

As you face the challenges and opportunities ahead, you may find help from a variety of local, state & national resources.



**United Way of Brevard** provides a free guide for individuals and families facing challenging economic and employment-related issues. Recognizing that our jobs are more than a just financial resource "Help for Difficult Times" is a comprehensive guide to the many resources available for financial, health, and employment-related assistance. The guide is available at [www.uwbrevard.org/pdf/HelpforDifficultTimes2009.pdf](http://www.uwbrevard.org/pdf/HelpforDifficultTimes2009.pdf).



**Family Counseling Center** provides mental health counseling for individuals, couples and families, substance abuse therapy as well as budget, housing and mortgage counseling, credit report analysis and debt repayment assistance. [www.fccbrevard.com](http://www.fccbrevard.com)



**Early Learning Coalition of Brevard** provides child care resources and subsidized child care to those in need. Connect with them at [www.elcbrevard.org](http://www.elcbrevard.org)



**DCF Economic Services/ACCESS Florida** provides eligibility screening and determination for Food Stamps, Medicaid, and Temporary Cash Assistance. More information is available at [www.dcf.state.fl.us/ess/](http://www.dcf.state.fl.us/ess/)

## SOCIAL SECURITY ONLINE

The **Social Security Administration** will issue replacement cards and process applications for Social Security, Medicare, and disability benefits - [www.socialsecurity.gov](http://www.socialsecurity.gov).



The **Substance Abuse and Mental Health Services Administration, or SAMHSA**, has worked with mental health experts to collect helpful information on managing stress. To access these tip sheets, go to:

[http://mentalhealth.samhsa.gov/dtac/dbhis/dbhis\\_stress/tipsheets.htm](http://mentalhealth.samhsa.gov/dtac/dbhis/dbhis_stress/tipsheets.htm)



**The Homeownership Preservation Foundation** helps individuals and families find alternatives to foreclosure. Assistance is free and you can read more online at [www.995hope.org](http://www.995hope.org) or by calling the Homeowner's HOPE Hotline at [888.995.HOPE](tel:888.995.HOPE)



**The National Suicide Prevention Lifeline Network** is available 24/7 to help you, a friend, or a family member through times of overpowering emotional stress. You can call [1-800-273-TALK \(8255\)](tel:1-800-273-TALK) if you feel overwhelmed and need someone to talk to.