

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

<p><b>2-1-1 Maryland</b> - 24/7 phone line to help you find local resources you need. call 211 - <a href="http://211md.org">211md.org</a></p>	<p><b>Baltimore City Shelter Hotline</b> - Call to connect with an emergency shelter for the night. Open 9:30am - 9pm M-F (443) 984-9540 - <a href="http://homeless.baltimorecity.gov/get-help-now">homeless.baltimorecity.gov/get-help-now</a></p>
<p><b>Domestic Violence Hotline</b> - House of Ruth Maryland's 24/7 hotline is a confidential lifeline to survivors of domestic violence in need of help (410) 889-7884 - <a href="http://hruth.org/get-help/">hruth.org/get-help/</a></p>	

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

<p><b>Beans and Bread</b> 400 S. Bond Street, Baltimore, MD 21231 (410) 732-1892 - <a href="http://VincentBaltimore.org/what-we-do/homelessness/beans-and-bread">VincentBaltimore.org/what-we-do/homelessness/beans-and-bread</a></p> <table border="0" style="width: 100%;"> <tr> <td style="text-align: center;"><u>Breakfast</u></td> <td style="text-align: center;"><u>Lunch</u></td> </tr> <tr> <td style="text-align: center;">Monday - Friday 8:30am - 9:30am</td> <td style="text-align: center;">Monday - Saturday, last Sunday of month 11:30am - 1:30pm</td> </tr> </table>	<u>Breakfast</u>	<u>Lunch</u>	Monday - Friday 8:30am - 9:30am	Monday - Saturday, last Sunday of month 11:30am - 1:30pm	<p><b>Fransiscan Center</b> - Also provides mens professional attire for job interviews and a food pantry. 101 W. 23rd Street, Baltimore, MD 21218 (410) 467-5340 - <a href="http://fcbmore.org">fcbmore.org</a></p> <table border="0" style="width: 100%;"> <tr> <td style="text-align: center;"><u>Lunch</u></td> <td style="text-align: center;"><u>Dinner</u></td> </tr> <tr> <td style="text-align: center;">Monday - Friday 10am - 1pm</td> <td style="text-align: center;">Tuesday and Wednesday 5:30pm - 7pm</td> </tr> </table>	<u>Lunch</u>	<u>Dinner</u>	Monday - Friday 10am - 1pm	Tuesday and Wednesday 5:30pm - 7pm		
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<p><b>Our Daily Bread</b> 725 Fallsway, Baltimore, MD 21202 (667) 600-3400 - <a href="http://catholiccharities-md.org/services/our-daily-bread-hot-meal-program">catholiccharities-md.org/services/our-daily-bread-hot-meal-program</a></p> <table border="0" style="width: 100%;"> <tr> <td style="text-align: center;"><u>Breakfast</u></td> <td style="text-align: center;"><u>Lunch</u></td> </tr> <tr> <td style="text-align: center;">Monday - Friday 7:45am - 8:15am</td> <td style="text-align: center;">Every day 10:30am - 12:30pm</td> </tr> </table>	<u>Breakfast</u>	<u>Lunch</u>	Monday - Friday 7:45am - 8:15am	Every day 10:30am - 12:30pm	<p><b>Paul's Place</b> - Also provides laundry service and clothing marketplace 1118 Ward Street, Baltimore, MD 21230 (410) 625-0775 - <a href="http://PaulsPlaceOutreach.org/services/support-services">PaulsPlaceOutreach.org/services/support-services</a></p> <table border="0" style="width: 100%;"> <tr> <td style="text-align: center;"><u>Hot Lunch</u></td> <td style="text-align: center;"><u>Emergency Food</u></td> <td style="text-align: center;"><u>Showers</u></td> </tr> <tr> <td style="text-align: center;">M-F 11am - 12:30pm</td> <td style="text-align: center;"><u>Pantry</u> M-F 8am - 11am</td> <td style="text-align: center;">M-F 8am - 10am, 12:45pm - 2pm</td> </tr> </table>	<u>Hot Lunch</u>	<u>Emergency Food</u>	<u>Showers</u>	M-F 11am - 12:30pm	<u>Pantry</u> M-F 8am - 11am	M-F 8am - 10am, 12:45pm - 2pm
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<p><b>Manna House</b> 435 East 25th Street, Baltimore, MD 21218 (410) 889-3001 - <a href="http://MannaHouseInc.org/">MannaHouseInc.org/</a></p> <p style="text-align: center;"><u>Breakfast</u> Every day 8am - 10:15am</p>	<p><b>Generosity Shower</b> - Only open during warm months 450 N Front Street, Baltimore, MD 21202 <a href="http://GenerosityGlobal.org/generosity-shower">GenerosityGlobal.org/generosity-shower</a></p> <p style="text-align: center;"><u>Showers</u> M-F: 9am - 1pm</p>										
<p><b>FoodPantries.org</b> - A directory to find food pantries near you. <a href="http://foodpantries.org/">foodpantries.org/</a></p>											

