

EMERGENCY RESOURCE CHECKLIST

Your Quick-Access Survival Guide

Print this out. Save it on your phone. Share with everyone you know.



IMMEDIATE CRISIS NUMBERS

- ☐ **Food Emergency:** 1-800-5-HUNGRY (WhyHunger Hotline)
- ☐ **Housing Crisis:** 211 (call or text)
- ☐ **Mental Health Crisis:** 988 (Suicide & Crisis Lifeline)
- ☐ **Domestic Violence:** 1-800-799-7233
- ☐ **General Resources:** 211 (available 24/7)

FOOD RESOURCES - ACT NOW

This Week:

- ☐ Locate nearest food bank: feedingamerica.org
- ☐ Apply for WIC if eligible (pregnant or kids under 5)
- ☐ Ensure kids enrolled in free school breakfast/lunch
- ☐ Find local churches with food pantries (no membership required)
- ☐ Download Community Fridge app/map
- ☐ Join local Buy Nothing group on Facebook
- ☐ Sign up for grocery store discount programs

Create Your Food Network:

- ☐ Start/join neighborhood WhatsApp for resource sharing
- ☐ Form meal-share group with 4-5 families
- ☐ Locate farmers markets (best deals at closing)
- ☐ Research local food co-ops
- ☐ Identify community gardens

HOUSING PROTECTION

Document Everything NOW:

- ☐ Photograph apartment condition (date-stamped)
- ☐ Scan/photo all rent receipts
- ☐ Save landlord communications
- ☐ Get a copy of the lease agreement
- ☐ Know your state's eviction timeline

Apply Immediately:

- ☐ Public housing waitlist
- ☐ Local Community Action Agency programs
- ☐ HOME program housing
- ☐ State emergency rental assistance
- ☐ Church emergency housing funds

Legal Protection:

- ☐ Save Legal Aid number: lawhelp.org
- ☐ Join/form tenant union
- ☐ Know "good cause" eviction rules
- ☐ Have backup housing plan (family/friends list)

HEALTHCARE ACCESS

Find Your Providers:

- ☐ Nearest FQHC: findahealthcenter.hrsa.gov
- ☐ Free clinic: nafclinics.org
- ☐ Planned Parenthood location
- ☐ Dental school clinic
- ☐ Vision school clinic

Medication Savings:

- ☐ Download GoodRx app
- ☐ Register with drug company patient programs
- ☐ Find nearest Costco pharmacy
- ☐ Check Mark Cuban Cost Plus Drugs
- ☐ Ask doctor for 90-day prescriptions
- ☐ Request generic alternatives

Preventive Care:

- ☐ Schedule any needed care NOW
- ☐ Get copies of all medical records
- ☐ Stock up on OTC medications
- ☐ Update vaccinations while covered



INCOME & FINANCIAL SURVIVAL

Immediate Income:

- ☐ Sign up for gig apps (DoorDash, Uber Eats, Instacart)
- ☐ Research plasma donation centers
- ☐ Create TaskRabbit/Handy profile
- ☐ List skills on neighborhood boards
- ☐ Check Craigslist gigs daily

Bill Management:

- ☐ Call all utilities for payment plans
- ☐ Apply for LIHEAP energy assistance
- ☐ Request financial hardship programs
- ☐ Prioritize: Housing > Utilities > Food > Other
- ☐ Know which bills can wait vs. critical

Emergency Funds:

- ☐ Contact churches (benevolence funds)
- ☐ Apply to Modest Needs
- ☐ Check Salvation Army emergency assistance
- ☐ Research local nonprofit emergency funds
- ☐ Create GoFundMe if needed

BUILD YOUR SURVIVAL NETWORK

Create Your Squad:

- ☐ Childcare buddy: _____
- ☐ Transportation help: _____
- ☐ Food share partner: _____
- ☐ Emergency contact: _____
- ☐ Skill trade partner: _____

Join/Create:

- ☐ Neighborhood mutual aid group
- ☐ Community Facebook groups
- ☐ WhatsApp resource chains
- ☐ Skill-share spreadsheet
- ☐ Babysitting co-op



DIGITAL RESOURCES TO SAVE

Apps to Download:

- ☐ 211 app
- ☐ GoodRx
- ☐ Community Fridge
- ☐ Food bank locators
- ☐ WhatsApp
- ☐ Nextdoor
- ☐ Facebook (for Buy Nothing groups)

Websites to Bookmark:

- ☐ feedingamerica.org
- ☐ findahealthcenter.hrsa.gov
- ☐ lawhelp.org
- ☐ benefits.gov
- ☐ needymeds.org
- ☐ modestneeds.org

WEEKLY SURVIVAL TASKS

Every Monday:

- ☐ Check food bank schedules
- ☐ Plan week's meals
- ☐ Review bills due

Every Wednesday:

- ☐ Visit food pantry
- ☐ Check for new resources
- ☐ Update mutual aid group

Every Friday:

- ☐ Meal prep for weekend
- ☐ Confirm next week's childcare
- ☐ Check gig app opportunities



RED FLAGS - GET HELP IMMEDIATELY IF:

- ☐ Eviction notice received
- ☐ Utilities disconnection notice
- ☐ Medical emergency without insurance
- ☐ No food for 24+ hours
- ☐ Domestic violence situation
- ☐ Suicidal thoughts

Remember: ASKING FOR HELP IS STRENGTH, NOT WEAKNESS

NOTES SECTION

Use this space for your local resources:



Created: November 2025
Share freely. We rise together.
#MutualAid #SurvivalGuide #CommunityPower