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A BRIEF GUIDE TO FINDING LOCAL RESOURCES, PROGRAMS & SERVICES (*Updated 03/2017*) "9-1-1" - TO SAVE A LIFE OR STOP A CRIME

Contents of this section include how to access:

- Local Services for General Needs
- Alcohol or Substance Abuse Programs and Services
- Mental Health Services and Programs
- Older Adult Services and Programs
- Resources for Cancer Patients (Lodging, Financial, Other Support Services, Philoptochos Fact Sheets)
- Information on Autism Spectrum Disorders
- Domestic Violence / Intimate Partner Violence (Information and Philoptochos Materials)
- Protective Services (Adults, Children, Long Term Care)
- Homelessness, Hunger, Food Insecurity
- Burial Benefits for Veterans of the American Military
- Personal Financial Management / Budgeting

FINDING LOCAL SERVICES FOR GENERAL NEEDS:

- "3-1-1" / "6-1-1"
Many local jurisdictions have instituted a system through which people can obtain information about local programs and services. In many places, the dial-in number is "311" or "611". In some communities, this number is used to register complaints for housing issues (heat/hot water, etc.) power outages, potholes, etc.
 - If your town does not have such a system, contact the local United Way chapter, YM/YWCA, hospital social work department, or public school social worker for a list of local government and nonprofit agencies that provide services in and near your community.
- **Government Center of Your Town or County / Local Legislator's District Office:**
Many jurisdictions have a Social Services Office or Person at Borough Hall or Town Hall to assist in referring people to local programs. Also, many legislators, through their District Office assist as well. Some have printed Directories of Local Services specific to your town / county that lists government and nonprofit services for residents of all ages e.g. homecare, transportation, food pantries, shelters, etc.
 - Call or go to your local government center or legislator's District Office to ask if a directory or resource manual exists. Obtain copies for your own information and for persons seeking your help.

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FINDING ALCOHOL OR SUBSTANCE ABUSE PROGRAMS & SERVICES:

- **ALL AGES: SAMHSA LOCATOR *Substance Abuse and Mental Health Services Administration:***
 - You can search the on-line national databank of the **Substance Abuse and Mental Health Services Administration (SAMHSA)**, US Department of Health and Human Services for private and public alcohol and drug abuse treatment facilities that are licensed, certified, or otherwise approved for inclusion by their State substance abuse agency.
 - The SAMHSA LOCATOR can be accessed at:
<http://findtreatment.samhsa.gov/TreatmentLocator/faces/quickSearch.jspx>
- **ADOLESCENTS:**
 - **NIDA FOR TEENS: National Institute on Drug Abuse**
For information about adolescent alcohol & substance abuse go to <http://teens.drugabuse.gov/drug-facts>
 - Topics include Anabolic Steroids, Bath Salts, Brain and Addiction, Cocaine, Heroin, HIV/AIDS and Drug Abuse, Inhalants, Marijuana, MDMA (Ecstasy, Molly), Methamphetamine (Meth), Prescription /Drugs, Salvia, Spice, Tobacco, Other drugs, and 'Real Questions from Teens'
- **12-STEP SUPPORT GROUPS:**
 - **ALCOHOLICS ANONYMOUS (AA)**
From its website: ALCOHOLICS ANONYMOUS® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from

alcoholism. Following the Twelve Steps and Twelve Traditions of Alcoholics Anonymous, the only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

- To find out more about AA and to locate an AA meeting in your community: <http://www.aa.org/>
- **AL-ANON / ALATEEN**
 - **AL-ANON** - From its website: If you are troubled by someone's drinking or if you grew up with a problem drinker, or if your life has been affected by someone else's drinking, consider Al-Anon, a **mutual support group** of peers who share their experience in applying the Al-Anon principles to problems related to the effects of a problem drinker in their lives. It is not group therapy and is not led by a counselor or therapist. It complements and supports professional treatment.
 - **ALATEEN** is a peer support group for teens who are struggling with the effects of someone else's problem drinking. Many Alateen groups meet at the same time and location as an Al-Anon group. Alateen meetings are open only to teenagers.
 - To find out more about Al-Anon and Alateen and to locate meetings go to <http://www.al-anon.org/>
- **NARCOTICS ANONYMOUS (NA)**

