

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

**2-1-1 Pennsylvania** - 24/7 phone line to help you find local resources you need.  
call 211 - [pa211.org](http://pa211.org)

**Homeless Shelter Directory** - A directory to find homeless shelters and free food resources near you.  
[HomelessShelterDirectory.org](http://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/](http://foodpantries.org/)

## Resources

**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)

## 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](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.