

It's MY LIFE! Emergency Exit Kit

ABUSE? Reach out to 2-1-1 on cell phone or www.211.org – if you or siblings have been abused, call **ChildHelp** at **800-422-4453** for assistance 24-hours-a-day.

Where are you sleeping? - Housing <https://www.shelterlistings.org/> Homeless Shelter Listings:
[Homeless Shelters](#) | [Find Homeless Shelters](#) | [Homeless Shelter Search](#)
[National Foster Youth Institute](#) | [Housing \(nfyi.org\)](#) Phone: **213-221-1176**
[State Independent Living and Education and Training Voucher \(ETV\) Coordinators](#) – Contacts by State

Do you have food and clothing?

Find a local **Foster Closet – or Food Pantry** – most are FREE to fosters & former fosters
[Older Youth Pandemic Relief](#) | [FosterClub](#) - Phone: **503-717-1552**

Do you have a job? Check with school for Internship or Co-op jobs. Search these sites:

ifoster.org - GET HELP Phone: **855-936-7837** [Foster Care to Success](#) Phone: **571-203-0270**

Do you have transportation? Do you have a driver's license?

[How to get Chafee Funds to support driving expenses](#) Phone: **503-717-1552**
<https://schoolhouseconnection.org/> - getting to school Phone: **202.364.7392**
<https://jitfosteryouth.org/youth-services/housing-transportation/> (CA only?) Phone: **760-505-6647**

Do you have HealthCare? ALL Fosters have Health Insurance (Medicaid) until age 26!

[Healthy Foster Care America](#) Phone: **800-433-9016 x 6580** or Check with your state agency.

Do you have a cell phone? [Www.iFoster.org](http://www.iFoster.org) – has FREE Cell Phone program Phone: **855-936-7837**

Are you still in school? (Have you graduated?)

STAY in school – or get GED – www.YouSeeYou.org FREE LiveChat, Mentor & Life Coach
Phone: **301-905-0603**

Do you have a CASA? (Court Appointed Special Advocate)

[National CASA / Guardians ad Litem Programs](#) – State listings
Texas CASA - <https://texascasa.org/what-we-do/collaborative-family-engagement/>

Do you have any “healthy” family members to help you?

<https://www.epicohana.org/ohana-finding> - finding long-lost relatives FREE service Phone: **808-748-7920**

Do you have a mentor or Life Coach? (FREE Online Chat 24-hrs-a-day)

<http://www.YouSeeYou.org/> - FREE up to age 26 (and mentoring for LIFE) Phone: **301-905-0603**

Do you belong to a church? - Find one!

Check out [More Than Enough – A Collaborative Movement Facilitated by the CAFO Community](#)
Also – CAFO church directory by State - <https://cafo.org/church/directory/> (Christian Alliance for Orphans)

Are you on Facebook or YouTube? - Find Aging Out or Foster Care Alumni groups.

Search for: **Foster Care Alumni of America, “Former Foster”** (MANY groups use these words),

Support Programs that will help you – up to age 26!

<https://www.benefits.gov/benefit/763> - Chafee Independent Living Program – up to 23 yrs old

<https://affcny.org/wp-content/uploads/OtherWaystoHelp.pdf> – 45 ways to help