Excerpted from its website: *Narcotics Anonymous is a global, community-based organization with a multi-lingual and multicultural membership. Founded in 1953, today NA members hold more than 58,000 meetings weekly in 131 countries offering recovery from the effects of addiction through working a twelve-step program, including group meetings that provide help from peers and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle.*

 - To find an NA meeting, go to: <http://www.na.org/>
- **FAMILIES ANONYMOUS** is a 12 Step fellowship for the families and friends who have known a feeling of desperation concerning the destructive behavior of someone very near to them, whether caused by drugs, alcohol, or related behavioral problems.
 - For more information: <http://familiesanonymous.org/>
- **OTHER 12 STEP PEER SUPPORT GROUPS:**

Focus on a person's specific drug of choice such as **cocaine, heroin, crystal meth, smoking (nicotine), marijuana, prescription drugs**, etc. and that address addiction issues of **gambling, overeating, sex, co-dependence, online gaming, debtors & more**.

 - A list of 'Official and Unofficial' 12 Step Organizations that use the 12 step approach to recovery can be found at: <http://12step.org/directory/recovery-groups/12-step-groups.php>

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FINDING MENTAL HEALTH SERVICES & PROGRAMS:

- **SAMHSA LOCATOR - Substance Abuse and Mental Health Services Administration** - also has created an on-line resource for locating mental health treatment facilities and programs.
 - You can search the online resource for public mental health facilities funded by a State mental health agency, another State agency or department; facilities administered by the Department of Veterans Affairs; private for-profit and non-profit mental health facilities licensed by the State or accredited by a national accreditation.
 - **THE LOCATOR FOR LOCAL MENTAL HEALTH TREATMENT SERVICES IS AT:**
<http://findtreatment.samhsa.gov/MHTreatmentLocator/faces/quickSearch.jspx>
- **SUICIDE PREVENTION LIFELINE: 1-800-273-TALK (8255)**

Toll-free number available 24 hours / day / every day that will connect persons in crisis or in need of help to the **NATIONAL SUICIDE PREVENTION LIFELINE**. It is a service of the National Institute of Mental Health (NIMH) and is available to anyone.

 - Calls to this hotline may be made by the person in crisis or by others concerned about a family member or friend. All calls are confidential. Online, the Suicide Prevention Lifeline can be reached at:
<http://www.suicidepreventionlifeline.org>
- **PHILOPTOCHOS PROGRAM ON MENTAL ILLNESS:** <http://www.philoptochos.org/socialservices/mi/>
"OUR COMMUNITY'S JOURNEY TO UNDERSTANDING, COMPASSION AND HOPE".
 - Summary of panel discussion presented at the 2014 Philoptochos Convention comprising a clinician, a family member and an Orthodox Christian member of the clergy, including responses to questions posed by audience members.

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FINDING OLDER ADULT SERVICES & PROGRAMS:

ELDERCARE LOCATOR: 1.800.677.1116 or <http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>

Find local resources, programs and services for older people and their families at the "Eldercare Locator" a public service of the Administration on Aging, United States Department of Health & Human Services (HHS).

- **PUBLIC BENEFITS & ENTITLEMENTS - Screening Tool for Persons 55+:**
 - **BENEFITS CHECK UP:** <http://www.benefitscheckup.org>.
Free service of National Council on Aging (NCOA), a nonprofit organization in Washington, DC.
Although there are over 2,000 federal, state and private benefits programs available to help adults over 55 pay for some basic needs, many don't know the programs exist or how to apply. There is an online screening tool to help people identify these programs - in the privacy of their own home, or with help from a trusted family member or friend.
 - **BenefitsCheckUp** asks a series of questions to help identify benefits that could save a person money and cover the costs of everyday expenses. After answering the questions, the person will get a printout created just for him/her that describes the programs s/he may get help from. The person can apply for many of the programs online or s/he can print an application form and mail it to the appropriate agency.
- **NATIONAL ACADEMY OF SOCIAL INSURANCE**
 - For information about issues of social insurance including Social Security, Medicare, Workers' Compensation and Disability, Unemployment Insurance and Long-Term Care, visit the website of the National Academy of Social Insurance at <http://www.nasi.org/learn>.
 - NASI is a nonprofit, nonpartisan organization made up of the nation's leading experts on social insurance. Its mission is to conduct research and advance solutions to challenges facing the nation by increasing public understanding of social insurance issues.

