



Think



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**STUDENT
SURVIVAL
GUIDE**

Disclaimer: The material contained in the *TBLS Resource Guide* has been prepared for convenience of reference only. This guide is not intended to be a comprehensive or detailed statement of benefits or services and is also not intended to give professional or any other kind of advice.

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EDUCATIONAL RESOURCES

COMPUTER TRAINING CLASSES

Computer Training Schools

www.computertrainingschools.com

This site will help you locate schools in your area that teach more advanced computer skills, from specific programming software all the way through Master's degree programs.

GCF LearnFree

www.gcflearnfree.org

Create a free account for unlimited access to a wide range of online computer classes. Click on "Computer Training" and "Online Classes" to view what computer skills and programs are offered.

To purchase and/or download training software, CDs, or videos for a variety of computer programs, try these sites:

Apex Wed Media:

www.computer-training-software.com

Video Professor:

www.videoprofessor.com

EDULEARN:

www.edulearn.com

ESL CLASSES

English Club

www.englishclub.com

Lessons, games, videos, an online community, and an international directory of English language schools all make this a great resource for English language learners. Some services do require a free membership.

Kaplan English Programs

(800) KAP-TEST (527-8378)

www.kaptest.com/kep_domestic.jhtml

With branches located across the nation, *Kaplan* offers English classes from beginner to advanced, private tutoring, and a *TOEFL* preparation course.

STUDENT RESOURCE CENTERS

Adult Student Center

www.adultstudentcenter.com

An online resource for those going back to school or just beginning their higher education. Check out inspirational articles on their "Women's Page," and utilize their resources to develop study skills, build your support network, and more.

Adult Student.com

www.adultstudent.com

A companion website to the popular handbook *The Adult Student's Guide to Survival & Success* by Al Siebert and Mary Karr. Useful articles and resources, on everything from note-taking to developing goals, will help you learn effectively and succeed both in school and in life.

FedEx Office (formerly *Kinko's*)

www.fedex.com/us/office/

Provides paid access to computers, internet, and a wide range of printing services. Enter your zip code to find the location nearest you.

NCES Search for Public Libraries

<http://nces.ed.gov/surveys/libraries/librarysearch/>

Your local library not only has the reference materials you need, it may also offer free tutoring, classes, and computers for community use. A service of the *National Center for Education Statistics*, go to the site above and enter your address to find a public library near you.

WorldCat

www.worldcat.org

WorldCat allows you to search the world's libraries for any book, DVD, CD, or article.

TUTORING/STUDY RESOURCES

Craigslist

www.craigslist.org

Craigslist is a community-based classified site that includes online discussions, lists of available jobs and housing, and can even help you find a study partner in your area. After choosing your location from the cities listed on the right-hand side of the page, click on "Groups" (under the "Community" heading), and browse or search using keywords (e.g. "study," "tutor," or your subject matter). If you don't see what you're looking for, click on "post" in the top right corner, and create an ad for others to

respond to. Please remember to use caution when meeting people online.

E-Tutor

(877) 687-7200

www.e-tutor.com/adult.php

Offers one-on-one online help for students K-12, including adult students interested in securing a high school diploma or GED. Take classes in math, language arts, science, social studies and, as part of a collaboration with *Rosetta Stone*, even a foreign language. Rates for high school classes begin at \$139/month for your first subject plus \$45/month for each additional subject. Reduced rates are offered for longer-term study.

Flash Cards Study Partner

www.virtualstudypartner.com

This downloadable computer program allows you to customize digital flash cards with words, images, and sounds, and then uses them to test you. Free demo, \$2.95 to purchase.

Google Groups

<http://groups.google.com>

Browse by category or search by keyword for a group that suits your study needs, or create a *Google* account and start a new group.

Tutor Quest

http://tutorquest.net/find_a_tutor.htm

Enter your location, your area of study, and your grade level (Pre-school to College Graduate) to find a tutor near you.

Yahoo! Groups

<http://groups.yahoo.com/>

Use keywords to find a study group already in existence, or start your own (with a *Yahoo!* account).

