

Practitioners Guide to Supportive Services

This guide aims to assist workforce professionals quickly and accurately locate emergency and long-term resources for workforce program customers to gain economic stability. It includes information on rental assistance, supports for utilities and broadband, childcare, the child tax credit, earned income tax credit, nutrition and food security, health care resources, and legal aid among others. Additional information on supportive services is also available on the Department of Labor’s technical assistance platform for workforce practitioners, at [Workforce GPS](#).

Traditionally, workforce development practitioners are aware of, and know how to access supportive services. This resource guide advances that list of available resources, and includes emergency and long-term services, and those born out of newly identified needs exposed during the pandemic. This quick and easy guide is not an exhaustive list of available resources but an immediate active list of current programs from the Federal or State level to serve immediate needs.

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Housing Insecurity

Rental Assistance

Rental Assistance Toolkit

The Consumer Financial Protection Bureau identifies State and local organizations who are distributing federal rental assistance to their communities. The federal ERA program allows local programs to cover rent, utilities, and home energy costs. This includes electricity, gas, fuel oil, water and sewer, and trash removal. If your landlord normally pays for utilities or home energy costs, these are counted as part of your rent.

Rental assistance may also cover:

- ▶ Reasonable late fees (if not included in your rental or utility debt)
- ▶ Internet service to your home
- ▶ Moving expenses and other rental-related fees (such as security deposits, application fees, or screening fees) for families who have to move
- ▶ Some programs may also provide housing counseling, case management, legal representation, and other housing stability services.

For additional information go to [Emergency financial assistance to help renters and landlords](#).

Para obtener información adicional, visite [Ayuda financiera de emergencia para inquilinos – recursos](#).

Emergency Rental Assistance Program

Emergency Rental Assistance program makes funding available to assist households that are unable to pay rent or utilities. Two separate programs have been established to provide directly to states, U.S. territories, local governments, Indian tribes or Tribally Designated Housing Entities, as applicable, and the Department of Hawaiian Home Lands grant funds to provide assistance to eligible households through existing or newly created rental assistance programs.

For additional information go to [Emergency Rental Assistance Program](#).

Consumer Financial Protection Bureau – Landlord Assistance

Landlords are an important part of the rental economy. If rental income has fallen, landlords can take advantage of options to stay in control of property and financial situations through recovery of back rent, owed by tenants. Landlords can apply for renters in 3 of 4 programs funded by the U.S. Treasury Department's Emergency Rental Assistance (ERA) Program. Rent payments are usually delivered straight

to the housing provider. For additional information go to: [Help for renters: Coronavirus housing resources](#).

Para obtener información adicional, visite [Ayuda financiera de emergencia para inquilinos – recursos](#).

Runaway and Homeless Youth Program

Through the Runaway and Homeless Youth Program, FYSB funds street outreach, short-term shelter, and longer-term transitional living, and maternity group home programs that serve and protect these young people. The short-term shelter programs meet the immediate needs of runaway and homeless youth and their families. Youth receive emergency shelter, food, clothing, counseling, and referrals for health care. To locate a program, go to [Runaway and Homeless Youth](#).

National Runaway Switchboard

The mission of the National Runaway Switchboard (NRS) is to help keep America's runaway, homeless, and at-risk youth safe and off the streets. Its goal is to help youth help themselves while developing a detailed plan of action that is appropriate for the individual.

Assistance can be provided by phone 24 hours a day at **1-800-RUNAWAY**. Youth can also visit the Web site for help and additional resources and services at [Home Free](#).

The organization serves as the federally- designated national communication system for runaway and homeless.

The National Reentry Resource Center

The National Reentry Resource Center (NRRC) provides education, training, and technical assistance to states, tribes, territories, local governments, service providers, non-profit organizations, and corrections institutions working on prisoner reentry. The NRRC's mission is to advance the reentry field through knowledge transfer and dissemination and to promote evidence-based best practices. For more information, go to [National Reentry Resource Center](#).

