

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

2-1-1 Maryland - 24/7 phone line to help you find local resources you need.

call 211 - 211md.org

Baltimore City Shelter Hotline - Call to connect with an emergency shelter for the night. Open 9:30am - 9pm M-F

(443) 984-9540 - homeless.baltimorecity.gov/get-help-now

Domestic Violence Hotline - House of Ruth Maryland's 24/7 hotline is a confidential lifeline to survivors of domestic violence in need of help

(410) 889-7884 - hruth.org/get-help/

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

Beans and Bread

400 S. Bond Street, Baltimore, MD 21231

(410) 732-1892 - VincentBaltimore.org/what-we-do/homelessness/beans-and-bread

Breakfast

Monday - Friday 8:30am - 9:30am

Lunch

Monday - Saturday, last Sunday of month 11:30am - 1:30pm

Fransiscan Center - Also provides mens professional attire for job interviews and a food pantry.

101 W. 23rd Street, Baltimore, MD 21218

(410) 467-5340 - fcbmore.org

Lunch

Monday - Friday 10am - 1pm

Dinner

Tuesday and Wednesday 5:30pm - 7pm

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

Our Daily Bread

725 Fallsway, Baltimore, MD 21202

(667) 600-3400 - catholiccharities-md.org/services/our-daily-bread-hot-meal-program

Breakfast

Monday - Friday 7:45am - 8:15am

Lunch

Every day 10:30am - 12:30pm

Paul's Place - Also provides laundry service and clothing marketplace

1118 Ward Street, Baltimore, MD 21230

(410) 625-0775 - PaulsPlaceOutreach.org/services/support-services

Hot Lunch

M-F 11am - 12:30pm

Emergency Food

Pantry

M-F 8am - 11am

Showers

M-F 8am - 10am,
12:45pm - 2pm

Manna House

435 East 25th Street, Baltimore, MD 21218

(410) 889-3001 - MannaHouseInc.org/

Breakfast

Every day 8am - 10:15am

Generosity Shower - Only open during warm months

450 N Front Street, Baltimore, MD 21202

GenerosityGlobal.org/generosity-shower

Showers

M-F: 9am - 1pm

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

foodpantries.org/

Emergency Shelters

Helping Up Mission - Serves: Men

1029 E Baltimore St, Baltimore, MD 21202

(410) 675-7500 ext: 1196 - HelpingUpMission.org/get-help

Emergency Shelters

Baltimore Rescue Mission - Serves: Men

4 N Central Ave, Baltimore, MD 21202

(410) 342-2533 - BaltimoreRescueMission.org

Baltimore Outreach Services - Serves: Women, Women w/ Children

701 S. Charles Street, Baltimore, MD 21230

(410) 752-1285 - BaltimoreOutreach.org

Karis Home - Serves: Women, Women w/ Children

1228 E Baltimore St, Baltimore, MD 21202

(410) 342-1323 - BaltimoreRescueMission.org/ministries/karis-home

MCVET - Serves: Veterans

301 N. High Street, Baltimore, MD 21202

(410) 576-9626 - mcvet.org/

Project PLASE - Serves: Men, Women

1814 Maryland Avenue, Baltimore, MD 21201

(410) 837-1400 ext: 221 - projectplase.org/need-housing

Weinberg Housing and Resource Center - Serves: Men, Women

620 Fallsway, Baltimore, MD 21202

(667) 600-3230 - CatholicCharities-md.org/services/weinberg-housing-resource-center

Resources

Health Care for the Homeless - Provides health care and supportive services for people experiencing homelessness.

421 Fallsway, Baltimore, MD 21202

(410) 837-5533 - hchmd.org

Here2Help Hotline - Call to get connected to mental health services, talk to a supportive listener or have a mental health specialist come to you.

(410) 433-5175 - bhsbaltimore.org/find-help/here2help-hotline

US Department of Veterans Affairs - 24/7 Homeless Call Center Hotline

(877) 424-3838 - va.gov/homeless

Resources

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

National Domestic Violence Hotline - 24-hour confidential service for survivors, victims and those affected by domestic violence
(800) 799-7233 - [TheHotline.org](https://www.thehotline.org)

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

National Human Trafficking Hotline - Call if you or someone you know is a victim of human trafficking
(888) 373-7888 - [HumanTraffickingHotline.org](https://www.humantraffickinghotline.org)

Free Mobile Phone Service - The FCC's Lifeline program provides free mobile phone service for qualifying low income individuals.
[SafeLinkWireless.com](https://www.safelinkwireless.com)
[AssuranceWireless.com](https://www.assurancewireless.com)

FindTreatment.gov - Directory of providers treating substance use disorders, addiction, and mental illness
(800) 662-4357 - [FindTreatment.gov/](https://www.findtreatment.gov/)

FreeDentalCare.us - Directory of free and low cost dental clinics
[FreeDentalCare.us/](https://www.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.