

ORGANIZATION	FOOD	HOUSING + SHELTER	CLOTHING	MEDICAL	UTILITIES ASSISTANCE	CRISIS RESOURCES	LOST INCOME + EMPLOYMENT
988 Suicide & Crisis Lifeline: Dial 9-8-8				X		X	
Aqua Pennsylvania (Customer Assistance Programs)					X		
Bucks County Water & Sewer Authority (BCWSA)					X		
Cheltenham Seeds of Hope	X						
Cradle of Hope		X					
Domestic Violence Hotline: (800)-773-2424		X				X	
Drug & Alcohol Hotline: (800)-662-4357 (HELP)				X		X	
Elder Abuse Hotline: (800)-734-2020						X	
Eternal Life Christian Center Blessing Shop			X				
Exelon (formerly PECO)					X		
Family Promise MontCo PA	X	X					
Federal Affordable Connectivity Program					X		
Laurel House		X				X	
Legal Aid of Southeastern PA Helpline: (877)-429-5994							X
Low Income Home Energy Assistance Program (LIHEAP)					X		
Low Income Household Water Assistance Program (LIHWAP)					X		
Mattie N. Dixon Community Cupboard	X		X				
Mitzvah Circle	X		X				
Montgomery County Assistance Office: (877)-398-5571	X	X	X	X	X	X	X
Montgomery County Community Connections	X	X	X	X	X	X	X
Montgomery County Dept of Health & Human Services	X	X	X	X	X	X	X
MontCo Mobile Crisis Support Line: (855)-634-4673				X		X	
New Life Thrift			X				
North Hills Food Cupboard	X						
North Wales Water Authority (NWWA)					X		
PA 211	X	X	X	X	X	X	X
PA CareerLink							X
PA Child Abuse Hotline: (800)-932-0313						X	
PA Dept. of Human Services / Help for Pennsylvanians in Need	X	X	X	X	X	X	X
PA Homeowner Assistance Fund (PAHAF)		X					
PA Medical Assistance				X			
PA Office of Unemployment Compensation							X
Philabundance	X						
Safe2Say Something School Safety Tip Line: (844)-723-2729						X	
Suicide Prevention Peer Support TalkLine: (800)-273-8255				X		X	
Veterans Crisis Line: (800)-273-8255				X			X
Willow Grove Baptist Church	X		X				
Women's Center of MontCo Second Chances Thrift Shoppe			X				
Your Way Home		X			X		

COMMUNITY RESOURCES & PROGRAMS DIRECTORY

Established in 2018, the Upper Dublin Citizen Emergency Fund (UDCEF) was created to provide relief to distressed persons in Upper Dublin Township facing a critical, immediate need for food, shelter, medical care or clothing for their health and well-being.

The UDCEF is one of many resources available to Upper Dublin community members in need, and the following resources and programs may be of additional assistance to applicants based on needs and circumstances. Please contact the organization(s) directly.

****If a link does not work, please contact udcef@upperdublin.net or call (215)-643-1600 ext. 3221***

General Resources for Families and Individuals		
Organization	Services Offered	How to Contact
PA 211	Search by ZIP code to connect with resources in your community related from utilities, healthcare, housing & shelter, financial need, transportation, and more	Telephone: 2-1-1 Text your ZIP Code to 898-211 Website: www.pa211.org
Pennsylvania Dept of Human Services	State-level programs and resources for Pennsylvanians in need. "Help for Pennsylvanians in Need" Brochure: https://www.montcopa.org/DocumentCenter/View/22105/Help-for-Pennsylvanians-in-Need?bidId=	Telephone: (800)-692-7462 Website: http://www.pa.gov/agencies/dhs
Montgomery County Dept of Health & Human Services	Find information about County and State benefits, children and families, senior services, veterans' needs, LGBTQ+ resources, and more	Telephone: (610)-278-3000 Website: www.montcopa.org/2877/services
Montgomery County Community Connections	Speak with an experienced professional to connect with specific community resources in Montgomery County	Telephone: (877)-398-5571 Website: www.montcopa.org/1585/community-connections
Montgomery County Assistance Office	Discuss and apply for state and county benefits such as SNAP, Medical Assistance, LIHEAP, LIWHAP, family planning, child care help, school meals, housing, and more Office Location: 1931 New Hope Street, Norristown, PA 19401-3191	Telephone: (877)-398-5571 Website: https://www.montgomerycountypa.gov/2783/Department-of-Health-and-Human-Services Apply: https://www.compass.dhs.pa.gov/home/#/
Victim Services Center of Montgomery County, Inc.	Free and confidential support services for victims of crime and their loved ones, including counseling, accompaniment, victim advocacy, and support groups	Telephone: (888)-521-0983 (available 24/7) Website: www.victimservicescenter.org Office Location: 325 Swede Street, 2 nd Floor, Norristown, PA 19401