PRACTICAL RESOURCES

NOTE: Included in the listings below are many private, non-profit, and government programs. These organizations are here to help; don't be shy about calling or writing an email to ask for further assistance. Remember that this list is not comprehensive, and there may be other resources available to you. If you're not finding what you need, try entering different combinations of keywords into your search engine. You might also try visiting www.govbenefits.gov, a partnership of federal agencies that connects people to government services. Search benefits by state or category, or fill out their anonymous questionnaire to find out which programs might be available to you.

AFFORDABLE CLOTHING

Dress for Success

(212) 532-1922

www.dressforsuccess.org/

Dress for Success is a non-profit organization that partners women with a "Coach/Personal Shopper" who will help you prepare for your interview and fit you for a free business outfit to wear. To utilize their services, you need to bring with you a referral from a non-profit or government agency. Once you've gotten a job, they will give you up to an additional week's worth of professional clothing. Find a location near you by scrolling through the "Select Affiliate" tool on the right-hand side of the page.

Also try these options for quality second-hand clothes:

Goodwill

<http://locator.goodwill.org/>

National Thrift Store Directory

www.thethriftshopper.com

The Salvation Army

www.satruck.org

CHILD CARE

Child Care Aware

(800) 424-2246

www.childcareaware.org/en/

The parent's section of *Child Care Aware* offers tools and information to help you evaluate your child care options, and choose the one that's right for your family. Enter your zip code into the "Child Care Connector" and contact one of the referral organizations near you to receive information on local child care providers, learn about state licensing, and find access to available subsidies.

Head Start/Early Head Start

(866) 763-6481

<http://eclkc.ohs.acf.hhs.gov/hslc/AboutHeadStart> *Head Start* (for students in elementary school) and *Early Head Start* (for children up to 3 years old) are government-mandated programs that, through grants to collaborating organizations, provide supplementary services to economically disadvantaged students, including free meals and tutoring, as well as before- and after-school programs. Find out more by browsing through the links on the left-hand side, or find a site near you by visiting: <http://eclkc.ohs.acf.hhs.gov/hslc/HeadStartOffices>

National Child Care Connection

www.nationalchildcareconnection.com

Enter your zip code or city/state to find detailed information (including licensing, hours, and prices) about child care facilities or providers in your area.

National Child Care Information and Technical Assistance Center

<http://nccic.acf.hhs.gov/index.cfm>

Each state in the U.S. offers subsidies to help make quality child care available to everyone. If you need assistance paying for child care, visit the above site and click on "State and Territory Resources" to find information for your state. To find contact information for your state's office,

enter “child care and development fund contacts” into the search box top-right, and click on the first result that comes up.

YWCA

(202) 467-0801

www.ywca.org

The YWCA is dedicated to empowering women, and recognizes the importance of quality child care for working families. Click “I Need Help” on the left-hand side to learn more about what to ask when looking for child care, see available options at the YWCA, and access the full list of services they offer (e.g. emergency shelter, job training, racial justice). Scroll over “Find YWs” in the header, and click on “local associations” to find a branch near you.

CHILDREN’S MEDICAL SERVICES

American Academy of Pediatric Dentistry

(312) 337-2169

www.aapd.org/finddentist/

After accepting the terms and conditions on the above page, enter your zip code to find a pediatric dentist in your area.

American Academy of Pediatrics

(847) 434-4000

www.aap.org/referral/

After accepting the terms and conditions on the above page, search by last name, city, zip code, area code, or specialty for a pediatrician in your area.

Children’s Health Insurance Program (CHIP)

(877) KIDS-NOW (543-7669)

www.insurekidsnow.gov

Click the links on the left-hand side to learn more about *CHIP*, a state and federal partnership to provide children’s insurance for families who cannot purchase private health insurance, but exceed the income requirements for *Medicaid*.

The program is administered by the states, each of which has its own set of requirements. Find local resources at any time by clicking on “Providers in Your State” in the left-hand sidebar. Learn more about the many resources available through *CHIP* here: www.cms.hhs.gov/home/chip.asp

Family Voices

(888) 835-5669

www.familyvoices.org

A national non-profit organization dedicated to helping families find quality, affordable health care for children with special needs through a wealth of tools and resources. Check out the many helpful articles on their website, and find an office in your state by clicking on “State FV” in the header.

