

# National Community Resource List

Going through a tough time? Cigna Healthcare has identified the following resources\* that may help make it easier to focus on your health and well-being.

## OVERALL ASSISTANCE – HOUSING, FOOD, UTILITIES, TRANSPORTATION, MENTAL HEALTH, ETC.

<b>2-1-1</b>	<p>211 connects you to expert, caring help. Every call is completely confidential. Search the website for a list of resources such as:</p> <ul style="list-style-type: none"><li>• Health care expenses</li><li>• Food programs &amp; food benefits</li><li>• Housing and Utilities Assistance</li><li>• Substance use disorder treatment programs and counseling</li><li>• Mental health resources and treatment options</li><li>• Caregiver resources</li><li>• Disaster recovery</li></ul>	<p>Call 211 <a href="http://www.211.org">www.211.org</a></p>
<b>FindHelp</b>	<p>Cigna Healthcare makes it easier to access a social care network that connects people with programs. Users can search for a variety of services in their local communities, such as free or low-cost medical care, food, transportation, housing assistance and more.</p>	<p><a href="http://cignacommunity.findhelp.com">cignacommunity.findhelp.com</a></p>
<b>Goodwill</b>	<p>Goodwill is a nonprofit organization that provides job training programs, employment placement, youth mentor programs, veteran support, services for people with disabilities and other community-based programs by selling donated clothing and household items.</p>	<p><a href="http://goodwill.org">goodwill.org</a></p>
<b>Salvation Army</b>	<p>The Salvation Army, an international movement, is an evangelical part of the universal Christian Church. They meet human needs without discrimination. They offer support including rent and utility assistance, homeless shelters, food pantries, disaster relief, alcohol/drug rehabilitation and other services.</p>	<p><a href="http://salvationarmyusa.org/usn">salvationarmyusa.org/usn</a></p>

## UTILITIES AND TRANSPORTATION

<b>Lifeline</b>	<p>Lifeline is a federal program that lowers the monthly cost of telephone and internet services.</p>	<p>800.234.9473 <a href="http://lifelinesupport.org">lifelinesupport.org</a></p>
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## IN TIMES OF CRISIS

<b>988 Suicide &amp; Crisis Lifeline</b>	988 Suicide & Crisis Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for individuals and their loved ones and best practices for professionals.	800.273.8255 Call or text 988 Use Lifeline Chat on the web <a href="https://988lifeline.org">988lifeline.org</a>
<b>American Red Cross</b>	When a disaster threatens or strikes, the Red Cross provides shelter, food, health and mental health services, and bulk distribution of needed items to meet the basic human needs of those affected.	1 800 RED CROSS (1-800-733-2767) <a href="https://redcross.org/get-help">redcross.org/get-help</a>
<b>National Domestic Violence Hotline</b>	The National Domestic Violence Hotline provides 24/7 essential support to help survivors of domestic violence through trained, expert advocates offering free, confidential, and compassionate support, crisis intervention information, education, and referral services in more than 200 languages.	800.799.SAFE (7233) TTY 800.787.3224 or chat live at <a href="https://thehotline.org">thehotline.org</a>
<b>National Sexual Assault Hotline</b>	National Sexual Assault Hotline offers free, confidential 24/7 online assistance from trained staff members to support assault survivors. They also educate the public and maintain a state-by-state guide on sex crime statutes of limitations.	800.656.HOPE (4673) Chat live at <a href="https://rainn.org">rainn.org</a>
<b>The YWCA</b>	The YWCA is a nonprofit organization dedicated to eliminating racism, empowering women, and promoting peace, justice, freedom and dignity, for all. YWCA services vary depending on location and may include child care services and programming, domestic and sexual violence services, transitional housing, residential programming, counseling, crisis hotlines, and medical and legal advocacy.	202.467.0801 <a href="https://ywca.org">ywca.org</a>

