

# A GUIDE TO FINDING LOCAL RESOURCES

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Indiana Tech Wellness Clinic



Balancing school, family, work, and everything else life throws at us can become stressful and overwhelming at times. Know that you are not alone in this overwhelm and your needs are important.

Working on the basis of Maslow's Hierarchy of Needs, it's natural to struggle or focus on schoolwork and assignments when your basic needs are not being met. This guide is meant to provide you a starting point to finding resources in your local area that can help.

# WELCOME



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National Support

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**Get Connected. Get Help.™**

"We are the boots on the ground, the local experts who make finding help easier. 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.

The 211 network in the United States responds to more than 21 million requests for help every year. Most calls, web chats, and text messages are from people looking for help meeting basic needs like housing, food, transportation, and health care.

The Federal Communications Commission (FCC) designated 211 as the 3-digit number for information and referrals to social services and other assistance in 2000. The 211 service is provided by more than 200 local organizations that are committed to serving their communities. Many different kinds of organizations operate the 211 service, including United Ways, Goodwill, Community Action Partnerships, and local crisis centers." (211.org)

**Dialing 211 is going to be your first step in locating resources in your area to address your needs. By connecting with a 211 operator, you'll be able to present your needs and have a real person assist you in finding options in your area.**

[211.org](http://211.org)



# NATIONAL

## **National Resource Directory**

- Search for resources in your area by zip code
- <https://www.nrd.gov/>

## **988 Crisis Hotline**

- National crisis and suicide hotline and textline
- Available across the country and will help find local resources in your area to help with mental health support
- <https://988lifeline.org/>

## **Veterans Crisis Hotline**

- Dial 988 then press 1
- <https://www.veteranscrisisline.net/>

## **Domestic Violence Hotline**

- National hotline number to call when experiencing domestic violence
- 800-799-7233
- <https://www.thehotline.org/>



# NATIONAL

## **Crisis Text Line**

- National crisis text line to find support when in need
- 741741
- <https://www.crisistextline.org/>

## **Trevor Project Call and Text lines**

- Trevor Project hosts a hotline and text line that can help provide support for LGBTQ+ community
- Call: 866-488-7386
- Text: 678678
- <https://www.thetrevorproject.org/>

## **National Trans Lifeline**

- Provides support to trans community
- 877-565-8860
- <https://translifeline.org/>

## **Sexual Assault Hotline**

- National crisis hotline for sexual assault resources and support
- 800-656-4673
- <https://www.rainn.org/>



# MENTAL HEALTH

## **Indiana Tech Counseling Center**

- Available for students within the state of Indiana.
  - *Our counselors are not licensed to provide counseling services outside of the state of Indiana.*
- Hours: Monday-Friday, 8:30-5:00
  - *Hours vary during breaks*
- Location: Andorfer Commons, Student Affairs, Fort Wayne Campus
- Scheduling: [Counseling@indianatech.edu](mailto:Counseling@indianatech.edu) or 260-266-8060
- <https://www.indianatech.edu/wellness-clinic/>

## **SAMHSA; Behavioral Health**

Behavioral Health Treatment Services Locator can help you find mental health services in your community anywhere in the country

- <https://findtreatment.samhsa.gov/>

## **Therapist Directory**

- <https://www.inclusivetherapists.com/>

## **Crisis Centers**

Find the closest Crisis Center to you

- <https://988lifeline.org/our-network/>



# MENTAL HEALTH

## **SAMHSA; Substance Use**

Finding a substance use treatment facility can be searched on this sight for anywhere in the country

- <https://www.findtreatment.gov/>

## **Alcoholics Anonymous**

- <https://www.aa.org/>

## **Narcotics Anonymous**

- <https://na.org/>

## **Vet Centers**

Vet centers are located across the country to provide readjustment services to veterans and their families

- <https://www.vetcenter.va.gov/>

## **Local Hospitals**

If in crisis and needing immediate mental health support, please dial 911 or visit your local hospital to get connected to help



# FINANCIAL

## **Employment Options**

Finding employment options can be made easy through employment search engines or local staffing agencies

