



Ashford University Student Advocate National Resources

Basic Needs:

[2-1-1](#) is available in most areas and provides free, confidential information and referral. Call [2-1-1](#) or go online for help with food, housing, employment, health care, counseling and more.

[Catholic Charities Member Agencies](#) provides a comprehensive network of social services aimed at promoting and facilitating self-sufficiency. They offer support and opportunities that empower people and communities to grow and thrive.

[HealthCare.gov](#) provides state by state health insurance options as mandated by the Affordable Care Act. Please explore the site for coverage options for individuals and families or small businesses. There is also additional information on the Affordable Care Act legislation, which will take effect in 2014.

[Needy Meds Free/Low-Cost/Sliding-Scale Clinics locator](#) provides comprehensive primary and preventative care, including but not limited to medical, dental, vision, mental health, and other health-related services to low-income residents. You can search services by state or zip code.

Homelessness and Financial Resources:

[Helping the Needy](#) is a directory that provides information on homeless shelters and homeless service organizations, including soup kitchens, free clinics, etc.

[Feeding America](#) is the nation's leading domestic hunger-relief charity. Their mission is to feed America's hungry through a nationwide network of member food banks.

Medication:

[NeedyMeds](#) is an online information resource of programs that provide assistance to people who are unable to afford their medications and health care costs.

Legal:

[LawHelp](#) assists low and moderate income people find free legal aid programs in their communities, answers questions about their legal rights, and finds forms to help with legal problems.

Suicide Prevention:

[National Crisis Hotline](#) is available 24 hours per day if you need any extra support or to talk about the stresses you are dealing with. Call [1 \(800\) 273-TALK \(8255\)](#) or go online for additional support.

Relationship Violence:

[National Domestic Violence Hotline](#) provides 24/7 confidential support, information, and referral to domestic violence resources in all 50 states, Puerto Rico, and the U. S. Virgin Islands. Please call [1-800-799-7233](#) or visit them online.



Service Member/Veteran Resources:

The **Veterans Crisis Line** connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans' Affairs responders through a confidential toll-free hotline, online chat, or text. Please call **1 800 273-8255** then press **1** or text **838255**.

National Call Center for Homeless Veterans is a resource for all Veterans at risk for homelessness or attempting to exit homelessness. They offer outreach, clinical assessment and referral to medical treatment, employment assistance, and supported permanent housing. Please call **1-877-424-3838** to receive free, confidential support from a trained VA staff member 24 hours a day, 7 days a week.

DoD Safe Helpline provides sexual assault support for the Department of Defense community. Operated by RAINN, this service is confidential, anonymous, secure and available worldwide, 24/7 by click, call **(877-995-5247)** or text—providing victims with the help they need anytime, anywhere.

Family Advocacy Programs (FAPs) provide education and awareness programs for all members of the military on the subjects of domestic violence and child abuse. They also provide support through victim advocates who work with victims confidentially to help victims get the care they need while deciding what to do next. Find the closest **FAP** near you at **DoD Military Installations Service Locator**. You can also visit the **Family Advocacy Program** for a complete list of prevention programs and victim advocate services.