

Ohio Community Guide

Helping You Connect with Trusted Community Resources

Prepared by I&R CARES

Disclaimer

This guide is provided by I&R CARES to help individuals, families, veterans, and community partners find helpful resources throughout Ohio. The information is intended for educational purposes only. Programs, eligibility requirements, office hours, and services may change over time. Please contact each organization directly to verify current information before applying or visiting.

If you are experiencing an emergency, call **911**. For mental health or emotional crisis support, call or text **988**.

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Welcome

Finding the right support can feel overwhelming, especially during difficult times. Whether you're looking for housing, healthcare, employment, food assistance, or other community services, knowing where to start can make a big difference.

This guide brings together trusted organizations that provide essential services across Ohio. We hope it helps you find the support you need and encourages you to reach out when assistance is available.

Housing Assistance

Safe and stable housing is an important step toward independence and long-term success. The organizations below provide housing information, rental assistance, and affordable housing resources.

Ohio Housing Finance Agency (OHFA)

The Ohio Housing Finance Agency offers affordable housing programs, homebuyer assistance, rental resources, and housing information for eligible Ohio residents.

Website: <https://www.ohiohome.org>

Phone: (888) 362-6432

U.S. Department of Housing and Urban Development (HUD) – Ohio

HUD provides information about affordable housing, public housing authorities, housing counseling, rental assistance, and tenant rights.

Website: <https://www.hud.gov/states/ohio>

Phone: (800) 955-2232

Veteran Resources

Veterans, active-duty service members, and their families have access to programs that support healthcare, housing, education, and financial stability.

U.S. Department of Veterans Affairs (VA)

The VA provides healthcare, disability benefits, education programs, home loans, caregiver support, and housing assistance for eligible veterans.

Website: <https://www.va.gov>

Phone: (800) 827-1000

Ohio Department of Veterans Services (ODVS)

ODVS helps veterans connect with state benefits, county veterans service offices, education programs, and other support resources throughout Ohio.

Website: <https://dvs.ohio.gov>

Phone: (614) 644-0898

Disabled American Veterans (DAV)

DAV provides free help with VA benefit claims, transportation programs, employment resources, and advocacy for veterans and their families.

Website: <https://www.dav.org>

Phone: (877) 426-2838

Food Assistance

Nutritious food is essential for good health. These organizations help individuals and families access food assistance programs across Ohio.

Ohio Association of Foodbanks

The Ohio Association of Foodbanks connects individuals with local food pantries, meal programs, and emergency food assistance throughout the state.

Website: <https://ohiofoodbanks.org>

Phone: (614) 221-4336

Healthcare Services

Access to healthcare supports overall health and well-being. Community health centers provide affordable medical services for individuals and families.

Ohio Association of Community Health Centers (OACHC)

OACHC helps individuals find community health centers offering primary care, dental services, behavioral healthcare, and preventive care.

Website: <https://www.oachc.org>

Phone: (614) 884-3101

Mental Health Support

Mental health is an important part of overall wellness. Support is available for individuals, families, and caregivers seeking information or treatment.

NAMI Ohio

NAMI Ohio offers mental health education, family support, advocacy, and community resources across the state.

Website: <https://namiohio.org>

Phone: (614) 224-2700

Ohio Department of Mental Health & Addiction Services (OhioMHAS)

OhioMHAS provides information about mental health services, addiction treatment, prevention programs, and recovery resources.

Website: <https://mha.ohio.gov>

Phone: (614) 466-2596

Employment Resources

Finding meaningful employment can improve financial stability and independence. These organizations provide career support and workforce development services.

OhioMeansJobs

OhioMeansJobs offers job search tools, career planning, resume assistance, interview preparation, training programs, and workforce resources.

Website: <https://ohiomeansjobs.ohio.gov>

Phone: (888) 296-7541

Opportunities for Ohioans with Disabilities (OOD)

OOD helps Ohioans with disabilities prepare for, find, and maintain employment while promoting independent living.

Website: <https://ood.ohio.gov>

Phone: (800) 282-4536

Community Support

Many everyday challenges can be addressed through local community programs. These services can connect you with housing, food, financial assistance, childcare, transportation, and more.

Ohio 2-1-1

Ohio 2-1-1 connects individuals with local organizations that provide community services and emergency assistance.

Website: <https://211oh.org>

Phone: Dial 211

Crisis & Emergency Resources

If you or someone you know needs immediate help, these national resources are available 24 hours a day.

988 Suicide & Crisis Lifeline

Provides free, confidential support for anyone experiencing emotional distress, mental health concerns, or suicidal thoughts.

Website: <https://988lifeline.org>

Phone: Call or Text **988**

Veterans Crisis Line

Confidential crisis support for veterans, service members, National Guard, Reserve members, and their families.

Website: <https://www.veteranscrisisline.net>

Phone: Call **988**, then Press **1**

Text: 838255

National Domestic Violence Hotline

Provides confidential support, safety planning, and resources for individuals experiencing domestic violence.

Website: <https://www.thehotline.org>

Phone: 1-800-799-7233

SAMHSA National Helpline

Provides free, confidential treatment referrals and information for individuals and families facing mental health or substance use challenges.

Website: <https://www.samhsa.gov>

Phone: 1-800-662-4357

Important Documents Checklist

Keep copies of important documents in a safe and accessible location.

- Government-issued photo ID
 - Social Security card
 - Birth certificate
 - Health insurance card
 - Veteran identification or DD Form 214 (if applicable)
 - Proof of income
 - Current medication list
 - Medical records
 - Emergency contact information
 - Housing or lease documents
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Helpful Tips

- Keep a list of important phone numbers in your phone and on paper.
 - Bring identification and any requested documents to appointments.
 - Ask questions if you do not understand a program or application.
 - Save copies of forms, applications, and important letters.
 - Update organizations if your phone number or address changes.
 - Reach out early if you need assistance—many programs have waiting lists.
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About I&R CARES

I&R CARES is dedicated to helping individuals, veterans, and families build stable futures through supportive housing, community partnerships, and access to essential resources. Our mission is to provide safe housing, encourage independence, and connect people with services that strengthen lives and communities across Ohio.

For more information about our programs and services, please contact I&R CARES or visit our website.