National Association of Children’s Hospitals and Related Institutions

(703) 684-1355

www.childrenshospitals.net

To find a children’s hospital near you, simply select from a list of facility types and states, or click “Additional Criteria” for further qualifications.

Shriners Hospital for Children

(800) 237-5055

<http://shrinershq.org/Hospitals/Main/>

Shriners Hospital for Children is a national system of free hospitals for children (up to 18-years-old) with orthopedic conditions, burns, spinal cord injuries, and cleft lip and palate. Visit their website, or call the number above to reach the patient referral line.

EMPLOYMENT/CAREER SERVICES

America’s Job Bank

www.jobbankinfo.org

While the major operations of this site are now defunct, clicking on your desired U.S. state will take you directly to whatever local job resources are available in that area.

Career Builder

(866) 438-1485

www.careerbuilder.com

Career Builder allows you to create a profile, post a resume, search by keyword and location, and receive email alerts for jobs in your search categories. Includes additional resources like advice on resumes and cover letters, job fair listings, and career assessment tests.

CareerOneStop

(877) US2-JOBS (872-5627)

www.careeronestop.org

A comprehensive career site sponsored by the *U.S. Department of Labor*. Start with the links on the bottom left in the “ThinkAbout” section to evaluate your goals, future prospects, and desired income. Then click on the links at the top to explore careers, salary and benefit ranges, what education/training might be required, search for jobs, and much more.

Indeed

www.indeed.com

A mega-search engine that includes listings from major job boards, websites, newspapers, associations and company career pages. Simple, user-friendly searches can be saved for later use, and you can have incoming jobs automatically emailed to you.

Job Corps

(800) 733-JOBS (733-5627)

www.jobcorps.gov

A service of the *U.S. Department of Labor*, *Job Corps* is a comprehensive vocational training program that includes on-site housing, meals, basic healthcare and more, completely free. Students can earn their high school diploma, GED, or college credits, and enjoy support for up to 18 months after leaving the program. Open to U.S. citizens or legal residents ages 16-24 who meet the income requirements (the maximum allowed income begins at \$10,830 for a one-person household). Learn more and request an information packet by visiting their recruitment site: <http://recruiting.jobcorps.gov/>

LearnHub

www.learnhub.com

A comprehensive website that offers many tips and services to aid you in finding employment, including a number of helpful articles on resume writing. When you get to the site, click the heading “Careers.”

Monster

www.monster.com

Probably the most well-known employment resource on the internet, and for good reason. In addition to the usual job search and resume posting options, this diverse resource offers many tools, including an automatic alert to jobs in your area of interest, career-building assistance, and helpful articles.

Occupational Outlook Handbook

www.bls.gov/oco/

An informative service of the *U.S. Bureau of Labor Statistics*, browse occupations by alphabetical order, or type in a specific position in the search box at the top—almost all jobs are covered. Learn more about the profession, training, and salary averages, and scroll to the bottom for further information on where to get training and find a job.

Teach for America

(800) 832-1230

www.teachforamerica.org

A national non-profit that recruits recent college graduates to teach for two years in high-need urban and rural public schools. Qualified applicants undergo an intense 5-week training, are given ongoing support throughout the duration of the program, and receive the same pay and benefits as beginning teachers in their assigned district. Those interested should also check out the *New Teacher Project* (www.tntp.org/teach.html) a similar program that trains and places teachers in high-need high schools.

U.S. Department of Labor, Employment & Training Administration

www.doleta.gov

Offers resources to help you explore career options, find the right job, gain experience and credentials, as well as find youth employment opportunities.

U.S. Department of Labor, Training

www.dol.gov/dol/topic/training/index.htm

Provides information and links to adult training programs, apprenticeships, job corps, youth programs and more.

FOOD

Feeding America

(formerly *America's Second Harvest*)

(800) 771-2303

www.feedingamerica.org

The largest network of food banks in the country. To find a site near you, simply enter your state or zip code in the “Food Bank Locator” on the right side of the screen.

