Tenant Resource Guide





Allegheny County Tenant Resource Guide

Allegheny Link



https://www.alleghenycounty.us/Services/Housing/Allegheny-Link

The Allegheny Link assists Allegheny County residents:

- · with any disability find needed services
- over the age of 60 remain safely in their community
- who are experiencing or at risk of homelessness find stable housing
- who are pregnant, or parents and caregivers of children up to six years of age get referrals to home-visiting programs

One Smithfield Street, 2nd Floor, Pittsburgh, PA 15222

866-730-2368

2-1-1 United Way

www.pa211.org





PA 2-1-1 is a free resource and information hub that can connect you with customized health, housing and human services information. By calling 211, you can receive information related to food, housing, employment, health care, along with a variety of other services. PA 2-1-1 also provides a 24/7 confidential phone service and website.

FindHelp.Org

Call: 2-1-1

www.findhelp.org



<u>Findhelp.org</u> is an online way to search and connect to support. Includes info about financial assistance, food pantries, medical care, and other free or reduced-cost help.

Other Free or Low-Cost Health Resources:

For a comprehensive guide to other free or low-cost health resources in Allegheny County, also check out ACHD's *Guide to Health and Wellness Resources in Allegheny County,* or scan this OR Code to download the *Guide*.



connect.alleghenycounty.us/healthcare alleghenycounty.us/Services/Children-and-Families alleghenycounty.us/Services/County-Assistance

Housing Services

https://www.alleghenycounty.us/Services/Housing

Action Housing – Housing Connector actionhousing.org

412-281-2102

Assists people with varying disabilities to connect to independent housing options of their choice in the community of their choice.



PAHousingSearch.com

http://www.pahousingsearch.com/index.html

A free resource to help you find a home that fits your needs and budget.

Public Housing Authorities

Allegheny County Housing Authority- www.achsng.com

McKeesport Housing Authority- www.mckha.org

Pittsburgh Housing Authority- www.hacp.org

Quick Start Housing Resources

www.phfa.org

Use this web page to find the contact information, by county, for a variety of housing providers including housing authorities, homeless providers, community action agencies, and more. Click on the "Hot Topics" button to see a drop down menu of counties in Pennsylvania and select the county to view.

Real Estate Commission

https://www.dos.pa.gov/ProfessionalLicensing/FileaComplaint/Pages/default.aspx

1-800-822-2113

If you believe the practice or service provided by a licensee or registrant of the Real Estate Commission to be unethical, immoral, below an acceptable standard of practice or out of the scope of the profession, you are urged to file a Statement of Complaint Form with the Department of State. Also, if you suspect someone of unlicensed practice, please file a complaint.

Habitat for Humanity of Greater Pittsburgh

https://www.habitatpittsburgh.org/homeownership

Habitat Pittsburgh provides local, limited-income families with the opportunity to own a decent home with an affordable, no-interest mortgage.

Non-Profit Legal and Tenant/ Landlord Mediation Services:

Neighborhood Legal Services Association

nlsa.us

412-255-6700

928 Penn Avenue, Pittsburgh, Pa 15222

Allegheny County Bar Association

acba.org

412-261-6161

436 Seventh Avenue, Pittsburgh, Pa 15219

Community Justice Project (CJP)

https://www.communityjusticeproject.org

412-434-6002 or 866-482-3076

100 Fifth Avenue, Suite 900, Pittsburgh, PA 15222

CJP is a non-profit organization that provides free legal representation to qualified, limited-income individuals.

Just Mediation Pittsburgh

https://www.justmediationpgh.org

412-228-0730

5167 Butler Street, Pittsburgh, PA 15201

Email: info@justmediationpgh.org

Just Mediation Pittsburgh is a nonprofit organization dedicated to helping landlords and tenants find solutions to housing disputes.

Urban League of Greater Pittsburgh - https://ulpgh.org

The Pittsburgh Urban League helps others to help themselves through extracurricular educational opportunities, health advocacy, housing counseling, parental education and support for early childhood and youth development, hunger prevention services, sustainable wage career preparation, and other programs that lead to improved ability to achieve economic empowerment and self-reliance.

412-227-4802

Contact form: https://ulpqh.org/contact-us

Pittsburgh Commission on Human Relations

Pittsburghpa.gov/chr

412-255-2600

Investigates instances of discrimination and seeks resolutions for anyone who has experienced harm because of discrimination.



Domestic Violence Resources:

Women's Center and Shelter of Greater Pittsburgh

https://www.wcspittsburgh.org

24 Hr. Hotline - 412-687-8005

Text - 412-744-8445

Offer supportive services, including a 24-hour hotline, emergency family shelter, legal advocacy, domestic violence support groups and more.



