



NATIONAL & LOCAL RESOURCES 2023

National

[National Resources 2023](#)

Arizona-Utah

[Arizona Behavioral Health Crisis](#)

[Arizona Food Banks](#)

[Arizona Short Term Crisis Center](#)

[United Ways in Utah](#)

[Utah County Talk Line](#)

[Utah Food Bank](#)

Atlanta

[Atlanta Survival Program](#)

[GA Gateway - Financial Assistance](#)

[GA Utility Assistance](#)

[CDC-Mental Health Tools](#)

[Depression & Bipolar Support Alliance](#)

[NAMI Georgia-Community Resources](#)

Chicago

[Greater Chicago Food Depository/Food bank Directory](#)

[United Way of Metro Chicago /211](#)

[Resources](#)

[Entertainment Community Fund of Chicago](#)

[A Safe Haven Chicago](#)

[The Chicago Help Initiative](#)

Colorado

[Food Pantries - Colorado](#)

[Mental Health Colorado](#)

[Colorado Crises Services](#)

[Colorado Humane Society & SPCA](#)

[Food Pantries - Wyoming](#)

[Wyoming Dept of Health \(Mental](#)

[Health/Substance Abuse\)](#)

Dallas-Ft. Worth

[North Texas Food Bank](#)

[TX Mental Health Crisis Services](#)

[DFW Humane Society](#)

[North Texas Behavioral Health Authority](#)

[Substance Abuse Services](#)

[Dallas county housing assistance](#)

Hawaii

[Hawaii Fire Housing Relief Program](#)

[Maui Food Bank](#)

[Food Bank Resources for Kauai And Oahu](#)

[Hawaii Island Food Basket](#)

[Maui Humane Society for pets needing supplies or medical attention](#)

Houston-Austin

[TX Mental Health Services](#)

[Houston Food Bank](#)

[Central TX \(Austin\) Food Bank](#)

[Behavioral Health Center Houston](#)

[Austin Behavioral Health Center](#)

Los Angeles

[Los Angeles Local Resources](#)

Miami

[Liga Contra El Cancer](#)

[Camillus House](#)

[Big Brothers Big Sisters of Miami](#)

[Feeding Florida](#)

[Alimentos PR \(Food Bank Puerto Rico\)](#)

[Community Food Bank of Central Alabama](#)

[National Alliance on Mental Illness - Miami](#)

Michigan

[Food Bank Council of Michigan](#)
[Mental Health](#)
[United Way of Michigan](#)
[Housing Assistance](#)
[Substance Abuse Help](#)

Missouri Valley

[Feeding Missouri Food Bank](#)
[Missouri Department of Mental Health](#)
[United Way of Missouri](#)
[Feeding Kansas Food Bank](#)
[Kansas Behavioral Health Services](#)
[United Way of Kansas](#)
[Heartland Food Bank](#)
[Mental Health Association of Nebraska](#)
[United Way of Nebraska](#)

Nashville

[Music Health Alliance](#)
[Brad Paisley's The Store](#)
[Need Link](#)
[Dare To Care KY Food Bank](#)
[Rooftop Nashville](#)

Nevada

[Nevada Housing Coalition](#)
[Food Bank of Northern Nevada](#)
[Las Vegas Rescue Mission](#)
[Salvation Army Reno](#)
[Clothing Programs in Reno, NV](#)

New England

[Massachusetts Unemployment Assistance](#)
[United Way of Massachusetts](#)
[Welcome Project Resources](#)
[United Way Rhode Island](#)
[Greater Boston Food Bank](#)
[Maine Community Foundation](#)
[Vermont Family Network](#)

New Mexico

[Food Pantries](#)
[Mental Health](#)
[Family Services](#)
[United Way](#)
[Dept of Workforce Solutions](#)

New Orleans

[United Ways in Louisiana](#)
[Feeding Louisiana](#)
[New Orleans Musician's Clinic Resources](#)
[Mississippi Food Network](#)
[United Ways in Mississippi](#)

New York

[New York Local Resources](#)

Ohio-Pittsburgh

[Greater Pittsburgh Community Food Bank](#)
[Greater Cleveland Food Bank](#)
[Cincinnati Freestore Foodbank](#)
[United Way of Southwestern Pennsylvania](#)
[United Way of Central Ohio](#)

Philadelphia

[Compass PA State Benefits](#)
[PA Food Assistance Services](#)
[NJ Food Bank Assistance](#)
[South Jersey Behavioral Health Resources](#)
[Delaware Food Bank Assistance](#)
[Delaware Mental Health Services](#)

Portland

[Labor's Community Service Agency](#)
[Oregon Food Bank](#)
[Mental Health](#)
[United Ways in Oregon](#)
[Housing Assistance](#)

San Diego

[San Diego Housing Commission](#)
[Health & Humans Services Agency Programs](#)
[San Diego Food Bank](#)
[Sharia's Closet](#)
[Baby2Baby](#)

San Francisco-Northern California

[SFNC Local Resources 2023](#)

Seattle

[Foundation for Working Families](#)
[Seattle Food Committee](#)
[Northwest Harvest](#)
[Washington State Community Action Partnership](#)
[Mental Health Washington](#)
[Food Bank of Alaska](#)
[United Way of Anchorage](#)
[Mental Health Alaska](#)
[The Idaho Foodbank](#)
[United Way of Treasure Valley \(Idaho\)](#)
[Mental Health Idaho](#)
[Montana Food Bank Network](#)
[United Ways in Montana](#)
[Mental Health Montana](#)

Twin Cities

[Food Bank](#)
[Mental Health](#)
[Substance Abuse Help](#)
[Housing Assistance](#)
[State Health Exchange Enrollment](#)

Washington-Mid Atlantic

[DC Unemployment Insurance](#)
[General Information on DC Unemployment Insurance](#)
[DC Health Link](#)
[DC Health Link Open Enrollment Information](#)
[Capital Area Food Bank](#)
[DC Mental Health/Substance Abuse Assistance](#)
[United Way - National Capital Area](#)
[DC Paid Family Leave Program](#)
[Maryland Unemployment Insurance](#)
[Maryland Unemployment Insurance Application](#)
[Maryland Unemployment Insurance FAQs](#)
[Maryland Health Connection](#)
[Maryland Health Connection Enrollment](#)
[Maryland Food Bank](#)
[Maryland Mental Health/Substance Abuse Assistance](#)
[United Way - Maryland](#)
[Virginia Unemployment Insurance](#)
[Federation of Virginia Food Banks](#)
[Virginia Mental Health/Substance Abuse Assistance](#)
[United Way - Virginia](#)
[North Carolina Unemployment Insurance](#)
[North Carolina Food Bank](#)
[North Carolina Mental Health/Substance Abuse Assistance](#)
[United Way - North Carolina](#)
[West Virginia Unemployment Insurance](#)
[West Virginia Food Bank](#)
[West Virginia Mental Health Assistance](#)
[United Way - West Virginia](#)
[West Virginia AFL-CIO Assistance Programs](#)
[Union Plus](#)
[AFL-CIO Survival Guide To Unemployment](#)