Meals on Wheels

(703) 548-5558

www.mowaa.org

Meals on Wheels works to end hunger among the elderly and homebound by delivering meals to their homes free of charge. Click “Find A Meal” and enter your state and/or city to find a provider near you. Meals are delivered by volunteers and, though recipients are asked to contribute what they can towards the cost of the meal, no one will be denied service.

Supplemental Nutrition Assistance Program (SNAP)

(800) 221-5689

www.fns.usda.gov/FSP/

Provides qualifying low-income individuals and families with electronic benefits (food stamps)

that can be used like cash towards purchasing food at most grocery stores. Applications must be submitted in person. Find your local office and get pre-screened for benefits by visiting www.fns.usda.gov/FSP/outreach/map.htm

FREE/LOW-COST MEDICAL AND DENTAL CARE

1-800-DENTIST

(800) DENTIST (336-8478)

www.1800dentist.com

Just enter your zip code to find pre-screened dentists in your area. Features options to search with or without dental insurance.

Health Resources and Services Administration

<http://findahealthcenter.hrsa.gov/>

A searchable database of federally-funded health-care centers that don't require health insurance.

Medicaid

www.cms.hhs.gov/home/medicaid.asp

Medicaid helps eligible low-income individuals and families gain access to medical care. A government program run by the states, *Medicaid* pays all or part of the cost of care directly to the provider. Browse around to learn more about *Medicaid* services (e.g. dental, prescription, eligibility), or click on “Medicaid Program – General Information” to download the pdf pamphlet, “Medicaid At-A-Glance.” Learn more by contacting your state's health department; visit www.cms.hhs.gov/apps/contacts/, enter your state, select “All Contact Types,” and under “Organization Type,” select “State Health Departments.” You can also link directly to your state's website or informational pamphlet by clicking on the map found here: www.needymeds.org/indices/medicaid.shtml

National Association of Free Clinics (NAFC)

(703) 647-7427

www.freeclinics.us

A national non-profit that advocates for the needs and concerns of free clinics, their employees, and the patients they serve. Browse the site to learn more about free clinics, and search their directory (www.freeclinics.us/freeclinic.php) to find one in your state.

NeedyMeds

www.needymeds.org

An online resource that provides information about, and access to, low-cost medicines and prescriptions (including drug coupons and discount cards), children's care, state-sponsored healthcare programs, and free or low-cost clinics.

HOUSING/TRANSITIONAL SERVICES

American Red Cross

(800) RED-CROSS (733-2767)

www.redcross.org

The *American Red Cross* provides a variety of services, including help with emergency shelter and disaster relief, assistance to military personnel and their families, and is also the single largest blood bank in the U.S. A number of other services may be available at your local *Red Cross*, including home-delivered meals, food pantries, rides to medical appointments, homeless shelters, transitional housing, caregiver education and support groups, hospital/nursing home volunteers, fuel assistance, translation assistance, and more. Enter your zip code on the right-hand side to find a location near you.

Habitat for Humanity

(800) 422-4828

www.habitat.org

Habitat for Humanity's mission is to eliminate worldwide homelessness. To this end, the organization brings together materials, volunteers, and

families in need to build simple, quality housing. Housing is not free, but bought with labor ("sweat equity") and affordable financing at no-profit to the organization. Call the number above, or apply to be a participating family here:

www.habitat.org/getinv/apply.aspx

National Coalition for the Homeless

www.nationalhomeless.org/need_help/index.html

This national organization focuses on fair housing, economic justice, equal healthcare and civil rights, while serving those who are at risk or currently experiencing homelessness. Visit the link above for additional resources, to read the informative article, "If You're Homeless or Need Help," or to search for assistance via their national directory (www.nationalhomeless.org/directories/index.html). They also recommend trying the *Homeless Shelter Directory* (www.homelessshelterdirectory.org) and *Shelter Listings* (www.shelterlistings.org).

U.S. Department of Veteran's Affairs

(800) 827-1000

www1.va.gov/homeless/

Commonly referred to as the *V.A.*, this government agency offers a wide array of housing programs, job trainings, mental and physical health services, and hands-on assistance specifically created to help veterans live independently. Further resources for veterans and non-veterans alike can be found here: www1.va.gov/homeless/page.cfm?pg=55

TRANSPORTATION

Public Transportation Takes Us There

(202) 496-4800

www.publictransportation.org/systems/

Use the link above to select your state and county, and find public transportation in your area. Browse the site to learn more about how public transit can save you money while helping the environment. Additionally, check with your employer to see if they offer a transit plan or subsidy.

