**RESOURCE LIST**

|  |  |  |
| --- | --- | --- |
| Service | Phone | Website |
| **Food Assistance** |
| **Supplemental Nutrition Assistance Program (SNAP) aka Food Stamps** | 1-800-332-6347 | http://dhr.maryland.gov/food-supplement-program/ |
| **Women, Infants, and Children (WIC)** | 1-800-242-4942 | https://phpa.health.maryland.gov/wic/Pages/Home.aspx |
| **Housing Resources** |
| **Maryland Legal Aid** | 410-951-7777 | https://www.mdlab.org/ |
| **Public Justice Center** | 410-625-9409 | http://www.publicjustice.org/ |
| **Baltimore Neighborhoods Inc.** | 410-243-6007 | https://www.bni-maryland.org/ |
| **Project PLASE** | 410-837-1400 | http://projectplase.org/wordpress3/ |
| **Shelter Diversion Program** | 211 | http://projectplase.org/wordpress3/united-way-shelter-diversion-family-stability-rapid-rehousing-program/ |
| **Paul’s Place** | 410-625-0775 | https://paulsplaceoutreach.org/ |
| **Energy Assistance** |
| **Office of Home Energy Programs (OHEP)** | 1-800-332-6347  | https://myohepstatus.org/ |
| **Medical Assistance** |
| **Medicaid** | 1-855-642-8572 | https://www.marylandhealthconnection.gov/ |
| **Maryland Children’s Health Plan (MCHP)** | 1-855-642-8572 | https://www.marylandhealthconnection.gov/ |
| **Medicare and Medicare Savings and Extra Help Programs** | 1-800-633-4227 | https://www.medicare.gov/ |
| **Maryland Healthy Smiles (0 to 21 years, up to 26 years for former foster care recipients, pregnant people)** | 855-934-9812 | https://mmcp.health.maryland.gov/Pages/maryland-healthy-smiles-dental-program.aspx |
| **Maryland Healthy Smiles Adult Dental Program (21 to 64 years)** | 855-934-9812 | https://mmcp.health.maryland.gov/Pages/maryland-healthy-smiles-dental-program.aspx |
| **Medical Resources** |
| **East Baltimore Medical Center** | 410-522-9800 | https://www.hopkinsmedicine.org/community\_physicians/locations/baltimore\_city/east\_baltimore.html |
| **Total Healthcare** | 410-383-8300 | http://totalhealthcare.org/ |
| **Chase Brexton** | 410-837-2050 | https://www.chasebrexton.org/ |
| **Healthcare for the Homeless** | 410-837-5533 | http://www.hchmd.org/ |
| **Esperanza Center** | 443-825-3435 | https://www.catholiccharities-md.org/services/esperanza-center/health-center/ |
| **Vision Resources** |
| **Barenburg Eye Associates** | 410-727-0285 | http://www.barenburgeye.com/baltimore/ |
| **Eye Care America** | 1-877-6327 | https://www.aao.org/eyecare-america |
| **Johns Hopkins Wilmer Eye Institute** | 410-614-3937 | https://www.hopkinsmedicine.org/wilmer/ |
| **Respectacle** |  | http://respectacle.org/ |
| **Dental Resources** |
| **Total Healthcare** | 410-383-8300  | http://totalhealthcare.org/services/dental/ |
| **Chase Brexton** | 410-837-2050 | https://www.chasebrexton.org/our-services/dental |
| **Family Health Centers of Baltimore** | 410-354-2000 | https://fhcb.org/ |
| **Baltimore City Health Department Druid Dental Clinic** | 410-396-0840 | https://health.baltimorecity.gov/node/89 |
| **Baltimore City Health Department Eastern Dental Clinic** | 443-984-3548 | https://health.baltimorecity.gov/node/89 |
| **University of Maryland School of Dentistry** | 410-706-7063 | https://www.dental.umaryland.edu/ |
| **Giving Retired Adults Mighty Smiles (GRAMS)** | 410-396-4501 or 410-396-0840 | https://health.baltimorecity.gov/node/89 |
| **Healthcare for the Homeless** | 410-837-5533 | http://www.hchmd.org/ |
| **Mental Health and Drug Use Treatment Resources** |
| **Baltimore Crisis Response (BCRI)** | 410-433-5175 | http://www.bcresponse.org/ |
| **Behavioral Health System Baltimore (BHSB)** | 410-443-5175 | http://www.bhsbaltimore.org/ |
| **Total Healthcare** | 410-383-8300 | http://totalhealthcare.org/ |
| **Chase Brexton** | 410-837-2050 | https://www.chasebrexton.org/ |
| **Pro Bono Counseling** | 410-825-1001 | http://probonocounseling.org/for\_clients |
| **Intimate Partner Violence Resources** |
| **House of Ruth** | 410-889-7884 | http://www.hruth.org/ |
| **TurnAround Inc.** | 443-279--0379 | https://turnaroundinc.org/ |
| **Disability Assistance** |
| **Temporary Disability Assistance Program (TDAP)** | 1-800-332-6347 | http://dhr.maryland.gov/weathering-tough-times/temporary-disability-assistance/ |
| **Social Security Disability Insurance (SSDI)** | 1-800-772-1213 | https://www.ssa.gov/benefits/disability/ |
| **Supplemental Security Income (SSI)** | 1-800-772-1213 | https://www.ssa.gov/benefits/ssi/ |
| **Financial Assistance** |
| **Temporary Cash Assistance (TCA)****aka Temporary Assistance to Needy Families (TANF) and Welfare Avoidance Grants (WGA)** | 1-800-332-6347 | http://dhr.maryland.gov/weathering-tough-times/temporary-cash-assistance/ |
| **Emergency Assistance to Families with Children (EAFC)** | 443-423-6400 | http://dhr.maryland.gov/weathering-tough-times/emergency-assistance/ |
| **Employment and Computer Training Resources** |
| **Living Classrooms** | 443-682-0604 |  |
| **BUILD Turnaround Tuesdays and Resource Day Wednesdays** | 443-509-6280 | http://www.buildiaf.org/site/wp-content/uploads/TAT-trifold-06.13.17.pdf |
| **University of Maryland Workforce Wednesdays** | 410-706-8260 | https://www.umaryland.edu/oce/center/ |
| **Enoch Pratt Mobile Job Center** | 410-396-5429 | http://www.prattlibrary.org/mobilejobcenter/ |
| **Humanim Workforce Readiness**  | 410-381-7171 | http://humanim.org/what-we-do/workforce-development/employment-services/ |
| **Suited to Succeed** | 410-528-1799 | http://suitedtosucceed.org/ |
| **Sharp Dressed Man** | 410-404-5131 | https://www.sharpdressedman.org/ |
| **Expungement Resources** |
| **Maryland Legal Aid** | 410-951-7750 | https://www.mdlab.org/get-help-services/#individualrights |
| **Mens and Families Center** | 410-614-5353 | http://www.menandfamiliescenter.org/ |
| **Lawyer in the Library** | 443-451-2805 | expungeitmd.org |
| **Identity Document Resources** |
| **Living Classrooms** | 443-682-0604 |  |
| **Franciscan Center** | 410-467-5340 | http://www.fcbmore.org/guest-services/ |
| **Legal Immigration Resources** |
| **Esperanza Center** | 667-600-2941 | https://www.catholiccharities-md.org/services/esperanza-center/ |
| **Casa de Maryland** | 410-732-7777 | https://wearecasa.org/ |

