



2026 Community
**Resource
Booklet**



Advancing Health. Inspiring Hope. Serving You.

At Marshall Health Network, your well-being is our top priority. We are committed to our mission and caring for the people we serve. We are the academic health system that delivers access, excellence and compassionate care at every stage of life.

In this booklet, you'll find a variety community resources to support you and your loved ones. From housing resources to safety and crisis support, we've compiled a wide array of support your journey.



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REFERRAL SOURCES / INFORMATION

United Way 211.....Phone 211 or text your zip code to 898.211
Call, chat or text to find resource information and support
(financial, domestic, health, disaster-related and more).
Available 24/7. Visit: <https://wv211.org/> to learn more.

Information and Referral Services 304.528.5660
Part of the Cabell County Public Library, this free service links people to
the appropriate resources to meet their needs. Specialists will complete
a comprehensive assessment of needs to determine eligibility for
program(s) available. Available Monday-Friday, 10 a.m. to 3:30 p.m.

Need Help Paying Bills
List of resources for struggling families. Ranges from rental and housing
assistance, food pantries, national charities, non-profits and churches.
Visit www.needhelppayingbills.com for more information.

FaithHealth Appalachia.....304.399.1765
Helps improve the total health of community by connecting people
with services for transportation, food, housing and utility assistance,
home modifications for accessibility, and more.
Visit faithhealthappalachia.org/gethelp/ to apply for assistance.

HOUSING / UTILITY RESOURCES

WEST VIRGINIA

Catholic Charities West Virginia..... 304.650.3514

Is the largest private provider of social services (housing, rent, food and utility assistance and more) in West Virginia.

Harmony House..... 304.523.2764

Helps in providing housing and other supportive service programs, such as medical and addiction recovery.

Faith in Action of the River Cities.....304.697.1274

Provides essential, non-medical services (transportation, shopping assistance, minor home repairs, handicap ramps) to seniors and older individuals with chronic disabilities who reside in Cabell, Wayne and Lincoln counties in WV and Lawrence county in OH.

Habitat for Humanity of the Tri-State.....304.532.4822

Supports homebuyers in need of decent, affordable housing .

Huntington Housing Authority304.526.4400

Offers a wide variety of low income and disabled housing assistance programs, ranging from affordable public housing, housing projects, and subsidized housing all over Huntington, WV.

**Southwest Community Action Council
.....304.390.0087 or 304.781.0970**

Helps with emergency repair and replacement of heating units, as well as utility assistance in Cabell, Lincoln, Mason and Wayne counties. They also provide homeless assistance in Mason county. Call for an appointment.

WV Department of Health and Human Resources

Assists with utilities (gas and electric heating, water), as well as food and shelter costs. Call your local DHHR office. Visit <https://dhhr.wv.gov/bfa/programs/> for more information.

OHIO

Coalition on Homelessness and Housing in Ohio..... 614.280.1984

Helps find housing, rent and utility bill assistance. SOAR Ohio also helps those with disabilities with SSI/SSDI application and housing assistance. Visit <https://cohhio.org> for more information on all programs available.

Gallia-Meigs Community Action Agency 740.367.7341

Helps with home weatherization and home insulation. In some cases, replacement of water heaters and/or heating equipment, such as furnaces, stoves, etc.

Gallia Metropolitan Housing Authority 740.446.0251

Helps find low-cost housing in Gallia County, OH

Home Energy Assistance Program (HEAP)..... 800.848.1300

Helps with home energy bills. Visit [HEAP \(ohio.gov\)](https://www.ohio.gov) for more information.

Ironton-Lawrence County Community Action..... 740.532.3140

Provides help finding affordable housing, as well as home energy assistance (HEAP) and home weatherization. Visit <https://www.ilcao.org/> for a list of all services.

Low Income Home Energy Assistance Program (LIHEAP)866.674.6327

Provides help with home heating bills, preventing energy shutoffs, reconnecting services, making home more energy efficient and repairing or replacing heating equipment.
Visit <https://www.acf.hhs.gov/ocs/programs/liheap> to search for services by state and county.