GoogleMaps

<http://maps.google.com>

Click on “Get Directions” below the *Google* heading on the left side of the page, enter your start and end points, and *GoogleMaps* will give you driving directions. Add a third location by clicking “Add Destination,” or get directions for walking/bicycling and (in some areas) public transit by clicking “Show Options.” For help with mass transit in New York City, Long Island, New Jersey, Boston, Chicago, San Francisco, Washington DC, Philadelphia, and Atlanta, you can also try *HopStop* (www.hopstop.com).

National Taxi Directory

(800) TAXI-CAB (829-4222)

www.1800taxicab.com

Find a taxi in your area using your zip code, state, or search by keyword.

Zipcar

(866) 4ZIPCAR (494-7227)

www.zipcar.com

Zipcar is a car sharing company that enables you to reserve and pick-up an automobile from one of their lots, rent it for however long you need, and return it to the same spot. Complete the free online application (which includes a check of your driving record), and you’ll be ready to go in a matter of days.

YOUTH GROUPS/CLUBS

4-H

www.4-h.org

4-H clubs provide youth programming on a range of topics, including science, health, and civic responsibility. Click on your state to find a club near you: <http://4-h.org/b/Pages/Layouts/GroupPagecdde.html>

Big Brothers Big Sisters of America

(215) 567-7000

www.bbbs.org

A mentoring program that matches children with an adult role model in their community who can offer companionship and guidance. Enter your zip code in the space provided at the top of the page to find a local agency near you.

Boy Scouts of America

www.scouting.org

Scouts develop academic, leadership, and teamwork skills, self-confidence, and often form meaningful friendships. Find your local council by visiting <http://scouting.org/LocalCouncilLocator.aspx> and entering your zip code.

Boys & Girls Clubs of America

(800) 854-CLUB (854-3582)

www.bgca.org

Clubs across the country provide a safe place for children to learn and grow through programming in character & leadership, education and career, health and life skills, the arts, sports & fitness, and more. Call the number above or visit www.bgca.org/clubs/ to find a location near you.

Girl Scouts

(800) GSUSA-4-U (488-8248)

www.girlscouts.org

Dedicated to nurturing growing girls and providing them with opportunities to build courage, confidence, and character. Find a local council in your area by visiting www.girlscouts.org/councilfinder/

Salvation Army Youth Camps

www.salvationarmyusa.org

Among their many programs, the *Salvation Army* provides outdoor summer day and sleep-away camps for low-income families. Visit the above link and click on “Youth Camp” under “Programs that Help.”

YMCA

(800) 872-9622

www.ymca.net

One of the largest non-profit community service organizations in the U.S., the nation's 2,686 YMCAs serve communities across the country with programming to promote positive values and strengthen family bonds. Also the nation's largest child care provider (with financial aid available); learn more about their services here: www.ymca.net/programs/programs_for_child_care.html

WOMEN'S HEALTH AND PREGNANCY

American College of Obstetricians and Gynecologists

www.acog.org/publications/patient_education/

While this resource primarily serves those working in the field of obstetrics/gynecology, follow the link above to view informative patient pamphlets in a variety of categories including "Contraception," "Gynecologic Problems," and "Special Procedures."

The National Women's Health Information Center

(800) 994-9662

www.womenshealth.gov

A service of the *Office on Women's Health* (a division of the *U.S. Department of Health & Human Services*), this resource offers information on over 800 topics relating to women's health. Call or go online to learn more about pregnancy and contraception, nutrition, immunization, breast cancer, STDs, and more. For a second opinion, try *Healthy Women*, a trusted, independent resource found online at www.healthywomen.org or by calling 1-877-986-9472.

Planned Parenthood

(800) 230-PLAN (230-7526)

www.plannedparenthood.org

Confidential, low-cost healthcare specializing in all areas of women's and men's sexual health.