## LGBTQ+ SUPPORT

<b>LGBTQ+ Healthcare Directory</b>	The LGBTQ+ Healthcare Directory is a free, searchable database of various doctors, medical professionals and healthcare providers knowledgeable and sensitive to the unique health needs of the LGBTQ+ community in the USA and Canada.	<a href="https://lgbtqhealthcaredirectory.org">lgbtqhealthcaredirectory.org</a>
<b>The Trevor Project</b>	The Trevor Project provides trained counselors that offer 24/7 support to LGBTQ+ youths in crisis who may be feeling suicidal or need a safe, judgment-free place to talk. Youths can call the Trevor Lifeline directly and confidentially.	Call 866.488.7386 Text 678-678 <a href="https://thetrevorproject.org">thetrevorproject.org</a>

## PARENTING AND CHILDCARE

<b>National Family Support Network</b>	Family Resource Centers (FRCs) work with families in a multi-generational, strengths-based, family-centered approach to enhance parenting skills, foster the healthy development and well-being of children, youth, and families, prevent child abuse, increase school readiness, connect families to resources, develop parent and community leadership, engage males and fathers, support healthy marital and couples relationships, and promote family economic success.	<a href="https://nationalfamilysupportnetwork.org">nationalfamilysupportnetwork.org</a>
<b>The YMCA</b>	The YMCA is a nonprofit organization that provides health, well-being, and fitness programs for children and communities, sports and recreational activities, childcare and early learning, career training, leadership, and academic enrichment programs.	<a href="https://ymca.org">ymca.org</a>

## MEDICAL AND BEHAVIORAL SUPPORT

<b>HealthWell Foundation</b>	The HealthWell Foundation is dedicated to improving access to care for America's underinsured. They provide financial assistance to help with prescription copays, health insurance premiums, deductibles and coinsurance, pediatric treatment costs, travel costs, and behavioral health services.	800.675.8416 <a href="http://healthwellfoundation.org">healthwellfoundation.org</a>
<b>National Alliance on Mental Illness (NAMI)</b>	The NAMI Helpline offers free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public. In addition to the helpline, they offer support through text and chat options.	800.950.NAMI (6264) Text "NAMI" to 741-741 Chat at <a href="mailto:info@nami.org">info@nami.org</a> <a href="http://nami.org/support-education">nami.org/support-education</a>
<b>Substance Abuse and Mental Health Services Administration (SAMHSA)</b>	SAMHSA's National Helpline is a confidential, free, 24/7, information service in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This helpline provides referrals to local treatment facilities, support groups, and community-based organizations. Free publications and digital products are available for order online or by phone.	800.662.HELP (4357) TTY: 800.487.4889 <a href="http://findtreatment.gov">findtreatment.gov</a>
<b>NeedyMeds</b>	NeedyMeds is a nonprofit organization that connects people to programs that will help them afford their medications and other health care costs.	800.503.6897 <a href="http://needymeds.org">needymeds.org</a>

## FOOD ACCESS

<b>Meals on Wheels</b>	Meals on Wheels America is a national network that addresses senior isolation and hunger by delivering nutritious meals, making friendly visits and doing safety checks for America's seniors.	888.998.6325 <a href="http://mealsonwheelsamerica.org">mealsonwheelsamerica.org</a>
<b>Feeding America</b>	The Feeding America network is a nationwide network of food banks, food pantries, and meal programs that work together to provide food to people facing hunger in the United States.	800.771.2303 <a href="http://feedingamerica.org">feedingamerica.org</a>

## VETERANS SUPPORT

<b>Hidden Heroes</b>	Hidden Heroes brings attention to military and veteran caregivers and provides services and support for the tremendous challenges and long-term needs they face. They have a vetted directory of valuable resources to find organizations that help military caregivers and their families.	<a href="http://hiddenheroes.org/resources">hiddenheroes.org/resources</a>
<b>Veteran Support Line</b>	Cigna Healthcare has a free, 24/7 Veteran Support Line for veterans and their families (both Cigna and non-Cigna customers). Our health resources for veterans can help you, or a family member, cope with military deployment and find assistance and support post-deployment.	855.244.6211

\*Cigna Healthcare does not assume responsibility for any third-party resource listed.

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