The NRRC developed the National Criminal Justice Initiatives map to highlight national reentry and other criminal justice initiatives implemented throughout the United States and its territories. The map, though not exhaustive, seeks to provide a place-based catalog of national initiatives and programs designed to reduce the recidivism rates of people returning from prison, jail, and juvenile facilities. The map will be updated periodically as new initiatives are announced. To utilize the map to find programs and resources, go to [National Reentry Resource Center](#).

U. S. Department of Housing & Urban Development (HUD)

HUD offers help to those who are homeless, at risk of becoming homeless, or know someone that is homeless. Local homeless assistance agencies provide a range of services and assistance, including emergency shelter, food, housing counseling, and job training and placement assistance.

For information about housing, start by contacting a homeless assistance agency

[Resources Housing and Urban Development.](#)

Utilities

Consumer Financial Assistance – Utilities, Gas, Fuel, Oil, Water, Sewer & Trash

The federal ERA Program allows local programs to cover rent, utilities, and home energy costs. This includes electricity, gas, fuel oil, water and sewer, and trash removal. If your landlord normally pays for utilities or home energy costs, these are counted as part of your rent.

- ▶ Rental assistance may also cover:
- ▶ Reasonable late fees (if not included in your rental or utility debt)
- ▶ Internet service to your home
- ▶ Moving expenses and other rental-related fees (such as security deposits, application fees, or screening fees) for families who have to move

Some programs may also provide housing counseling, case management, legal representation, and other housing stability services. For additional information go to [Emergency financial assistance](#).

Para obtener información adicional, visite - Éstos últimos incluyen la electricidad, el gas, aceite para combustible, agua y cañerías, y recolección de basura. (Spanish) [Ayuda financiera de emergencia para inquilinos – recursos](#).

Emergency Broadband (EBB) Assistance Program

The Federal Communications Commission offers an Emergency Broadband Benefit (EBB) to offer:

- ▶ Up to \$50/month discount for broadband service;
- ▶ Up to \$75/month discount for households on qualifying Tribal lands; and
- ▶ A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider if they contribute more than \$10 but less than \$50 toward the purchase price.

A household is eligible for this benefit if a member of the household meets any of the following criteria:

- ▶ Has an income that is at or below 135% of the Federal Poverty Guidelines or participates in certain assistance programs, such as SNAP, Medicaid, or Lifeline;
- ▶ Receives benefits under the free and reduced-price school lunch program or the school breakfast program, or did so in the 2019-2020 school year;
- ▶ Received a Federal Pell Grant during the current award year;
- ▶ Experienced a substantial loss of income due to job loss or furlough since February 29, 2020; or
- ▶ Meets the eligibility criteria for a participating broadband provider's existing low-income or COVID-19 program.

For additional information go to [Emergency Broadband Benefit](#).

Para obtener información adicional, visite [Emergency Broadband Benefit 9x5 Spanish \(fcc.gov\)](#).

Eviction Prevention

Renter Protections

To understand rights and next steps when renters are facing eviction this federal website links those in need with information, guidance or legal or financial assistance programs. Take advantage of free housing help.

Housing counselors can help find resources and make a plan.

Help from a local expert, contact the Department of Housing and Urban Development (HUD)'s housing counseling program. Call 800-569-4287.

For additional information visit [Facing Eviction](#).

Family Assistance

Childcare

Childcare and Development Fund

State childcare assistance programs are funded through the CCDF. CCDF is a Federal program that assists low-income families, families receiving Temporary Assistance for Needy Families (TANF), and those transitioning from TANF in getting childcare so they can work or attend training/education. Each state has its own eligibility guidelines. One may apply for childcare assistance (sometimes called a "subsidy" or "voucher") at a state or local agency. For more information on CCDF, visit the U.S. Department of

Health and Human Services' Office of Childcare Web page at [Office of Childcare \(OCC\)](#). To learn more about the childcare assistance program, contact the state childcare agency.

For a list of all state and territory CCDF contacts, visit [State and Territory Childcare and Development Fund Administrators](#).