**Food Assistance**

**Supplemental Nutrition Assistance Program or Food Stamps (SNAP)**

**About the Program:** SNAP provides money every month for you and the people you live with to buy food. You can use the money at grocery stores, convenience stores, drug stores, and other approved retailers. The money is provided automatically on a card called an EBT (electronic benefit transfer) card that works like a debit card. The amount of money you get depends on your income but the highest amount is $192 for one person, $352 for two, $504 for three, $640 for four, and $760 for five. The length of time you get money before you need to reapply depends on your application. The program also provides nutrition education.

**Who is Eligible:** You need to be a citizen or documented resident who has lived in the US for 5 years. Qualification is based on your monthly income and how many people you live with. Your monthly income needs to be less than $1307 for one person, $1760 for two, $2213 for three, $2665 for four, and $3118 for five. You also need to have less than $2250 in resources or less than $3500 if you or someone you live with is over 60 or disabled. If you own a car, its value over $4650 applies to your resources, but some cars are excluded from this. SNAP has a work requirement, meaning that if you’re an adult and are working, you cannot reduce your hours or quit your job and if you aren’t working but are able to, you need to look for work and take any job that you’re offered.

**How to Apply:** You can apply online at https://mydhrbenefits.dhr.state.md.us/dashboardclient/#/home We can also give you an application, you can get an application mailed to you, or you can apply in person the Department of Social Services. To find the office closest to you and make an appointment, call 1-800-332-6347 or go to https://mydhrbenefits.dhr.state.md.us/dashboardclient/#/dssMap

**What Happens Next:** After you fill out the application, you will have an interview over the phone or in person within 30 days. You may need to provide documents to confirm your information. If you have a monthly income less than $150 and less than $100 in resources or the combination of the two is less than your rent and utilities, you can apply to speed this up to 7 days. If your application is approved, you will be told how much money you get and get your EBT card.

**Women, Infants, and Children (WIC)**

**About the Program:** WIC provides money every month for pregnant people, new mothers, infants, and children under 5 years old to buy nutritious food. The foods you can buy include milk, soy milk, cheese, tofu, eggs, canned fish, peanut butter, beans, lentils, peas, whole grains, cereal, vegetables, fruit, and 100% fruit juice. You can also buy infant formula, baby food, and baby cereal. The money is provided automatically on a card called an EBT (electronic benefit transfer) card that works like a debit card. WIC also provides breastfeeding support, nutrition education, and referrals to healthcare providers.

**Who is Eligible:** You need to be a citizen or documented resident who has lived in
the US for 5 years. You are eligible if you are pregnant, gave birth in the last 6 months, or gave birth in the last year and are still breastfeeding. Infants and children under 5 years old are also eligible. Qualification is based on your monthly income and how many people you live with. Your monthly income needs to be less than $1860 for one person, $2504 for two, $3149 for three, $3793 for four, and $4437 for five. You do not need to work.

**How to Apply:**

You cannot apply online but you can apply in person at a WIC office. Everyone, including infants and children, who is applying must come to the office. To find the office closest to you and make an appointment, call 1-800-242-4942 or go to https://phpa.health.maryland.gov/wic/Pages/wic-apply.aspx

**What Happens Next:** If your application is approved, you will get your EBT card.

**Housing Resources**

**Maryland Legal Aid**

**Information:**

410-951-7777

500 East Lexington Street Baltimore MD 21202

https://www.mdlab.org/

**Who is Eligible:** Adults with low income facing unsafe housing or eviction.

**Services Provided:** Civil legal advice and representation for housing issues including help getting or keeping a housing voucher, tenants whose landlords are failing to provide safe housing or are facing eviction in rent court, or homeowners who are facing foreclosure. Call to make an appointment.

