



Low-Cost & Free Healthcare Resources

- Free Clinic Directory: <https://www.freeclinicdirectory.org>
- Federally Qualified Health Centers (HRSA): <https://findahealthcenter.hrsa.gov>
- NeedyMeds (Medication & Discount Resources): <https://www.needymeds.org>
- Healthcare.gov (ACA Plans & Medicaid Info): <https://www.healthcare.gov>



Mental Health & Crisis Help

- 988 Suicide & Crisis Lifeline (24/7): <https://988lifeline.org>
- Teen Line (Text with a Teen Listener): <https://www.teenline.org>
- NAMI (Mental Health Support & Education): <https://www.nami.org>



Immigrant & Refugee Health Resources

- RAICES (Legal & Support Services for Immigrants): <https://www.raicestexas.org>
- United We Dream (Youth-led Immigrant Support): <https://unitedwedream.org>
- National Immigration Law Center (Policy & Access Info): <https://www.nilc.org>
- HealthReach (Multilingual Health Materials): <https://healthreach.nlm.nih.gov>



Youth Action & Volunteer Opportunities

- DoSomething.org (Youth Campaigns & Actions): <https://www.dosomething.org>
- VolunteerMatch (Find Local Volunteer Opportunities):
<https://www.volunteermatch.org>
- Idealist (Volunteering by Cause): <https://www.idealists.org>
- Generation Ratify (Youth-Led Advocacy): <https://www.generationratify.org>