Early Head Start (EHS)

EHS is a Federally-funded, community-based program for low-income families with infants, toddlers, and pregnant women. It offers children and families comprehensive child development services through center based programs, home-visiting programs, and a combination of program options. EHS hours of operation vary from program to program. To find out how to contact a local EHS program, call 866-763-6481 or visit the EHS Program Locator Web site at [HeadStartOffices](#).

Head Start

Head Start is a Federally-funded, community-based child development program for children 3 to 5 years old and their families. It is a child-focused program and has the overall goal of increasing the school readiness of young children from low-income families. Head Start serves children whose family income is at or below the Federal Poverty Income Guidelines. Like EHS, Head Start programs may serve a limited number of children from families who earn more than this income limit. Programs can provide care through the traditional half-day and part- year hours, the full-day and full- year hours, or the half-day and school-year hours. To find a local Head Start program, call 866-763-6481 or use the online national Head Start Locator Tool at [HeadStartOffices](#).

Click on "En Español" to use the Head Start Locator Tool in Spanish.

6481 or visit the EHS Program Locator Web site at [Localizador de Centros Head Start](#).

Child Tax Credit (CTC)

The IRS passed Advanced Child Tax Credits to provide half of the child tax benefits monthly and the second half when Americans file their 2021 tax returns to eligible households who file tax returns with qualifying dependents. How this impacts income and tax returns for nonprofessionals can be found on the following website [Advance Child Tax Credit Payments in 2021](#).

Earned Income Tax Credit (EITC)

The Earned Income Tax Credit (EITC) helps low- to moderate-income workers and families get a tax break. To see who qualifies, or how to use the credit to reduce 2021 taxes or if 2019 earned income amount is higher than 2020 go to the following site: [Earned Income Tax Credit \(EITC\)](#).

Dependent Care

Dependent Care Flexible Spending Account

A Dependent Care FSA (DCFSA) is a pre-tax benefit account used to pay for [eligible dependent care services](#), such as preschool, summer day camp, before or after school programs, and child or adult daycare. It's a smart, simple way to save money while taking care of your loved ones so that you can continue to work. For additional information go to [Dependent Care FSA](#).

Health FSA Flexibility

A Health Care FSA (HCFSA) is a pre-tax benefit account that's used to pay for [eligible medical, dental, and vision care expenses](#) - those not covered by your health care plan or elsewhere. It's a smart, simple way to save money while keeping you and your family healthy and protected. Plus, if you re-enroll in FSAFEDS during Open Season, you can carry over up to \$550.00 remaining in your account from one plan year to the next, so there's no "use or lose" risk. [Health Care FSA](#).

Child Support

Child Support Enforcement (CSE)

CSE is a federal/state/local partnership to establish and enforce child support orders. It is sometimes called the IV-D Program because it was established under Title IV-D of the Social Security Act in 1975. Anyone who has custody of a child who needs child support from a nonresident parent can apply for CSE services.

People who are on an assistance program - Temporary Assistance for Needy Families (TANF), foster care, or Medicaid - are referred to the CSE Program and get the services free. People who do not receive federal/state assistance can apply for services. States can charge an application fee of up to \$25 and they can charge for the cost of providing CSE services. State CSE agencies run the program and can help to locate a parent to establish paternity, or a support order and they can help to enforce the order. The CSE agency can be in the state's human services agency, attorney general's office, or revenue department. The addresses and telephone numbers for the state CSE agencies are at (English).

For additional information go to: [Resource state-and-tribal-child support agency](#).

For more information, go to the Child Support Enforcement Office's Web site at [Child Support Enforcement](#).

VA Legal Aid

The VA legal aid society separates child support division to assist residents gain knowledge about the child support process and access free legal support to men or women to navigate the family court system. The site also provide information on family, domestic, sexual violence, or financial support. For additional information on who has physical support of a child or how to access the Division of Child Support Enforcement (DCSE) go to [Know Your Rights VaLegalAid](#).