PERSONAL RESOURCES

DOMESTIC ABUSE

National Domestic Violence Hotline

(800) 799-SAFE (799-7233)

www.ndvh.org

As stated on their website, this non-profit organization, “provides crisis intervention, information and referral to victims of domestic violence, perpetrators, friends and families.” Call the number above to speak with a representative 24 hours a day, or explore further resources here: www.ndvh.org/resources/online-resources/

YWCA

(202) 467-0801

www.ywca.org

The YWCA (also listed under “Child Care”) and their many centers nationwide act as a safe haven for those affected by domestic abuse. Find out what services may be available at your local center by visiting the web address above, clicking on “I Need Help,” and then selecting the relevant subject on the left-hand side.

HEALTH AND FITNESS (SMOKING CESSATION AND WEIGHT MANAGEMENT)

American Legacy Foundation

(202) 454-5555

www.americanlegacy.org

This foundation is most well known for their “truth” advertisements, and was formed as part of the largest civil litigation settlement between tobacco companies and 46 U.S. states in 1998. Visit www.BecomeAnEX.org to join the community and “re-learn life without cigarettes.” Tools geared specifically to help teen smokers quit can be found here: www.thetruth.com

Centers for Disease Control and Prevention

(800) QUIT-NOW (784-8669)

<http://cdc.gov/tobacco/>

This resource offers many helpful, free tools for quitting smoking, including coaching, a step by step plan, informative materials and more. You can even send a free e-card congratulating someone for becoming smoke-free!

Freedom from Smoking: An American Lung Association Program

(800) LUNG-USA (586-4872)

www.lungusa.org/stop-smoking/

The *American Lung Association* has developed an eight-session group program offering information and support for those trying to quit smoking. Contact your local hospital to learn about locations and schedules. Program fee varies. They also provide a free online program, *Freedom from Smoking® Online*, found here: www.ffsonline.org

Bally Total Fitness

(800) 515-CLUB (515-2582)

www.ballyfitness.com

This national, full-service gym is ideal for those who enjoy fitness classes. Visit www.ballyfitness.com/why-bally/our-clubs/find-club.aspx to find the club nearest you and schedule a tour. If you’re interested in a gym membership but put off by the cost, ask about any upcoming specials or family discounts and consider sharing a membership with a family member or friend.

Gold's Gym

www.goldsgym.com

This national gym chain is ideal for those interested in using free weights. Find contact information for the gym nearest you at www.goldsgym.com/locator/

LIVESTRONG.COM

www.livestrong.com

Articles, videos, and interactive tools all make this a great destination for your daily dose of health, fitness, and lifestyle information. A project of athlete Lance Armstrong, *LIVESTRONG.COM* invites people to “make a dare” and make changes in their lives. Check out their weight management tool, “The Daily Plate,” here:
www.livestrong.com/thedailyplate/

Nutrition.gov

www.nutrition.gov

A broad spectrum of reliable information on food and nutrition made available by the *U.S. Federal Government*. Create a personal food pyramid guide, look up calorie contents and nutritional values, get recipes and more.

Weight Watchers

www.weightwatchers.com

Weight Watchers has been helping people rethink the way they eat for over 40 years, and is now available online. Visit the website to learn more about their history and philosophy, take advantage of a free introductory offer, peruse informative food and diet articles, read inspiring stories and more.

YMCA

www.ymca.net

Many *YMCAs* offer affordable gyms as well as a range of classes, events, and activities for children and youth, families, and adults. Find your local *YMCA* at www.ymca.net/maps/

MENTAL HEALTH EDUCATION AND ADVOCACY

National Mental Health Information Center

(800) 789-2647

<http://mentalhealth.samhsa.gov/>

A division of the *Substance Abuse and Mental Health Services Administration (SAMHSA)*, this

organization provides information and resources for those individuals, children, and families dealing with disaster/trauma, homelessness, violence, illness and mental health issues. To find a mental health facility in your area, please visit
<http://mentalhealth.samhsa.gov/databases/>

American Academy of Child and Adolescent Psychiatry

(800) 333-7636

www.aacap.org/cs/forFamilies

Made up of child and adolescent psychiatrists and physicians, this organization offers resources to learn about mental illnesses/disorders in youth, research treatment options, and find an appropriate psychiatrist.

