### Mortgage/rental + utility help
- **HUD**
- **California Rental Assistance Programs**
- **Keep Your Home California**
- **CARE/FERA Programs**

### Food
- **CA Food Bank**
- **California Food Pantries**
- **Food Banks/CA Dept of Social Services**

### Mental health + wellness
- **National Suicide Prevention Lifeline**
- **I Got Your Back**
- **LivingWorks**
- **Each Mind Matters**
- **The Trevor Project**
- **Sleep and Grief**

### Disaster relief
- **California’s Office of Emergency Management**
- **Disaster Assistance**
- **American Red Cross**
- **HUD**

### General/other
- **The Salvation Army**
- **United Way**
- **The Giving Kitchen**
- **CORE**
- **Big Table**

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**Serving those who serve.**
Questions? Contact Bobbi at bCichowski@calrest.org