Home Health Care

Health and Human Services- Caregiver Resources

Across HHS, our agencies provide resources for caregivers who take care of an aging, seriously ill, or disabled family member or friend. Learn more about being a caregiver and locate resources:

[Mental Health and Addiction Insurance Help](#)

This consumer portal prototype is being released to help consumers get to the correct resource to solve their Mental Health and Substance Use Disorder insurance coverage issue.

[Medicare](#) (Medicare.gov)

Resources, stories, and newsletters about taking care of someone with Medicare.

[Caregiving](#) (National Institutes on Aging)

Information on caregiving from the National Institutes on Aging at NIH.

[Caregivers](#) (Administration for Community Living)

Help and resources for caregivers from the Administration for Community Living.

[Alzheimers.gov](#)

The government's information resource for people taking care of those with Alzheimer's disease and related dementias.

[Eldercare Locator](#) (Administration on Aging)

A public service connecting you to services for older adults and their families

For additional information visit [Resources for Caregivers](#).

Centers for Medicaid & Medicare Services- Home Health Care Services

This site gives meaningful information about quality and costs to be active health care consumers, it supports innovative approaches to improving quality, accessibility, and affordability, while finding the best ways to use innovative technology to support patient-centered care. Available resources include

manuals, Medicare coverage database, CMS forms, transmittals, and information on the Medicare learning network. For additional information visit [Centers for Medicare & Medicaid Services](#).

Education Related

Emergency Broadband Benefit Back to School

Heading back to school? Whether your student will be in-person, remote, or hybrid this fall, they need internet access. Learn more about how the Emergency Broadband Benefit can help eligible households get up to a \$50-\$75 monthly discount on internet service. For additional information go to [Emergency Broadband Benefit](#).

Pell Grant- Federal Student Aid

Federal Pell Grants usually are awarded only to undergraduate students who display exceptional financial need and have not earned a bachelor's, graduate, or professional degree. If you're eligible for a Federal Pell Grant, you'll receive the full amount you qualify for each school participating in the program receives enough funds each year from the U.S. Department of Education to pay the Federal Pell Grant amounts for all its eligible students. The amount of any other student aid for which you might qualify does not affect the amount of your Federal Pell Grant. For additional information visit [Federal Student Aid](#).

National Endowment for Financial Education

The National Endowment for Financial Education (NEFE) champions effective financial education as an independent, centralizing voice providing leadership, research, and collaboration to advance financial well-being. For additional information visit [National Endowment for Financial Education](#).

Council for Economic Education (CEE)

CEE provides economic and personal finance resources for K-12 educators, their students and families, delivering programs that amplify this content to address the specific needs of these audiences. CEE offers for Educator professional development and teaching awards. For students economic and personal finance challenges, as well as investing in girls and for families the site offers financial fun packs and after school activities to learn about personal finances.

Additional information can be found Programs Supported by the Council for Economic Education [Council for Economic Education](#).

Health Related Assistance

Mental Health

Substance Abuse and Mental Health Association (SAMHSA)

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA provides resources to help individuals seeking treatment for substance use, which includes a treatment facility database [FindTreatment](#) and a 24-hour free and confidential helpline for treatment referral and information in English and Spanish (1-800-273-TALK (8255); TTY: 1-800-799-4889).

SAMHSA also oversees the National Suicide Prevention Lifeline (1-800-273-TALK (8255); TTY: 1-800-799-4889), Disaster Distress Helpline (1-800-985-5990 via call or text), and Veteran Crisis line (1-800-273-TALK (8255); TTY: 1-800-799-4889).

For more information about substance health and mental health services and resources available, please visit [SAMHSA](#).

Mental Health Programs

MentalHealth.gov provides one-stop access to U.S. government mental health and mental health problems information that focuses on educating and guiding the general public, health and emergency preparedness professionals, school systems, and local communities on mental health topics. Mental Health houses information from a number of government agencies, including the Centers for Disease Control and prevention, MedlinePlus, the National Institutes of Health, the National Institute of Mental Health (NIMH), Substance Abuse and Mental Health Services Administration (SAMHSA), and Youth.gov.

For more information, visit [MentalHealth](#) .

