

Access Points - Entry points to find and access local resources.

211 - Phone line to connect to local resources.

call 211 - 211.org

Florida Domestic Violence Hotline

(800) 500-1119

Basic Needs - Basic needs such as food pantries, meals, showers, or clothing.

Daily Bread - Downtown

808 W. Central Blvd., Orlando, FL 32805

(407) 425-2523 - christianservicecenter.org/dailybread

Meals

Mon-Fri noon-1pm, Sun 11am-noon

Daily Bread - West Orange

300 West Franklin Street, Ocoee, FL 34761

(407) 656-6678 - christianservicecenter.org/dailybread

Meals

Mon-Fri 11am-noon

Coalition for the Homeless

18 North Terry Avenue, Orlando, FL 32801

(407) 652-5300 - centralfloridahomeless.org

Dinner

Every day 6:45pm

Men's showers and

laundry

Mon-Thu

9am-11:30am

Women's showers

and laundry

Mon-Thu 1pm-3pm

Samaritan Resource Center - Showers, laundry, hygiene kits, employment help, help with benefits

9837 E Colonial Dr., Orlando, FL 32817

(407) 482-0600 - samaritanresourcecenter.org

Basic Needs - Basic needs such as food pantries, meals, showers, or clothing.

Pathways Drop In Center - Showers, laundry, case management, employment support

1313 30th Street, Orlando, FL 32805

(407) 843-5530 - pathlighthouse.org/pathways-drop-in

Meals

Mon-Fri noon-3pm

The Sharing Center

600 North Highway 17-92 Suite 130, Longwood, FL 32750

(407) 260-9155 - pathlighthouse.org/pathways-drop-in

Oasis: showers, laundry, hygiene

Mon-Fri 8am-noon

Food Pantry

Mon-Fri 9am-noon

Loaves & Fishes - Food, Toiletries, Financial Assistance

206 East 8th St., Apopka, FL 32703

(407) 886-6005 - loavesandfishesapopka.com/need-help

Straight Street

808 W. Central Blvd., Orlando, FL 32805

straightst.org

Lunch

Mon-Fri 11:30am-1:30pm

Dinner

Mon-Fri 5:30pm-7pm

Christian HELP - Also provides employment services

450 Seminola Blvd, Casselberry, FL 32707

(407) 834-4022 - christianhelp.org

Food Pantry

Tue-Fri 9:30am-1:30pm

Agape Mission Market - Food Pantry, appointment only

1771 N Semoran Blvd, Orlando, FL 32807

(407) 658-1818 - cflcc.org/mission-markets

Harvest Time International - Food, Clothing, Household supplies.

Application required

225 Harvest Time Drive, Sanford, FL 32771

(407) 878-5531 - harvesttime.org/assistance.html

Basic Needs - Basic needs such as food pantries, meals, showers, or clothing.

Hope Helps - Food, Clothing, Household supplies. Application required

812 Eyrie Drive, Oviedo, FL 32765

(407) 366-3422 - hopehelps.org/resource-center

Pearlman Food Pantry - Food pantry, appointment required

2100 Lee Road, Winter Park, FL 32789

(407) 644-7593 - jfsorlando.org/services/pearlman-food-pantry

Second Harvest Food Bank

(407) 295-1066 - feedhopenow.org

FoodPantries.org - A directory to find food pantries near you.

foodpantries.org/

Farm Share - Food Bank

(305) 246-3276 - farmshare.org

Emergency Shelters

Orlando Rescue Mission Project Hope - Serves: Men

3300 W. Colonial Dr., Orlando, FL 32808

(407) 423-3596 - ourm.org/need-help

Orlando Rescue Mission Family Hope - Serves: Women, Families, Single Mothers, Single Fathers

1525 W. Washington St., Orlando, FL 32805

(407) 423-2131 - ourm.org/need-help

Coalition for the Homeless - Serves: Men, Women

18 North Terry Avenue, Orlando, FL 32801

(407) 652-5300 - centralfloridahomeless.org

Rescue Outreach Mission - Serves: Men, Women

1701 W 13th St., Sanford, FL 32771

(407) 321-8224 - romcfl.org

Salvation Army - Serves: Men, Women, Women w/ Children

624 Lexington Ave., Orlando, FL 32804

(407) 423-8581 ext: 26480 - orlando.salvationarmyflorida.org

Emergency Shelters

H.O.M.E Orlando - Serves: Women w/ Children

924 Determination Way, Kissimmee, FL 34741

(407) 932-0413 - aspirehealthpartners.com/program-details/?program=37

Covenant House - Serves: Ages 18 to 22

711 N Magnolia Ave, Orlando, FL 32803

(407) 482-0404 - covenanthousefl.org

Resources

Orange County Energy Bill Assistance

2100 E Michigan Street, Orlando, FL 32806

(407) 836-7429 - orangecountyfl.net/FamiliesHealthSocialSvcs/EnergyBillAssistance.aspx

Osceola Human Services Emergency Rental Assistance Program

1392 E Vine St., Kissimmee, FL 34744

(407) 742-8414 - osceola.org/Services/Housing-Programs/Community-Development-Block-Grant/CDBG-Emergency-Rental-Assistance-Program

Orange County Crisis Assistance Program - Rent and utility assistance

2100 E Michigan Street, Orlando, FL 32806

(407) 836-6500 - ocfl.net/FamiliesHealthSocialSvcs/CrisisAssistanceProgram.aspx

Seminole County Community Assistance - Rent and utility assistance

520 W. Lake Mary Blvd Suite 100 , Sanford, FL 32773

(407) 665-2300 - seminolecountyfl.gov/departments-services/community-services/community-assistance/

Heart of Florida United Way - Utility assistance

1940 Cannery Way, Orlando, FL 32804

(407) 835-0900 - hfuw.org/get-help/financial-assistance

St. Vincent de Paul

(407) 889-4706 - svdporlando.org

Resources

US Department of Veterans Affairs - 24/7 Homeless Call Center Hotline
(877) 424-3838 - va.gov/homeless

National Suicide Prevention Lifeline - Provides 24/7, free and confidential support for people in distress
(800) 273-8255 - SuicidePreventionLifeline.org

National Domestic Violence Hotline - 24-hour confidential service for survivors, victims and those affected by domestic violence
(800) 799-7233 - TheHotline.org

National Runaway Safeline - 24/7 crisis line for runaway and homeless youth
(800) 786-2929 - 1800runaway.org

National Human Trafficking Hotline - Call if you or someone you know is a victim of human trafficking
(888) 373-7888 - HumanTraffickingHotline.org

Free Mobile Phone Service - The FCC's Lifeline program provides free mobile phone service for qualifying low income individuals.
SafeLinkWireless.com
AssuranceWireless.com

FindTreatment.gov - Directory of providers treating substance use disorders, addiction, and mental illness
(800) 662-4357 - FindTreatment.gov/

FreeDentalCare.us - Directory of free and low cost dental clinics
FreeDentalCare.us/

Available services can change often. Please email support@HelpSheets.org with any updates to the information provided.

HelpSheets.org does not manage any of the organizations listed, please contact each agency for details.