**Cost:** Free.

**Public Justice Center**

**Information:**

410-625-9409

1 North Charles Street Suite 200 Baltimore MD 21201

http://www.publicjustice.org/

**Who is Eligible:** Adults with low income facing unsafe housing or eviction.

**Services Provided:** Civil legal advice and representation for tenants whose landlords are failing to provide safe housing or are facing eviction in rent court or if your landlord is in foreclosure. Call to make an appointment.

**Cost:** Free.

**Baltimore Neighborhoods Inc.**

**Information:**

410-243-6007 and 310-243-4400

2530 North Charles Street Suite 200 Baltimore MD 21218

https://www.bni-maryland.org/

**Who is Eligible:** All adults regardless of income.

**Services Provided:** The tenant hotline at 410-243-6007 provides information and advice about tenant rights including maintenance issues, security deposits, evictions, and rent court Monday to Friday from 9:00 to 5:30. They also investigate and respond to housing discrimination based on race, ethnicity, gender, sexual orientation, disability, religion, or family status. To get help with housing discrimination, call 410-243-4400 or go to https://www.bni-maryland.org/submit-housing-questions

**Cost:** Free.

**Paul’s Place**

**Information:**

410-625-0775

1118 Ward Street Baltimore MD 21230

https://paulsplaceoutreach.org/

**Who is Eligible:** Adults who are at risk of becoming or are homeless.

**Services Provided:** They provide emergency financial assistance for avoiding eviction if you live in the 21230 or 21223 zip codes. Their STABLE Home Project provides help for people who are at risk of becoming or are homeless to keep existing housing or find new housing. To get help, call 410-625-0775 or walk in Tuesday or Thursday from 9:00 to 11:00.

**Cost:** Free.

**Project PLASE**

**Information:**

410-837-1400

1814 Maryland Avenue Baltimore MD 21201

http://projectplase.org/wordpress3/

**Who is Eligible:** Adults who are homeless. There are also programs for veterans.

**Services Provided:** They provide transitional housing including meals with 24 hour supported supervision and case management from a waitlist. To add your name, call 410-837-1400 go to https://b6.caspio.com/dp.asp?AppKey=956e2000c1c9881051784fd6b993 They also provide permanent housing with continued support from case managers and counselors.

**Cost:** Free.

**Shelter Diversion Program**

**Information:**

211

http://projectplase.org/wordpress3/united-way-shelter-diversion-family-stability-rapid-rehousing-program/

**Who is Eligible:** Adults with children under 18 years old who are homeless. One adult must have one source of income and additional adults must be able to work or participate in job training or go to school.

**Services Provided:** They provide transitional housing and financial assistance for security deposits, rent, utilities, or work related costs. They also provide case management. Call 211 to apply.

**Cost:** Free.

**Energy Assistance**

**Office of Home Energy Programs (OHEP)**

**About the Program:** The Office of Home Energy Programs (OHEP) has programs that provide assistance with your energy bills. The Maryland Energy Assistance Program (MEAP) provides assistance with heating bills by providing money every month that is paid directly to the utility company. The Electric Universal Service Program (EUSP) provides assistance with electric bills by setting up billing that spreads electric costs out evenly over the year. The Utility Service Protection Program (USPP) prevents shut offs during winter. The Arrearage Retirement Assistance provides forgiveness for up to $2,000 in past due electric bills.

**Who is Eligible:** You need to be a citizen or documented resident who has lived in the US for 5 years. Qualification for all of the programs is based on your income. Your monthly income needs to be less than $1759 for one person, $2368 for two, $2978 for three, $3588 for four, and $4197 for five. Qualification for the Arrearage Retirement Assistance requires that the bill be at least $300. This program can only be used once every seven years.

**How to Apply:** You can apply online at https://mydhrbenefits.dhr.state.md.us/dashboardClient/#/home We can also give you an application, you can get an application mailed to you, or you can apply in person at the Department of Housing and Community Development. To find the office closest to you and make an appointment, call 410-396-5555 or go to http://dhr.maryland.gov/office-of-home-energy-programs/local-home-energy-program-office/

**What Happens Next:** You can apply anytime but applications are not processed in June so if you apply during that month, you will need to wait until July for your application to be processed. After you fill out your application, you will have an interview over the phone or in person. You may need to provide documents to confirm your information. You can check the status of your application at 1-800-332-6347 or at https://www.myohepstatus.org/ For MEAP, if you are approved before December, you will not receive any assistance until December. If you are approved after December, you will start receiving assistance two to four weeks later.

**Medical Assistance**

**Medicaid**

**About the Program:** Medicaid covers medical services going back up to 3 months before you apply. The medical services covered include doctor’s visits, prescription medicines, mental health care, emergency room visits, and hospital care. It also includes eye exams and sometimes limited dental services. For children, Medicaid includes the above as well as vaccinations and dental services.

**Who is Eligible:** You need to be a citizen or documented resident who has lived in the US for 5 years. Everyone who is pregnant qualifies for Medicaid. Otherwise, it is based on your yearly income and how many people you live with. Your yearly income needs to be less than $16,643 for one person, $22,411 for two, $28,180 for three, $33,948 for four, and $39,716 for five.