Información en español: [espanol.mentalhealth](#).

National Institute of Mental Health

The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders. In addition to conducting research on mental disorders, NIMH also provides resources to help individuals who are in an immediate crisis, find treatment, and learn about how to make informed decisions about finding a healthcare provider. For more information and to see the full list of resources, visit [The National Institute of Health](#).

[Información en español sobre la salud mental.](#)

Health Related Services

Healthcare and Medical Assistance

Benefits.gov provides healthcare and medical assistance to individuals, helping individuals understand which benefit programs they may be eligible and how to apply. Benefit seekers can filter their search results by state of residence and subcategory of healthcare and medical assistance needed. Find the full database of healthcare and medical related benefits at: [Healthcare and Medical Assistance](#).

Health & Human Services

Health and Human Services (HHS) administers more than 100 programs across its operating divisions. HHS programs protect the health of all Americans and provide essential human services, especially for those who are least able to help themselves. HHS programs address topics including: health rights (HIPAA); health insurance; social services; prevention & wellness; healthcare providers & facilities; emergency preparedness and response, and more. See the full range of HHS programs and services at: [HHS](#).

Centers for Disease Control & Prevention

The Centers for Disease Control and Prevention (CDC) regularly updates their website with the latest information about the COVID-19 vaccines. In addition to providing information about the COVID-19 vaccines for the general public as well as specific groups, the CDC website also helps individuals locate and schedule a free COVID-19 vaccine. For more information, visit: [CDC coronavirus](#).

Health Resources and Services Administration

Within the U.S. Department of Health and Human Services, the Health Resources Services Administration (HRSA) supports health centers that provide comprehensive, culturally competent, quality primary health care services to medically underserved communities and vulnerable populations. Health centers are community-based and patient-directed organizations that serve populations with limited access to health care.

Health Centers provide services available to all with fees adjusted based on the ability to pay. They are located in or serve a high need community, which is a designated Medically Underserved Area or Population. To find MUAs and MUPs, visit [MUA](#) Health Centers provide comprehensive primary health care services as well as supportive services (education, translation, and transportation, etc.) that promote access to health care, such as checkups when someone's well; treatment when sick; complete care when pregnant; immunizations and checkups for children; dental care and prescription drugs for

families; and mental health and substance abuse care if needed. Health Centers are in most cities and many rural areas. Type in an address at [Health Center](#).

Nutrition

Feeding America

Feeding America is an organization that aims to feed America's hungry through a nationwide network of member food banks and engage our country in the fight to end hunger. To learn more about Feeding America, go to [Feeding America](#). The Web site provides a searchable list of food banks in a local area. The list can be accessed at [Local Foodbank](#).

Supplemental Nutrition Assistance Program (SNAP)

Through the U.S. Department of Agriculture (USDA), SNAP serves as the foundation of America's national nutrition safety net. SNAP benefits, provided monthly via an electronic debit card to be used to purchase food and nutrition, are available to most households with gross income less than 130 percent of the Federal poverty guidelines. To apply for benefits, or for information about SNAP, contact the local SNAP office. Find local offices and each state's application on the SNAP Web site's national map at [SNAP](#). If the State's application form is not online, contact the local SNAP office to request one. Local offices are also listed in the state or local government pages of the telephone book. The office should be listed under "Food Stamps," "Social Services," "Human Services," "Public Assistance," or a similar title. Or call the state's SNAP hotline number at 1-800-221-5689.

Food and Nutrition Services

To find more information on USDA's Summer Food Service Program, also known as the Summer Meals Program, which provides free meals to kids and teens in low-income areas when school is not in session, go to [summer food program](#).

Special Supplemental Nutrition Program Women, Infant's & Children (WIC)

The Special Supplemental Nutrition Program for Women, Infants, and Children - better known as the WIC Program - serves to safeguard the health of low-income pregnant, postpartum, and breastfeeding women, infants, and children up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating including breastfeeding promotion and support, and referrals to health care. The Food and Nutrition Service (FNS), a Federal agency of the U.S. Department of Agriculture, is responsible for administering the WIC Program at the national and regional levels. To be eligible for WIC, applicants must have income at or below an income level or standard set by the

state agency or be determined automatically income-eligible based on participation in certain programs. To find out if a youth is eligible for WIC benefits, the WIC Prescreening Tool is accessible at [WIC PreScreening Tool](#).

