



Local Resources

United Way of Rhode Island 211

A free and confidential resource that helps individuals with a variety of needs, from benefits, food, and childcare to gambling addiction, cyber security, and health insurance. Phone: 2-1-1 Website: uwri.org/get-help-2-1-1

Flash Food

Fresh produce, meat, and more up to 50% off. Website: <https://flashfood.com>

Hope Market

Hope Market is a place where you can feel good about providing your family with quality food and goods while helping us accomplish our mission to reduce the burden of food insecurity. Website: <https://wesharehope.org/hope-market>

Healthsource Rhode Island

The state's official marketplace for health insurance coverage. Phone: 855-840-4774 Website: healthsourceri.com

BH Link

A behavioral health facility designed to provide immediate assistance to a person in crisis by providing innovative crisis intervention services. Phone: 401-414-LINK (5465) Website: bhlink.org

NAMI Rhode Island

NAMI Rhode Island is a nonprofit organization providing education, support and advocacy services to peers, family members, schools and the community, statewide and free of charge. Phone: 401-331-3060 Website: <https://namirhodeisland.org>

Day One

The Helpline gives 24-hour support and advocacy to those impacted by crimes of violence in Rhode Island, as well as non-offending friends and family members. Advocates are available 24/7 to provide confidential support, information, and advocacy over the phone, as well as in-person support at local hospitals and/or police stations for victims of sexual assault, sexual exploitation, domestic violence and hate crimes. Phone: 800-494-8100 Website: dayoneri.org

PFLAG Greater Providence

PFLAG is a national support, education and advocacy organization for lesbian, gay, bisexual, transgender and genderqueer or non-conforming (LGBTQ) people, their families, friends and allies. Phone: 401-307-1802
Website: pflagprovidence.org

Anchor Recovery Community Center

Anchor Recovery Community Center is a safe, positive, substance-free place for people in recovery and their families. Phone: 401-889-5770
Website: www.anchorrecovery.org

Rhode Island Coalition Against Domestic Violence

The Rhode Island Coalition Against Domestic Violence provides comprehensive emergency and support services to victims of domestic violence, dating violence, sexual violence, and stalking. Phone: 800-494-8100 Website: ricadv.org

Rhode Island Coalition for the Homeless

For individuals experiencing homelessness in Rhode Island, contact the Coordinated Entry System. Phone: 401-277-4316 Website: <https://www.rihomeless.org>

DORCAS International Institute of Rhode Island

DORCAS International Institute of Rhode Island works to empower refugees and immigrants in the community by providing vital programs and services for legal aid and representation for citizenship and immigration, refugee resettlement, education, and more to help the people it serves to thrive and be successful. Phone: 401-784-8600 Website: diiri.org

Operation Stand Down RI

Operation Stand Down Rhode Island is an independent organization and Rhode Island's primary nonprofit resource for homeless and at-risk veterans. Phone: 401-383-4730 Website: osdri.org

Parent Support Network of Rhode Island

Parent Support Network of Rhode Island is committed to supporting and assisting peers and working with statewide and national partners to empower children, youth, families and individuals through dynamic supports, education, and advocacy to prevent abuse and neglect, reduce disparities, and progress towards universal health, wellness, and recovery. Phone: 401-467-6855 Website: psnri.org