

## **Out-of-State Support & Resources**

### **Alabama**

[SNAP/Food Assistance Program](#)  
[Alabama National Alliance on Mental Illness](#)  
[Alabama Department of Mental Health](#)  
[Covid-19 Resources](#)  
[Alabama Public Assistance and Help Paying Bills](#)  
[Alabama 2-1-1 Community Resources](#)

### **Alaska**

[SNAP/Food Assistance Program](#)  
[Alaska National Alliance on Mental Illness](#)  
[Alaska Division of Behavioral Health](#)  
[Covid-19 Resources](#)  
[Alaska Public Assistance and Help Paying Bills](#)  
[Alaska 2-1-1 Community Resources](#)

### **Arizona**

[SNAP/Food Assistance Program](#)  
[Arizona National Alliance on Mental Illness](#)  
[Arizona Department of Health Services](#)  
[Covid-19 Resources](#)  
[Arizona Public Assistance and Help Paying Bills](#)  
[Arizona 2-1-1 Community Resources](#)

### **Arkansas**

[SNAP/Food Assistance Program](#)  
[Arkansas National Alliance on Mental Illness](#)  
[Arkansas Department of Human Services](#)  
[Covid-19 Resources](#)  
[Arkansas Public Assistance and Help Paying Bills](#)  
[Arkansas 2-1-1 Community Resources](#)

### **California**

[CalFresh/Food Assistance Benefits](#)  
[California National Alliance on Mental Illness](#)  
[California Department of Health Care Services: Mental Health](#)  
[Covid-19 Resources](#)  
[California Public Assistance and Help Paying your Bills](#)  
[California 2-1-1 Community Resources](#)

### **Colorado**

[SNAP/Food Assistance Benefits](#)  
[Colorado National Alliance on Mental Illness](#)  
[Colorado Behavioral Health](#)  
[Covid-19 Resources](#)

[Colorado Public Assistance and Help Paying your bills](#)  
[Colorado 2-1-1 Community Resources](#)

### **Connecticut**

[SNAP/Food Assistance Program](#)  
[Connecticut National Alliance on Mental Illness](#)  
[Connecticut Department of Mental Health and Addiction Services](#)  
[Covid-19 Resources](#)  
[Connecticut Public Assistance and Help Paying Your bills](#)  
[Connecticut 2-1-1 Community Resources](#)

### **Delaware**

[SNAP/Food Assistance Program](#)  
[Delaware National Alliance on Mental Illness](#)  
[Delaware Division of Substance Abuse and Mental Health](#)  
[Covid-19 Resources](#)  
[Delaware Public Assistance and Help Paying Your Bills](#)  
[Delaware 2-1-1 Community Resources](#)

### **Florida**

[SNAP/Food Assistance Program](#)  
[Florida National Alliance on Mental Illness](#)  
[Florida Department of Behavioral Health](#)  
[Covid-19 Resources](#)  
[Florida Public Assistance and Help Paying Your Bills](#)  
[Florida 2-1-1 Community Resources](#)

### **Georgia**

[SNAP/Food Assistance Program](#)  
[Georgia National Alliance on Mental Illness](#)  
[Georgia Department of Behavioral Health and Developmental Disabilities](#)  
[Covid-19 Resources](#)  
[Georgia Public Assistance and Help Paying Your Bills](#)  
[Georgia 2-1-1 Community Resources](#)

### **Hawaii**

[SNAP/Food Assistance Program](#)  
[Hawaii national Alliance on Mental Illness](#)  
[Hawaii Adult Mental Health Division](#)  
[Covid-19 Resources](#)  
[Hawaii Public Assistance and Help Paying Your Bills](#)  
[Hawaii 2-1-1 Community Resources](#)

### **Idaho**

[SNAP/Food Assistance Program](#)  
[Idaho National Alliance on Mental Illness](#)  
[Idaho Department of Health and Welfare](#)  
[Covid-19 Resources](#)

[Idaho Public Assistance and Help Paying Your Bills](#)  
[Idaho 2-1-1 Community Resources](#)

### **Illinois**

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[Illinois National Alliance on Mental Illness](#)  
[Illinois Department of Human Services](#)  
[Covid-19 Resources](#)  
[Public Assistance and Help Paying Your Bills](#)  
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### **Indiana**

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[Indiana National Alliance on Mental Illness](#)  
[Indiana Family and Social Services Division](#)  
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[Indiana Public Assistance and Help Paying Your Bills](#)  
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### **Iowa**