To apply for WIC, contact the state or local agency to set up an appointment. A list of WIC State Agencies organized alphabetically by state agency name is available at:

[Contact Map](#) or for a listing of Toll-Free numbers for WIC State Agencies, go to [Toll-Free Numbers](#).

Violence Prevention

Violence Prevention CDC

VetoViolence has been developed by the Centers for Disease Control and Prevention (CDC). It provides access to training and tools that focus on the primary prevention of multiple forms of violence, including child maltreatment, dating violence, sexual violence, suicide, and youth violence. VetoViolence found at [VetoViolence](#) – offers free accredited courses and other resources to help practitioners use evidence-based strategies and programs to stop violence before it happens.

For additional information go to [Violence Prevention](#).

Youth Assistance Program

Youth violence is a significant problem that affects thousands of young people each day, and in turn, their families, schools, and communities. Youth.gov's Youth Assistance Program provides resources on youth violence prevention, intervention, and treatment strategies. To see a full list of Youth.gov's resources, visit: <https://youth.gov/youth-topics/violence-prevention>.

Child Welfare Information Gateway

Child Welfare Information Gateway promotes the safety, permanency, and well-being of children, youth, and families by connecting child welfare, adoption, and related professionals as well as the public to information, resources, and tools covering topics on child welfare, child abuse and neglect, out-of-home care, adoption, and more. For additional information go to [Child Welfare Information Gateway](#)

Counseling

Family and Youth Services Bureau

The Family and Youth Services Bureau (FYSB) within the U.S. Department of Health and Human Services' Administration of Children and Families promotes safety, stability, and well-being for people who have experienced or been exposed to violence, neglect, or trauma. FYSB supports programs that provide shelter, community. For additional information go to [Family and Youth Services Bureau](#).

American Counseling Association

The American Counseling Association (ACA) is a not-for-profit, professional and educational organization that is dedicated to the growth and enhancement of the counseling profession. ACA provides an extensive list of free resources that cover a number of mental health topics. For a full list of topics, visit: [ACA](#).

ACA also provides a list of external counseling resources for aging adult populations, caregivers, children, and families, and more. See the full list of resources here: [Counselors and Clients](#).

Disability Related Services

Centers for Independent Living

Centers for independent living are consumer-controlled, community-based, cross-disability, nonresidential private nonprofit agencies that are designed and operated within a local community by individuals with disabilities and provide an array of independent living services. To find a center for independent living nearby, visit the Directory of Independent Living Centers and related organizations at [Independent Living](#).

Job Accommodation Network (JAN)

AskJAN.org, funded by the U.S Department of Labor's Office of Disability Employment Policy, is an online resource center designed to provide employers, people with disabilities, their family members, service providers, educators, and others with technical assistance on job accommodations and the Americans with Disabilities Act. JAN offers a free consulting service and can be accessed at [Ask Jan](#).

Learning Disabilities Association of America

The Learning Disabilities Association of America (LDA) provides support to people with learning disabilities, their parents, teachers and other professionals with cutting edge information on learning disabilities, practical solutions, and a comprehensive network of resources. These resources include state resources, information on disability rights and advocacy, and government agencies and resources. See the full list of resources here: [Learning Disabilities](#).

