HELP AND SUPPORT RESOURCE GUIDE

A practical guide to finding your next step when you need support.

40 specialized areas and a final route for finding the right kind of help.

Maria Baez Hypnosis

How to Use This Guide

You do not need to know exactly what kind of help you need before you begin. Find the topic closest to your situation, then use the related-section links to move through the guide.

A situation can involve more than one need. Losing a job may affect finances and housing; illness may create care or benefits needs; separation may involve legal, financial, family, or safety concerns.

If you or someone else is in immediate danger or experiencing a crisis, go directly to section 25, I Need Help Now.

Important Notice About Information and Resources

This guide is provided for information and orientation only. Although we strive to provide accurate, current information, it may contain errors, omissions, or information that has changed since the last review. Organizations and services listed are independent of Maria Baez Hypnosis and may change their programs, eligibility, availability, hours, fees, telephone numbers, addresses, and websites without notice. Maria Baez Hypnosis does not control these changes or guarantee the availability, accuracy, or continuity of third-party services, and is not responsible for decisions, actions, or omissions of listed organizations. Verify current details directly with each organization before requesting services, visiting a location, or making a decision based on this guide. The guide may be reviewed or updated periodically, without an obligation to keep every resource continuously current. In an emergency or immediate danger, call 911 or the emergency services appropriate to your location.

English translation draft based on the September 2026 Spanish master; external resource details have not all been independently reverified.

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37. Emotional Support, but I Am Not in Crisis
38. Separation and Divorce
39. Practical Steps After a Death
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1. Health Care

For general medical care, professional mental health care, medication, or help finding low-cost services.

HRSA – Find a Health Center

Community health centers offer primary and dental care, with or without insurance; fees may be adjusted according to ability to pay.

FindTreatment.gov

Confidential, anonymous treatment locator for mental health and substance use; available in Spanish.

NAMI HelpLine

800-950-NAMI (6264). Information, resources, and emotional support; weekdays, 10 a.m.–10 p.m. ET. Not a crisis line.

Related sections:

12. Public Benefits and 25. I Need Help Now 41. I Don't Know What K

Back to contents

2. Addiction and Recovery

For alcohol, drugs, problem gambling, other addictive behaviors, and affected family members.

SAMHSA National Helpline

1-800-662-HELP (4357). Information and referrals 24/7 in English and Spanish.

FindTreatment.gov

Find treatment programs and professional support near you.

National Problem Gambling Helpline

Call or text 1-800-MY-RESET (1-800-697-3738); confidential support 24/7.

Related sections:

25. I Need Help Now 37. Emotional Support, 41. I Don't Know What K

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3. Eating, Body Image, and Eating Disorders

For concerns about eating, body image, or potentially problematic eating behaviors.

NEDA Screening Tool

Free, confidential risk screening. Not a substitute for a professional diagnosis.

NEDA Treatment Directory

Directory of in-person and virtual specialists; filter by needs, insurance, and language.

ANAD

888-375-7767, weekdays 9 a.m.–9 p.m. CT. Peer support, referrals, groups, and recovery mentorship.

Related sections:

1. Health Care 25. I Need Help Now 41. I Don't Know What K

Back to contents

4. Pregnancy, Postpartum, and New Parent Support

For pregnancy, postpartum needs, maternal health, nutrition, and emotional support.

National Maternal Mental Health Hotline

1-833-TLC-MAMA (1-833-852-6262). Call, text, or chat; free, confidential, 24/7; English, Spanish, and interpretation.

Postpartum Support International

1-800-944-4773 (press 1 for Spanish, 2 for English). Spanish text: 971-203-7773. Support and resources; not an emergency line.

WIC / Prenatal Care

Find WIC and prenatal care services in your state; eligibility and services vary.

Related sections:

1. Health Care 35. Grief and Loss 25. I Need Help Now

Back to contents

5. Living With a Serious or Chronic Illness

For cancer, rare diseases, chronic conditions, and barriers involving insurance, costs, or treatment access.

Patient Advocate Foundation – Case Management

800-532-5274. Individual assistance with care access, insurance, costs, and treatment barriers.

TotalAssist

866-512-3861. Financial assistance program for eligible people with serious or chronic illnesses.

NCI Cancer Information Service

1-800-4-CANCER (1-800-422-6237), weekdays 9 a.m.–9 p.m. ET; English and Spanish.

