

November 2025

## Supporting our community during the government shutdown

The ongoing government shutdown is hurting many individuals and families. This is especially true for those facing food insecurity, housing instability, or disruptions to other essential services.

If the shutdown has affected you, use this resource to find immediate help. It includes food banks, rental support, and other vital services.

**Do you know of other resources?** Let us know by emailing [grassroots@results.org](mailto:grassroots@results.org).

You can also take action to strengthen our safety net and keep people stable. [Find a list of actions here.](#)

## Contact your members of Congress for help

Visit their website to find local services and support. You can also call their office to get connected for assistance. [Look up your members' contact information here.](#)

## Visit your local library

Your local library may keep an up-to-date list of community resources and can help connect you with support and other essential services.

## 211.org

**Visit 211.org or call 211.** They provide information and referrals for an array of services and support, including housing and utilities, health and mental health care, food and more.

## Housing and rental support

- **Consumer Financial Protection Bureau**
  - [Get help paying rent and bills](#)
- **National Housing Law Project**
  - [Tenants Rights Flyer](#)
  - [Do You Live in HUD or USDA Housing? Know Your Rights During the Government Shutdown](#) (September 2025)
- **Community Action Partnership**
  - [Housing and Homelessness Resources](#)

## Food security and hunger

- **Feeding America**
  - [Find free food and groceries](#)
  - [How the Feeding America network is responding to the government shutdown](#)
- **Support for Furloughed Federal Workers**
  - [Gift Card Application](#)
- **DoorDash Emergency Food Response**
  - [DoorDash will deliver 1 million free meals](#) through food banks and waive fees for 300,000 SNAP recipient grocery orders. There are 300+ Project DASH food bank partners nationwide.

## More essential services

- **American Federation of Labor and Congress of Industrial Organizations (AFL-CIO)**
  - [State Resources for Shutdown-Impacted Federal Employees and Contractors \(10/24/2025\)](#)
- **My Fed Benefits**
  - [2025 Shutdown Assistance Map](#)
- **Federal Employee Education and Assistance**
  - [Government Shutdown Resources for Federal Civilian Employees](#)
- **National Domestic Violence Hotline**
  - Call 1-800-799-SAFE (7233)
  - Text "START" to 88788
  - Chat live and find more information: [www.thehotline.org](http://www.thehotline.org)
- **National Network to End Domestic Violence**
  - [Resource Library](#)
  - [State resources and organizations](#)
- **Office on Violence Against Women**
  - [State Resources for Survivors](#)