Center for Advancing Policy on Employment for Youth

CAPE Youth, a technical assistance center funded by the U.S. Department of Labor's Office of Disability Employment Policy, seeks to improve employment outcomes for youth and young adults with disabilities by helping states build capacity in their youth service delivery and workforce systems. CAPE Youth conducts research on innovative policy approaches to improving transition and employment-related outcomes of youth and young adults with disabilities. [Cape Youth](#)

Social Security Administration Income Disability Programs

The Social Security and Supplemental Security Income disability programs are the largest of several Federal programs that provide assistance to people with disabilities. The Ticket to Work and Work Incentives Improvement Act of 1999 authorized Social Security to award grants to community-based organizations throughout the U.S. and the U.S. territories. This grant program, called [The Work Site](#), provides Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) disability beneficiaries (including transition-to-work aged youth) with free access to information about work incentives, benefits planning, job placement and career development. For more information about WIPA and to find a service provider in a local area, go to [Work Incentives Planning and Assistance](#).

National Center on Leadership for the Employment and Economic Advancement of People with Disabilities – LEAD Center

With funding from the Office of Disability Employment Policy (ODEP) at the U.S. Department of Labor, the LEAD Center promote equal opportunity for youth and adults with disabilities; creates inclusive career pathways; and supports economic advancement and financial literacy for youth and adults with disabilities. The LEAD Center provides policy research and recommendations, training, and technical assistance, as well as demonstration projects designed to break down silos in existing systems, processes, and practices, and foster wider understanding, adoption, and integration of next-generation employment practices in both the public and private sector. For additional information go to [Lead Center](#).

Secure Your Financial Future: A Toolkit for Individuals with Disabilities

The pandemic disrupted the personal finances of many Americans. As a result, many people — including people with disabilities — are making employment–related decisions based on their new financial situations. This toolkit provides a path forward, wherever you may be on your employment journey. Providing resources in the following areas — [Preparing for a Job](#), [Starting a Job](#), [Maintaining a Job](#), [Changing or Losing a Job](#), and [Retiring from a Job](#) — this toolkit answers common questions and provides tools and resources to help you meet your financial goals. For additional information go to [Secure](#).

Substance Abuse

Substance Abuse Find Treatment

FindTreatment.gov is a database operated by the Substance Abuse and Mental Health Services Administrations (SAMHSA) that helps individuals find a treatment service near their location. Individuals can learn more about treatment options and how to pay for treatment, as well as gain a better understanding on addiction and on mental health. Visit [FindTreatment](#) for more information.

American Addiction Centers

American Addiction Centers helps individuals seek financial assistance for substance abuse and drug rehab treatment. Individuals can visit [Addictions Centers](#) to learn more about grant options for rehab, financial assistance for rehab, and cost and payment options for addiction treatment.

Suicide Prevention

National Suicide Prevention Lifeline

A national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. They are committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness. For additional information go to [Lifeline](#).

Suicide Prevention

If someone you know is in crisis, call the [National Suicide Prevention](#) at **1-800-273-TALK (8255)**, or text the [Crisis Text Line](#) (text HELLO to 741741).

The National Institute of Mental Health educates individuals on suicide prevention, providing information on warning signs, risk factors, treatments and therapies, and more.

[NIMH](#)

Esta página también está disponible en español: [espanol prevencion-del-suicidio](#).

Suicide Prevention Hotline

The Suicide Prevention Hotline is a free, confidential 24-hour hotline available to those in crisis. Call 1-800-273-8255 to reach the National Suicide Prevention Lifeline today.

Veterans should Press 1 to be connected with the Veterans Crisis Line.

Learn more about the suicide prevention hotline at: [Suicide Prevention](#).

Legal Assistance

Legal Aid

The National Legal Aid & Defender Association (NLADA) is America's oldest and largest nonprofit association devoted to excellence in the delivery of legal services to those who cannot afford counsel. NLADA provides access to an interactive map that tracks firms and civil legal aid programs nationwide. Learn more about NLADA and this database on their website: [National Legal Aid](#).

Justice Related Assistance

The National Lawyers Guild's Mass Defense Program is a network of lawyers, legal workers, law students, organizers, activists, and community members providing legal support for protests and movements fighting for progressive social change. NLG also provides free Know Your Rights resources that are available in English, Spanish, Arabic, Bengali, and Urdu, as well as a COVID-19 specific Know Your Right Resources. Learn more about the Mass Defense Program and their resources here: [Mass Defense Program](#).

