# LOUISIANA State Resources

# State Registrar & Vital Records

The Louisiana Vital Records Registry maintains birth and death records that occurred in Louisiana. Birth records are strictly confidential until 100 years after the year of birth and death records are strictly confidential until 50 years after the year of the death. https://ldh.la.gov/page/2663

## **LA Office of Motor Vehicles**

7701 Independence Blvd Baton Rouge, LA 70806 Phone: (225) 925-6146 https://www.expresslane.org/

# **University of The People** (free!)

A university that works for you. Our 100% online, tuition-free degree programs are designed to fit your life. Programs: Business Administration, Computer Science, Health Science, Education, Associate Degree, Bachelor Degree, Master Degree https://www.uopeople.edu/

## Modern States - Freshman Year for Free

Modern States Education Alliance is a non-profit dedicated to making a high quality college education free of cost and accessible to any person who seeks one. Modern States' initial program, Freshman Year for Free, is intended to let students earn up to one year of college credit without tuition or textbook expense. Modern States hopes to provide links for students to tutoring, mentoring and college advising groups as well. https://modernstates.org/

## **Louisiana Workforce Commission**

Jobs, job fairs, training and more. https://www2.laworks.net/WorkforceDev/WF D\_MainMenu.asp

# Dept. of Children and Family Services

Financial aid, better parenting tips, assistance, and so much more. http://dss.state.la.us/

## **Louisiana Food Pantries**

Find local pantries, soup kitchens, food shelves, food banks and other food help. https://www.foodpantries.org/st/louisiana

# **Assurance Wireless Lifeline Program**

P.O. Box 5040

Charleston, IL 61920-9907 1-888-321-5880

Assurance Wireless provides eligible consumers with free monthly data, unlimited texting, free monthly minutes plus a free Smartphone. Residents of homeless shelters, nursing homes and temporary addresses may be eligible.

https://www.assurancewireless.com/lifelineservices/what-lifeline

# **Freecycle**

We are a grassroots and entirely nonprofit movement of people who are giving and getting stuff for free in their own Towns. It's all about reuse and keeping good stuff out of landfills. Membership is free. https://www.freecycle.org/

## AA NA Al-Anon Meetings in Louisiana

This online resource connects individuals and families to AA Meetings, NA Meetings, Al-Anon Meetings and other supportive information.

https://findrecovery.com/alanon\_meetings/la/

# **Smart Recovery**

The SMART Recovery Program helps people recover from addiction, including: drug, alcohol and substance abuse, gambling addiction, sexual addiction, and problem addiction to other substances and activities. SMART Recovery sponsors face-to-face meetings and daily online meetings. In addition, our online message board and 24/7 chat room are excellent forums to learn about SMART Recovery and obtain addiction recovery support. www.smartrecovery.org/

## **Louisiana Free Clinics and Health Centers**

These clinics offer free and discounted rates for medical and dental care. Our county listings include contact information, a listing of services and any further remarks that may be pertinent to our users, such as free services provided, discounted services provided and clinic operating hours. freeclinicdirectory.org/louisiana\_care.html

# **Louisiana Dept. of Health**

Our mission is to protect and promote health and to ensure access to medical, preventive and rehabilitative services for all citizens of Louisiana. https://ldh.la.gov/

# Nat'l Foundation for Credit Counseling 800.388.2227

Free Credit Counseling! Our mission is to help all Americans gain control over their finances. For over 60 years, NFCC and its member agencies have helped people just like you pay off debt and grow in their financial capability. Our services help people overcome financial challenges at nearly every stage of life. https://www.nfcc.org/

## **CREDIT REPORT - Free!**

Free credit reports authorized by federal law. Federal law allows you to get a free copy of your credit report every 12 months from each credit reporting company.

www.annualcreditreport.com/index.action

# Find Help

Our findhelp technology powers America's leading social care network. Our network features more than 300,000 free and reduced-cost programs in all states, territories, and Puerto Rico, powering social care systems for hundreds of customers nationwide.

https://www.findhelp.org/find-social-services/louisiana?ref=ab redirect

## Louisiana 211

211 connects you with thousands of nonprofit and government services in your area. If you want personal assistance call the three-digit

number 211 or 877-947-2211. A friendly voice to talk with you 24/7/365. https://www.louisiana211.org/

# **Louisiana Housing Corporation**

In keeping with its mission to ensure that every Louisiana resident is granted an opportunity to obtain safe, affordable, energy-efficient housing, the LHC offers information on the Low-

# **Income Home Energy**

Assistance Program (LIHEAP). https://www.lhc.la.gov/energy-assistance

# **Louisiana Low Income Housing**

Find low income apartments in Louisiana along with non-profit organizations that help with low income housing along with HUD apartments, public housing apartments, public housing authorities, and housing assistance agencies.

https://www.lowincomehousing.us/LA.html

## **Louisiana Shelters**

We provide an online directory of shelters in Louisiana.

https://www.shelterlist.com/state/louisiana

# **Louisiana Transitional Housing**

1-855-860-3119

Transitional, sober housing provides supportive housing along with drug and alcohol treatment for selective locations https://www.transitionalhousing.org/state/louisiana

# Aging and Disability Resource Center

Access local, state, and national resources through Louisiana Answers.

http://goea.louisiana.gov/index.cfm?md=pag ebuilder&tmp=home&pid=3&pnid=0&nid=1

# **Louisiana Disability Resources**

Government agencies and disability rights organizations in Louisiana. https://www.olmsteadrights.org

#### **Louisiana Answers**

The Aging and Disability Resource Center (ADRC) serving Louisiana offers adults and families a single source for information, assistance and individualized service planning to enhance self-sufficiency and quality of life. www.louisianaanswers.com/