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RESOURCES FOR CANCER PATIENTS:

- **TEMPORARY HOUSING FOR CANCER PATIENTS:**
 - **HOPE LODGE:** AMERICAN CANCER SOCIETY
<http://www.cancer.org/treatment/supportprogramsservices/hopelodge/index>
Free, temporary housing for **ADULT** cancer patients and their families provided by the American Cancer Society in 31 locations throughout the USA
 - **HOTEL LODGING** - Arranged through the AMERICAN CANCER SOCIETY - For cancer patients of any age and their families
 - Go to: <http://www.cancer.org/treatment/supportprogramsservices/patientlodging/index>
 - Or call: 1-800-227-2345
 - **RONALD McDONALD HOUSE:** <http://www.rmhc.org/>
 - For **PEDIATRIC** cancer patients and their families. Local Chapters in 63 countries and regions with Ronald McDonald Houses, Family Rooms, and Care Mobiles.
 - RMH also offers grants to non-profit organizations that focus on the needs of children and scholarships to students in the USA.
 - To apply for a scholarship, register at:
<https://aim.applyists.net/Account/LogOn?ReturnUrl=%2fRMHC>
- **FINANCIAL ASSISTANCE, SUPPORT / COUNSELING / OTHER RESOURCES FOR CANCER PATIENTS:**
 - **CLEANING FOR A REASON:** <http://www.cleaningforareason.org/>
 - Free house cleaning service for women undergoing treatment for any type of cancer
 - **LIMITED FINANCIAL ASSISTANCE AND OTHER SUPPORT SERVICES -**
 - **NATIONAL PHILOPTOCHOS** - For Orthodox Christians in the United States regardless of immigration status. Call 212.977.7782 for eligibility and application forms
 - **CANCER CARE:** <http://www.cancercare.org/financial> (available nationwide)
 - For information about financial assistance from CancerCare - nationwide
 - **CANCER PATIENT SUPPORT FOUNDATION**
 - Go to: <http://cpspvt.org/our-program.html> for information about programs, eligibility and information about emergency funds.

- **LOOK GOOD FEEL BETTER**
www.lookgoodfeelbetter.org
 FAQs: <http://lookgoodfeelbetter.org/programs/frequently-asked-questions/#FAQs>.
 Dedicated to helping women cancer patients look their best during chemotherapy, radiation and other cancer treatments. Open to all women with cancer.
- **WIGS FOR CANCER PATIENTS: FREE AND LOW COST**
<https://breastcancerfreebies.com/wigs/>
 A woman's hair is an incredible form of self-expression, so hair loss can strike an especially crippling blow to those fighting cancer. A recent study revealed that nearly 60 percent of women consider hair loss the most dreaded side effect they face when undergoing chemotherapy.
 - **ASSISTANCE TO OBTAIN OTHER HEAD GEAR:**
<https://breastcancerfreebies.com/head-gear/>
- **AMERICAN CANCER SOCIETY "WIG BANK"** (also sells hats, turbans, etc.)
<https://www.google.com/#q=american+cancer+society+wigs+and+hats&>
- **FIND SUPPORT PROGRAMS AND SERVICES IN YOUR AREA** (AMERICAN CANCER SOCIETY)
<https://www.cancer.org/treatment/support-programs-and-services.html>
- **FOR ADDITIONAL RESOURCES** that may be available within your community, contact your local hospital social work department.
- **PHILOTOCHOS CANCER FACT SHEETS**
 - [Breast Cancer Fact Sheet](#)
 - [Ovarian Cancer Fact Sheet - English Version](#)
 - [Ovarian Cancer Fact Sheet - Greek Version](#)

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AUTISM SPECTRUM DISORDER (ASD)