Related sections:

12. Public Benefits and 24. Family Caregiving a 41. I Don't Know What K

Back to contents

6. Changes in Thinking, Perception, or Behavior

For new or significant changes in thinking, perception, behavior, or daily functioning.

SAMHSA Early Serious Mental Illness Locator

Find early-intervention programs for recently emerging serious mental health concerns.

Professional Assessment

A professional assessment can help explore what is happening without assuming a diagnosis.

Related sections:

1. Health Care 2. Addiction and Recov 25. I Need Help Now

Back to contents

7. Sexual and Reproductive Health

For contraception, pregnancy testing, STIs, HIV, PrEP/PEP, and reproductive health.

Title X Family Planning

Family planning clinics provide confidential services within applicable law; many offer income-based fees.

HIV.gov Services Locator

Find HIV/STI testing, PrEP, PEP, and related services.

PEP

After possible HIV exposure, PEP is time-sensitive: start as soon as possible and no later than 72 hours.

Related sections:

4. Pregnancy, Postpart 29. Sexual Assault and 8. Legal Help

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8. Legal Help

For civil, family, housing, benefits, consumer, and other legal concerns.

Legal Services Corporation

Find LSC-funded civil legal aid organizations; LSC does not directly represent every person.

LawHelp

Legal information, forms, and routes to free or low-cost help.

If You Face Criminal Charges

Ask the court or local system about a public defender or appointed attorney; rules vary.

Related sections:

9. Immigrants and New 34. Workplace Problems 38. Separation and Divo

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9. Immigrants and New Arrivals

For immigration services, authorized representation, and practical needs of new arrivals.

DOJ Recognition & Accreditation

Find recognized organizations and accredited representatives authorized for certain immigration matters.

EOIR Pro Bono List

List of providers offering free legal services in immigration court proceedings.

Avoid Fraud

Notaries, consultants, and document preparers are not automatically authorized to practice immigration law.

Related sections:

8. Legal Help 32. Adult Education and 33. Employment and Retu

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10. Reentry After Jail or Prison and Criminal-Record Barriers

For employment, housing, documents, education, benefits, and other barriers after incarceration.

CareerOneStop ReEntry Program Finder

Search reentry programs by state or area.

American Job Centers

Free job-search assistance, training, and employment resources.

Documents and Release Planning

Ask prerelease or case-management staff and the appropriate state agencies about identification and vital records.

Related sections:

33. Employment and Retu 16. Housing Instability 12. Public Benefits and

Back to contents

11. Veterans, Service Members, and Military Families

For veterans, service members, and military families seeking counseling or service connections.

Military OneSource

800-342-9647, 24/7; Spanish and secure chat. Information, referrals, and short-term confidential counseling for eligible people.

Vet Center Call Center

877-927-8387, 24/7. Confidential support and connections to Vet Centers.

Veterans Crisis Line

Call 988 and press 1; text 838255. For crisis support.

Related sections:

25. I Need Help Now 16. Housing Instability 35. Grief and Loss

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12. Public Benefits and Assistance

For government food, health, housing, disability, unemployment, education, and other benefits.

USAGov Benefit Finder

Explore benefits by category and find official application instructions.

State Programs

Medicaid, CHIP, SNAP, TANF, and other programs have state-specific rules and processes.

Related sections:

15. Basic Needs and Eve 1. Health Care 33. Employment and Retu

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13. Debt, Credit, and Financial Problems

For debt, collections, credit, mortgages, budgeting, or difficulty meeting financial obligations.

Consumer Financial Protection Bureau

Information on collections, credit, mortgages, and complaints about financial products or services.

HUD Housing Counseling

800-569-4287. HUD-participating counselors for mortgage, foreclosure, rental, and other housing concerns.

Credit Counseling

Credit counseling may help review budgets and debt; distinguish nonprofit counseling from commercial debt-settlement companies.

Related sections:

14. Fraud, Scams, Ident 8. Legal Help 41. I Don't Know What K

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14. Fraud, Scams, Identity Theft, and Consumer Protection

For scams, identity theft, unknown charges or debts, and consumer problems.

ReportFraud.ftc.gov

Federal route to report scams, fraud, and unfair business practices. Reporting does not guarantee recovery of money.

IdentityTheft.gov

Recovery plan and steps to respond to identity theft.

CFPB Complaint

For complaints about financial products and services.

