

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

211 - Phone line to connect to local resources. call 211 - <a href="https://211.org">211.org</a>	<b>Homeless Shelter Directory</b> - A directory to find homeless shelters and free food resources near you. <a href="https://HomelessShelterDirectory.org">HomelessShelterDirectory.org</a>
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**Basic Needs** - Basic needs such as food pantries, meals, showers, or clothing.

<b>FoodPantries.org</b> - A directory to find food pantries near you. <a href="https://foodpantries.org/">foodpantries.org/</a>	<b>Utah Food Bank</b> <a href="https://utahfoodbank.org">utahfoodbank.org</a>
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**Resources**

<b>US Department of Veterans Affairs - 24/7 Homeless Call Center Hotline</b> (877) 424-3838 - <a href="https://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="https://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="https://TheHotline.org">TheHotline.org</a>	<b>National Runaway Safeline</b> - 24/7 crisis line for runaway and homeless youth (800) 786-2929 - <a href="https://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="https://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="https://SafeLinkWireless.com">SafeLinkWireless.com</a> <a href="https://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="https://FindTreatment.gov/">FindTreatment.gov/</a>	<b>FreeDentalCare.us</b> - Directory of free and low cost dental clinics <a href="https://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.