

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](https://www.211md.org)

Homeless Shelter Directory - A directory to find homeless shelters and free food resources near you.

[HomelessShelterDirectory.org](https://www.HomelessShelterDirectory.org)

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

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

[foodpantries.org/](https://www.foodpantries.org/)

Resources

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

(877) 424-3838 - [va.gov/homeless](https://www.va.gov/homeless)

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)

Resources

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.