[SNAP/Food Assistance Program](#)  
[Iowa National Alliance on Mental Illness](#)  
[Iowa Division of Mental Health and Disability Services](#)  
[Covid-19 Resources](#)  
[Iowa Public Assistance and Help Paying Your Bills](#)  
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### **Kansas**

[SNAP/Food Assistance Program](#)  
[Kansas National Alliance on Mental Illness](#)  
[Kansas Behavioral Health Services](#)  
[Covid-19 Resources](#)  
[Kansas Public Assistance and Help Paying Your Bills](#)  
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### **Kentucky**

[SNAP/Food Assistance Program](#)  
[Kentucky National Alliance on Mental Illness](#)  
[Kentucky Department for Behavioral Health, Developmental and Intellectual](#)  
[Covid-19 Resources](#)  
[Kentucky Public Assistance and Help Paying Your Bills](#)  
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### **Louisiana**

[SNAP/Food Assistance Program](#)  
[Louisiana National Alliance on Mental Illness](#)  
[Louisiana Department of Health: Behavioral Health](#)  
[Covid-19 Resources](#)

[Louisiana Public Assistance and Help Paying Your Bills](#)  
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### **Maine**

[SNAP/Food Assistance Program](#)  
[Maine National Alliance on Mental Illness](#)  
[Maine Office of Behavioral Health](#)  
[Covid-19 Resources](#)  
[Maine Public Assistance and Help Paying Your Bills](#)  
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### **Maryland**

[SNAP/Food Assistance Program](#)  
[Maryland National Alliance on Mental Illness](#)  
[Maryland Department of Health: Behavioral Health Administration](#)  
[Covid-19 Resources](#)  
[Maryland Public Assistance and Help Paying Your Bills](#)  
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### **Massachusetts**

[SNAP/Food Assistance Program](#)  
[Massachusetts National Alliance on Mental Illness](#)  
[Massachusetts Department of Mental Health](#)  
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[Massachusetts Public Assistance and Help Paying Your Bills](#)  
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### **Michigan**

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[Michigan National Alliance on Mental Illness](#)  
[Michigan Department of Health & Human Services: Mental Health](#)  
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[Michigan Public Assistance and Help Paying Your Bills](#)  
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### **Minnesota**

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[Minnesota National Alliance on Mental Illness](#)  
[Minnesota Department of Human Services: Adult Mental Health](#)  
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[Minnesota Public Assistance and Help Paying Your Bills](#)  
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### **Missouri**

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[Missouri National Alliance on Mental Illness](#)  
[Missouri Department of Mental Health](#)  
[Covid-19 Resources](#)

[Missouri Public Assistance and Help Paying Your Bills](#)  
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### **Montana**

[SNAP/Food Assistance Program](#)  
[Montana National Alliance on Mental Illness](#)  
[Montana Addictive & Mental Disorders Division](#)  
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[Montana Public Assistance and Help Paying Your Bills](#)  
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### **Nebraska**

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[Nebraska National Alliance on Mental Illness](#)  
[Nebraska Department of Health and Human Services: Behavioral Health](#)  
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### **Nevada**

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[Nevada National Alliance on Mental Illness](#)  
[Nevada Department of Health and Human Services: Public and Behavioral Health](#)  
[Covid-19 Resources](#)  
[Nevada Public Assistance and Help Paying Your Bills](#)  
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### **New Hampshire**

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[New Hampshire National Alliance on Mental Illness](#)  
[New Hampshire Department of Health and Human Resources](#)  
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[New Hampshire Public Assistance and Help Paying Your Bills](#)  
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### **New Jersey**

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[New Jersey National Alliance on Mental Illness](#)  
[New Jersey Division of Mental Health and Addiction Services](#)  
[Covid-19 Resources](#)  
[New Jersey Public Assistance and Help Paying Your Bills](#)  
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### **New Mexico**

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[New Mexico National Alliance on Mental Illness](#)  
[New Mexico Behavioral Health Services](#)  
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[New Mexico Public Assistance and Help Paying Your Bills](#)  
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### **New York**

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[New York National Alliance on Mental Illness](#)  
[New York Office of Mental Health](#)  
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[New York Public Assistance and Help Paying Your Bills](#)  
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### **North Carolina**

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[North Carolina National Alliance on Mental Illness](#)  
[North Carolina Department Of Human and Health Services: Mental Health, Developmental Disabilities and Substance Abuse Services](#)  
[Covid-19 Resources](#)  
[North Carolina Public Assistance and Help Paying Your Bills](#)  
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### **North Dakota**

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[North Dakota Behavioral Health](#)  
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[North Dakota Public Assistance and Help Paying Your Bills](#)  
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### **Ohio**