Food Resources		
Organization	Services Offered	How to Contact
Mattie N. Dixon Community Cupboard (Ambler) *ZIP Codes served: 19002, 19025, 19034, 19031, 19038, 19048, 19075, 19422, 19424, 19437, 19477	Food pantry, clothing boutique, and case management available for local community members in need	Telephone: (215)-628-3002 Food Pantry Location: 150 N. Main Street, Ambler, PA 19002 Website: www.community-cupboard.org
North Hills Food Cupboard (North Hills) *ZIP Code served: 19038 only	Food pantry and case management available for local community members in need	Telephone: (215)-628-3002 Food Pantry Location: 212 Girard Avenue, North Hills, PA 19038 Website: https://www.community-cupboard.org/north-hills-cupboard
Chelten Seeds of Hope (Dresher) *ZIP Codes served: 19001, 19002, 19006, 19025, 19027, 19031, 19034, 19038, 19040, 19044, 19046, 19075, 19090, 19095	Food pantry provides food to meet basic nutritional needs for many families in the Dresher area each week. One member per household is welcome to visit and receive groceries once every other week.	Telephone: (215)-646-5588 Food Pantry Location: 1601 N. Limekiln Pike, Dresher, PA 19025 Website: https://findhelp.org/Chelten---a-church-of-hope--church-of-hope--dresher-pa--seeds-of-hope-community-food-pantry/4828212478345216?postal=19002
Willow Grove Baptist Church Food & Clothing Pantry (Willow Grove) *Serves all ZIP Codes	Food pantry, clothing closet, referrals to addiction, learning, personal finance, and social services resources	Telephone: (215)-659-4505 Food Pantry Location: 3600 Welsh Road, Willow Grove, PA 19090 Website: www.willowgrovebaptist.org/pantry
Family Promise MontCoPA (Montgomery County)	Emergency food relief, housing programs, case management and support services for county families experiencing poverty and/or homelessness	Telephone: (267)-318-0607 (Food Pantry) Food Pantry Location: 2801 Woodland Road, Abington, PA 19001 (on campus of Salem Baptist Church) Website: https://www.fpmontco.org/what-we-do/food-pantry/
Mitzvah Circle (Norristown)	Critical need supplies such as clothing, shoes, toiletries, school supplies, baby supplies, and period supplies for individuals and families in Montgomery County	Telephone: (215)-828-6647 To receive assistance, call or fill out application: https://mitzvahcircle.org/get-help/individuals-families/ Website: https://mitzvahcircle.org/
Philabundance "Find Food" Tool (Greater Philadelphia)	Search by ZIP Code to find free food resources closest to you	Website: https://www.philabundance.org/find-food/

Housing & Shelter Programs		
Organization	Services Offered	How to Contact
Your Way Home (Montgomery County)	Emergency, transitional, and supportive housing programs for Montgomery County residents, plus referrals to community services, rent and utility assistance programs	Telephone: 610-278-3522 Website: https://yourwayhome.org
Montgomery County Dept of Health & Human Services	Links to community services related to homelessness, housing, and housing resources	Website: https://www.montcopa.org/2919/Housing
Family Promise MontCoPA (Montgomery County)	Emergency food relief, housing programs, case management and support services for county families experiencing poverty and/or homelessness	Telephone: (215)-628-2334 (Housing Programs) Website: https://www.fpmontco.org/get-help/ to apply for housing programs
Laurel House (Montgomery County)	Emergency and transitional housing for victims of domestic violence, including pet shelter options	Telephone: (800)-642-3150 (24-hour Hotline) Text HOPE to 85511 Website: https://laurel-house.org/about/our-programs/housing/
Cradle of Hope (Greater Philadelphia)	Faith-based program offering transitional housing and support services for single mothers (age 18+) and their children (age 0-24 months)	Telephone: (215)-572-5937 Website: https://www.cradleofhope.net/
Pennsylvania Homeowner Assistance Fund ("PAHAF")	Financial assistance available to eligible homeowners facing default, foreclosure, or displacement due to the COVID-19 pandemic, or other qualified hardship	Telephone: (888)-987-2423 Website: https://pahaf.org/am-i-eligible/

