

# Resources in Times of Need

## Maryland

Below you will find a set of resources in Maryland that can help you get connected to tangible supports:

### Food Assistance

#### Maryland Food Bank

<https://mdfoodbank.org/>

#### Food Supplement Program (FSP)

<http://dhs.maryland.gov/food-supplement-program/>  
800-332-6347

#### Women, Infant, and Children (WIC)

<https://phpa.health.maryland.gov/wic/Pages/Home.aspx>  
1-800-242-4942

### Financial Resources

#### Apply for Unemployment

<https://dbm.maryland.gov/employees/Pages/DisApplyforUnemploymentBenefits.aspx>

#### Temporary Assistance for Needy Families (TANF)

<http://dhs.maryland.gov/weathering-tough-times/temporary-cash-assistance/>  
800-332-6347

#### Apply for Public Assistance

<https://www.maryland.gov/pages/residents.aspx?view=Assistance%20Programs>

### Interpersonal Violence

#### National Domestic Violence Hotline

1-800-799-7233 or 1-800-799-SAFE

#### Maryland Network Against Domestic Violence

<https://mnadv.org/find-help/>

### Housing

#### Maryland Department of Housing

<https://www.hud.gov/states/maryland/renting>

### Utilities Resources

#### Office of Home Energy Programs

<http://dhs.maryland.gov/office-of-home-energy-programs/>

#### Maryland Energy Administration

<https://news.maryland.gov/mea/2020/03/23/maryland-power-utilities-respond-to-covid-19/>

### Childcare

#### National database of resources in local communities

<https://www.childcareaware.org/resources/ccrr-search-form/>

#### School-age programs at local YMCAs & YWCAs

Find your YMCA and Find Your YWCA

#### MD Child Care and Referral Network

<http://www.marylandfamilynetwork.org/MCCRN>

### Other Resources

#### How to apply for coverage

[www.kp.org/medicaid/md](http://www.kp.org/medicaid/md)

[www.MarylandHealthConnection.gov](http://www.MarylandHealthConnection.gov)

<https://continuecoverage.kaiserpermanente.org/losing-job-coverage/>

#### State of Maryland, Department of Health Updates

<https://coronavirus.maryland.gov/>

#### Mental Health

<https://findyourwords.org/>

#### Maryland 211

<https://211md.org/> or Dial 211

#### American Job Centers

<https://www.dol.gov/general/topic/training/onestop>

