

Are you leaving foster care? Wonder what's next? We're here to help!

If you are between ages 16 and 24 and leaving foster care, you may be eligible for free resources and support. Click each link below to learn more.

Do you need housing?

- **Fostering Youth to Independence Program**: Help with finding and paying for housing for up to 36 months for young adults (18-24) who have left foster care or will leave within 90 days and for youth 16 or older who are currently or at risk of experiencing homelessness

Do you need mental health resources?

- **Treatment Locator**: Nearby treatment options for a range of mental health or substance misuse challenges
- **Early Serious Mental Illness Treatment Locator**: Nearby treatment and support options for individuals experiencing mental health challenges including psychosis, schizophrenia, and bipolar disorder for the first time
- **Behavioral Health Resources**: Educational information and resources on mental health and substance misuse challenges

Do you need a job or education?

- **Job Corps**: Help with housing, along with opportunities to complete high school, obtain technical career skills, and/or find a job for young adults ages 16-24
- **Youth Engaged 4 Change Education and Career Toolkit**: Help to find and keep a job, scholarships, professional development, and other education opportunities

Are you in a crisis and need someone to talk to?

- **Call 1-800-RUNAWAY (1-800-786-2929)** to talk to someone who will listen and support you. This includes establishing connections to supports and services, such as access to shelter or housing for youth and young adults experiencing or at risk of experiencing homelessness or housing instability. You can also scan the QR code or click [here](#) to use the live chat.

Learn More

To learn about other support that you might be able to receive or to find programs and resources in your community, visit [usa.gov/benefits](https://www.usa.gov/benefits) and www.youth.gov/map-my-community.

The Administration for Children and Families (ACF) is committed to supporting the economic and social well-being of children and families. ACF programs aim to empower families, support children's development, and encourage strong, healthy communities.



Local Resources

Continuum of Care (CoC) phone number:

Nearby food, shelter, cash assistance/financial supports, mentorship programs, child care, or other resources:

Other Notes

Lined area for writing other notes.

Interested in being a change-maker?

Learn how you can help advocate for child welfare and policymaking at <https://www.nationalpolicyCouncil.org/>