THZ Resource Guide

Current Events: The links in this section are resources available to stay updated on the regularly changing state of both domestic and international events. Each source listed below is **free** to access.

- WTF Just Happened Today
- NPR
- PBS
- Al Jazeera
- BBC

Executive Orders/Litigation Trackers: The resources below track the various Executive Orders that are being issued by the current administration and pending legal actions challenging those orders and other policies.

- Federal Register
- Trump Executive Order Tracker – Akin Law Firm
- Trump Executive Order Tracker – Mayer Brown Law Firm
- Just Security Litigation Tracker

For Federal Workers – Know Your Rights: These resources provide an overview of the various rights that federal employees currently have.

- OPM: Employee Rights and Appeals
- EEOC Guidance on Employment Discrimination
- Federal Whistleblower Resources
- Five Rights and Protections All Federal Workers Have – NAACP Legal Defense Fund

Mental Health: In these trying times, we may need additional support. The resources in this section are meant to help you find competent mental health support. Some of these resources may offer free or reduced rate counseling services under certain circumstances.

- Therapy for Black Girls
- BetterHelp
- Free Baltimore (accepts insurance and Medicaid)
- Pro Bono Counseling
- Open Counseling

- Lartey Wellness Group
- Maryland Counseling Services (accept insurance, out of pocket pay and Medicaid)
- Roberta's House
- Leading By Example LLC. (accepts insurance and Medicaid)
- Chase Brexton Health Care

Bill Assistance Programs: The resources in this section are meant to provide an overview of programs that may offer financial assistance for various housing bills. Most of these programs have income thresholds and may require you to complete an application; additionally, some may be currently closed to applications.

- Water4All – water billing assistance program
- Maryland Energy Assistance Program – assistance grants to help with home heating bills
- United Way of Central Maryland – may provide rental or eviction assistance
- Baltimore City Rental Assistance Program – currently closed to applications

Food/Nutrition Assistance: The resources in this section are meant to provide guidance on how to access nutritional support.

- Maryland Food Bank Pantry Finder
- Baltimore City Department of Social Services – assistance is offered to Baltimore City residents through the Supplemental Nutrition Assistance Program (SNAP). There are nine (9) districts where a city resident can apply for assistance. If there is some confusion on which location can assist your need, please contact 443-423-6200.
- Baltimore County Department of Social Services – assistance is offered to Baltimore County residents through the Supplemental Nutrition Assistance Program (SNAP). There are five (5) districts where a county resident can apply for assistance.
- The Food Project – Baltimore City residents can visit their distribution site in Southwest Baltimore on Tuesday, Thursday, and Saturday at 10:00 am. The contact number is 410-887-6020.
- Baltimore Humane Society – assistance with providing food for pets through the Bmore Kind Pet Food Bank.

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Legal Assistance: If you are facing legal issues, you may be able to get legal advice or representation from one of the sources below at low or no cost. Note that some of these organizations may have income or other requirements to qualify for their services.

- Maryland Legal Aid – civil cases (e.g., housing, landlord/tenant, consumer) only
- Maryland Volunteer Legal Services – estate planning, criminal *records* relief (e.g., expungement), bankruptcy, debt collections, family law (e.g., divorce, adoption, custody), housing, income tax
- Public Justice Center – housing, workers' rights, school suspensions/expulsions, student homelessness and foster care, access to benefits, access to interpretation and translation
- Maryland Pro Bono Resource Center – eviction prevention, debt defense, home preservation, immigrant legal assistance

Infant/Toddler Resources: These resources are geared toward supporting youth in the greater Baltimore area.

- Share Baby Program – program to provide for Baltimore's young children through distribution of free essential items, formula, and diapers. For assistance, a family can visit the website www.sharebaby.org, dial 211 or contact 667.212.3455.

- City of Refuge Baby Pantry – pantry is open from 9:00 a.m. - 12:00 p.m. on Tuesdays. Must call 410-355-6707 to determine if you need to be added to a waitlist.
- Free Formula Exchange – a national network to request or donate free baby formula.

Domestic Violence Resources: If you/someone you know is experiencing domestic violence, help is available. Some resources are listed below, but please contact your local authorities if you are in imminent danger.

- National Domestic Violence Hotline – can access resources via website, by phone at 800-799-7233, or by text at 88788. Open 24 hours a day, seven (7) days a week and provides services in English, Spanish, and 200+ languages via interpretation service.
- Maryland Network Against Domestic Violence
- House of Ruth
- Baltimore County Sexual Assault and Domestic Violence Hotline – 410-828-6390