- **DEFINITION:**
AUTISM OR AUTISM SPECTRUM DISORDER, refers to a range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication, as well as by unique strengths and differences. We now know that there is not one autism but many types, caused by different combinations of genetic and environmental influences. The term "spectrum" reflects the wide variation in challenges and strengths possessed by each person with autism. Autism's most-obvious signs tend to appear between 2 and 3 years of age. In some cases, it can be diagnosed as early as 18 months. Some developmental delays associated with autism can be identified and addressed even earlier. In 2013, the American Psychiatric Association merged four previously distinct diagnoses into one umbrella diagnosis of autism spectrum disorder (ASD). These included autistic disorder, childhood disintegrative disorder, pervasive developmental disorder-not otherwise specified (PDD-NOS) and Asperger syndrome.
- **AUTISM SPEAKS**
 1 East 33rd Street, 4th Floor (headquarters)
 New York, NY 10016
 Phone: (212) 252-8584
LOCATIONS THROUGHOUT THE USA: <https://www.autismspeaks.org/about-us/contact-us>
 - **AUTISM SPEAKS** is dedicated to advancing research into causes and better treatments for autism spectrum disorders and related conditions both through direct funding and collaboration; increasing understanding and acceptance of autism spectrum disorders; and working toward solutions for the needs of individuals with autism and their families across the spectrum and lifespan through advocacy and support.
 - **The AUTISM RESPONSE TEAM (ART)** connects people with autism, their families, and caregivers to information, tools, and resources. Contact the ART at 888.288.4762 or by email at familyservices@autismspeaks.org
 - Autism Speaks urges parents with concerns to seek evaluation without delay, as early intervention can improve outcomes. Find local resources for such an evaluation at:
<https://www.autismspeaks.org/what-autism/from-first-concern-to-action/get-child-screened>

- STATE-BY-STATE GUIDE TO LOCAL RESOURCES
<https://www.autismspeaks.org/family-services/resource-guide>
- [Effects of Autism on the Disabled Child's Siblings: Washington Post 09.03.2012](#)

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DOMESTIC VIOLENCE / INTIMATE PARTNER ABUSE – FINDING LOCAL SERVICES AND RESOURCES:

CALL 9-1-1 OR THE LOCAL POLICE IN SITUATIONS OF IMMINENT OR LIFE-THREATENING DANGER FOR IMMEDIATE HELP.
24/7 HOTLINE: 1.800.799.SAFE (7223)

Intimate partner abuse occurs in all segments of society regardless of gender, age, religion, race, ethnic heritage, family composition, economic status or income, sexual preference, educational level, or health status. While the vast majority of victims are women, men are victims of intimate partner abuse, as are partners in same-sex relationships.

- **24/7 HOTLINE: THE NATIONAL DOMESTIC VIOLENCE HOTLINE**
National Domestic Violence Hotline
PO Box 161810
Austin, Texas 78716
Headquarters Office: 1.512.453.8117
Hotline: 1-800-799-SAFE (7223)
TTY: 1-800-787-3224
<http://www.thehotline.org/>
***Safety Alert:** Computer use can be monitored and is impossible to completely clear. If you recommend to someone that she access the hotline via the internet, let her know that her internet usage might be monitored. Inform her that she can also reach the National Domestic Violence Hotline by telephone at 1.800.799.7233.*
- **THE NATIONAL DOMESTIC VIOLENCE HOTLINE** is staffed 24 hours /day, 7 days per week, by highly trained expert advocates who are available to talk confidentially with anyone experiencing domestic violence, seeking resources or information, or who may be questioning unhealthy aspects of their relationship. Please post the hotline number 1.800.799.7233 in the women’s bathroom(s) of your church.
- **STATE COALITIONS AGAINST DOMESTIC VIOLENCE:**
 - Please post the contact information for your own State’s Coalition Against Domestic Violence. It can be found at The National Coalition Against Domestic Violence website:
<http://www.ncadv.org/resources/StateCoalitionList.php>
- **DOMESTIC VIOLENCE LITERATURE FROM NATIONAL PHILOPTOCHOS SOCIAL SERVICES**
(To obtain copies, call 212.977.7782, or email PauletteG@philoptochos.org).
 - **ORTHODOX OBSERVER ARTICLE - OCTOBER, 2016**
[DOMESTIC VIOLENCE: POWER & CONTROL OVER VICTIM](#)
 - **“IT’S NOT LOVE IF YOUR PARTNER . . . “**
 - A one-page flyer and two-sided ‘postcard’ to help women identify abuse and decide what they would like to do. *(Please call 212.977.7782 for multiple copies)*
 - Post the flyer and place multiple copies of the postcard in the women’s rooms of your church so that women who have questions about their relationship, or who are or may be abused can safely read and access the information and contact numbers for help.
 - **PowerPoint on “DOMESTIC VIOLENCE: IDENTIFYING & RESPONDING TO INTIMATE PARTNER ABUSE IN THE ORTHODOX CHRISTIAN COMMUNITY”** – Summary of Webinar presented for Center for Family Care in February 2015
http://www.philoptochos.org/assets/files/socialservices/2016/DV_PPT_PRESENTATION.pdf
 - **FACT SHEETS HANDOUTS** (Call 212.977.7782 for multiple copies of the following)
 - “Does Your Partner...?” (In Greek and English)
 - Developing a Personalized Safety Plan (In Greek and English)
 - Power & Control Wheel
 - Teen Dating Relationship Equality Wheel
 - What to Say to a Woman You Think is Being Abused
 - What to Do if a Woman Confides in You
 - Talking to Your Children About Violent Events

