

## USEFUL RESOURCES

### RENT ASSISTANCE

- **Bethesda Help**
  - Phone: 301-365-2022
  - Email: [info@bethesdahelp.org](mailto:info@bethesdahelp.org)
  - Website: [www.bethesdahelp.org](http://www.bethesdahelp.org)
- **Damascus Help**
  - Phone: 301-253-4100
  - Website: [www.damascushelp.org](http://www.damascushelp.org)
- **Interfaith Works (Connections Program)**
  - Phone: 240-641-6307 or 240-641-6308
  - Website: [www.iworksmc.org/iwconnections](http://www.iworksmc.org/iwconnections)
- **Midcounty United Ministries**

Phone: 301-929-8675  
Website: [www.mumhelp.org](http://www.mumhelp.org)
- **City of Rockville**
  - Phone: 240-314-8310
  - Website: [www.rockvillemd.gov/377/financialassistance](http://www.rockvillemd.gov/377/financialassistance)
- **Community Reach of Montgomery County (REAP)**
  - Phone: 301-917-6811
  - Website: [www.cmrocks.org/reap](http://www.cmrocks.org/reap)
- **Upper Montgomery Assistance Network**
  - Phone: 301-972-8481
  - Website: [www.wumcohelp.org](http://www.wumcohelp.org)
- **Eastern Montgomery Emergency Assistance Network (EMEAN)**
  - Phone: 301-879-2688



## UTILITY ASSISTANCE

- **Maryland Department of Human Services - Office of Home Energy Programs (OHEP)**
  - Phone: 1-800-332-6347
  - Website: [www.dhs.maryland.gov/office-of-home-energy-programs/](http://www.dhs.maryland.gov/office-of-home-energy-programs/)
- **Office of Home Energy Programs (Electrical Arrearage, MEAP, Gas Arrearage)**
  - Phone: 240-777-4450
  - Website: [www.montgomerycountymd.gov/ohep](http://www.montgomerycountymd.gov/ohep)
- **Montgomery County Emergency Services**
  - Address: 1301 Piccard Drive
  - Phone: 240-777-4448
  - Website: [www.mymdthink.com](http://www.mymdthink.com)
- **The Salvation Army (WSSC Emergency Assistance Program)**
  - Phone: 301-515-5354
  - Website: [www.salvationarmynca.org](http://www.salvationarmynca.org)

## HOMELESSNESS AND GENERAL EMERGENCY SUPPORT

- **Bethesda Cares**
  - Phone: 301-907-9244
  - Website: [www.bethesdacares.org](http://www.bethesdacares.org)
- **Rockville Help**
  - Phone: 301-564-0800
  - Website: [www.rockvillehelp.org](http://www.rockvillehelp.org)

### Olney Help

- Phone: 301-774-4334
- Website: [www.olneyhelp.org](http://www.olneyhelp.org)



## FOOD, HOUSING ASSISTANCE, OTHER SERVICES

- **Catholic Charities**
  - Phone: 301-942-1790
  - Website: [www.catholiccharitiesdc.org/catholiccharitiescenter](http://www.catholiccharitiesdc.org/catholiccharitiescenter)
  - Additional Services:
    - Food services
    - Health care and mental health services
    - Housing and shelter
- **Mother Seton Catholic Church**
  - Phone: 301-944-0451
  - Website: [www.mothersetonparish.org/ministries/socialconcerns](http://www.mothersetonparish.org/ministries/socialconcerns)
  - Additional Services:
    - Social Concerns Ministry: Outreach for basic needs
    - Stephen Ministry: Support for individuals in crisis
- **Our Lady of Mercy Catholic Church**
  - Phone: 301-365-1415 x150
  - Website: [www.socialconcernsolom.org](http://www.socialconcernsolom.org)
  - Additional Services:
    - Outreach programs for community support
- **St. Elizabeth's Catholic Church**
  - Phone: 301-881-1380
  - Website: [www.stelizabethchurchmd.org](http://www.stelizabethchurchmd.org)
  - Additional Services:
    - Community outreach programs for families in need
- **St. Patrick's Social Concerns**
  - Phone: 301-804-2820
  - Website: [www.stpauldamascus.org](http://www.stpauldamascus.org)
  - Additional Services:
    - Emergency financial assistance for those in crisis



- **St. Raphael Catholic Church**



- Phone: 240-447-7027
- Website: [www.straphaels.org](http://www.straphaels.org)
- Additional Services:
  - Social Concerns Ministry: Outreach and basic assistance

- **Islamic American Zakat Foundation, Inc.**

- Phone: 301-907-0997 Website:
- [www.iazf.org](http://www.iazf.org) Additional Services:
- - Financial aid to eligible individuals and families

- **Faith Connections**

- Phone: 301-482-0522
- Website: [www.faithconnections.org](http://www.faithconnections.org)
- Additional Services:
  - Programs aimed at addressing immediate needs of individuals and families

**DISCLAIMER:**

**RHE assumes no responsibility for assistance provided; this information is for informational purposes only and may be subject to change according to each organization's policies. For the most accurate and up-to-date details, please contact the organizations directly.**

