



Finding Services, Support, and Resources When Clients are Ineligible or Do Not Qualify for Federal Benefits

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Refugees, immigrants, and migrants who are ineligible or do not qualify for federal benefits may still be able to access basic needs and other services and supports through state-funded or privately funded programs. This document provides information on commonly requested services, support, and resources to aid service providers in connecting clients to needed assistance.



MEDICAL BENEFITS

Children: 12 states offer state-funded medical benefits to income-qualified children regardless of immigration status. These states are Washington, Oregon, Colorado, Maine, California, Illinois, New York, New Jersey, Connecticut, Rhode Island, Massachusetts, and Vermont.

Adults: 4 states offer state-funded medical benefits to income-qualified adults regardless of immigration status. These states are Colorado, Oregon, California, and New York.

Pregnant women: 22 states offer medical pre- and post-natal benefits through state funding or the Children's Health Insurance Program. These states are Washington, Oregon, California, Colorado, South Dakota, Nebraska, Minnesota, Wisconsin, Michigan, Illinois, Missouri, Arkansas, Oklahoma, Texas, Rhode Island, Louisiana, Tennessee, Virginia, Connecticut, Massachusetts, Vermont, and Maine.

Emergency Medical: Some states have coverage for financially qualified individuals experiencing or who have experienced a medical emergency regardless of immigration status. Conditions or incidents typically include things like emergency room care, a cancer diagnosis, dialysis, or medically needy surgery. This is often called "Alien Emergency Medical".

→ People should contact their [state human service agencies](#) to determine if they qualify for state-funded medical benefits.



MEDICAL CARE

Community Health Centers: Community Health Centers are federally funded medical facilities that serve medically underserved areas or populations. Services are provided on a sliding scale fee based on people's ability to pay. Community Health Centers offer primary care, and some also offer behavioral health care or dental care. People can look [here](#) to find a Community Health Center in their locale.

State or County Departments of Health: Some State and County Departments of Health may offer certain healthcare services to state or county residents. People can look [here](#) to find a State or County Health Department in their locale.

School Health Clinics: Some public schools, mainly middle and high schools, offer free medical care for enrolled students. People can ask their local school district or school if this is an option at their child's school.

Free and Charitable Clinics: Some locales offer privately funded or government-funded free or charitable clinics. People can search [here](#) to find a free or charitable clinic in their locale.

Title X Family Planning Clinics: Title X Family Planning Clinics provide sexual and reproductive health care on a sliding scale fee based on people's ability to pay. People can search [here](#) for a Title X Family Planning Clinic in their locale.

Pharmacy Care Clinics: Some large pharmacy chains (i.e., Walmart, Walgreens, CVS) offer some limited preventative services for free, like blood pressure checks, blood sugar readings, or screening for certain conditions. People will need to check with the pharmacies in their local area to see what services they offer.

Hospital Charity Care: Some hospitals, especially state- or county-funded hospitals or teaching hospitals, may have charity care options for those needing specific or emergency medical care. People should check with their local hospital's financial services to see what charity care options may be available.

Vaccinations – Many vaccinations, including Covid-19, are available for free regardless of insurance or immigration status. People can search [here](#) for free vaccines in their locale. If there are free tests available to the public, they can be found at Covid.gov.



MENTAL HEALTH, BEHAVIORAL HEALTH, AND SUBSTANCE USE TREATMENT

Findtreatment.gov - People can search at [Findtreatment.gov](https://www.findtreatment.gov) to see a list of resources in their area. Search results will state what types of payments are accepted. When local, state, or county funds are used, or self-pay is listed, there may be free or sliding scale options. People must call different clinics to see what services they may qualify for and how much they may cost.

Community Health Centers, School Health Clinics, and Free and Charitable Clinics - People may receive mental health, behavioral health, or substance use treatment services through Community Health Centers, School Health Clinics, and Free and Charitable Clinics (see Medical Care).

Peer support groups are a free option available in the community for support in managing behavioral health and mental health issues:

[Alcoholics Anonymous \(AA\)](#) and [Narcotics Anonymous \(NA\)](#) provide daily meetings for individuals working toward or maintaining recovery from substance use. Groups are free and led collectively by peers with lived experience.