The ARC of the United States

(800) 433-5255

www.thearc.org

A national organization with local chapters across the country offering a variety of services and support for individuals and families with developmental disabilities.

International Foundation for Research and Education on Depression

(800) 442-HOPE (422-4673)

www.ifred.org

A national non-profit dedicated to researching depression, supporting those suffering from the illness, and effecting positive change in public perception. Visit the site and click on “Help: A Balanced Approach” to learn more about symptoms, treatment options, and more. Call the above phone number for 24-hour support.

Kristin Brooks Hope Center/ National Hopeline Network

(800) SUICIDE (784-2433)

www.hopeline.com

The number above, available 24 hours a day, automatically connects callers to a certified crisis center near them. Visit the website and move your

cursor over “Programs” to access a range of other crisis hotlines, including those serving youth, college students, Spanish speakers, veterans, and women suffering postpartum depression.

Mental Health America

(800) 969-6642

www.nmha.org

Mental Health America's mission includes educating individuals, businesses, and schools about mental health and when to get treatment, as well as supporting those struggling with psychological challenges. Visit their website to get involved in advocacy efforts, educate yourself about mental health issues and medication, and to find treatment, support groups, and insurance assistance. For further help locating affordable care, specialized treatment, or population-specific assistance (e.g. Hispanic, African-American, gay and lesbian) take a look at the “Factsheet” found here: www.mentalhealthamerica.net/go/find_therapy

National Alliance for the Mentally Ill

(800) 950-6264

www.nami.org

A grassroots mental health advocacy organization whose goals include raising the public's awareness of mental health issues, providing information to individuals suffering from psychological challenges, and their families, in addition to fighting for policy change on national and local levels.

National Council on Problem Gambling

(800) 522-4700

www.ncpgambling.org

As part of their mission to raise awareness around pathological gambling and provide resources for those suffering, the above website provides, among other things, access to current research, tools for self-assessment, and a directory of counselors/treatment. The above phone number offers 24-hour support.

National Institute of Mental Health Information Resource Center

(800) 647-2642

www.nimh.nih.gov

Dial the number above to find a local mental health center in your area.

National Suicide Prevention Lifeline

(800) 273-TALK (273-8255)

www.suicidepreventionlifeline.org

Call the number above in a time of crisis or emotional distress to speak with a live person 24 hours a day. Visit the website to learn more about suicide warning signs, see resources specifically related to veterans' mental health, and find a crisis center near you. You may also find a direct number for the nearest center by visiting <http://suicidehotlines.com/>

Veterans Health Administration

(800) 827-1000 for general benefits

(877) 222-8387 for health care benefits

www1.va.gov/health/

Provides a wide range of programs and benefits to veterans and their dependents, including mental health services. Visit the website to read specific treatment information and to find a V.A. hospital near you.

RECREATIONAL ACTIVITIES

Ray and Joan Kroc Corps Community Centers

www.salvationarmyusa.org

A national chain of low-cost community centers offering outreach and activities. Facilities are opening through 2011 and may include any of the following amenities: ice arena, gymnasium, pool, rock climbing wall, performing arts theatre, internet-based library, computer lab and/or school of visual and performing arts. To learn more or find a center near you, visit the website above, scroll over “Programs That Help,” then “Recreation,” and click on “Kroc Centers.”

Global Explorers

(877) 627-1425

www.globalexplorers.org

A chance for groups or individual students ages 14-24 to travel the world, complete service projects in foreign countries and the U.S., and become responsible global citizens. While families are expected to cover international airfare and some other costs, help is offered towards fundraising. Explore upcoming programs and read information for prospective families and students by visiting their website or calling the number above. Financial assistance may also be available through *The AFAR Foundation*, found here: www.afar.com/about/foundation

Meetup

www.meetup.com

Meetup is a free organizing tool to help you find ongoing activities and meet people in your area. Search by topic, area of interest, country, or zip code to find an existing group, or start your own!

SOCIAL SERVICES

Goodwill Industries International

(800) 741-0186

www.goodwill.org/page/guest/about

Provides education, training and career services for people who are welfare dependent, homeless, have limited education or work experience, or struggle with physical, mental and/or emotional challenges.