**How to Apply:** You can apply online at https://www.marylandhealthconnection.gov/

We can also give you an application, you can get an application mailed to you, or you can apply in person at the Health Department or Department of Social Services. To find the office closest to you and make an appointment, call 1-855-642-8572 or go to https://mydhrbenefits.dhr.state.md.us/dashboardclient/#/dssMap

**What Happens Next:** After you fill out the application, you may need to provide documents to confirm your information. If your application is approved, you will get your red and white card in the mail in 2 weeks. This card will include your medical assistance or MA number. Bring this card with you every time you go to the doctor or pharmacy. Then you will choose a managed care organization or MCO. If you already have doctors, you can ask them which MCO they take or you can look online at https://secure.marylandhealthconnection.gov/MHC/public/index.html#!/providerSearchYou can also compare MCOs here https://www.marylandhealthconnection.gov/assets/MCO-Comparison-Chart.pdf

You have 28 days to choose an MCO otherwise you will be assigned one.

**Maryland Children’s Health Plan (MCHP)**

**About the Program:** MCHP covers medical services for children under 19 years old. The medical services covered include doctor’s visits, vision and dental care, prescription medicines, immunizations, mental health care, emergency room visits, and hospital care.

**Who is Eligible:** You need to be under 19 years old and be a citizen or documented resident who has lived in the US for 5 years. Qualification is based on your yearly income and how many people you live with. Your yearly income needs to be less than 211% of the federal poverty level. In 2017, this was $24,834 for one person, $33,612 for two, $42,389 for three, $51,167 for four, and $59,945 for five. If your yearly income is less than 322% of the federal poverty level, you qualify for MCHP Premium. In 2017, this was $37,899 for one person, $51,294 for two, $64,689 for three, $78,085 for four, and $91,480 for five. MCHP Premium covers the same services but requires a monthly payment of $54 or $67 based on income.

**How to Apply:** You can apply online at https://www.marylandhealthconnection.gov/

We can also give you an application, you can get an application mailed to you, or you can apply in person at the Health Department or Department of Social Services. To find the office closest to you and make an appointment, call 1-855-642-8572 or go to https://mydhrbenefits.dhr.state.md.us/dashboardclient/#/dssMap

**What Happens Next:** After you fill out the application, you may need to provide documents to confirm your information. If your application is approved, you will get your red and white card in the mail in 1 to 2 weeks. This card will include your medical assistance or MA number. Bring this card with you every time you go to the doctor or pharmacy. Then you will choose a managed care organization or MCO. If you already have doctors, you can ask them which MCO they take or you can look online at https://secure.marylandhealthconnection.gov/MHC/public/index.html#!/providerSearch

You can also compare MCOs here https://www.marylandhealthconnection.gov/assets/MCO-Comparison-Chart.pdf

You have 28 days to choose an MCO otherwise you will be assigned one.

**Medicare and Medicare Savings and Extra Help Programs**

**About the Program:** Medicare covers medical services for people 65 years and older. You can enroll in just part A or you can also enroll in parts B and D. Part A covers hospital, home health, and hospice care. Part B covers doctor’s visits. Part D covers prescription medicines and immunizations. Medicare does not cover vision, hearing, or dental care. Part A has no monthly cost but parts B and D do and all three parts have copays and yearly deductibles. Medicare Savings Programs help with costs for parts A and B and include the Qualified Medicare Beneficiary Program (QMB) for parts A and B and the Specified Low Income Medicare Beneficiary Program (SLMB) and Qualifying Individual Program (QI) for part B. Extra Help Programs help with costs for Part D.

**Who is Eligible:** For Medicare, you need to be 65 years old and be a citizen or documented resident who has lived in the US for 5 years. For Medicare Savings Programs, qualification is based on your monthly income and resources. For QMB, you must make less than $1032 and have below $7560 in cash, stocks, and bonds for one person or $1392 and $11,340 for two people. For SLMB, you must make less than $1234 and have below $7560 for one person or $1666 and $11,340 for two people. For QI, you must make less than $1386 and have less than $7560 for one person or $1872 and $11,340 for two people. For Extra Help Programs, qualification is based on your yearly income and resources. You must make less than $18,210 and have less than $14,100 in cash, stocks, and bonds for one person or $24,690 and $28,150 for two.

**How to Apply:** For Medicare, you can apply online at https://secure.ssa.gov/iClaim/rib and for Extra Help Programs, you can apply online at https://secure.ssa.gov/i1020/Ee001Submit.do For Medicare and Savings and Extra Help Programs, we can also give you applications, you can get applications mailed to you by calling 1-800-772-1213, or you can apply in person at the Department of Social Services. To find the office closest to you or make an appointment, call 1-855-642-8572 or go to https://mydhrbenefits.dhr.state.md.us/dashboardclient/#/dssMap

**What Happens Next:** After you fill out the applications, you will receive your cards or letters confirming your enrollment in the mail. Bring these cards with you every time you go to the doctor or pharmacy.

**Medical Resources**

**Total Healthcare**

**Clinic Information:**

410-383-8300

Multiple clinic locations around Baltimore

http://totalhealthcare.org/

**Who is Eligible:** All adults and children regardless of insurance or immigration status.

**Services Provided:** Primary care, mental healthcare, reproductive healthcare. Call to make an appointment.

**Cost:** Sliding scale based on income. Payment plans are also available. Call 410-383-8300 to determine if you qualify for reduced payments and what documents to bring with you.

**Chase Brexton**

**Clinic Information:**

410-837-2050

1111 North Charles Street Baltimore MD 21201

https://www.chasebrexton.org/

**Who is Eligible:** All adults and children regardless of insurance or immigration status.

**Services Provided:** Primary care, mental healthcare, reproductive healthcare. Call to make an appointment.

**Cost:** Sliding scale based on income. Payment plans are also available. Call 410-837-2050 to determine if you qualify for reduced payments and what documents to bring with you.

