



## ONE-STOP RESOURCE DOC

### UNITED WAY HOTLINE 211

[Pa211sw.org/about-us/](https://Pa211sw.org/about-us/)

Call: 2-1-1

Text: zip code to 898-211

- First stop for support
- Resource navigators work with callers to refer to social service agencies across Allegheny County
- Connections to vital human needs resources, physical and mental health resources, employment support and child care programs

### RESOLVE

[bit.ly/crisisRES](https://bit.ly/crisisRES)

Call: 1-888-796-8226

- Free service for crisis counseling and support
- Provides referrals
- Provides intervention services

### HOUSING

#### ALLEGHENY LINK

Assists families with homelessness, disability services, aging services, and caregivers of 0-6-year-olds.

[bit.ly/alleghenylinkservices](https://bit.ly/alleghenylinkservices)

Call: 866-730-2368

### FOOD

#### PGH COMMUNITY FOOD BANK

Information on food bank locations, drive up events, SNAP applications and more.

[pittsburghfoodbank.org/get-help/](https://pittsburghfoodbank.org/get-help/)

Call: (412) 460-3663

### CHILDCARE

#### CHILDCARE DATABASE

Search available childcare options and information on sliding scale fees and family learning centers in the region.

[find.alleghenychildcare.org/families](https://find.alleghenychildcare.org/families)

### SAFETY & WELLNESS

#### STEEL SMILING

Mental health nonprofit that "connects every resident in our region to resources and treatment."

[steelsmilingpggh.org](https://steelsmilingpggh.org)

Call: (412) 532-9458

#### INTIMATE PARTNER VIOLENCE HOTLINE

If you or someone you know is experiencing physical, emotional or psychological abuse.

[wcpittsburgh.org/hotline](https://wcpittsburgh.org/hotline)

Call: 412-687-8005 / Text: 412-744-8445

#### PITTSBURGH ACTION AGAINST RAPE

24 hour helpline available to support survivors of sexual assault with therapy, legal issues and medical concerns

[paar.net](https://paar.net)

Call: 1-866-363-7273

### MEDICAL

#### COVID INFORMATION

County dashboard for COVID-19 information, updated numbers and guidance.

[bit.ly/cov19pggh](https://bit.ly/cov19pggh)

#### COMMUNITY HEALTH CENTERS

Nonprofit primary care centers providing sliding scale care.

[bit.ly/healthcenterpggh](https://bit.ly/healthcenterpggh)

#### SCHOOL/STUDENT SUPPORT TEAMS

If you need help accessing resources, contact your school's administrative assistant to connect with your student support team. Student support teams are school-based staff that meets regularly to assist scholars and their families.

### FINANCES

#### ALLEGHENY COUNTY RENT RELIEF

Applications accepted until Sep. 30.

[covidrentrelief.alleghenycounty.us/](https://covidrentrelief.alleghenycounty.us/)

#### FINANCIAL EMPOWERMENT CENTER

One-on-one free virtual financial counseling for anyone.

[pittsburghpa.gov/mayor/FEC/](https://pittsburghpa.gov/mayor/FEC/)

Call: 1-800-298-0237

#### RENT HELP PITTSBURGH

Resource Navigators assist in application for COVID-19 Relief programs including RRP, legal assistance, LIHEAP and 211.

[renthelpPGH.org](https://renthelpPGH.org)

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[www.propelschools.org](https://www.propelschools.org)

Updated: 08/10/20