Related sections:

13. Debt, Credit, and F 8. Legal Help 41. I Don't Know What K

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15. Basic Needs and Everyday Assistance

For food, clothing, hygiene, diapers, utilities, transportation, and other daily necessities.

211

Dial 211 to speak with a local specialist. A general gateway to community resources; calls are confidential and may be anonymous.

Utility Assistance

211 can help locate local programs; LIHEAP and other utility assistance depend on the state, tribe, or territory.

Related sections:

12. Public Benefits and 16. Housing Instability 41. I Don't Know What K

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16. Housing Instability and Homelessness

For risk of losing housing, homelessness, shelter, overdue rent, or housing planning.

HUD Find Shelter

Search for shelters, food, clinics, and clothing by location.

Continuum of Care

HUD helps locate community providers for people experiencing or at risk of homelessness.

211

Dial 211 for local rental, shelter, utility, and related resources.

Related sections:

15. Basic Needs and Eve 8. Legal Help 26. Domestic and Interp

Back to contents

17. Children and Teens

For concerns about the welfare, abuse, neglect, behavior, or safety of children and teens.

Childhelp National Child Abuse Hotline

800-422-4453; text GO to the same number; chat. Counselors are available 24/7 for support, safety planning, and reporting guidance.

Immediate Danger

If a child is in immediate danger, call 911.

Related sections:

20. Developmental Diffe 21. Runaway Youth and Y 25. I Need Help Now

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18. Support for Parents and Child Caregivers

For parenting stress, family conflict, guidance, and support for parents or caregivers.

National Parent & Youth Helpline

Support for parents, caregivers, children, and youth; check current contact methods and hours.

211

Dial 211 to find local parenting, family support, and child care programs.

Related sections:

17. Children and Teens 24. Family Caregiving a 25. I Need Help Now

Back to contents

19. Kinship Care and Foster Care

For relatives raising children, foster families, and youth with foster-care experience.

Kinship Navigator Programs

State and local programs may help with services, benefits, legal matters, and system navigation.

FosterClub

Resources for young people with foster-care experience, including transition and education.

Related sections:

8. Legal Help 12. Public Benefits and 21. Runaway Youth and Y

Back to contents

20. Developmental Differences and Childhood Disability

For concerns about a child's development, learning, autism, ADHD, disability, or school services.

Early Intervention – IDEA Part C

For children under age 3; find your state or territory's early intervention system.

Child Find

Schools have procedures to identify and evaluate children who may need special education.

Parent Training and Information Centers

Help families understand special education, rights, and services for children and youth with disabilities.

Related sections:

17. Children and Teens 23. Disability and Inde 8. Legal Help

Back to contents

21. Runaway Youth and Youth Without Stable Housing

For youth who have run away, are considering leaving, lack stable housing, or need a safe place.

National Runaway Safeline

1-800-RUNAWAY (1-800-786-2929), 24/7; call, text, chat, and other options. Confidential, nonjudgmental support.

Home Free

For eligible youth ages 12–21: free transportation to family, a safe adult, or another safe alternative.

Related sections:

28. Missing Persons 16. Housing Instability 30. Human Trafficking,

Back to contents

22. Older Adults

For older adults needing local services, Medicare, long-term care, home support, or protection.

Eldercare Locator

1-800-677-1116. Connects older adults and families with local services; call, text, chat, or email.

SHIP

Free, impartial local Medicare counseling; use the national locator to find your state program.

Long-Term Care Ombudsman

Help with rights, complaints, and well-being of residents of long-term care facilities.

Related sections:

24. Family Caregiving a 23. Disability and Inde 28. Missing Persons

Back to contents

23. Disability and Independent Living

For disability-related community services, accessibility, assistive technology, or employment support.

DIAL

Connects people with disabilities, families, and caregivers to state and local organizations.

Centers for Independent Living

Community-led information, peer support, skills, advocacy, and transition services.

JAN

800-526-7234. Free, confidential guidance on workplace accommodations; not an enforcement agency.

Related sections:

34. Workplace Problems 12. Public Benefits and 24. Family Caregiving a

Back to contents

24. Family Caregiving and Caregiver Support

For relatives or friends who regularly care for an older, ill, or disabled person.

National Family Caregiver Support Program

State and local systems may offer information, support, training, respite, and other services; availability varies.

Eldercare Locator

1-800-677-1116 to find Area Agencies on Aging and caregiver support.

VA Caregiver Support

Programs for caregivers of eligible veterans; benefits depend on specific requirements.

