

Basic Financial Resources

United Way 211

- [Call 211 for Essential Community Services | United Way 211](#)
- 211 is a multilingual and confidential service that connects individuals to critical resources including food, shelter, rental assistance, childcare, and more. There are more than 200 211 agencies across the United States, each with a team of compassionate, highly trained community specialists who are available to help you access the best local resources and services to address any need.
- Dial 2-1-1 or text your zip code to 898-211 (message and data rates apply). You can also live chat or search resources online.

Find Help

- www.findhelp.org
- Search and connect to support. Financial assistance, food pantries, medical care, and other free or reduced-cost help starts here.
- Enter your zip code and filter your search based on your current needs.

Feeding America

- <https://www.feedingamerica.org/>
- The Feeding America nationwide network of food banks and food programs helps millions of people find food and grocery help in their communities every year. Connect with your local food bank to learn about upcoming free food distributions and to apply for national food programs like SNAP and WIC.
- Enter your zip code to find your nearest Feeding America member food bank. They'll share the locations and hours of nearby food distributions.

Low Income Home Energy Assistance Program (LIHEAP)

- [Low Income Home Energy Assistance Program \(LIHEAP\) | Benefits.gov](#)
- To be eligible for this benefit program, you must need financial assistance with home energy costs. A person who participates or has family members who participate in certain other benefit programs, such as SNAP, SSI, TANF, may be automatically eligible.
- Call the National Energy Assistance Referral (NEAR) project. NEAR is a free service providing information on where you can apply. Call Monday-Friday, 7am-5 pm (mountain time).
- Call the toll-free phone number at: 1-866-674-6327, send an e-mail to: energy@ncat.org, or you can contact your State's LIHEAP office.

HTC Social Worker

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