The Salvation Army Adult Rehabilitation Center

www.salvationarmyusa.org

119 centers nationwide that provide clients with a clean and healthy living environment, good food, work, therapy, leisure time activities, group and individual counseling, spiritual direction, and resources to assist each person in developing life skills. To learn more, visit the website above, scroll over “Programs That Help” and click on “Adult Rehabilitation.”

Social Security Administration

(800) 722-1213

www.ssa.gov

Provides financial assistance for retirees (65 years and older) and those with disabilities.

SUBSTANCE ABUSE PREVENTION AND TREATMENT

National Clearinghouse for Alcohol and Drug Information

(800) 729-6686

<http://ncadi.samhsa.gov/>

A national, 24-hour resource, this government organization distributes the latest studies and surveys, guides, videocassettes and information on substance abuse prevention and treatment. These materials come from a variety of sources, such as the *U.S. Departments of Education and Labor*, the *Center for Substance Abuse Prevention*, the *Center for Substance Abuse Treatment*, the *National Institute on Alcohol Abuse and Alcoholism*, and the *National Institute on Drug Abuse*. Information specialists are available in English and Spanish to recommend appropriate services.

Al-Anon Family Group Headquarters

(888) 4AL-ANON (425-2666)

www.aa.org

Offers assistance to those struggling with alcoholism and their families. Learn more about *Al-Anon*, view support materials, or find a meeting near you by clicking on “How to Find A.A. Meetings.”

Marijuana Anonymous World Services

(800) 766-6779

www.marijuana-anonymous.org

Following the model of *Al-Anon*, this 12-step program can help those struggling with marijuana addiction to stay drug-free. Visit their website to learn more about the program, read inspirational stories, and to find a meeting near you or online. Dial the number above to hear a message describing the different services this organization offers.

Substance Abuse and Mental Health Services Administration (SAMHSA)

(800) 662-HELP (662-4357)

www.samhsa.gov

A program of the U.S. Department of Health and Human Services, SAMHSA's mission is to build resilience and facilitate recovery for people with or at risk for mental health issues or substance abuse disorders. To find a treatment center near you, visit <http://findtreatment.samhsa.gov/> or call the 24-hour hotline listed above.

VOLUNTEERING

Serve.gov

www.serve.gov

As part of President Obama's call for all citizens to become involved in national recovery and renewal, *Serve.gov*, in collaboration with *All for Good* (www.allforgood.org), provides information about volunteer opportunities around the country and the world. Read inspirational stories, sign up to volunteer, and recruit help for your own service project by listing it (at <http://serve.gov/recruit.asp>) with one of the associated organizations.

VolunteerMatch

(415) 241-6868

www.volunteermatch.org

Interested in volunteering, but don't know where to start? *VolunteerMatch* makes it easy to find the right fit for you. Search by keyword or location to find an opportunity near you, or even volunteer online.

StandUp for Kids

(800) 365-4KID (365-4543)

www.standupforkids.org

Through *StandUp for Kids*, volunteers can serve homeless youth by working with the "Outreach Center," the "Don't Run Away Program," the "Street Outreach Program" or the "Transitional Living Program."

The American Society for the Prevention of Cruelty to Animals (ASPCA)

www.aspc.org

This organization works with national shelters to save animals from abuse and advocate for animal rights. Although volunteer opportunities with the ASPCA itself are only available in New York City, those interested can use the searchable database (www.aspc.org/adoption/shelters/) to find a shelter nearby.

AmeriCorp

(800) 942-2677

www.americorps.gov

A federal program linking adults of all ages and backgrounds to service positions nationwide. Though the work is primarily volunteer, the personal rewards are great, and those who complete the program receive a *Segal AmeriCorps Education Award* of \$4,725 to pay for college, graduate school, or past student loans.

Peace Corps

(800) 424-8580

www.peacecorps.gov

An organization begun in 1961 by then-Senator John F. Kennedy, the *Peace Corps* sends Americans across the world to promote peace through living and working in developing countries. Volunteers spend two years (plus training) on their assignment, and receive a stipend upon completion of the program.