- **TEEN AND COLLEGE DATING VIOLENCE / SEXUAL ASSAULT:**
 - **THE NATIONAL DATING ABUSE HELPLINE** offers immediate and confidential support. To contact the Helpline, call 1-866-331-9474, text “loveis” to 22522, or visit www.LoveIsRespect.org
 - **NATIONAL SEXUAL ASSAULT HOTLINE - 1.800.656.HOPE**
 - More information can be found at:
 - <https://www.breakthecycle.org/college-dating-violence-and-abuse-poll>
 - <http://www.ed.gov/blog/2014/04/teen-dating-violence-and-sexual-assault-in-schools-resources-and-a-call-to-action/>
- **LGBTQ ABUSE:** <http://www.thehotline.org/is-this-abuse/lgbt-abuse/>

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PROTECTIVE SERVICES (CHILDREN / ADULTS / OLDER ADULTS)

CALL 911 OR THE LOCAL POLICE FOR IMMEDIATE HELP IN IMMINENT SITUATIONS OF SERIOUS, LIFE-THREATENING DANGER.

- **FOR CHILDREN:**
 - **FOR SUSPECTED ABUSE, NEGLECT OR EXPLOITATION OF CHILDREN**
Each State has a system to receive and respond to reports of possible child abuse and neglect. Concerned citizens and professionals can call statewide hotlines, local child protective services, or law enforcement agencies to share their concerns. Reporting suspected or actual abuse or neglect can protect a child and get help for a family – it may even save a child's life. Certain professionals are mandated to report e.g. social workers, school administrators, teachers, other school personnel, medical and mental health providers.
 - **THE CHILDEHELP NATIONAL CHILD ABUSE HOTLINE 1-800-4-A-CHILD (1-800-422-4453)** is dedicated to the prevention of child abuse. Serving the United States, its territories, and Canada, the Hotline is staffed **24 hours a day, 7 days a week** with professional crisis counselors who, through interpreters, can provide assistance in 170 languages. The Hotline offers crisis intervention, information, literature, and referrals to thousands of emergency, social service, and support resources. **All calls are confidential.**
 - To learn your State's laws regarding reporting and responding to child abuse and neglect, go to the Administration of Children's Services, US Department of Health & Human Services at: https://www.childwelfare.gov/systemwide/laws_policies/state/can/reporting.cfm
- **FOR ADULTS, PHYSICALLY &/or DEVELOPMENTALLY DISABLED INDIVIDUALS**
 - There are **ADULT PROTECTIVE SERVICE (APS)** agencies all over the nation, and more than likely there is one near your community. Issues, concerns or questions about someone you believe is being abused, neglected, financially exploited, or otherwise unsafe or poorly treated, can be referred to an APS office near you so that professionals can evaluate the situation. Calls are always confidential.
 - To locate the APS agency near you, go to the website of the National Adult Protective Services Association: <http://www.napsa-now.org/get-help/help-in-your-area/>
 - The APS map of the United States is designed to provide easy access to information on reporting suspected abuse nationwide. You will be asked to select the state for which you wish to obtain information. You will be provided with contact information for both APS and long-term care ombudsman's agencies in your area. Many states also host 24-hour-a-day hotlines to accept reports of abuse or neglect.
- **FOR PERSONS WHO ARE OR MAY BE VICTIMS OF ELDER ABUSE:**
 - **THE NATIONAL CENTER ON ELDER ABUSE** of the Administration on Aging (AoA), US Department of Health and Human Services has an online resource that provides state reporting numbers, government agencies, state laws, state-specific data and statistics, and other resources.
 - It can be accessed at: http://ncea.aoa.gov/Stop_Abuse/Get_Help/State/index.aspx
 - You also can use the **ELDERCARE LOCATOR** on weekdays for state specific information at: <http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx> or by phone at: 1-800-677-1116
 - National Philoptochos has developed a **“FACT SHEET ON ELDER ABUSE”** that provides information about who is at risk, who the abusers are, the types of elder abuse and neglect including physical, emotional, financial, self-neglect, abandonment and more. Call 212.977.7782 to obtain copies that you can post and distribute locally.

