

Below are resources that may be able to assist you regarding the U.S. government shutdown. To access the websites, please click on the links. You may wish to contact these providers for additional information.

Financial Assistance and Emergency Relief

The following national directories can help you locate social service agencies that may assist with essential expenses such as rent and utilities.

Federal Employee Education and Assistance Fund (FEEA)

<https://feea.org/shutdown>

The Salvation Army USA – Local Corp Locator

<https://centralusa.salvationarmy.org/usc/location-search>

Society of Saint Vincent de Paul USA

<https://ssvpusa.org>

Catholic Charities USA

<https://www.catholiccharitiesusa.org/about-us/find-a-local-agency>

United Way

<https://www.unitedway.org/find-your-united-way>

Community Action Partnership

<https://communityactionpartnership.com/find-a-cap>

For a list of benefit programs currently available through the U.S. government, please visit the following website: <https://www.usa.gov/benefits>.

2-1-1 is an easy-to-remember phone number that connects callers to information and services in times of need. It is available 24 hours a day, seven days a week, even during disasters. Please call if you are seeking resources such as clothing, food, or programs for your family.

<https://www.211.org>

Food Assistance and Community Support

The websites listed below can help you locate nearby food banks and provide information about the Supplemental Nutrition Assistance Program (SNAP), including how to apply and eligibility guidelines.

SNAP State Directory of Resources

<https://www.fns.usda.gov/snap/state-directory>

Feeding America

<https://www.feedingamerica.org/find-your-local-foodbank>

FoodFinder

<https://foodfinder.us>

Food Pantries

<https://www.foodpantries.org>

Bread for the City (DC Only)

<https://breadforthecity.org/food>

Career Resources

The websites listed below are job posting boards that you may find helpful.

Monster

<https://www.monster.com>

Indeed

<https://www.indeed.com>

ZipRecruiter

<https://www.ziprecruiter.com>

Glassdoor

<https://www.glassdoor.com/index.htm>

CareerOneStop

<https://www.careeronestop.org>

General Health and Wellness

Below are several low-cost health care options and clinic locators. Community health centers and free clinics provide a range of services, including routine check-ups, chronic disease management, vaccinations, and mental health care, typically offered on a sliding fee scale based on your income.

Find a Health Center

<https://findahealthcenter.hrsa.gov>

The National Association of Free and Charitable Clinics

<https://nafcclinics.org>

FreeClinics.com

<https://www.freeclinics.com>

NeedyMeds

<https://www.needymeds.org/free-clinics-branch>

Mental Health and Counseling Services

In addition to your employee wellbeing program and insurance provider, the links below provide access to trusted websites offering mental health resources, including information on counseling services, crisis support, and emotional wellness tools.

National Alliance on Mental Illness (NAMI)

<https://www.nami.org/advocacy/advocate-for-change/namis-federal-advocacy/shutdown-resources>

Substance Abuse and Mental Health Services Administration (SAMHSA)

<https://www.samhsa.gov>

BetterHelp

<https://www.betterhelp.com>

Mental Health America

<https://mhanational.org>

Relocation and Housing Resources

The following websites may assist you with finding housing through private property owners.

Hotpads

<https://hotpads.com>

Zillow

<https://www.zillow.com>

Facebook Marketplace

<https://www.facebook.com/marketplace>

Craigslist

<https://craigslist.org>

The U.S. Department of Housing and Urban Development (HUD) helps individuals and families access affordable housing and avoid homelessness. Please click the link below to locate the HUD office closest to you.

<https://resources.hud.gov>

If you are currently experiencing homelessness or are at risk of becoming homeless, your area has a centralized intake system that serves as the main gateway to emergency housing services. Many programs require a referral through this system before assistance can be provided. Intake specialists can also connect you with case management and refer you to partner agencies for additional support. To access this service, please call 2-1-1.