

# Free Resources for Help

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## Call 2-1-1

For help with housing, utilities, healthcare, food, mental health & substance use, clothing & household goods, aging & disabilities, employment and holiday programs, this service is free and confidential.

## Employment and Job Training

DOL's Employment and Training Helpline provides information for job seekers, workers, and employers on employment and training: 1-877-872-5627

## National Domestic Violence Hotline

Available 24/7 to talk confidentially with anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship: 1-800-799-7233

## Help for Veterans

Help for Homeless Veterans Helpline provides 24/7 access to VA services and at-risk veterans: 1-877-424-3838

## National Runaway Safeline

Supports at-risk youth and their families 24-hours a day by phone, email and live chat: 1-800-786-2929

## Treatment Referral Routing Service

Confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental health and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations: 1-800-662-4357