Pittsburgh Action Against Rape (PAAR)

Paar.net

24 Hr. Helpline (text and online chat available 10am-5pm M-F)

- 1-866-363-7273

Provides comprehensive services to victims of sexual violence and to their families, serving children and adults of all gender identities, ages, and socioeconomic backgrounds.

Alle-Kiski Area Hope Center – Tarentum

www.akhopecenter.org

24 Hr. Hotline - 724-224-1266

Email: hopecenter@akhopecenter.org

Offer supportive services, opportunities for healing, and community education to assist victims, and end violence and abuse.

Crisis Center North

www.crisiscenternorth.org

24 Hr. Hotline - 412-364-5556

Toll Free: **1-866-782-0911** Text: **1-877-522-6093**

Offer supportive services including counseling, therapy, case management, legal and medical advocacy, and economic empowerment services.

Allegheny County District Attorney

(412) 350-4406

Room 303 Courthouse, 436 Grant St. Pittsburgh, PA 15219

The Allegheny County District Attorney's Office Domestic Violence Prosecution Unit, prosecutes cases involving current or former sexual or intimate partners who engage in criminal conduct of a threatening, intimidating or physically violent nature. The District Attorney of Allegheny County is committed to prosecuting domestic violence crimes vigorously, with the safety of domestic violence victims as our primary concern.

National Domestic Violence Hotline

http://www.thehotline.org/

1-800-799-SAFE (7233) Text: "START" to 88788 TTY: 1-800-787-3224

National Coalition Against Domestic Violence

http://ncadv.org/

NCADV's mission is to lead, mobilize and raise their voices to support efforts that demand a change of conditions that lead to domestic violence such as patriarchy, privilege, racism, sexism, and classism. They are dedicated to supporting survivors and holding offenders accountable and supporting advocates (Hosts an expansive resource list for victims and survivors).

Rape, Abuse & Incest National Network (RAINN)

https://www.rainn.org or https://www.rainn.org/es (Spanish)

1-800-656-HOPE (4673)

RAINN is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline (800.656.HOPE, <u>hotline.rainn.org/online</u>) partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.

Family and Nutrition Assistance

Visit this link to see details about a number of programs in Allegheny County that offer nutritious food:

https://alleghenycounty.us/Human-Services/ Programs-Services/Basic-Needs/Food-Assistance.aspx



Women Infants and Children (WIC) Special Supplemental Nutrition Program:

https://alleghenycounty.us/Health-Department/Health-Services/Women,-Infants-and-Children/Women-Infants-and-Children-Program.aspx

412-350-5801

2121 Noblestown Road, Suite 210, Pittsburgh, PA 15205

The WIC Program serves income-eligible and medically or nutritionally at-risk pregnant women, breastfeeding and bottle-feeding mothers, infants and children up to the age of five.

SNAP

The Supplemental Nutrition Assistance Program is the new name for the Food Stamp program. These benefits are used to buy food and help eligible low-income households in Pennsylvania obtain more nutritious diets by increasing their food purchasing power at grocery stores and supermarket. You may visit the agencies below to see if you qualify for SNAP. Call ahead to find out what documents to bring with you. Or, you can apply online at <u>COMPASS</u>.

Greater Pittsburgh Community Food Bank

https://pittsburghfoodbank.org

412-460-FOOD (3663)

1 North Linden Street, Duquesne, PA 15110

Just Harvest

https://justharvest.org/

412-431-8960

16 Terminal Way, Pittsburgh, PA 15219

ACHD Family and Child Health Program (formerly Maternal and Child Health)

https://www.alleghenycounty.us/Services/Children-and-Families/Family-and-Child-Health-Programs

412-247-7950

Hosanna House, 807 Wallace Avenue, Wilkinsburg, PA 15221

The mission of the Family and Child Health Program is to improve the quality of life and health of mothers/birthing persons, infants, children, and families in Allegheny County. They focus efforts on meeting the unique needs of each family regardless of circumstance. They offer services for pregnant people, parents, or caregivers of children under two years old. There are many programs and services available including home visiting, fatherhood/partner engagement, smoking cessation, Cribs for Kids, a breastfeeding helpline, and more.

Lead Paint Resources:

Allegheny County Economic Development Lead Safe Homes Program:

www.alleghenycounty.us/leadsafeprogram 412-227-5700

Free lead-based paint testing and repairs for qualifying homeowners and renters to make homes lead safe. Income based assistance for families with children under 6 years old.



Get the Lead Out Pittsburgh:

https://gettheleadoutpgh.org/fag-and-resources/

A public awareness campaign designed to shine a light on lead poisoning in Allegheny County, help families who are impacted by lead poisoning, and enact changes to make our community safer.

Alliance for Infants and Toddlers

https://www.afit.org/

412-885-6000

Early intervention for children 3-5 years of age.