Organizations such as the [Depression and Bipolar Support Alliance \(DBSA\)](#) and [National Alliance on Mental Illness \(NAMI\)](#) run online peer support groups to help connect others to a support system and teach coping skills. These groups are free and run by peers with lived experience.

Warmlines are a free, confidential phone service that offers emotional support. Unlike a crisis line or hotline, they are not intended for emergency situations. They are staffed by either peers or trained professionals. To find a warmline in your state, you can search on the internet “warmline” + your local area. You can also use the warmline directory at <https://warmline.org/warmdir.html>, and select your state. About 40% of warmlines have access to interpreter services.

988 Lifeline is a free mental health hotline or crisis line that is available in all states in the country. People can call or text “988” from anywhere in the country. 988 uses Language Line Solutions to provide interpretation in more than 240 languages. 988 is staffed by trained professionals who can dispatch emergency responders such as mobile crisis teams and law enforcement.



DENTAL CARE

Community Health Centers, School Health Clinics, and Free and Charitable Clinics Some low or no-cost dental care can be found at Community Health Centers, School Health Clinics, and Free and Charitable Clinics (see Medical Care).

Dental Schools - People may also be able to find a dental school that offers free or reduced dental services by searching [here](#).



NUTRITION ASSISTANCE

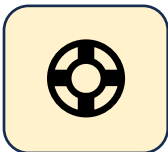
State-funded food assistance – Six states offer state-funded food assistance to certain immigrants. These states are California, Connecticut, Illinois, Massachusetts, Minnesota, and Washington. People should contact their [state human service agencies](#) to see if they qualify.

Food banks - Many areas in the U.S. have food banks that support individuals and families with additional food. Food banks have different eligibility and rules for how often you receive food. You can find your local food bank by putting in your zip code [here](#). You can also search the internet using keywords such as food bank, food pantry, food distribution, and gleaning program to access free food resources closest to you.

School food programs - Many public schools offer free or reduced-cost breakfast and lunch to qualified children through the National School Lunch Program. Some also offer Food Backpack programs, which provide a bag or backpack of non-perishable food for families to have over a weekend. People should check with their local school or school district for available programs and eligibility.

Women, Infants, and Children (WIC) - WIC provides targeted nutritional support to women, infants, and children up to age five years old, regardless of immigration status. People can search for the WIC program in their locale [here](#).

Additional food and nutrition programs: Search for additional food and nutrition programs [here](#) or call 1-866-3-HUNGRY or 1-877-8-HAMBRE to speak with a representative who will find food resources such as meal sites, food banks, and other social services available near your location resources or the national hunger hotline.



National-Level Services for Domestic Violence

In cases where clients or their loved ones are facing interpersonal or domestic violence and require assistance, they can access the national hotline provided below to locate the nearest local hotline. This service is toll-free and operates 24/7 throughout the year. Whether the individuals seeking help are survivors themselves or are reaching out on behalf of someone enduring domestic abuse, they can call this hotline to receive immediate guidance and support.

- **National Domestic Violence Hotline**
 - 1-800-799-SAFE (1-800-799-7233)
 - 1-800-787-3224 (TTY service for hearing-impaired individuals)
 - www.ndvh.org
- **National Sexual Assault Hotline of the Rape, Abuse and Incest National Network (RAINN)**
 - 1-800-656-HOPE (1-800-656-4673)
 - www.rainn.org
- **National Center for Missing and Exploited Children**
 - 1-800-THE-LOST (1-800-843-5678)
 - www.missingkids.com
- **The National Center for Victims of Crime**
 - 1-800-FYI-CALL (1-800-394-2255)
 - 1-800-211-7996 (TTY service for hearing impaired individuals)
 - www.ncvc.org
- **Childhelp National Child Abuse Hotline** - If a teen or child is experiencing or witnessing abuse of any kind from a family or caregiver.
 - 1-800-422-4453

People can get help finding various services, supports, and resources by calling 2-1-1, which operates in all 50 U.S. states. Interpretation is provided, as is TTY, for those who are experiencing deafness or are hard of hearing. People needing interpretation should say, "No English. I Speak [Name of Language]" and then wait until an interpreter gets on the phone line. This may take several minutes.

People can also search for support at [findhelp \(AuntBertha.com\)](http://findhelp.AuntBertha.com) which is available in dozens of languages.