

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 (Aqua Helping Hand)					X		
Bucks County Water & Sewer Authority (BCWSA)					X		
Chelten Seeds of Hope	X						
Cradle of Hope		X					
Domestic Violence Hotline: (800)-773-2424		X				X	
Drug & Alcohol Hotline: (800)-662-4357				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 Department of Human Services	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	
UD Parks & Rec and UD Youth Sports - scholarships	-----	-----	-----	-----	-----	-----	-----
Veterans Crisis Line: (800)-273-8255				X			X
Weaver's Way Coop - Food for All Program	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*

R2 3-3-24

General Resources for Families & 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 & more	Telephone: 2-1-1 Text your ZIP Code to 898-211 Website: www.pa211.org
Pennsylvania Dept of Human Services	State-level programs & resources for Pennsylvanians in need.	Telephone: (800) 692-7462 "Help for Pennsylvanians in Need" Brochure: https://www.montcopa.org/DocumentCenter/View/22105/Help-for-Pennsylvanians-in-Need?bidId= Website: www.dhs.state.pa.us
Montgomery County Dept of Health & Human Services	Find information about County & State benefits, children & families, senior services, veterans' needs, LGBTQ+ resources & 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 & apply for state & county benefits such as SNAP, Medical Assistance, LIHEAP, LIWHAP, family planning, child care help, school meals, housing & more	Telephone: (877) 398-5571 Office Location: 1931 New Hope Street, Norristown, PA 19401-3191 To apply: http://www.compass.state.pa.us/
Upper Dublin Parks & Recreation Upper Dublin Youth Sports - SCHOLARSHIPS	Reduced costs for participation. Assistance varies by organization.	UD Parks & Recreation (UDP&R) – all camps, programs, event UD Aquatic Club (UDAC) – swimming, diving, water polo UD Jr. Athletic Association (UDJAA) – baseball/softball/T-ball, basketball, field hockey, cheerleading & volleyball UD Soccer Club (UDSC) – recreational & travel soccer UD Youth Football Club (UDYFC) – youth football UD Lacrosse Club (UDLC) for Boys / UD Lacrosse Club for Girls - lacrosse
Victim Services Center of Montgomery County, Inc.	Free & confidential support services for victims of crime & their loved ones, including counseling, accompaniment, victim advocacy & 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, & 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 & case management available for local community members in need	Telephone: (215) 628-3002 Food Pantry Location: 212 Girard Avenue, North Hills, PA 19038 Website: www.community-cupboard.org
Chelten Seeds of Hope (Dresher) *ZIP Codes served: 19001, 19002, 19006, 19025, 19027, 19031, 19034, 19038, 19040, 19044, 19046, 19075, 19090, 19095	Food pantry for local community members in need	Telephone: (215) 646-5588 Food Pantry Location: 1601 N. Limekiln Pike, Dresher, PA 19025 Website: https://chelten.org/food-pantry
Willow Grove Baptist Church Food & Clothing Pantry (Willow Grove) *Serves all ZIP Codes	Food pantry, clothing closet, referrals to addiction, learning, personal finance & 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 & support services for county families experiencing poverty &/or homelessness	Telephone: (267) 318-0607 (Food Pantry) Food Pantry Location: 2801 Woodland Rd, 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, & period supplies for individuals & 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/
Weavers Way Coop (Ambler Mt. Airy Chestnut Hill Germantown location opening soon)	"Food for All" Program – Must be a Coop member to enroll. Those qualified can join the Coop at a reduced membership fee of \$5/year (reg. rate is \$30/year) & receive a 15% discount on most products in-store.	Telephone: (215) 843-2350 ext. 119 (Membership Manager) Local Store: 217 E. Butler Ave., Ambler, PA 19002 8:00a-8:00p daily Website: https://weaversway.coop/articles/food-for-all for more information & application.

Housing & Shelter Programs		
Organization	Services Offered	How to Contact
Your Way Home (Montgomery County)	Emergency, transitional, & supportive housing programs for Montgomery County residents, plus referrals to community services, rent & utility assistance programs NOTE: Calls to 2-1-1 related to homelessness will be transferred > Community Connections	Telephone: 2-1-1 OR (866) 964-7925 Text your ZIP Code to 898-211 Website: https://yourwayhome.org/ Website: www.211sepa.org
Montgomery County Dept of Health & Human Services – Office on Housing & Community Development	Links to community services related to homelessness, housing & housing resources NOTE: Call Center opened 2/1/2024	Call Center: (610) 278-3522 7:00am – 7:00pm Monday thru Friday Will be operated by Community Connections Website: https://www.montcopa.org/2919/Housing
Family Promise MontCoPA (Montgomery County)	Emergency food relief, housing programs, case management & support services for county families experiencing poverty &/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 & 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 & support services for single mothers (age 18+) & 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* & 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 & 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 & home goods for purchase	Telephone: (215) 886-8619 Thrift Shop Location: 800 N. Easton Road, Glenside, PA 19038 Website: http://www.newlifethriftinc.org/merch&ise/
Women's Center of Montgomery County Second Chances Thrift Shoppe (Jenkintown)	Non-profit thrift store offering clothing, shoes & 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, & blankets available for men, women & 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 & 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	Aqua "Helping Hand" is a low-income assistance program designed to help customers make manageable monthly payments	Telephone: (800) 360-2998 (ask for "Aqua Helping Hand") Website: https://www.aquaamerica.com/our-states/pennsylvania/helping-hand.aspx
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://www.bcwsa.net/financial-assistance-programs/
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 & crisis grants to low-income families who face difficulty paying their heating bills or are experiencing a heating emergency	LIHEAP Telephone: (866) 857-7095 Program Brochure: https://www.peco.com/SiteCollectionDocuments/LIHEAP_Brochure_English_Sept82021.pdf Website to Apply: http://www.compass.state.pa.us/
Low Income Household Water Assistance Program ("LIHWAP")	A temporary emergency grant program available to help low-income families pay overdue water bills & avoid termination of water service	LIHWAP Telephone: (877) 395-8930 LIHWAP Program Website: https://www.dhs.pa.gov/Services/Assistance/Pages/LIHWAP.aspx Website to Apply: http://www.compass.state.pa.us/
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 & 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 &/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: https://www.dhs.pa.gov/Services/Assistance/Pages/Medical-Assistance.aspx To apply: http://www.compass.state.pa.us/
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 & explore benefits information, career training & apprenticeships, disability services & unemployment information through partner agencies	Website: https://www.pacareerlink.pa.gov/jponline/
PA Office of Unemployment Compensation – Unemployment Compensation Program	Review eligibility & 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.uc.pa.gov/unemployment-benefits/Pages/default.aspx PA Unemployment Compensation Handbook: https://www.uc.pa.gov/unemployment-benefits/handbook/Pages/default.aspx

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 & 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 & Alcohol Hotline (24/7) * for assistance in finding a treatment provider or funding for addiction treatment)	Telephone: (800) 662-4357 Website: https://apps.ddap.pa.gov/GetHelpNow/
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 & their loved ones) (24/7)	Telephone: (888)-521-0983 Website: www.victimservicescenter.org