Pennsylvania Department of Human Services 1-800-692-7288

Environmental Protection Agency Lead Information/Find a Lead Safe Certified Firm:

https://www.epa.gov/lead

Parent Resource Toolkit for Children with Elevated Blood Lead Levels-

https://paleadfree.org/prt/

This Parent Resource Toolkit from the Pennsylvania Lead-Free Promise Project is a way for parents of children who have tested with elevated blood lead levels to find ways to get help in their County.

Penn State Extension

https://extension.psu.edu/dont-quess-soil-test

412-263-1000

Environmental Soil testing for lead in gardens

All children in Allegheny County should be tested for lead exposure at 9-12 months of age and again at 24 months of age:

To find a center that can provide healthcare to a family on a sliding scale, including blood lead level testing visit: <u>findahealthcenter.hrsa.gov</u>

Shelters and Warming Centers

Shelters

Information about shelters, including emergency shelters, can be found either by reaching out to The Allegheny Link at **866-730-2368** (more information about The Link can be found at the top of this resource sheet), or visiting the Department of Human Services Homeless Services webpage here:



https://www.alleghenycounty.us/Human-Services/

Programs-Services/Basic-Needs/Housing-and-Homeless/Homeless-Services.aspx

Winter Shelters and Warming Centers

Information about Winter Shelters can be found here:

alleghenycounty.us/Human-Services/Programs-Services/Basic-Needs/Winter-Shelter.aspx

The best way to find out about available warming centers in the event of extreme winter weather is to reach out to The Allegheny Link at **866-730-2368** for currently open locations.

Utility Assistance:

Visit the Department of Human Service's (DHS) <u>Utility Assistance</u> page for a step by step walk-through to see how you might be able to get help with your utilities. <u>https://www.alleghenycounty.us/Human-Services/Programs-Services/Basic-Needs/Utility-Assistance.aspx</u>

They include:

- Energy Assistance Programs like the Low-Income Home Energy Assistance Program (LIHEAP)
- How to apply for a grant if you are ineligible for LIHEAP and other assistance
- Other resources



Drug and Alcohol Assistance:

Allegheny County Health Department

Overdose Prevention Program

harmreductionallegheny.org

412-209-2274

Provides people with the means to reduce the risks of drug use and improve their health, at their own pace.



pathwaytocareandrecovery.com

412-325-7550

326 Third Ave, Pittsburgh, PA 15222

Offers Allegheny County residents who are ready to begin their recovery from drug or alcohol addiction the support they need to succeed.

Onala

Onala.org

412-471-8797

Full-service nonprofit providing a safe community space where individuals with substance use disorder and their loved ones can find resources, support, and fellowship.

PA Get Help Now

1-800-662-HELP (4357)

24/7 Substance Abuse and Mental Health Services Administration (SAMHSA) Helpline.

Mental Health Resources:

Resolve

https://www.upmc.com/services/behavioralhealth/resolve-crisis-services

24 Hr hotline 1-888-796-8226

333 North Braddock Ave, Point Breeze, PA 15208 Offers 24/7 crisis treatment, interventions, and home visits.

Staunton Clinic

<u>Heritagevalley.org/services/behavioral-health/</u>

Provides a number of diverse services that assist people from all walks of life who are seeking to recover from a temporary or more long-term mental health condition.



LGBTQ+ Resources:

https://www.alleghenycounty.us/Services/Human-Services-DHS/DHS-Resources/LGBTQ-Resources

Central Outreach Wellness Center

Centraloutreach.com

412-322-4151

Holistic, multicultural, LGBTQIA, HIV & Hep C health organization.



Safespacealliance.com

Nonprofit organization that aims to help people identify, navigate, and create safe spaces for LGBTQI+ communities worldwide.

Persad

Persadcenter.org

412-441-9786

Licensed mental health center specifically created to serve the LGBTQ+ community.

Hugh Lane Wellness Foundation

Hughlane.org

412-626-3812

Strives to address both LGBTQ+ and HIV bias across the many intersections of our communities to create spaces and opportunities for individuals to be their authentic, courageous selves.

Familylinks

Familylinks.org/services/behavioral-health

866-583-6003

Provides innovative, community-based, behavioral health care services.

Merakey

Merakey.org

888-647-0020

Services for the whole person, so everyone can find dignity, fulfillment, and growth in their lives.

PA Department of Human Services

<u>Dhs.pa.gov/services/mental-health-in-pa/pages/default.aspx</u>

Resource hub for mental health services in PA.

National Suicide & Crisis Lifeline call or text 988







Housing & Community Environment Program

3190 Sassafras Way Pittsburgh PA 15201 **412-350-4046**

Find us online at *alleghenycounty.us/housing*