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[Ohio National Alliance on Mental Illness](#)  
[Ohio Department of Mental Health and Addiction Services](#)  
[Covid-19 Resources](#)  
[Ohio Public Assistance and Help Paying Your Bills](#)  
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### **Oklahoma**

[SNAP/Food Assistance Program](#)  
[Oklahoma National Alliance on Mental Illness](#)  
[Oklahoma Department of Mental Health and Substance Abuse Services](#)  
[Covid-19 Resources](#)  
[Oklahoma Public Assistance and Help Paying Your Bills](#)  
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### **Oregon**

[SNAP/Food Assistance Program](#)  
[Oregon National Alliance on Mental Illness](#)  
[Oregon Health Authority: Behavioral Health Services/Mental Health](#)

[Covid-19 Resources](#)

[Oregon Financial Aid and Assistance Programs](#)

[Oregon 2-1-1 Community Resources](#)

### **Pennsylvania**

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[Pennsylvania National Alliance on Mental Illness](#)

[Pennsylvania Department of Human Services](#)

[Covid-19 Resources](#)

[Pennsylvania Public Assistance and Help Paying Your Bills](#)

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### **Rhode Island**

[SNAP/Food Assistance Program](#)

[Rhode Island National Alliance on Mental Illness](#)

[Rhode Island Department of Behavioral Healthcare, Developmental Disabilities and Hospitals](#)

[Covid-19 Resources](#)

[Rhode Island Public Assistance and Help Paying Your Bills](#)

[Rhode Island 2-1-1 Community Resources](#)

### **South Carolina**

[SNAP/Food Assistance Program](#)

[South Carolina National Alliance on Mental Illness](#)

[South Carolina Department of Mental Health](#)

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[South Carolina Public Assistance and Help Paying Your Bills](#)

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### **South Dakota**

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[South Dakota National Alliance on Mental Illness](#)

[South Dakota Department of Social Services: Behavioral Health](#)

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[South Dakota Public Assistance and Help Paying Your Bills](#)

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### **Tennessee**

[SNAP/Food Assistance Program](#)

[Tennessee National Alliance on Mental Illness](#)

[Tennessee Department of Mental Health & Substance Abuse Services](#)

[Covid-19 Resources](#)

[Tennessee Public Assistance and Help Paying Your Bills](#)

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### **Texas**

[SNAP/Food Assistance Program](#)

[Texas National Alliance on Mental Illness](#)

[Texas Department of State Health Services: Mental Health & Substance Use](#)

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[Covid-19 Resources](#)

[Texas Public Assistance and Help Paying Your Bills](#)

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**Utah**

[SNAP/Food Assistance Program](#)

[Utah National Alliance on Mental Illness](#)

[Utah Department of Human Services: Substance Abuse and Mental Health](#)

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[Utah Public Assistance and Help Paying Your Bills](#)

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**Vermont**

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[Vermont National Alliance on Mental Illness](#)

[Vermont Department of Mental Health](#)

[Covid-19 Resources](#)

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**Virginia**

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[Virginia National Alliance on Mental Illness](#)

[Virginia Department of Behavioral Health & Developmental Services](#)

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[Virginia Public Assistance and Help Paying Your Bills](#)

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**Washington**

[SNAP/Food Assistance Programs](#)

[Washington National Alliance on Mental Illness](#)

[Washington Health Care Authority: Mental Health Svcs](#)

[Covid-19 Resources](#)

[Washington Public Assistance and Help Paying Bills](#)

[Washington 2-1-1 Community Resources](#)

**West Virginia**

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[West Virginia National Alliance on Mental Illness](#)

[West Virginia Department of Health & Human Services: Bureau for Behavioral Health](#)

[Covid-19 Resources](#)

[West Virginia Public Assistance and Help Paying Your Bills](#)

[West Virginia 2-1-1 Community Resources](#)

**Wisconsin**



[SNAP/Food Assistance Program](#)

[Wisconsin National Alliance on Mental Illness](#)

[Wisconsin Department of Health Services: Mental Health Partner/Provider Resources](#)

[Covid-19 Resources](#)

[Wisconsin Public Assistance and Help Paying Your Bills](#)

[Wisconsin 2-1-1 Community Resources](#)

## **Wyoming**

[SNAP/Food Assistance Program](#)

[Wyoming National Alliance on Mental Illness](#)

[Wyoming Department of Health: Behavioral Health Division](#)

[Covid-19 Resources](#)

[Wyoming Public Assistance and Help Paying Your Bills](#)

[Wyoming 2-1-1 Community Resources](#)