Clothing (Free or Low Cost) Resources		
Organization	Services Offered	How to Contact
Mattie N. Dixon Community Cupboard (Ambler) *ZIP Codes served: 19002, 19025, 19034, 19031, 19038, 19048, 19075, 19422, 19424, 19437, 19477	Food pantry, clothing boutique*, and case management available for local community members in need *Clothing boutique by appointment only	Telephone: (215)-628-3002 (Clothing Boutique by appointment only, call to schedule) Clothing Boutique Location: 150 N. Main Street, Ambler, PA 19002 Website: www.community-cupboard.org
Willow Grove Baptist Church Food & Clothing Pantry (Willow Grove) *Serves all ZIP Codes	Food pantry, clothing closet, referrals to addiction, learning, personal finance, and social services resources	Telephone: (215)-659-4505 Clothing Closet Location: 3600 Welsh Road, Willow Grove, PA 19090 Website: www.willowgrovebaptist.org/pantry
New Life Thrift Shop (Glenside)	Non-profit thrift store offering clothing, shoes, furniture, and home goods for purchase Stores in Glenside and Melrose Park; Boutique Store in Glenside	Telephone: (215)-886-8619 Glenside Store Location: 800 N. Easton Road, Glenside, PA 19038 Website: http://www.mynlt.org
Women's Center of Montgomery County Second Chances Thrift Shoppe (Jenkintown)	Non-profit thrift store offering clothing, shoes, and household goods for purchase	Telephone: (215)-885-0651 Thrift Shop Location: 318 Leedom Street, Jenkintown, PA 19046 Website: https://www.wcmontco.org/second-chances-thrift-shoppe/
Eternal Life Christian Center Blessing Shop (Norristown)	Free clothing, shoes, accessories, and blankets available for men, women, and children	Telephone: (267)-629-0099 Blessing Shop Location: 320 W. Main Street, Norristown, PA 19401 Website: https://eternallifecc.com/clothing
Mitzvah Circle (Norristown)	Critical need supplies such as clothing, shoes, toiletries, school supplies, baby supplies, and period supplies for individuals and families in Montgomery County	Telephone: (215)-828-6647 To receive assistance, call or fill out application: https://mitzvahcircle.org/get-help/individuals-families/ Website: https://mitzvahcircle.org

Utilities Assistance Programs		
Organization	Services Offered	How to Contact
Exelon (formerly PECO)	Provides a variety of customer assistance options for paying your PECO bill	Telephone: (888)-480-1533 Website: https://www.peco.com/MyAccount/CustomerSupport/Pages/AssistancePrograms.aspx
Aqua Pennsylvania	Customer Assistance Programs: Aqua Aid Pennsylvania; Aqua Leak Repair Program; customer Assistance Program (CAP); Get a Free Water Conservation Kit	Telephone: (800)-360-2998 Website: Customer Assistance Programs Essential Utilities or https://www.aquawater.com/customers/customer-assistance-programs
North Wales Water Authority (NWWA)	Provides payment schedule assistance for customers with financial difficulties	Telephone: (215)-699-4836 Website: https://www.nwwater.com/index.php/payment-options
Bucks County Water & Sewer Authority (BCWSA)	Provides assistance with manageable bill payment options	Telephone: (215)-343-2538 Website: https://bcwsa.net/bill-options
Federal Affordable Connectivity Program	A federal benefit program that helps ensure eligible low-income households can afford broadband internet service	Program Information Website: https://www.fcc.gov/acp Provider List (such as Xfinity, AT&T, Verizon, etc.): https://www.fcc.gov/affordable-connectivity-program-providers (Search under "Pennsylvania")
Low Income Home Energy Assistance Program ("LIHEAP")	Provides cash and crisis grants to low-income families who face difficulty paying their heating bills or are experiencing a heating emergency	LIHEAP Telephone: (866)-857-7095 or 610-272-1752 Program Brochure & Website to Apply: https://www.pa.gov/agencies/dhs/resources/liheap
Low Income Household Water Assistance Program ("LIHWAP")	A temporary emergency grant program available to help low-income families pay overdue water bills and avoid termination of water service	LIHWAP Telephone: (877)-395-8930 LIHWAP Program Website & Website to Apply: https://acf.gov/ocs/programs/lihwap
Your Way Home Emergency Rent & Utility Coalition (Montgomery County)	Individuals who can demonstrate risk of homelessness or housing instability may be eligible for assistance from YWH or partner agencies	Telephone: 2-1-1 Text your ZIP Code to 898-211 Website: https://yourwayhome.org/eruc