**Johns Hopkins East Baltimore Medical Center**

**Clinic Information:**

410-522-9800

1000 East Eager Street Baltimore MD 21202

https://www.hopkinsmedicine.org/community\_physicians/locations/baltimore\_city/east\_baltimore.html

**Who is Eligible:** All adults and children regardless of insurance or immigration status.

**Services Provided:** Primary care, reproductive healthcare, and urgent care. Call to make an appointment. Walk-ins for primary care for adults Monday to Friday 8:00 to 5:00 and children Monday to Thursday 8:30 to 6:30 and Friday 8:30 to 5:00. Walk-ins for urgent care Monday to Thursday 8:30 to 7:00, Friday 8:00 to 5:30, and Saturday 10:00 to 5:30.

**Cost:** Sliding scale based on income. Payment plans are also available. Call 410-522-9800 to determine if you qualify for reduced payments and what documents to bring with you.

**Healthcare for the Homeless**

**Clinic Information:**

Downtown Clinic 410-837-5533

421 Fallsway Baltimore MD 21202

West Baltimore Clinic 410-837-5533

2000 West Baltimore Street Baltimore MD 21231

Mobile clinics 443-703-1200

http://www.hchmd.org/

**Who is Eligible:** All adults and children who are homeless (living on the street, in an abandoned building, vehicle, shelter, transitional housing, or staying with someone else) regardless of insurance or immigration status.

**Services Provided:** Primary care, mental healthcare, recovery from acute illness or surgery. Call to make an appointment. Walk-ins at the Downtown Clinic Monday to Wednesday 7:00 to 2:00, Thursday 7:00 to 11:00, and Saturday 1:00 to 2:00 and at the West Baltimore Clinic Monday to Wednesday and Friday 8:00 to 2:00 and Thursday 8:00 to 11:00. Call 443-703-1200 for the times and locations of the mobile clinics.

**Cost:** Sliding scale based on income, often free.

**Esperanza Center Health Services Clinic**

**Clinic Information:**

667-600-2942

430 South Broadway Baltimore MD 21231

https://www.catholiccharities-md.org/services/esperanza-center/health-center/

**Who is Eligible:** All adults and children who are immigrants and are not eligible for government insurance (undocumented, pending documentation, have been in the US for fewer than 5 years).

**Services Provided:** Primary care, vision and dental care, and immunizations. Referrals to specialists at Johns Hopkins as needed. Assistance in Spanish is available. Walk-ins Monday 9:00 to 2:00 and Tuesday to Friday 9:00 to 4:30.

**Cost:** Free.

**Vision Resources**

**Medicaid:** All Medicaid MCOs cover one eye exam every two years and one pair of glasses every one to two years.

**Medicare:** Medicare does not cover eye exams except for patients with diabetes and then it covers one eye exam every year.

**Barenburg Eye Associates**

**Clinic Information:**

410-727-0285

100 Park Avenue Baltimore MD 21201

http://www.barenburgeye.com/

**Who is Eligible:** All adults and children with approved insurance, including Medicare.

**Services Provided:** Routine eye exams, management and treatment of eye disease, and cataract, glaucoma, and LASIK surgery. Call to make an appointment.

**Cost:** Medicare covers eye exams but no other services.

**Eyecare America**

**Clinic Information:**

1-877-887-6327

https://www.aao.org/eyecare-america

**Who is Eligible:** Adults 65 years or older who are citizens or legal residents, do not have additional insurance above Medicare, and have not seen an ophthalmologist for 3 years or longer are eligible for a free eye exam and one year of follow up and adults who are citizens of legal residents, have not seen an ophthalmologist in one year or longer, and are at increased risk for glaucoma are eligible for a free glaucoma exam.

**Services Provided:** Routine eye exams and glaucoma exams. Call or go online to find a clinician and make an appointment.

**Cost:** Free.

**Johns Hopkins Wilmer Eye Institute**

**Clinic Information:**

410-614-3937

1800 Orleans Street Baltimore MD 21287

https://www.hopkinsmedicine.org/wilmer/

**Who is Eligible:** Adults and children who do not have insurance that covers vision care, have diabetes, and have been referred by a case manager or physician.

**Services Provided:** Diabetic eye exams.

**Cost:** Free.

**Respectacle**

**Information:**

http://respectacle.org/

**Who is Eligible:** All adults and children.

**Services Provided:** If you know your eyeglasses prescription, Respectacle offers 3 pairs of free used eyeglasses per year. Go online to search for a pair and have them delivered to you.

**Cost:** Free.

**Dental Resources**

**Medicaid:** All Medicaid MCOs cover routine dental exams twice a year and x-rays. Some MCOs also cover fillings and extractions.

**Medicare:** Medicare does not cover dental care.

**Total Healthcare**

**Clinic Information:**

410-383-8300

Multiple clinic locations around Baltimore

http://totalhealthcare.org/

**Who is Eligible:** All adults and children regardless of insurance or immigration status.

**Services Provided:** Routine dental exams, cleanings, x-rays, fillings, extractions, dentures. Call to make an appointment.

**Cost:** Sliding scale based on income for all services except dentures. Payment plans are also available. Call 410-383-8300 to determine if you qualify for reduced payments and what documents to bring with you. X-rays are $18 and fillings $28 to 58.