Indiana: Pro Resources Staffing Services

- <https://www.proresources.com/>

Nationwide: PeopleReady

- <https://www.peopleready.com/cities/>

Additional Staff Agencies

- <https://jobstars.com/national-employment-agencies/>

Job Search Engines

- <https://careerlink.com/>
- <https://www.indeed.com/>
- <https://www.linkedin.com/>
- <https://www.simplyhired.com/>
- <https://www.glassdoor.com/>

Free Interview Clothes

- <https://jailstojobs.org/free-interview-clothes/>



# FINANCIAL

## **Bill Assistance**

There may be some churches in your local area that provides assistance with bills. Connect with a local church to inquire about the possibility.

## Internet Assistance

- [https://www.whitehouse.gov/getinternet/?utm\\_source=getinternet.gov](https://www.whitehouse.gov/getinternet/?utm_source=getinternet.gov)

## Rental Assistance

- [https://www.hud.gov/coronavirus/resources\\_for\\_renters](https://www.hud.gov/coronavirus/resources_for_renters)

## 211

- Calling 211 can help you find local bill assistance options



# HOUSING

## **Chafee Coordinator**

If you were involved in the foster care system you can connect with your local Chafee Coordinator for services

- <https://www.childwelfare.gov/>

## **Public Housing Agency**

Connect with your local Public Housing Agency to see if you qualify for public housing options

- <https://www.hud.gov/>

## **National Nonprofit Organizations**

- [United Way](#)
- [YWCA](#)
- [YMCA](#)
- [Salvation Army](#)



# FOOD

## **WhyHunger**

This organization offers information on local food pantries and summer meals by zip code

- <https://networks.whyhunger.org/>
- You can also call 1(800)5-HUNGRY to get connected with local food providers

## **SNAP**

Government agency to provide benefits to supplement food budget

- <https://www.fns.usda.gov/>

## **WIC**

Government agency to provide benefits to supplement food budget for pregnant women, breastfeeding women, postpartum women, infants, and children up to their 5th birthday

- <https://www.fns.usda.gov/>

## **School Meal Assistance**

USDA breakfast, lunch, and summer meal programs

- <https://www.fns.usda.gov/nslp>
- <https://www.fns.usda.gov/sbp/school-breakfast-program>
- <https://www.fns.usda.gov/sfsp/summer-food-service-program>



# CHILD CARE

## **Temporary Assistance for Needy Families**

Provides resources to parents with low income or unemployed

- <https://www.benefits.gov/>

## **Child Care Assistance**

Search for child care assistance by state

- <https://www.childcareaware.org/resources/map/>

## **Diaper Bank**

Search for a local diaper bank in your area

- <https://nationaldiaperbanknetwork.org/>

## **After School**

- <https://www.ymca.org/>
- <https://www.bgca.org/>
- <https://4-h.org/>
- <https://girlsinc.org/>
- <https://campfire.org/>
- <https://afterschoolallstars.org/>



# HEALTH CARE

## **Free Clinic Directory**

Search for a free clinic or community health center in your area by state

- <https://freeclinicdirectory.org/>

## **Health Center Directory**

If you are undocumented or waiting on an insurance plan you can search for health centers with this directory

- <https://findahealthcenter.hrsa.gov/>

## **VA**

If you are a veteran or military personnel, connect with your local VA to receive services

- <https://www.va.gov/>

## **Medicaid**

- <https://www.medicaid.gov/>
- <https://www.healthcare.gov/CHIP>



# LEGAL

## **Immigration Legal Resource Center**

Offers assistance to immigrants

- <https://www.ilrc.org/>

DACA Specific

- <https://www.ilrc.org/>

## **Immigration Legal Services Directory**

Find free or low-cost legal services for immigrants in your area

- <https://www.immigrationadvocates.org/>

## **Resettlement Partners**

A network of agencies that help resettle refugees

- <https://hias.org/resettlement-partners/>

## **SSI/SSDI Assistance (SOAR)**

Search for a provider to assist with SSI/SSDI application

- <https://soarworks.samhsa.gov/state-directory>

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