



# ONE-STOP RESOURCE DOC

## UNITED WAY HOTLINE 211

[Pa211sw.org/about-us/](http://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](http://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/allegenylinksservices](http://bit.ly/allegenylinksservices)

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/](http://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.allegenychildcare.org/families](http://find.allegenychildcare.org/families)

## SAFETY & WELLNESS

### STEEL SMILING

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

[steelsmilingpgh.org](http://steelsmilingpgh.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](http://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](http://paar.net)

Call: 1-866-363-7273

## MEDICAL

### COVID INFORMATION

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

[bit.ly/cov19pgh](http://bit.ly/cov19pgh)

### COMMUNITY HEALTH CENTERS

Nonprofit primary care centers providing sliding scale care.

[bit.ly/healthcenterpgh](http://bit.ly/healthcenterpgh)

### 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.allegenycounty.us/](http://covidrentrelief.allegenycounty.us/)

### FINANCIAL EMPOWERMENT CENTER

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

[pittsburghpa.gov/mayor/FEC/](http://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](http://renthelpPGH.org)

3447 East Carson Street  
Pittsburgh, PA 15203

Phone: 412-325-7305 • Fax: 412-325-7309

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

Updated: 08/10/20