**Chase Brexton**

**Clinic Information:**

410-837-2050

1111 North Charles Street Baltimore MD 21201

https://www.chasebrexton.org/our-services/dental

**Who is Eligible:** All adults and children regardless of insurance or immigration status.

**Services Provided:** Routine dental exams, cleanings, x-rays, fillings, extractions, oral surgery, dentures. Call to make an appointment.

**Cost:** Sliding scale based on income. Payment plans are also available. Call 410-837-2050 to determine if you qualify for reduced payments and what documents to bring with you.

**Baltimore City Health Department**

**Clinic Information:**

Druid Dental Clinic

410-396-0840

1515 North Avenue Baltimore MD 21217

Eastern Dental Clinic

443-984-3548

620 North Caroline Street Baltimore MD 21205

https://health.baltimorecity.gov/node/89

**Who is Eligible:** All adults and children one year or older who are residents of Baltimore City.

**Services Provided:** Routine dental exams, cleanings, x-rays, fillings, and extractions. Call to make an appointment. Walk-ins for urgent care at the Druid Dental Clinic Monday and Wednesday at 8:30 and the Eastern Dental Clinic Monday, Wednesday, and Friday at 8:30.

**Cost:** Sliding scale based on income. Extractions are $60.

**Giving Retired Adults Mighty Smiles (GRAMS)**

**Information:**

410-396-4501 or 410-396-0840

**Who is Eligible:** Adults 60 years or older with a monthly income of $1170 or less and no dental insurance who are residents of Baltimore City.

**Services Provided:** Routine dental exams, cleanings, x-rays, fillings, and extractions. Call to register for the program.

**Cost:** Sliding scale based on income.

**Mental Health and Alcohol and Drug Treatment Resources**

**Baltimore Crisis Response**

**Information:**

410-433-5175

http://www.bcresponse.org/

**Who is Eligible:** All adults and children regardless of insurance, ability to pay, or immigration status.

**Services Provided:** The crisis hotline is available 24 hours a day to provide help in a mental health or alcohol or drug crisis. They provide immediate counseling and have mobile crisis teams that can come to you. If you need short-term inpatient treatment, they have a crisis residential unit and residential detox unit. They also have case management and can connect you to long-term services.

**Cost:** The hotline is free and other costs are based on what you can pay.

**Behavioral Health System Baltimore (BHSB)**

**Information:**

410-443-5175

http://www.bhsbaltimore.org/

**Who is Eligible:** All adults and children regardless of insurance, ability to pay, or immigration status.

**Services Provided:** The crisis hotline is available to provide help in a mental health or alcohol or drug crisis and to connect you to long-term services.

**Cost:** The hotline is free and other costs are based on what you can pay.

**Total Healthcare**

**Clinic Information:**

410-383-8300

Multiple clinic
locations around Baltimore

http://totalhealthcare.org/

**Who is Eligible:** All adults and children regardless of insurance or immigration
status.

**Services Provided:** Mental healthcare and alcohol and drug use treatment. Call to make an appointment.

**Cost:** Sliding scale based on income. Payment plans are also available.
Call 410-383-8300 to determine if you qualify for reduced payments and what
documents to bring with you.

**Chase Brexton**

**Clinic Information:**

410-837-2050

1111 North Charles
Street Baltimore MD 21201

https://www.chasebrexton.org/

**Who is Eligible:** All adults and children regardless of insurance or immigration
status.

**Services Provided:** Mental healthcare and alcohol and drug use treatment. Call to make an appointment.

**Cost:** Sliding scale based on income. Payment plans are also available. Call 410-837-2050 to determine if you qualify for reduced payments and what documents to bring with you.

**Pro Bono Counseling**

**Information:**

410-825-1001

http://probonocounseling.org

**Who is Eligible:** All adults and children who live in Maryland.

**Services Provided:** Therapy for individuals, couples, or families. There is no limit to the number of therapy sessions. They do not do any medication prescriptions or management. Call to find a therapist and make an appointment.

**Cost:** Free.

**Intimate Partner and Sexual Violence Resources**

**House of Ruth**

**Information:**

410-889-7884

2201 Argonne Drive Baltimore MD 21218

http://www.hruth.org/

**Who is Eligible:** All women and children who have experienced intimate partner
violence regardless of ability to pay or immigration status.

**Services Provided:** The hotline is available 24 hours a day to provide help with intimate partner violence. They provide immediate counseling and help you make a plan for your safety. If you are in immediate danger, they have an emergency shelter for women and children. They also have transitional housing. They also provide case management, healthcare, counseling, and legal help. Assistance in Spanish is available.

**Cost:** Free.

**TurnAround Inc**

**Information:**

443-279-0379

1800 North Charles Street Suite 404 Baltimore MD 21201

https://turnaroundinc.org/

**Who is Eligible:** All women and children who have experienced intimate partner violence, sexual assault, or sex trafficking.

**Services Provided:** The hotline is available 24 hours a day to provide help with intimate partner and sexual violence. They provide immediate counseling and help you make a plan for your safety. If you are in immediate danger, they have an emergency shelter for women and children. They also have transitional housing. They provide case management, counseling, educational and employment help, and legal help.

**Cost:** Free.

**Disability Assistance**

**Temporary Disability Assistance Program (TDAP)**

**About the Program:** TDAP provides money every month if you
have a short-term disability or while you are applying for long-term disability
assistance. You can get money for up to 12 months. The amount of money you get
depends on your income but can be up to $185 per month.

**Who is Eligible:** You need to have a disability that prevents you from working that is expected to last 3 months or longer and have no dependent children. You need to be a citizen or documented resident. Qualification is also based on your monthly income and resources.

