor, a case manager, or a neighbor trying to help someone out — this guide is for you.

Share it. Print it. Leave it at a shelter, a church, a laundromat, a library. Help us put these resources in the hands of everyone who needs them.

Get Out The Hole — because everyone deserves a way forward.

Disclaimer: *This directory was compiled using publicly available information current as of early 2026. Program availability, phone numbers, addresses, and eligibility requirements change frequently. Always call ahead to confirm. Get Out The Hole makes no guarantees of service availability. This directory is provided for informational purposes only and does not constitute legal, financial, or social work advice. For the most current local resources, always call or text **211**.*

© 2026 Get Out The Hole | For public distribution — please share freely | Nationwide Assistance Directory 2026