**Emergency Shelters**

<p><b>Helping Up Mission</b> - Serves: Men 1029 E Baltimore St, Baltimore, MD 21202 (410) 675-7500 ext: 1196 - <a href="http://HelpingUpMission.org/get-help">HelpingUpMission.org/get-help</a></p>	<p><b>Baltimore Rescue Mission</b> - Serves: Men 4 N Central Ave, Baltimore, MD 21202 (410) 342-2533 - <a href="http://BaltimoreRescueMission.org">BaltimoreRescueMission.org</a></p>
<p><b>Baltimore Outreach Services</b> - Serves: Women, Women w/ Children 701 S. Charles Street, Baltimore, MD 21230 (410) 752-1285 - <a href="http://BaltimoreOutreach.org">BaltimoreOutreach.org</a></p>	<p><b>Karis Home</b> - Serves: Women, Women w/ Children 1228 E Baltimore St, Baltimore, MD 21202 (410) 342-1323 - <a href="http://BaltimoreRescueMission.org/ministries/karis-home">BaltimoreRescueMission.org/ministries/karis-home</a></p>
<p><b>MCVET</b> - Serves: Veterans 301 N. High Street, Baltimore, MD 21202 (410) 576-9626 - <a href="http://mcvet.org/">mcvet.org/</a></p>	<p><b>Project PLASE</b> - Serves: Men, Women 1814 Maryland Avenue, Baltimore, MD 21201 (410) 837-1400 ext: 221 - <a href="http://projectplase.org/need-housing">projectplase.org/need-housing</a></p>
<p><b>Weinberg Housing and Resource Center</b> - Serves: Men, Women 620 Fallsway, Baltimore, MD 21202 (667) 600-3230 - <a href="http://CatholicCharities-md.org/services/weinberg-housing-resource-center">CatholicCharities-md.org/services/weinberg-housing-resource-center</a></p>	

**Resources**

<p><b>Health Care for the Homeless</b> - Provides health care and supportive services for people experiencing homelessness. 421 Fallsway, Baltimore, MD 21202 (410) 837-5533 - <a href="http://hchmd.org">hchmd.org</a></p>	<p><b>Here2Help Hotline</b> - 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 - <a href="http://bhsbaltimore.org/find-help/here2help-hotline">bhsbaltimore.org/find-help/here2help-hotline</a></p>
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## Resources

<b>US Department of Veterans Affairs - 24/7 Homeless Call Center Hotline</b> (877) 424-3838 - <a href="http://va.gov/homeless">va.gov/homeless</a>	<b>National Suicide Prevention Lifeline</b> - Provides 24/7, free and confidential support for people in distress (800) 273-8255 - <a href="http://SuicidePreventionLifeline.org">SuicidePreventionLifeline.org</a>
<b>National Domestic Violence Hotline</b> - 24-hour confidential service for survivors, victims and those affected by domestic violence (800) 799-7233 - <a href="http://TheHotline.org">TheHotline.org</a>	<b>National Runaway Safeline</b> - 24/7 crisis line for runaway and homeless youth (800) 786-2929 - <a href="http://1800runaway.org">1800runaway.org</a>
<b>National Human Trafficking Hotline</b> - Call if you or someone you know is a victim of human trafficking (888) 373-7888 - <a href="http://HumanTraffickingHotline.org">HumanTraffickingHotline.org</a>	<b>Free Mobile Phone Service</b> - The FCC's Lifeline program provides free mobile phone service for qualifying low income individuals. <a href="http://SafeLinkWireless.com">SafeLinkWireless.com</a> <a href="http://AssuranceWireless.com">AssuranceWireless.com</a>
<b>FindTreatment.gov</b> - Directory of providers treating substance use disorders, addiction, and mental illness (800) 662-4357 - <a href="http://FindTreatment.gov/">FindTreatment.gov/</a>	<b>FreeDentalCare.us</b> - Directory of free and low cost dental clinics <a href="http://FreeDentalCare.us/">FreeDentalCare.us/</a>

Available services can change often. Please email [support@HelpSheets.org](mailto: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.