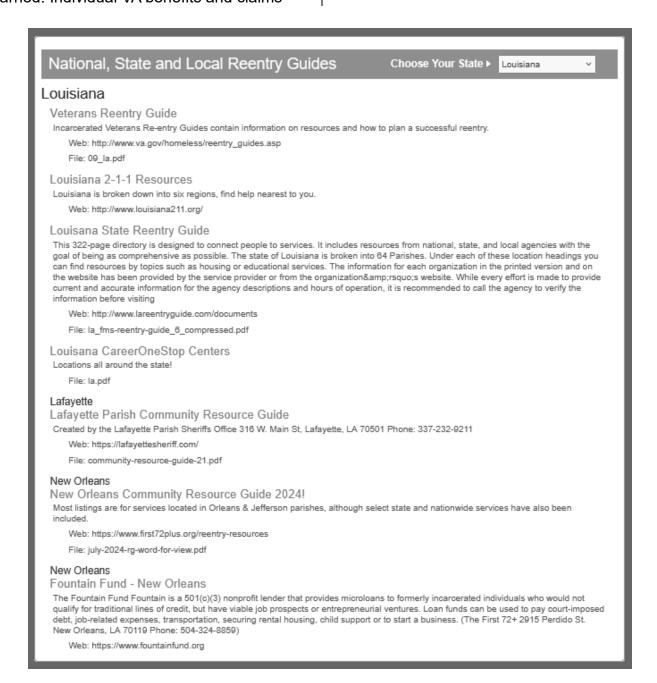
# LA Dept of Veterans Affairs 225-219-5000

We connect you with the benefits you earned. Individual VA benefits and claims

information is only given through an accredited Veterans Assistance Counselor. https://www.vetaffairs.la.gov/

#### **Volunteer Match**

We make it easy for good people and good causes to connect. We are a community that believes in the power of volunteering to enrich our lives and the world around us. Find locations to volunteer near you! Virtual volunteer opportunities are also available - https://www.volunteermatch.org/



# National Resources for Everyone!

NATIONAL REENTRY HELPLINE: 814-916-2577

#### FREE NATIONAL REENTRY PUBLICATION!

Write for your copy! "Mapping Your Future – National Reentry Guide" (available in English and Spanish). Send your request to: Education Justice Project 1001 South Wright Street Champaign, IL 61820

**Everyone On** connects low-income people to affordable internet service and computers; including delivering digital skills training, www.everyoneon.org/

**LibriVox Free Audio Books** LibriVox provides free audiobooks. www.librivox.org/

## **Open Culture Free Audio Books**

Free cultural and educational media access. www.openculture.com/freeaudiobooks

University of The People (free!) 100% online, tuitionfree degree programs that are designed to fit into your life. Programs include: Business Administration, Computer Science, Health Science, Education. Associate, Bachelor & Master Degrees available. www.uopeople.edu

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## **National Urban League Jobs Network**

The National Urban League is a historic civil rights organization dedicated to elevating the standard of living in historically underserved urban communities. www.nuljobsnetwork.com

#### **America Works**

America Works: work readiness training, vocational training, career placement, career advancement, and employment retention services. www.americaworks.com

**PeopleReady** connects people and work. Whether you need workers or youre looking for new job opportunities, were ready to deliver results for you today. www.peopleready.com

#### Once Fallen

2211 County Road 400 Tobias, NE 68453
Once Fallen is a leading reference & resource site for Registered Citizens. It also provides useful information to those seeking to reform or abolish the sex offense laws. Once Fallen provides information and support FREE of charge. www.oncefallen.com

Career Gear for men www.careergear.org

Dress For Success for women dressforsuccess.org

**Parents Anonymous** - now called Raising the Future 855-427-2736 English and Spanish 8 am - 8 pm pst. www.raisingfuture.org

National Parent Helpline 1-855-427-2736

Weekdays: 10:00 am to 7:00 pm pst www.nationalparenthelpline.org

**Why Hunger Hotline**: 866-348-6479

**Find food pantries**, soup kitchens, summer meals sites, government nutrition programs and grassroots organizations. www.whyhunger.org/find-food

**Feeding America** Find a food bank near you! The Feeding America nationwide network of food banks secures and distributes more than 3 billion meals each year. Contact your local community food bank to find food. www.feedingamerica.org

Assurance Wireless Lifeline Program (Free Phone) P.O. Box 5040 Charleston, IL 61920-9907 1-888-321-5880 www.assurancewireless.com Assurance Wireless provides eligible consumers with free monthly data, unlimited texting, free monthly minutes plus a free Smartphone.

**Freecycle** People who are giving and getting stuff for free to keep good stuff out of landfills. www.freecycle.org

#### **National Emergency Hotlines**

Domestic Violence Hotline 1-800-799-7233 Strong Hearts Native Helpline 1-844-762-8483 Human Trafficking Hotline 1-888-373-7888 Child Abuse Hotline - 1-800-422-4453

Sexual Assault Hotline - 800-656-4673 Suicide Prevention Hotline - 800-273-8255

# **National Association of Free & Charitable Clinics**

1,400 Free and Charitable Clinics and Pharmacies provide access to healthcare for uninsured and underinsured people. www.nafcclinics.org

#### Free Clinics For UnInsured and Low Income

Clinics listed on our website offer services for free or at a reduced rate. Many clinics are operate under a sliding scale schedule. This means that costs to patients are calculated based on income. www.freeclinics.com

**Social Security Benefits** After Incarceration Individuals released from incarceration may be eligible for Social Security retirement, survivors, or disability benefits. 1-800-772-1213. If you are deaf or hard of hearing, call TTY 1-800-325-0778. www.ssa.gov/reentry/benefits