

FINDING SUPPORT IN YOUR COMMUNITY

Every one of us needs help to make ends meet, and when you are in college you deserve support. There are many programs, benefits and supports in your community that can help you succeed and be supported in higher education. Here are a few to consider:

1 See if you are eligible for food stamps. You can apply here: <https://bit.ly/FoodStampsApp>

2 Find out if there are any food banks where your school is located. You can get more information here: <https://bit.ly/FoodPantryInfo>

3 If you are pregnant or have children, see if you are eligible for TANF and WIC.
TANF: <https://bit.ly/CompassApps>
WIC: <https://bit.ly/WICApply>

4 If you are parenting, see if you are eligible for subsidized child care. You can find more about child care subsidies here: <https://bit.ly/CompassApps>

5 Make sure you are enrolled in Medicaid as a former foster youth or under another category and identify treatment providers in the community where your school is located. Apply for Medicaid here: <https://bit.ly/CompassApps>

6 Find low-cost and no-cost health centers by looking here or calling at: 1-866-944-2273.

7 Contact the Mental Health Association of Pennsylvania's Behavioral Health Navigators to get help finding low cost mental health services: 1-866-578-3659