Resources:

**National Health Information Center**
www.health.gov/NHIC
Visit this site for referral services and contact information for other organizations that address specific health concerns.

**Substance Abuse and Mental Health Services Administration (SAMHSA):**
Treatment Services Locator
1-800-662-HELP (1-877-662-4357)
24 hours a day
http://findtreatment.samhsa.gov/
Call for information and referral services if you or someone you know has a mental health question or concern or needs help with alcoholism or other drug problems.

**Mental Health America**
www.mentalhealthamerica.net
Visit this site for tips and resources concerning mental health and wellbeing.

**Feeding America**
1-800-771-2303
M – F, 8am – 5pm CST
www.feedingamerica.org
Call for information on food assistance programs in your area. Press “0” to receive the telephone number for a local food bank.

**Go4Life**
https://www.nia.nih.gov/health/exercise-physical-activity
Visit this site for free exercises, motivational tips, and resources to help find ways to fit exercise and physical activity into daily life.

**Suicide and Crisis Lifeline**
988
24 hours a day
Call this crisis hotline if you or someone you care about needs help or is considering suicide.

**National Center on Elder Abuse**
1-855-500-ELDR (3537)
M-F, 8am to 5pm PT
http://ncea.acl.gov/
Call if you or someone you know needs information on elder abuse and prevention or state level resources for reporting abuse.

**The National Domestic Violence Hotline**
1-800-799-SAFE (7233)
1-800-787-3224 (TTY)
24 hours a day
www.thehotline.org
Call for information on domestic violence, emergency shelters, legal advocacy and assistance programs, and other social services.

**General Resources:**
1-844-872-4681 | www.usa.gov
M-F 8am - 8pm EST
Federal resource for information on many topics including:
- Caregiver Resources
- Health, Disability and Food Assistance
- Travel and Recreation
- Social Security, Retirement, Help with Unemployment
- Jobs and Volunteering
- Affordable Housing
- Consumer Protection (Fraud)