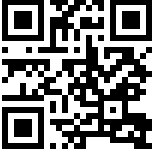












National Resource List (USA)

Quick access resources for housing, crisis support, and safety. **If someone is in immediate danger, call 911.**

Last updated: 2026-01-28

Category	Resource	How to get help	Website	QR
Emergency	Emergency Services Immediate danger, medical emergency, fire, or life-threatening situation.	Call 911	—	—
Housing & basic needs	United Way 211 Local help for shelter, food, utilities, and other essential services.	Call 211	https://www.211.org/	
Housing & basic needs	HUD Find Shelter Tool Search shelters, food pantries, health clinics, and clothing resources by location.	Search online	https://www.hud.gov/findshelter	
Crisis & mental health	988 Suicide & Crisis Lifeline 24/7 confidential support for people in distress.	Call/Text 988 • Chat online	https://988lifeline.org/	
Crisis & mental health	Crisis Text Line 24/7 crisis support by text (US).	Text HOME to 741741	https://www.crisistextline.org/	
Crisis & mental health	SAMHSA National Helpline Treatment referral and information for mental health and/or substance use (24/7).	Call 1-800-662-HELP (4357)	https://www.samhsa.gov/find-help/helplines/national-helpline	
Crisis & mental health	Disaster Distress Helpline (SAMHSA) Crisis counseling for people experiencing emotional distress related to disasters.	Call/Text 1-800-985-5990	https://www.samhsa.gov/find-help/disaster-distress-helpline	

Veterans	Veterans Crisis Line 24/7 confidential crisis support for Veterans and their loved ones.	Dial 988 then Press 1 • Text 838255 • Chat online	https://www.veteranscrisisline.net/	
Safety	National Domestic Violence Hotline Free, confidential support 24/7/365.	Call 1-800-799-SAFE (7233) • Text START to 88788 • Chat online	https://www.thehotline.org/get-help/	
Safety	National Human Trafficking Hotline 24/7 confidential support; available in 200+ languages.	Call 1-888-373-7888 • Text 233733 • Chat online	https://humantraffickinghotline.org/en/contact	
Youth	National Runaway Safeline 24/7 free, confidential support for youth and families.	Call 1-800-RUNAWAY (786-2929) • Chat/Text online	https://www.1800runaway.org/	
Disaster shelter	Red Cross Shelter Finder Locate open shelters during disasters and emergencies.	Find open shelters online	https://www.redcross.org/get-help/disaster-relief-and-recovery-services/find-an-open-shelter.html	

Tip: Print this page and post it in outreach areas. Add your local shelter/warming center info above the national resources.