

General Assistance Resource List

General Resources		
Benefits Check Up- National Council on Aging	Search directory and screening tool that helps you view local assistance programs and determine your eligibility for that program. https://benefitscheckup.org/	Customer helpline 1-800-794-6559 24/7 Website Customer helpline Monday-Friday 8am-7pm
Hamilton County Job and Family Services	Various financial, employment, food, childcare and medical support programs. https://www.hcifs.org/services/food-assistance/	222 East Central Parkway, Cincinnati OH 45202 Phone: 513-946-1000 Monday-Friday 7:30am-4:30pm
GracesList Cincinnati	GracesList.org is an emergency services directory offering a list of local homeless shelters, churches, food banks and other emergency services.	https://cincinnati.graceslist.org/
Society of St. Vincent de Paul	Network of volunteers organized by neighborhood to connect you with resources in your area.	See website for your local phone number. https://www.svdpcincinnati.org/get-help/
United Way 211	Searchable directory of assistance programs related to food, housing, utilities, transportation, and interpersonal resources. https://www.211uwgc.org/	Dial 211 for Help Line 513-721-7900 Text 211CARES to 51555 Help Line 24/7
Ohio Benefits	Official state of Ohio website for food, cash, medical and childcare.	Help desk 1-844-640-6446 https://benefits.ohio.gov/
Food Resources		
United Way 211	Searchable directory of food assistance/pantries, food stamps/WIC, packed meals and after school meals. https://www.211uwgc.org/	Dial 211 for Help Line 513-721-7900 Text 211CARES to 51555 Help Line 24/7
Life Food Loveland Pantry	Food Pantry located in Loveland, must live in 45140 zip code, and meet TEFAP income guidelines. https://lifefoodpantry.org/get-food/	541 Loveland-Madeira Rd, Loveland OH 45140 Phone: 513-583-8222 Tuesday-Thursday 10a-12p & 4p-6:30p Friday-Saturday 10a-12p
Shared Harvest Food Bank	The mission is to find, rescue, and distribute food to people living in poverty through an efficient network, utilizing the public and private sectors and to raise awareness of the impact of poverty. https://www.sharedharvest.org/find-a-pantry-near-you	5901 Dixie Highway, Fairfield OH Main Line: 513-874-0114, Help Center: 513-881-9024 Office Hours Monday-Friday 7am-4:30pm Help Center Hours Monday-Thursday 8:30am-3:00pm, Friday 8:30am-11:30am
Ohio Department of Health WIC Program	WIC is the Special Supplemental Nutrition Program for Women, Infants, and Children. WIC helps eligible pregnant and breastfeeding women, women who recently had a baby, infants, and children up to 5 years of age.	Multiple Locations Phone: 1-800-755-GROW (4769) https://odh.ohio.gov/know-our-programs/Women-Infants-Children/program-description
Community Action Agency	Mobile food bank in partnership with Freestore Foodbank. https://www.cincy-caa.org/	1740 Langdon Farm Road, Cincinnati, OH 45237 Phone: 513-569-1251 Fax: 513-569-1251



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Housing and Utilities Resources		
United Way 211	Searchable directory for utility bill assistance, emergency financial assistance, veteran assistance, rent, mortgage and tax assistance. https://www.211uwgc.org/	Dial 211 for Help Line 513-721-7900 Text 211CARES to 51555 Help Line 24/7
HEAP Ohio Department of Development	The Home Energy Assistance Program (HEAP) is a federally funded program that provides eligible Ohioans assistance with their home energy bills. This one-time benefit is applied directly to the customer's utility bill or bulk fuel bill.	Phone: 800-282-0880 For the hearing-impaired dial 711 https://development.ohio.gov/individual/energy-assistance/1-home-energy-assistance-program
Community Action Agency	The Percentage of Income Payment Plan (PIPP) helps eligible Ohioans manage their energy bills year-round, offering households affordable monthly payments that help maintain gas and electric services. https://www.cincy-caa.org/	1740 Langdon Farm Road, Cincinnati, OH 45237 Phone: 513-569-1251 Fax: 513-569-1251
Hamilton County Job and Family Services	513Relief.org is a one-stop resource providing Hamilton County residents direct access to economic relief.	Email: 513Relief@hamilton-co.org Monday-Friday 8am-4pm https://513relief.org/
Transportation Resources		
ChangingGears	ChangingGears sells restored cars to approved CityLink clients so they can feel equipped as they work their way out of poverty. Resources also includes a Repair Program and Automotive Technician Training Program.	2015 Central Ave, Cincinnati, OH 45214 Phone: 513-357-2004 Email hellow@changing-gears.org https://changing-gears.org/
United Way 211	Searchable directory for resources including gas money assistance, bus fare and medical transport. https://www.211uwgc.org/	Dial 211 for Help Line 513-721-7900 Text 211CARES to 51555
Interpersonal Safety Resources		
YWCA C	YWCA Greater Cincinnati provides direct services, empowerment programming, and advocacy to support marginalized individuals and families, especially women and girls of color, while working to challenge structural barriers to equity.	898 Walnut St., Cincinnati, OH 45202 24/7 YWCA Domestic Violence Hotline Call 513-872-9259 Text 513-436-3606 https://ywcacincinnati.org/our-work
Legal Aid Society of Greater Cincinnati	The mission of the Legal Aid Society of Greater Cincinnati is to resolve serious legal problems of low-income people, to promote economic and family stability, and to reduce poverty through effective legal assistance. https://lascinti.org/	215 E 9th St Suite 200, Cincinnati OH 45202 Legal Aid Line: 513-241-9400 Cincinnati and Hamilton Location: Mon-Fri 8:30am-5pm
Women Helping Women	Preventing gender-based violence and empowering all survivors.	Call or Text 24/7 Hotline 513-381-5610 https://www.womenhelpingwomen.org/
United Way 211	Searchable directory for crisis intervention, mental health resources, counseling, domestic and child abuse services, and more. https://www.211uwgc.org/	Dial 211 for Help Line 513-721-7900 Text 211CARES to 51555 Help Line 24/7