Protection and Advocacy – National Disability Rights Network

The Protection and Advocacy Program (P&A) works to protect individuals with disabilities by advocating on their behalf. P&A provides legal support to traditionally unserved or underserved populations. They help individuals with disabilities navigate the legal system to achieve resolution and encourage systems change. P&A programs ensure that individuals with disabilities are able to exercise their right to make choices, contribute to society, and live independently. There is a P&A agency in every state and U.S. territory as well as one serving the Native American population in the four corners region. To find your local P&A agency visit: [Protection and Advocacy](#)

Financial Assistance

Unemployment Insurance

Department of Labor Unemployment Insurance

Throughout the COVID-19 pandemic, the U.S. Department of Labor has been providing additional flexibilities for unemployment insurance benefits. The Department of Labor's Unemployment Insurance page provides resources on eligibility for insurance benefits, instructions on how to apply for unemployment resources, a guide to find your state's unemployment program, and addresses frequently asked questions. Access unemployment benefit insurance resources and stay abreast of latest updates by visiting: [Unemployment Insurance](#).

State by State Government Unemployment Assistance

Benefits.gov's database helps individuals learn about unemployment insurance and assistance that are available in their state. Visit [Unemployment Assistance](#) to access the database and see what benefits are available to you.

Temporary Assistance

Temporary Assistance for Needy Families

The TANF program, which is time limited, assists families with children when the parents or other responsible relatives cannot provide for the family's basic needs. The Federal government provides grants to states to run the TANF program. State TANF programs are designed to accomplish four goals: (1) to provide assistance to needy families so that children may be cared for in their own homes or in

the homes of relatives; (2) to end the dependency of needy parents on government benefits by promoting job preparation, work, and marriage; (3) to prevent and reduce the incidence of out-of-wedlock pregnancies and establish annual numerical goals for preventing and reducing the incidence of these pregnancies; and, (4) to encourage the formation and maintenance of two- States have broad flexibility to carry out their programs. The states, not the Federal government, decide on the design of the program, the type and amount of assistance payments, the range of other services to be provided, and the rules for determining who is eligible for benefits. To learn more about TANF, go to [Temporary Assistance for Needy Families](#).

To find out if a youth is eligible for assistance through this program, contact a state or local welfare office. To get the state TANF contact phone number, go to [Help for Families](#).

Cash Assistance

USA.gov's benefits page provides a comprehensive overview of government programs that may help individuals pay for food, housing, health care, and other basic living expenses. Find out about eligibility requirements for programs like food stamps, welfare, and Medicaid, and how to apply for them. See the full list of resources at [USAGov](#).

Información en español [Encuentre lo que necesita en este sitio](#).

ABLE National Resource Center

ABLE Accounts, which are tax-advantaged savings accounts for individuals with disabilities and their families, were created as a result of the passage of the Stephen Beck Jr. Achieving a Better Life Experience Act of 2014 or the ABLE Act. The ABLE National Resource Center (ABLE NRC) is the leading, comprehensive source of objective, independent information about federal- and state-related ABLE programs and activities, including guidance on tax-advantaged ABLE savings accounts. Our mission is to educate, promote and support the positive impact ABLE can make on the lives of millions of Americans with disabilities and their families. ABLE NRC is a collaborative that brings together the investment, support and resources of some of the countries largest and most influential national disability organizations in an effort to accelerate the design and availability of ABLE accounts to meet the needs of individuals with disabilities and their families. For additional information go to [ABLE](#).

Transportation

Federal Transit Authority

The Federal Transit Administration (FTA) provides financial and technical assistance to local public transit systems, including buses, subways, light rail, commuter rail, trolleys, and ferries. Transit services supported by FTA span many groups and provide wide-ranging benefits. See FTA resources related to the COVID-19 outbreak here: [Transit](#).

Publictransportation.org

Publictransportation.org is a one-stop shop for all things public transportation. The Web site at [Public Transportation](#) is an online resource for information on the benefits and importance of transit. To find public transportation in a community, go to [American Public Transportation Association](#).