Related sections:

22. Older Adults 23. Disability and Inde 5. Living With a Serio

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25. I Need Help Now

For immediate danger, medical emergencies, or emotional, mental health, or suicide crises.

Emergency or Immediate Danger

Call 911 for an emergency or immediate danger.

988 Suicide & Crisis Lifeline

Call or text 988. For Spanish, call and press 2; by text, send AYUDA to 988. Available 24/7.

Veterans Crisis Line

Call 988 and press 1, or text 838255.

Related sections:

26. Domestic and Interp 29. Sexual Assault and 30. Human Trafficking,

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26. Domestic and Interpersonal Violence

For partner violence, coercive control, threats, abuse, stalking, or relationship safety concerns.

National Domestic Violence Hotline

800-799-SAFE (7233); text START to 88788; chat. Support and safety planning.

Digital Safety

Internet or device use may be monitored. Consider your safety before searching from a shared device.

Related sections:

25. I Need Help Now 29. Sexual Assault and 16. Housing Instability

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27. Support for Crime Victims

For people affected by crime who need information, support, referrals, or help navigating services.

VictimConnect

855-4-VICTIM (855-484-2846); call, text, or chat. Support, information, and referrals; confirm current hours.

Victim Compensation

Victim compensation programs are state-run and have their own requirements; eligibility or reimbursement is not guaranteed.

Related sections:

8. Legal Help 29. Sexual Assault and 26. Domestic and Interp

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28. Missing Persons

For missing children or adults, vulnerable missing people, or possible international parental abduction.

Missing Child – NCMEC

1-800-THE-LOST (1-800-843-5678), 24/7 call center. Also contact the appropriate authorities.

Missing Adult – NamUs

Free, secure national database for families and justice professionals. Does not replace a police report.

International Parental Child Abduction

U.S. Department of State: 1-888-407-4747 from the U.S./Canada; +1-202-501-4444 from abroad.

Related sections:

21. Runaway Youth and Y 30. Human Trafficking, 35. Grief and Loss

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29. Sexual Assault and Violence

For recent or past sexual assault, abuse, or sexual violence, even if you are unsure what legal term applies.

RAINN National Sexual Assault Hotline

800-656-HOPE (4673); text HOPE to 64673; chat. Free, confidential, 24/7 support in English and Spanish.

Medical Care

You may seek medical care before deciding whether to report to police. Forensic timelines and procedures vary.

Related sections:

1. Health Care 8. Legal Help 27. Support for Crime V

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30. Human Trafficking, Forced Labor, and Exploitation

For situations involving force, fraud, coercion, commercial sexual exploitation, or forced labor.

National Human Trafficking Hotline

1-888-373-7888; text 233733; chat; 711. Available 24/7 in English, Spanish, and interpretation in over 200 languages.

Confidentiality

The hotline is confidential, subject to limits in specific circumstances, including immediate danger or certain cases involving minors.

Related sections:

25. I Need Help Now 9. Immigrants and New 29. Sexual Assault and

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31. Disasters and Major Emergencies

For natural or human-caused disasters, FEMA assistance, shelter, and disaster-related distress.

FEMA / Disaster Assistance

1-800-621-3362. Disaster Recovery Centers can help with applications, letters, case status, and referrals.

Disaster Distress Helpline

Call or text 1-800-985-5990, 24/7. Disaster-related crisis support; Spanish and interpretation available.

Related sections:

16. Housing Instability 15. Basic Needs and Eve 14. Fraud, Scams, Ident

Back to contents

32. Adult Education and Learning

For literacy, English, high school equivalency, citizenship education, training, or returning to school.

State Adult Education Programs

Find official adult literacy, basic education, and English-language programs.

National Literacy Directory

Locate literacy and adult education programs.

High School Equivalency

Not all states use the GED; check your state's official high-school equivalency system.

Related sections:

33. Employment and Retu 9. Immigrants and New 41. I Don't Know What K

Back to contents

33. Employment and Returning to Work

For job searches, returning to work, training, unemployment, or support after a work interruption.

American Job Centers

Nearly 2,300 centers offer free employment help, workshops, computers, and possible training referrals.

CareerOneStop

Official tools for jobs, training, unemployment, and local resources.

Unemployment Insurance

Unemployment insurance is administered by each state; use the official locator.

