

ROOTS OF RESILIENCE

COMMUNITY SURVIVAL RESOURCE GUIDE 2026

Free resources, emergency support, and practical guidance for individuals and families facing hardship.

RESOURCES AVAILABLE

 WATER Clean water sources, refill locations, and safety tips.	 CLOTHING Free coats, seasonal clothing drives, and emergency supplies.	 FOOD Food banks, meal programs, community fridges, and SNAP resources.
 PHONE & INTERNET Free Wi-Fi locations, charging stations, and lifeline programs.	 SHELTER Emergency shelter, housing assistance, and safe places.	 TRANSPORTATION Reduced fare programs, medical transportation, and community rides.
 ID & DOCUMENTS Birth certificates, Social Security cards, and identification recovery.	 LEGAL AID Free legal services, benefits appeals, and tenant rights assistance.	 MENTAL HEALTH Crisis support, counseling resources, and wellness services.

EMERGENCY HELP

	211	Local Housing, Food, Utility & Community Resources
	988	Suicide & Crisis Lifeline
	911	Emergency Services
	VETERANS HOMELESS HOTLINE 1-877-424-3838	
	DOMESTIC VIOLENCE HOTLINE 1-800-799-7233	

SCAN FOR THE COMPLETE GUIDE

12+ pages of survival resources, emergency contacts, food assistance, legal aid, shelter information, and more.



- ✓ Housing Resources
- ✓ Food Assistance
- ✓ Emergency Contacts
- ✓ Community Programs
- ✓ Legal Support
- ✓ Transportation Assistance
- ✓ Mental Health Resources

SERVING COMMUNITIES ACROSS

NEW JERSEY

TIDEWATER VIRGINIA

NORTH CAROLINA



OUR MISSION

The One Level Up Foundation helps individuals and families access critical resources, navigate difficult circumstances, and build pathways toward long-term stability and success.

ONE LEVEL UP FOUNDATION

Building Stability • Creating Opportunity • Restoring Hope

 onelevelupfoundation.org  info@onelevelupfoundation.org   

 **TOGETHER, WE RISE.**

Knowledge is Power. Community is Strength. Hope Changes Everything.