**How to Apply:** You cannot apply online but we can give you an application, you can get an application mailed to you, or you can apply in person at the Department of Social Services. To find the office closest to you and make an appointment, call 1-800-332-6347 or go to https://mydhrbenefits.dhr.state.md.us/dashboardclient/#/dssMap The application requires you to have a licensed medical professional fill out a report detailing your disability. If your disability is expected to last longer than 12 months, you also need to apply for SSDI.

**What Happens Next:** After you fill out the application, you may need
to provide documents to confirm your information. If your application is
approved, you will receive a letter about your enrollment that includes the
amount of your monthly payments and when they will start.

**Social Security Disability Insurance (SSDI)**

**About the Program:** SSDI provides money every month if you have a long-term disability starting 6 months after you became disabled. The amount of money you get depends on your age and the length of time you have worked. You receive your money electronically through direct deposit to your bank, an Electronic Transfer Account, or a Direct Express card.

**Who is Eligible:** You need to have a disability that prevents you from working that is expected to last 12 months or longer. You need to be a citizen or documented resident and need a sufficient work history in the US.

**How to Apply:** You can apply online at https://secure.ssa.gov/iClaim/dib We can also give you an application, you can get an application mailed to you, or you can apply in person at the Department of Social Services. To find the office closest to you and make an appointment, call 1-800-332-6347 or go to https://mydhrbenefits.dhr.state.md.us/dashboardclient/#/dssMap The application requires you to provide contact information for a medical professional who can confirm your disability. Maryland Legal Aid can help you with your application at 410-951-7777.

**What Happens Next:** After you fill out the application, you may need to provide documents to confirm your information. It may take 3 to 5 months for your application to be approved. If your application is approved, you will receive a letter about your enrollment that includes the amount of your monthly payments and when they will start.

**Supplemental Security Income (SSI)**

**About the Program:** SSI provides money every month if you are 65 years or older, have a long-term disability, or are blind and have low income and resources starting one month after you apply. The amount of money you get depends on your income but can be up to $750 per month. You receive your money electronically through direct deposit to your bank, an Electronic Transfer Account, or a Direct Express card.

**Who is Eligible:** You need to have a disability that is expected to last 12 months or longer but you can still work. You need to be a citizen or documented resident. Qualification is based on your income and resources. You need to make less than $750 per month but not all income is counted and have less than $2000 in cash, stocks, and bonds for one person or $3000 for two.

**How to Apply:** You can apply online at https://secure.ssa.gov/iClaim/dib We can also give you an application, you can get an application mailed to you, or you can apply in person at the Department of Social Services. To find the office closest to you and make an appointment, call 1-800-332-6347 or go to https://mydhrbenefits.dhr.state.md.us/dashboardclient/#/dssMap The application requires you to provide contact information for a medical professional who can confirm your disability. Maryland Legal Aid can help you with your application at 410-951-7777.

**What Happens Next:** After you fill out the application, you may need to provide documents to confirm your information. If your application is approved, you will receive a letter about your enrollment that includes the amount of your monthly payments.

**Financial Assistance**

**Temporary Cash Assistance (TCA) aka Temporary Assistance to Needy Families (TANF) and Welfare Avoidance Grants (WAG)**

**About the Program:** TCA provides money every month and other help such as finding child care to help you take care of your children. You can get TCA for 5 years over the course of your life. You may be able to get TCA for longer if you are taking care of a child but you are not the biological or adoptive parent. TCA requires you to create and sign an agreement called a Family Independence that details how you will be able to support yourself and your children, including work requirements, cooperation seeking child support, and drug use prohibitions. If you are working, you cannot quit without an approved reason. If you are not working, you will need to do job training or look for work and take any job that you are offered. The amount of money you will get depends on your income, which must be lower than these amounts, and the number of people in your household but can be up to $288 for one person, $503 for two, $636 for three, $763 for four, and $883 for five. WAG provide a one-time payment to help you take care of your children without getting TCA if you have and immediate need that can be solved with a one-time payment. This payment can be up to one year of TCA.

**Who is Eligible:** You need to be a citizen or documented resident with dependent children. Qualification is based on income and the number of dependent children you have. Your income must be below the numbers listed above. You also need to follow your agreement.

**How to Apply:** You can apply online at https://mydhrbenefits.dhr.state.md.us/dashboardClient/#/home

We can also give you an application, you can get an application mailed to you, or you apply in person at the Department of Social Services. To find the office closest to you and make an appointment, call 1-800-332-6347 or go to https://mydhrbenefits.dhr.state.md.us/dashboardclient/#/dssMap

**What Happens Next:** After you fill out the application, you will need to have an interview either over the phone or in person. You may need to provide documents to confirm your information. If your application is approved, you will receive a letter about your enrollment that includes the amount of your monthly payments and when they will start.

**Emergency Assistance to Families with Children (EAFC)**

**About the Program:** EAFC provides money to families with dependent children to avoid utility or water shut-offs, eviction, foreclosure, and other emergencies. You can only use this money once every 2 years.

**Who is Eligible:** You need to be a citizen or documented resident with dependent children. You must prove that you have a financial emergency that was not caused by quitting your job. In the case of utility bills, rent or foreclosure, you must provide a shut-off, eviction, or foreclosure notice.

**How to Apply:** You cannot apply online but we can give you an application, you can get an application mailed to you, or you apply in person at the Department of Social Services. To find the office closest to you and make an appointment, call 1-800-332-6347 or go to https://mydhrbenefits.dhr.state.md.us/dashboardclient/#/dssMap

**What Happens Next:** After you fill out the application, you will need to have an interview either over the phone or in person. You may need to provide documents to confirm your information.

