

Little Lift American Navigator

Easy help for hard times. Use it free. Share it forward. Support only if you can.

This guide is a simple place to start when resource websites, forms, phone menus, apps, and chatbots feel overwhelming. It does not decide eligibility or replace professional advice. It helps people find the right doorway and ask better next-step questions.

First three steps

1. Choose the need: jobs, food, housing, healthcare, mental health, benefits, school, credit, travel, legal aid, libraries, taxes, investing basics, or business help.
2. Start with your ZIP code, postal code, city, or area. If a site is confusing, search a plain phrase like utility help, resume help, Medicaid, food pantry, addiction treatment, transportation assistance, or free tax help.
3. Ask the next-step question: What office handles this in my county? What documents do I need? Can someone help me apply?

Need	Starting point	What to ask or search
Food, housing, local help	211 / Findhelp	Search by ZIP code; ask about rent, food, shelter, utilities, transportation.
Jobs and resume help	CareerOneStop / American Job Centers	Ask for resume help, training options, workshops, computers, and job search support.
Benefits	USA.gov Benefit Finder	Use basic info to see possible federal and state benefit categories.
Healthcare coverage	HealthCare.gov / Medicaid.gov	Ask which state office or local assister handles your application.
Medicare	SHIP	Ask for free plan, enrollment, savings, and coverage counseling.
Mental health crisis	988	Call, text, or chat for immediate emotional or crisis support.
Addiction and treatment	FindTreatment.gov / SAMHSA	Search by location; ask about insurance, cost, outpatient, and inpatient options.
Therapy	Psychology Today	Search by ZIP or city, insurance, specialty, and online or in-person care.
School and college	FAFSA / College Scorecard	Ask about grants, scholarships, costs, outcomes, and deadlines.
Libraries	USA.gov libraries / local library	Ask about computers, printing, English classes, job help, forms, and events.
Credit	AnnualCreditReport.com	Check reports for errors, identity theft, wrong accounts, and old collections.
Travel, transport, hotel	211 / Air Charity Network / Mercy Medical Angels	Ask about medical travel, bus passes, gas cards, emergency lodging, and shelter.
Legal help	Legal Services Corporation	Search civil legal aid; ask about housing, benefits, debt, family, and consumer issues.
Canada	211 Canada / Job Bank / 988 Canada	Search by postal code, province, city, or need.
Mexico	Servicio Nacional de Empleo / Bienestar / helplines	Search by state, city, program, or type of help.

A message you can send to someone

You may not need this today, but someone you know might. Little Lift American Navigator is a free starting-point guide for jobs, food, housing, benefits, healthcare, mental health care, school help, credit help, tax help, libraries, travel help, legal aid, and more. It is built to be simple, shareable, and easier to navigate than confusing forms or automated systems.

Support is optional

Little Lift American Navigator is free to use. If it helped you or someone you care about, sharing it is already support. Optional gifts help keep the guide updated and available. Questions and suggestions: helpinghands2026@proton.me

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