

REACH Resident Resources

July 2021

HEALTH & WELLNESS

Mental Health Services in Your Community

The most comprehensive directory of mental health and addiction services available in the United States is provided by the Substance Abuse and Mental Health Services Administration (SAMHSA). This treatment services locator can find all the mental health services and substance abuse services in a given area. Enter your address, city or zip code here to begin your search for mental health services:

<https://findtreatment.samhsa.gov/>

SNAP Online Purchasing Pilot

For households to make online purchases, the online shopping and payment pilot is required to be secure, private, easy to use, and provide similar support to that found for SNAP transactions in a retail store. To find which stores qualify and to learn more go to: <http://tiny.cc/jzoxtz>

Local State Communication Relay Program

A free public service, Relay enables people who are Deaf, Hard of Hearing, Blind or have difficulty speaking to communicate with standard telephone users. The conversation is relayed between the two by a specially trained Relay Communication Assistant.

DC Phone: 800-643-3769
<https://odr.dc.gov/book/Path/Relay-Service>

MD Phone: 800-552-7724
<https://doit.maryland.gov/mdrelay/Pages/Services.aspx>

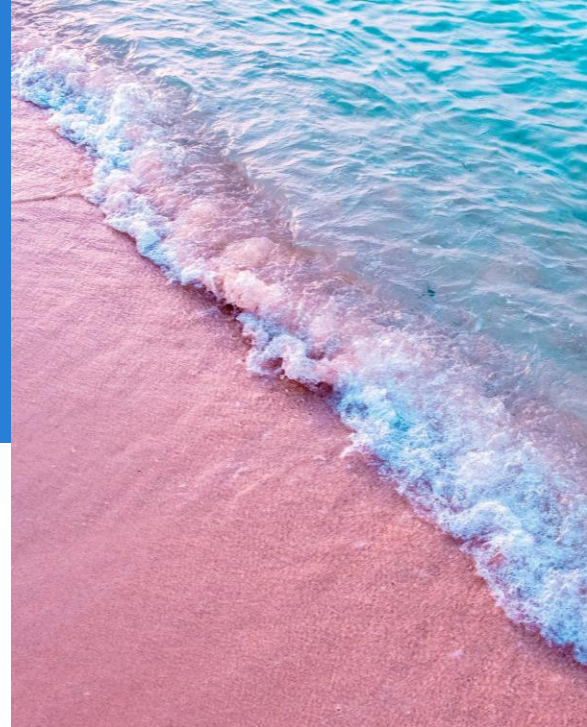
PA Phone: 800-654-5988
www.parelay.net

VA Phone: 800-828-1140
<https://www.varelay.org/>

DISCOUNTED INTERNET ACCESS

The Emergency Broadband Benefit Program provides a temporary discount on monthly broadband bills for qualifying households. To find more information, please visit:

[GetEmergencyBroadband.org](https://www.getemergencybroadband.org)



Free Books on Demand

Are you an avid reader and are looking for free books to read on your phone or tablet?

Do you enjoy books but prefer listening to recorded books while relaxing or driving?

If you have a library card, you can access thousands of free resources by using the Libby app.

If you do not want to download the app, you can also access on your web browser at libbyapp.com.



SENIORS SECTION

Benefits Counseling

Free benefits counseling is available through your local Area Agency on Aging (AAA) and can point you in the right direction when seeking answers regarding health insurance coverage, food stamps, income assistance, and other benefits. If you are unable to visit in person, you can try a virtual checkup through [BenefitsCheckUp.org](https://www.benefitscheckup.org) . You can also call 2-1-1 to connect with your Area Agency on Aging.

Free Phone for Hearing Impaired

CaptionCall is a service funded by the Federal Communications Commission (FCC) that provides free captioned telephones and captioning services to those with hearing loss. To be eligible, a senior must certify that they have hearing loss and require the use of a captioned telephone. CaptionCall also offers a free mobile application through the Apple App Store that allows users to receive captioned phone calls on an iPhone or iPad. For more information, visit [CaptionCall.com](https://www.captioncall.com)

Volunteer through AmeriCorps Seniors

Get involved and make a positive difference in your community. AmeriCorps Seniors volunteers serve with organizations dedicated to helping others. Search opportunities using the AmeriCorps Seniors Pathfinder. Once you find an opportunity you want to apply for, use the contact info on the listing to contact the program. The program will explain next steps to apply. [Americorps.gov/serve/american-seniors](https://www.americorps.gov/serve/american-seniors)

KIDS CORNER

Summer fun is just a click away! Below is a list of free activities to help keep your children and grandchildren engaged during the summer months.

San Diego Zoo ([kids.sandiegozoo.org](https://www.sandiegozoo.org/kids)) offers games, activities and live animal cams.

PBS Kids Games ([pbskids.org/games](https://www.pbskids.org/games)) offers a variety of free games ranging from Letters to Science.

Kahn Academy ([khanacademy.org](https://www.khanacademy.org)) provides free, world-class education for anyone, anywhere.

ABCya! ([abcya.com](https://www.abcya.com)) games and lessons for students from Pre-K through 6th grade.

Resource Connections

Call 211 or visit 211.org

FindHelp.org

CIS Hotline (Resource and Referrals for Residents) – 202-895-8905