**Employment and Computer Training Resources**

**Living Classrooms**

**Information:**

443-835-1463

1100 East Fayette Street Baltimore MD 21202

**Who is Eligible:** All adults regardless of income or immigration status.

**Services Provided:** Open computer lab and help Tuesdays and Thursdays from 11:00 to 1:00. Computer classes every second Wednesday of the month at 3:00. Call 443-835-1463 extension 667 or email tiztraining@livingclassrooms.org to register. They also have job training, job placement, and case management. Go to the office or call 443-835-1463 extension 667 or email tiztraining@livingclassrooms.org for more information.

**Cost:** Free.

**BUILD Turnaround Tuesdays and Resource Day Wednesdays**

**Information:**

443-509-6280

1700 North Caroline Street Baltimore MD 21213

718 West Lafayette Avenue Baltimore MD 21217

http://www.buildiaf.org/site/wp-content/uploads/TAT-trifold-06.13.17.pdf

**Who is Eligible:** Adults with low income or who are returning from incarceration.

**Services Provided:** Training on Tuesdays with additional help on Wednesdays on Caroline Street from 9:00 to 11:00 and on Lafayette Avenue from 2:00 to 4:00 that provides help with computer skills, resumes, interviews, job training, job placement, and case management as well as expungement. Participants are expected to attend at least 8 weeks of training on Tuesdays. Call for more information.

**Cost:** Free.

**University of Maryland Workforce Wednesdays**

**Information:**

410-706-8260

1 North Poppleton Street Baltimore MD 21201

https://www.umaryland.edu/oce/center/

**Who is Eligible:** All adults regardless of income or immigration status.

**Services Provided:** Help with resumes and interviews as well as expungement. Wednesdays from 2:00 to 6:00. Call or walk in for more information.

**Cost:** Free.

**Enoch Pratt Mobile Job Center**

**Information:**

410-396-5429

http://www.prattlibrary.org/mobilejobcenter/

**Who is Eligible:** All adults regardless of income or immigration status.

**Services Provided:** Help with computer skills, job searches, resumes, applications, interviews, and referrals to job training. For times and locations, call 410-396-5429 or go to http://www.prattlibrary.org/mobilejobcenter/

**Cost:** Free.

**Humanim Workforce Readiness**

**Information:**

410-381-7171

1701 North Gay Street Baltimore MD 21213

http://humanim.org/what-we-do/workforce-development/employment-services/

**Who is Eligible:** Adults who are referred from DSS or receiving TCA.

**Services Provided:** Help with job searches, resumes, interviews, job training, job placement, and case management.

**Cost:** Free.

**Suited to Succeed**

**Information:**

410-528-1799

22 Light Street 3rd Floor Baltimore MD 21202

http://suitedtosucceed.org/

**Who is Eligible:** Women with low income who are trying to re-enter the workforce.

**Services Provided:** Free professional clothing. Wednesday to Friday from 10:00 to 3:00.

**Cost:** Free.

**Sharp Dressed Man**

**Information:**

410-404-5131

223 West Lexington Street Baltimore MD 21201

https://www.sharpdressedman.org/

**Who is Eligible:** Men with low income who are trying to re-enter the workforce and are not using alcohol or drugs.

**Services Provided:** Free professional clothing. Wednesdays from 12:00 to 2:00.

**Cost:** Free but requires a referral.

**Expungement Resources**

**Maryland Legal Aid**

**Information:**

410-951-7750

500 East Lexington Street Baltimore MD 21202

**Who is Eligible:** All adults and children regardless of income or immigration status.

**Services Provided:** Help with removing convictions from your criminal record. This process can take 3 to 7 months. Check the website at https://www.mdlab.org/ to find locations and dates. Assistance is available in Spanish

**Cost:** Free.

**Men and Families Center**

**Information:**

410-614-5353

2222 Jefferson Street Baltimore MD 21205

**Who is Eligible:** All adults and children regardless of income or immigration status.

**Services Provided:** Help with removing convictions from your criminal record provided on the first Thursday of every month from 1:00 to 3:00. This process can take 3 to 7 months.

**Cost:** Free.

**Lawyer in the Library**

**Information:**

443-451-2805

**Who is Eligible:** All adults and children regardless of income or immigration status.

**Services Provided:** Help with removing convictions from your criminal record. This process can take 3 to 7 months. Check the website at expungeitmd.org to find locations and dates. Assistance is available in Spanish

**Cost:** Free.

**Identity Document Resources**

**Living Classrooms Identity Clinic**

**Information:**

443-835-1463 extension 667

1100 East Fayette Street Baltimore MD 21202

**Who is Eligible:** All adults and children over the age of 14 regardless of income or immigration status.

**Services Provided:** Help with obtaining Maryland state IDs, social security cards, and birth certificates provided Fridays from 10:00 to 12:00. You will need to bring proof of Maryland residency for a state ID.

**Cost:** Free but requires a referral.

**Franciscan Center**

**Information:**

410-467-5340

101 West 23rd Street Baltimore MD 21218 on the 2nd Floor

**Who is Eligible:** All adults and children regardless of income or immigration status.

**Services Provided:** Help with obtaining Maryland state IDs and birth certificates provided Monday to Thursday from 10:00 to 2:00. You will need to bring your birth certificate, social security card, and 2 pieces of mail for the state ID and either a BGE or phone bill, lease, MTA ID, medical card, or pay stub for a birth certificate.

**Cost:** Free.