

Services & Resources



Need Information or Support?

Resources:

National Health Information Center

www.health.gov/NHIC

Visit this site for referral services and contact information for other organizations that address specific health concerns.

Substance Abuse and Mental Health Services Administration (SAMHSA): Treatment Services Locator 1-800-662-HELP (1-877-662-4357)

24 hours a day

<http://findtreatment.samhsa.gov/>

Call for information and referral services if you or someone you know has a mental health question or concern or needs help with alcoholism or other drug problems.

Mental Health America

www.mentalhealthamerica.net

Visit this site for tips and resources concerning mental health and wellbeing.

Feeding America 1-800-771-2303

M – F, 8am – 5pm CST

www.feedingamerica.org

Call for information on food assistance programs in your area. Press “0” to receive the telephone number for a local food bank.

Go4Life

<https://www.nia.nih.gov/health/exercise-physical-activity>

Visit this site for free exercises, motivational tips, and resources to help find ways to fit exercise and physical activity into daily life.

Suicide and Crisis Lifeline 988

24 hours a day

Call this crisis hotline if you or someone you care about needs help or is considering suicide.

National Center on Elder Abuse 1-855-500-ELDR (3537)

M-F, 8am to 5pm PT

<http://ncea.acl.gov/>

Call if you or someone you know needs information on elder abuse and prevention or state level resources for reporting abuse.

The National Domestic Violence Hotline 1-800-799-SAFE (7233) 1-800-787-3224 (TTY)

24 hours a day

www.thehotline.org

Call for information on domestic violence, emergency shelters, legal advocacy and assistance programs, and other social services.

General Resources:

1-844-872-4681 | www.usa.gov

M-F 8am - 8pm EST

Federal resource for information on many topics including:

- Caregiver Resources
- Health, Disability and Food Assistance
- Travel and Recreation
- Social Security, Retirement, Help with Unemployment
- Jobs and Volunteering
- Affordable Housing
- Consumer Protection (Fraud)