- **FOR PERSONS IN NURSING HOMES, BOARD & CARE HOMES, ASSISTED LIVING FACILITIES:**
 - **LONG TERM CARE OMBUDS PROGRAM**
Administered by the Administration on Aging (AoA), long-term care ombudspersons are advocates for residents of nursing homes, board and care homes and assisted living facilities. They can help find a facility, how to get quality care, are trained to resolve problems and can assist with complaints. You must give the ombudsperson permission to share your concerns or these matters are kept confidential.
 - The federal Older Americans Act requires every state to have an Ombudspersons Program that addresses complaints and advocates for improvements in the long-term care system.
 - For more information, go to the website of the *National Long Term Care Ombuds Resource Center* at: <http://www.ltombudsman.org/about-ombudsmen>
 - To find a local program, use the eldercare locator: <http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>

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FINDING SERVICES TO ADDRESS HOMELESSNESS / FOOD INSECURITY

- **NATIONAL COALITION FOR THE HOMELESS**
<http://nationalhomeless.org>
From its website: The National Coalition for the Homeless is a national network of people who are committed to preventing and ending homelessness while ensuring the immediate needs of those experiencing homelessness are met and their civil rights protected.
- **INTERACTIVE STATE-BY-STATE MAP OF FOOD PANTRIES:**
<http://www.foodpantries.org/>
 - For more information about programs regarding homeless prevention and homeless services (individuals and families), food pantries, soup kitchens, drop-in centers, shower and clothing resources specific to your community, contact your local department of social services or if available, call 3-1-1 or 6-1-1.
- **PHILOPTOCHOS ‘FEEDING THE HUNGRY’ EFFORTS**
 - Contact your local chapter and/or Metropolis Philoptochos to find out where local meal programs are being held and for whom. Get information about how to participate or how to start your own local “feed”.

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BURIAL BENEFITS FOR VETERANS OF THE AMERICAN MILITARY

- Burial Benefits for Veterans of the American Armed Forces
http://www.cem.va.gov/burial_benefits/
 - Frequently Asked Questions: <http://www.cem.va.gov/faq.asp>

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PERSONAL FINANCIAL MANAGEMENT / BUDGETING

The **NATIONAL FOUNDATION FOR CREDIT COUNSELING (NFCC)**

- Founded in 1951, is the nation’s largest and longest-serving **nonprofit financial counseling organization**. Its member agencies provide financial reviews, education and comprehensive money management services over the phone, or online based on individual needs. Free and affordable services include credit and debt counseling; bankruptcy counseling; housing counseling; reverse mortgage counseling; student loan debt counseling; debt management plans; credit report reviews and financial education. In addition, as one third of its members are community based agencies, they can assist with other social service needs as well.

TO LOCATE AN NFCC AGENCY NEAR YOU:

- To locate an agency online: <https://www.nfcc.org/agency-locator/>
- To connect with an NFCC Certified Consumer Credit Counselor by phone: 1.800.388.2227

We have tried to be as accurate as possible in preparing this document and hope the information is presented in a clear, user-friendly and helpful manner. If you have suggestions about how we can improve this document or if you have found errors in contact information, please contact Paulette Geanacopoulos at 212.977.7782 or by email at PauletteG@philoptochos.org.

THANK YOU FOR ALL THAT YOU DO!