Medical Care & Assistance Programs

Organization	Services Offered	How to Contact
PA 211	Search health topics by ZIP Code to find and connect with local health-related resources	Telephone: 2-1-1 Text your ZIP Code to 898-211 Website: https://www.pa211.org/get-help/health/
PA Medical Assistance	Eligible individuals can apply for Medical Assistance ("Medicaid") to pay for physical health care, mental health, and/or substance abuse services.	Montgomery County Assistance Office Telephone: (877)-398-5571 (to discuss what programs or benefits might be available to you) Montgomery County Assistance Office Location: 1931 New Hope Street, Norristown, PA 19401-3191 Medical Assistance Program Information Website and to apply: https://www.dhs.pa.gov/Services/Assistance/Pages/Medical-Assistance.aspx
Montgomery County Mobile Crisis Support	No fee, mental health crisis intervention support available to all 24/7	Telephone: (855)-634-4673 Website: https://www.montcopa.org/2059/Mobile-Crisis

Lost Income / Unemployment Resources

Organization	Services Offered	How to Contact
PA CareerLink	Search for current employment listings, and explore benefits information, career training and apprenticeships, disability services, and unemployment information through partner agencies	Website: https://www.pacareerlink.pa.gov/jponline/
PA Office of Unemployment Compensation – Unemployment Compensation Program	Review eligibility and apply for Unemployment Compensation if you have lost your job through no fault of your own or if you are working less than your full-time hours.	Website: https://www.pa.gov/agencies/dli PA Unemployment Compensation Handbook: https://www.pa.gov/content/dam/copapwp-pagov/en/dli/documents/uc/unemployment%20compensation%20handbook_ucp-1.pdf

Crisis Resources & Hotlines

NOTE: 9-1-1 should be used in any situation that requires immediate assistance from the police, the fire department or an ambulance. If you are ever in doubt of whether a situation is an emergency, you should call 9-1-1. (See below for specialized crisis hotlines to be used when 9-1-1 is not the appropriate option.)

Organization	Services Offered	How to Contact
988 Suicide & Crisis Lifeline	Suicide Prevention Lifeline (24/7)	Telephone: 9-8-8 Website: https://988lifeline.org
Legal Aid of Southeastern PA	Legal Aid Hotline (Monday – Friday, 9am-1pm, or leave a message)	Telephone: (877)-429-5994 Website: https://www.lasp.org/ (to apply online 24/7))
Montgomery County Dept of Health & Human Services – Older Adult Protective Services	Elder Abuse Hotline (24/7)	Telephone: (800)-734-2020 Website: https://montcopa.org/2830/Older-Adult-Protective-Services
Montgomery County Dept of Health & Human Services – Child Protective Services	Child Abuse Hotline (24/7)	Telephone: (800)-932-0313 Website: https://www.montcopa.org/715/Child-Protective-Services Website to Report Suspicions of Child Abuse and Neglect: http://www.compass.state.pa.us/cwis
Montgomery County Dept of Health & Human Services - Mobile Crisis Support	Mental & Behavioral Health - Mobile Crisis Support Line (24/7)	Telephone: (855)-634-4673 Website: https://www.montcopa.org/2059/Mobile-Crisis
Montgomery County Dept of Health & Human Services – Suicide Prevention Task Force	Suicide Prevention – Peer Support Talkline (Monday – Sunday, 3pm-8pm)	Telephone: (855)-715-8255 Website: https://www.montcopa.org/1439/Suicide-Prevention-Task-Force
PA Dept of Drug & Alcohol Programs	Drug and Alcohol Hotline (24/7) * for assistance in finding a treatment provider or funding for addiction treatment)	Telephone: (800)-662-4357 (HELP) Website: https://drugabuse.com/alcohol/hotlines/
PA Office of Attorney General / Safe2Say Something Program	Youth Violence & School Safety Tip Line (24/7)	Telephone: (844)-723-2729 Website: https://www.safe2saypa.org/
US Dept of Veterans Affairs	Veterans Crisis Line (24/7)	Telephone: (800)-273-8255 Text 838255 Online Chat: https://www.veteranscrisisline.net/get-help-now/chat/ Website: https://www.veteranscrisisline.net/
Women's Center of Montgomery County	Domestic Violence Hotline (24/7)	Telephone: (800)-773-2424 Website: https://www.wcmontco.org/
Victim Services Center of Montgomery County, Inc.	Victims Services Crisis Line (for victims of crime and their loved ones) (24/7)	Telephone: (888)-521-0983 Website: www.victimservicescenter.org