

This page offers links to FREE resources designed to support Kansans in various areas, including food assistance, medical care, cash aid, mental health and addiction services, child care, housing and utility support, and job search assistance.



Food Assistance

Harvesters Community Food Network

Harvesters is a regional food bank serving a 27-county area of northwest Missouri and northeast Kansas. Harvesters distributes food and resources through a network of more than 900 partner agencies and programs such as food pantries, kitchens, emergency shelters and day programs that serve families, kids and seniors. Food is available on a first-come, first-served basis at drive-thru pickups and food pantries, and hot meals are served at some locations. Some locations provide services outside work hours and on weekends. Visit www.harvesters.org or call (877) 353-6639.

Supplemental Nutrition Assistance Program (SNAP)

Formerly known as food stamps, this program provides qualifying low-income households with benefits to buy food, child care, education/job skills training, books and supplies, tools and/or uniforms, and personal items such as eyeglasses and dentures. Apply online at www.dcf.ks.gov/services/ees/pages/food/foodassistance.aspx. Harvester's SNAP outreach program can provide application assistance. Call (877) 653-9522 or visit www.harvesters.org/Get-Help/Snap for help.

The Emergency Food Assistance Program (TEFAP)

TEFAP provides free food to low-income households throughout Kansas. TEFAP food is shipped throughout the year to participating organizations for distribution. To find your county's distributing organization and food distribution site, visit: www.dcf.ks.gov/services/ees/Documents/Food_Distribution_Programs/TEFAP%20Distribution%20Sites%20by%20County.pdf

Women, Infant and Children (WIC)

The WIC program provides nutrition and health education, funds to buy healthy food, breastfeeding support, meal planning and more to qualifying women that are either pregnant or have a child between the ages of 0 and five. Apply through your county's health department. Visit www.kansaswic.org/families/WIC_county_map.html.

The Kansas Food Bank Collaborative

The Kansas Food Bank Collaborative provides comprehensive and compassionate HungerCare whenever and wherever it is needed to safeguard the health, well-being and productivity of food-insecure Kansas families and their children, as well as senior citizens, the homeless and the chronically ill and impoverished among us. Learn more at www.kansasfoodbank.org/gethelp/.



Food Assistance for Older Adults

Meals on Wheels

Meals on Wheels provides meal deliveries for seniors. Visit www.mealsonwheelsamerica.org/find-meals to find a local provider.

Commodity Supplemental Food Program (CSFP)

Distributes monthly food packages to persons 60 years or older with income less than 130% of the Federal Poverty Level. To apply to receive a food package through one of the regional administering organizations, visit www.dcf.ks.gov/services/ees/Pages/USDA-Commodity-Programs/CSFP/CSFP-FAQs.aspx

Nutrition Services for Older Adults

Free meals are available for persons 60 years or older through the Older Americans Act. For information on how to access these meals in your area, call the Aging and Disability Resource Center at (855) 200-2372 or visit www.eldercare.acl.gov/Public/Index.aspx.



Medical Care

KanCare

KanCare provides health coverage for qualifying families and children, pregnant women, as well as elderly and persons with disabilities. For more information visit www.kancare.ks.gov.

FreeClinics.com

Search for clinics that offer services for free or at a reduced rate. www.freeclinics.com



Cash Assistance

Temporary Assistance for Needy Families (TANF)

The TANF: Successful Families Program offers low-income families with children cash assistance to provide for their basic needs. Educational and employment services are available. Visit <https://www.dcf.ks.gov/services/ees/pages/cash/tanf.aspx>.

Unemployment Insurance (UI)

Unemployment Insurance is a federally funded state program that helps Kansas workers who lose their jobs through no fault of their own by providing money while they search for a new job, if they meet certain state rules. Learn how to apply for unemployment benefits at www.dol.ks.gov.



Mental Health and Addiction

988 Suicide & Crisis Lifeline

If you or someone you know is having thoughts of suicide or experiencing a mental health crisis, contact the 988 Suicide & Crisis Lifeline to get the help of a trained professional. The 988 Lifeline provides free, confidential 24/7 support for people in distress. Call or text 988, or visit <https://988lifeline.org>. Talking with someone can help save your life.