Related sections:

32. Adult Education and 34. Workplace Problems 10. Reentry After Jail

Back to contents

34. Workplace Problems and Workers' Rights

For unpaid wages, overtime, FMLA, discrimination, harassment, accommodations, safety, or retaliation.

Wage and Hour Division

1-866-4-USWAGE (1-866-487-9243), weekdays 8 a.m.–4:30 p.m. local time; hours may vary. Relay: 711.

OSHA

800-321-OSHA (6742) for workplace safety and health. Some retaliation deadlines are short and vary by law.

EEOC

1-800-669-4000; TTY 1-800-669-6820; ASL videophone 1-844-234-5122. Federal employment discrimination matters.

Related sections:

8. Legal Help 33. Employment and Retu 30. Human Trafficking,

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35. Grief and Loss

For grief after a death, anticipatory loss, pregnancy or infant loss, suicide, or other major losses.

Community and Professional Support

Grief has no single sequence or universal timeline. Groups, counseling, and peer support may help depending on the person.

If There Is a Crisis

If suicidal thoughts or a mental health crisis arise, use 988 or see I Need Help Now.

Related sections:

39. Practical Steps Aft 37. Emotional Support, 25. I Need Help Now

Back to contents

36. Loneliness, Isolation, and Social Connection

For loneliness, isolation, or rebuilding social connections.

211

Dial 211 to locate community centers, groups, activities, and local resources.

Eldercare Locator / DIAL

For older adults or people with disabilities, these services can connect you to specific community programs.

Related sections:

37. Emotional Support, 22. Older Adults 23. Disability and Inde

Back to contents

37. Emotional Support, but I Am Not in Crisis

For talking to someone, receiving emotional support, or finding resources without an immediate crisis.

NAMI HelpLine

800-950-NAMI (6264), weekdays 10 a.m.–10 p.m. ET. Emotional support, information, and resources; not therapy or crisis care.

Warm Lines and Peer Support

Availability varies by state. Use current directories or 211 to find options nearby.

Related sections:

1. Health Care 25. I Need Help Now 36. Loneliness, Isolati

Back to contents

38. Separation and Divorce

For the practical, family, financial, and emotional consequences of separation or divorce.

Legal Help

Custody, divorce, support, and property depend on jurisdiction and circumstances; seek legal guidance as needed.

Safety

Separation does not automatically eliminate the risk of violence, control, or stalking. Use domestic violence resources if applicable.

Related sections:

8. Legal Help 13. Debt, Credit, and F 26. Domestic and Interp

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39. Practical Steps After a Death

For documents, Social Security, debt, funerals, benefits, accounts, and other administration after a death.

Social Security Administration

Funeral homes generally report a death. If it was not reported, call 800-772-1213; weekdays 8 a.m.–7 p.m. in most time zones.

Debts of the Deceased

Debts are generally paid from the estate. Relatives should not automatically assume they must pay personally; exceptions depend on the debt and state law.

Death of a U.S. Citizen Abroad

The embassy or consulate may assist with local procedures and consular documents; the U.S. government generally does not pay repatriation costs.

Related sections:

8. Legal Help 13. Debt, Credit, and F 35. Grief and Loss

Back to contents

40. LGBTQ+ Support

For support and information related to sexual orientation, gender identity, or gender expression.

LGBT National Hotline

888-843-4564. Confidential support, information, and resources; weekdays 2–11 p.m. ET and Saturday noon–5 p.m. ET.

The Trevor Project

For LGBTQ+ youth: 866-488-7386; text START to 678678; chat. Crisis services 24/7.

Note About SAGE

SAGE's former National LGBTQ+ Elder Hotline was discontinued in 2023; do not use it as an active resource.

Related sections:

25. I Need Help Now 37. Emotional Support, 22. Older Adults

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41. I Don't Know What Kind of Help I Need

You do not need to know exactly what to call your problem. Start with the question closest to what is happening now.

First: Is there danger or a crisis?

Health and well-being

Legal, immigration, and systems

Finances, benefits, and consumer issues

Housing and basic needs

Children, youth, and family

Aging, disability, and caregiving

Safety, violence, and protection

Education, employment, and work

Relationships, support, and loss

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If You Are Still Unsure

Start with what is affecting your life most today. You can also dial 211 to look for local resources. If several needs are involved, begin with one section and use the related links to continue.

You do not need to have all the answers before looking for help. Sometimes the first step is simply finding the right door.

Dial 211

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