

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

211 - Phone line to connect to local resources.  
call 211 - [211.org](http://211.org)

Central Access Point Line - Call if you are homeless and in need of emergency shelter.  
(513) 381-7233 - [strategiestoendhomelessness.org/what-we-do/prevention-and-shelter-diversion/](http://strategiestoendhomelessness.org/what-we-do/prevention-and-shelter-diversion/)

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

**City Gospel Mission**  
1805 Dalton Avenue, Cincinnati, OH 45214  
(513) 241-5525 - [citygospelmission.org/get-help](http://citygospelmission.org/get-help)  
Dinner  
Every day 7pm

**Our Daily Bread**  
1730 Race St., Cincinnati, OH 45202  
(513) 621-6364 - [ourdailybread.us](http://ourdailybread.us)  
Meals  
Mon-Fri 8:30am-11:45am

<b>Queen City Kitchen</b> 2631 Gilbert Avenue, Cincinnati, OH 45206 (513) 961-1983 - <a href="http://queencitykitchen.org">queencitykitchen.org</a>	
<u>Meals</u> Tue/Thur 10am, Sat 9:30am & 3pm, Sun noon & 5pm	<u>Food Pantry</u> Tue/Thur 10am

<b>First Lutheran Church</b> 1208 Race Street, Cincinnati, OH 45202 (513) 421-0065 - <a href="http://firstlutherancincy.org/service-1">firstlutherancincy.org/service-1</a>	
<u>Community Meal</u> Last Monday of month - noon	<u>Clothing Closet</u> 2nd Monday of month - noon

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

**Churches Active in Northside**

4230 Hamilton Avenue, Cincinnati, OH 45223

(513) 591-2246 - [cainministry.org](http://cainministry.org)

Community Meal

Monday 4pm - 6pm

Food Pantry

Monday 5pm - 7pm, Tue/Thur  
10am - 1pm

**Madisonville Education & Assistance Center**

4600 Erie Avenue, Cincinnati, OH 45227

(513) 271-5501 - [meaccincinnati.org/gethelp](http://meaccincinnati.org/gethelp)

Free Food Marketplace

Tuesdays

Haircuts

First Wednesday of Month

**Mary Magdalen House**

1629 Republic Street, Cincinnati, OH 45202

(513) 721-4811 - [marymagdalenhouse.org](http://marymagdalenhouse.org)

Showers

Mon-Fri 8:30am - 4pm, Sat 8:30am - noon

**St. Vincent de Paul**

(513) 421-0602 - [svdpcincinnati.org/get-help](http://svdpcincinnati.org/get-help)

**Freestore Foodbank**

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

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

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

**Emergency Shelters**

**City Gospel Mission - Serves: Men**

1805 Dalton Avenue, Cincinnati, OH 45214

(513) 241-5525 - [citygospelmission.org/get-help](http://citygospelmission.org/get-help)

**Shelterhouse Men's Center - Serves: Men**

411 Gest Street, Cincinnati, OH 45203

(513) 721-0643 - [shelterhousecincy.org/mens-center](http://shelterhousecincy.org/mens-center)

**Shelterhouse Women's Center - Serves: Women**

2499 Reading Road, Cincinnati, OH 45202

(513) 562-1980 - [shelterhousecincy.org/womens-center](http://shelterhousecincy.org/womens-center)

## Emergency Shelters

**Lighthouse Mecum House** - The Mecum House provides a safe haven for youth ages 10-17 - Serves: Youth  
2522 Highland Avenue, Cincinnati, OH 45219  
(513) 961-4080 - [lys.org/services/safeshelter/](https://lys.org/services/safeshelter/)

**Lighthouse Sheakley Center** - Serves: Ages 18 to 24  
2314 Iowa Avenue, Cincinnati, OH 45206  
(513) 569-9500 - [lys.org/services/shelter-and-resources-for-homeless-young-adults-18-24/](https://lys.org/services/shelter-and-resources-for-homeless-young-adults-18-24/)

**Off the Streets** - Services and shelter for women with histories of sex trafficking and exploitation  
2401 Reading Rd., Cincinnati, OH 45202  
(513) 768-6928 - [hercincinnati.org/pages/off-the-streets](https://hercincinnati.org/pages/off-the-streets)

## Resources

**Cincinnati Health Network / McMicken Integrated Care Clinic** - Healthcare for the homeless  
40 E McMicken Ave 2nd floor, Cincinnati, OH 45202  
(513) 386-7899 - [cincinnatihealthnetwork.org/index.php?page=programs-services](https://cincinnatihealthnetwork.org/index.php?page=programs-services)

**Warmline** - Peer operated call in service for assistance in recovery from mental health issues  
(513) 931-9276 - [cincywarmline.org/](https://cincywarmline.org/)

**Health Resource Center** - Provides affordable health care for low-income, indigent, and homeless adults  
2347 Vine Street, Cincinnati, OH 45221  
(513) 357-4602 - [hrcci.org](https://hrcci.org)

**First Step Home** - Addiction recovery for women  
2203 Fulton Ave, Cincinnati, OH 45206  
(513) 961-4663 - [firststephome.org/get-help-now](https://firststephome.org/get-help-now)

**Charlie's 3/4 House** - Affordable transitional housing for alcoholics  
2121 Vine St., Cincinnati, OH 45202  
(513) 784-1853 - [charlies3-4.org](https://charlies3-4.org)

## Resources

**Prospect House** - Addiction treatment center  
682 Hawthorne Avenue, Cincinnati, OH 45205  
(513) 921-1613 - [theprospecthouse.org](http://theprospecthouse.org)

**Cincy Smiles** - Discounted dental care  
5310 Rapid Run Rd Suite 101, Cincinnati, OH 45238  
(513) 763-2200 - [cincysmiles.org](http://cincysmiles.org)

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

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

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

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

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

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

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

**FreeDentalCare.us** - Directory of free and low cost dental clinics  
[FreeDentalCare.us/](http://FreeDentalCare.us/)

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.