Valeo Behavioral Health Care

Valeo provides services to anyone who lives, works or resides in Kansas. Valeo is licensed as a community mental health center, and is certified as a substance use disorders treatment facility. Visit www.valeotopeka.org or call (785) 233-1730 to learn more about available services. Individuals in crisis can call the 24-Hour Crisis Line at (785) 234-3300.

Family Service & Guidance Center

The Family Service & Guidance Center provides mental health services and support for children and families. Crisis services are available for mental health emergencies 24/7 by calling (785) 232-5005. Visit www.fsgctopeka.com for more information.

Alcoholics Anonymous - Area 25 Kansas

Alcoholics Anonymous (A.A) has been helping alcoholics recover for more than 80 years. A.A. meetings are free and are available almost everywhere. There are no age or education requirements to participate. Membership is open to anyone who wants to do something about their drinking problem. Find a meeting near you at www.ks-aa.org.

National Alliance on Mental Illness (NAMI)

The National Alliance on Mental Illness (NAMI) of Kansas is an organization of families, friends and individuals whose lives have been affected by mental illness. NAMI can connect you with local resources, services and support. Learn more at www.namikansas.org/resources. Check out the guide to Navigating a Mental Health Crisis at <https://www.nami.org/wp-content/uploads/2023/07/Navigating-A-Mental-Health-Crisis.pdf>

Developing Caring Communities Committed to Action (DCCCA)

DCCCA offers residential and outpatient treatment therapy services for adults seeking substance use or mental health treatment. Prevention services focus on substance abuse prevention, mental health promotion, suicide prevention, and problem gambling prevention. It also provides free Narcan (naloxone) nasal spray, fentanyl test strips and training to Kansas residents and community organizations. For more information, visit www.dccca.org.



Child Care Assistance

Child Care Assistance Program

The Kansas Department for Children and Families (DCF) administers Child Care Assistance, which is available for qualifying families who need help paying for child care costs. www.childcareinkansas.com/families2/financial-assistance.

Child Care Aware

Child Care Aware provides a list of resource and referral agencies that support providers and families searching for child care. Find a provider near you at <https://ks.childcareaware.org/>.



Housing Assistance

Kansas Housing Corporation

The Kansas Housing Corporation helps Kansans access safe, affordable housing. Find information on emergency housing and tenant based rental assistance at <https://kshousingcorp.org/>.

Section 8 Voucher Assistance Programs

These programs assist very low-income families, the elderly, and the disabled to afford decent, safe, and sanitary housing. Apply at www.hud.gov.

Tenant Based Rental Assistance

Rental assistance, deposit and utility deposit assistance through grantees is available. Visit www.kshousingcorp.org/renters/tenant-based-rental-assistance for information.

Rental Housing in East Central Kansas

The East Central Kansas Economic Opportunity Corporation (ECKAN) provides affordable rental housing for low-income tenants in Emporia, Ottawa, Osawatomie, Paola, Waverly and LeRoy. Learn more at www.eckan.org/services/rental-housing.



Utility Assistance

Kansas Low Income Energy Assistance Program (LIEAP)

LIEAP is a federally funded program that helps eligible households pay a portion of their home energy costs by providing a one-time per year benefit. Visit www.dcf.ks.gov/services/ees/Pages/EnergyAssistance.aspx.

Utility Related Assistance Programs by Area

This site offers a state-wide resource guide for organizations offering financial assistance to help pay utility bills or upgrade homes to be more energy efficient. Learn more at www.kcc.ks.gov/public-affairs-and-consumer-protection/utility-weatherization-related-assistance-programs.

Home Weatherization Program

This program reduces energy costs and improves comfort for income qualified households by increasing the energy efficiency of their homes, while ensuring their health and safety. Visit www.kshousingcorp.org/homeowners/weatherization-assistance.



Career and Job Search Assistance

KANSASWORKS

Kansans looking for work or exploring new career opportunities can take advantage of the workforce services provided by KANSASWORKS, which has offices and dedicated staff across the state. Services include help with the job search process, assistance crafting effective resumes, tips for negotiating salaries, training opportunities and more. Visit www.kansasworks.com.

Not sure where to start?

Call 211 or visit <https://211.kansas.myresourcedirectory.com/> to be connected to expert, caring help.

Call 211



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