



# Tucson Free & Low-Cost Support Resources

**Purpose:** Quick reference for Tucson residents (especially people experiencing homelessness or financial hardship) to find free services for basic needs, clothing, hygiene, medical care, pet support, and other essentials.

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## Central Referral & Resource Search

### 2-1-1 Arizona – Community Resource Hotline

Connects you with local human services (food, shelter, healthcare, utilities help, crisis support, employment, etc.).

→ <https://211arizona.org/> (2-1-1 Arizona)

### United Way – 211 Tucson & Southern Arizona

Free referral line and searchable database to find emergency and community help.

→ <https://unitedwaytucson.org/find-help/> ([unitedwaytucson.org](https://unitedwaytucson.org))

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## Clothing, Blankets & Basic Items

### Be the Light Tucson – Community Closet

Free clothing, baby items, and basic supplies on scheduled days.

→ <https://www.bethelghttucson.com/resources.html> (BE THE LIGHT TUCSON)

### Arizona Diaper Bank

Free diapers and incontinence products for both adults and babies.

→ <https://diaperbank.org/> ([Autism Society of Southern Arizona](#))

### Free Items via Outreach & Mutual Aid Groups

Various local mutual aid groups offer clothing, nylon bags, hygiene kits, and cold weather items at pop-ups — check local calendars or 211 for current schedules. ([Reddit](#))

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## Food & Nutrition Support

(Many of these programs also offer clothing or hygiene items when available.)

- **Community Food Bank of Southern Arizona** – Find local sites & food distribution points.  
→ <https://www.communityfoodbank.org/find-food/> ([unitedwaytucson.org](http://unitedwaytucson.org))
  - **Interfaith Community Services – Food & Produce Programs** – Free food boxes, mobile food bank, and produce giveaways.  
→ <https://icstucson.org/emergency-assistance/> ([icstucson.org](http://icstucson.org))
  - **StandUp For Kids Tucson – Multi-Service Support** – Text or call for help with food, clothing, shelter, medical, and employment.  
→ <https://www.standupforkids.org/tucson/gethelpnow/> ([StandUp For Kids](http://StandUp For Kids))
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## **Hygiene & Shower Access**

The **City of Tucson Housing First Program** provides street outreach and **mobile shower services** in various locations as part of broader engagement.

→ <https://www.tucsonaz.gov/Departments/Housing-and-Community-Development/Homelessness/Housing-First> ([tucsonaz.gov](http://tucsonaz.gov))

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## **Health & Clinic Services**

### **Clinica Amistad (Free Health Clinic)**

Low-cost or free medical care for uninsured community members.

→ <https://clinicaamistad.org/> ([rapidresponsetucson.com](http://rapidresponsetucson.com))

### **El Rio Community Health Center**

Medical services for uninsured and low-income patients.

→ <https://elrio.org/> ([rapidresponsetucson.com](http://rapidresponsetucson.com))

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## **Pet Support**

### **Humane Society of Southern Arizona – Pet Food Assistance**

Free pet food distribution to help caregivers and prevent shelter relinquishment.

→ <https://hssaz.org/resources/pet-food-assistance/> ([Humane Society of Southern Arizona](http://Humane Society of Southern Arizona))

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# Seasonal Relief & Cooling / Heat Services

## City of Tucson Cooling Center Information

Details on cooling center locations where people can escape heat and access water and basic services.

→ <https://www.tucsonaz.gov/.../Cooling-Center-Locations-in-Tucson> ([tucsonaz.gov](https://www.tucsonaz.gov))

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## Other Assistance & Identification Help

- **Primavera Foundation Mobile Outreach** – Distributes backpacks, hygiene kits, clothing, tents, sleeping bags, pet supplies, and more.  
→ <https://primavera.org/emergency-services/> ([primavera.org](https://primavera.org))
  - **Tucson Indian Center – Diaper Bank & Food Boxes** – Diaper pickup and food distributions for people in need.  
→ <https://www.ticenter.org/assistance/> ([Tucson Indian Center](https://www.ticenter.org))
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## Tips for Accessing Services

- ✓ Calling **2-1-1** is one of the best ways to find up-to-date information on free and low-cost services in Tucson. ([2-1-1 Arizona](https://www.211.org))
  - ✓ Many programs have **limited hours or supplies**, so calling ahead is recommended.
  - ✓ Seasonal outreach programs expand during extreme **heat or cold weather conditions**. ([tucsonaz.gov](https://www.tucsonaz.gov))
  - ✓ Outreach teams (city or nonprofit staff) can often facilitate access to multiple services in one visit. ([tucsonaz.gov](https://www.tucsonaz.gov))
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## What You Can Find Through These Resources

Free Help Type	Examples
Clothing & Blankets	Community closets, diaper bank, mutual aid pop-ups
Food & Meals	Food banks, mobile food services, kitchen programs
Hygiene & Showers	Mobile shower programs, outreach efforts
Medical & Health	Free clinics, community health centers
Pet Care	Pet food support
Cooling / Seasonal	Cooling centers, heat relief resources

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