KENTUCKY (Five County Area)

Community Assistance & Referral Services, Inc. (CAREs) 606.324.2949

Helps with utilities, prescriptions, rent and other needs.
Provides referrals to other social services/health care agencies.
Located at 2516 Carter Ave., Ashland

Kentucky Housing Corporation800.633.8896

Provides a community resource guide that lists agencies and resources available by county. Visit www.kyhousing.org for more information.

The Neighborhood606.327.5677

Offers multiple services, such as utility assistance, free clothing, hot meals, health care referrals, prescription assistance and more.
Visit theneighborhood-ashland.org/agencies/.



HOUSING DEFICIENCIES

Local Health Departments

Find your state and local health department websites by visiting **CDC - State and Territorial Health Departments**.

Sound the Alarm

The American Red Cross will help install free smoke alarms, create escape plans and share fire safety information. Contact **www.redcross.org/sound-the-alarm** for assistance.

HOMELESS RESOURCES/SHELTERS

www.homelessshelterdirectory.org/state/west_virginia

www.homelessshelterdirectory.org/state/Ohio

www.homelessshelterdirectory.org/state/kentucky

Harmony House.....	304.523.2764
Huntington City Mission	304.523.0293
Mason Homeless Shelter	304.675.1124
Roark Sullivan Lifeway Center (Charleston, WV)	304.340.3581
St. Mark’s Church	304.410.0548
Union Mission (Charleston, WV).....	304.925.0366 or 304.343.4352
Salvation Army (Ashland, KY)	606.329.2874
City Mission Church (Ironton, OH)	740.532.5041
Scioto County Ohio Homeless Shelter	740.353.4085

NUTRITION/FOOD

Food Pantry Database

Nationwide database to search for local food pantries, soup kitchens, food banks and other food help. Visit www.foodpantries.org.

Facing Hunger Food Bank

Find list of local food pantries in Tri-State area, as well as updated schedule for mobile food pantries.
Visit <https://facinghunger.org/get-help/> or call 304.523.6029.203
6th Ave, Huntington, WV 25701 Tuesdays 10am-4pm

WEST VIRGINIA

Bend Area Food Pantry

Email: BendAreaFoodPantry@gmail.com
516 Adams Street, Mason, WV
Open every Monday (except 3rd Monday of the month), 11 - 11:30 a.m.,
and 3rd Tuesday, 9 a.m.-12 p.m.
Must bring proof of residence and income.

Bread from Heaven Food Pantry 304.633.7672
8019 Lynn Avenue, Hamlin, WV
Open 4th Tuesday of each month, 8 a.m.-3 p.m.

Cabell County FSC.....304.526.4471
816 St. Louis Ave, Huntington, WV 25705
Emergency Food Boxes only Monday, Tuesday, Thursday, Friday 10am
until gone

Cabwaylingo Food Pantry304.654.3460
1385 Left Fork Dunlow Bypass, Dunlow, WV
Open 4th every Thursday, 1 - 4 p.m.

Celebration Storehouse.....740.744.2713
610 19th St W, Huntington, WV 25704
2nd & 4th Tuesday of every month 5:30pm-6:30pm

Children's Home Society of WV FSC..... 681.378.2530

203 6th Ave, Huntington, WV 25701

Tuesdays 10am-4pm

Christ Temple Food Pantry 304.412.0645

2400 Johnstown Rd, Huntington, WV

Open Monday - Friday, 9 a.m.-4 p.m.

Christ the Savior Food Pantry304.272.2518

6378 Route 152, Wayne, WV

Open Mondays, 4:30 - 6 p.m.

Christian Associates..... 304.633.1102

520 11st Street, Huntington, WV

Open every Monday, Wednesday and Friday, 12:30-2 p.m.

Christian Community Cupboard304.562.9373

2843 Virginia Avenue, Hurricane, WV

Open Tuesday-Friday, 10 a.m.-2 p.m.

Cridlin Food & Clothing Pantry304.529.4740

1038 6th Ave, Huntington, WV 25701

Monday, Wednesday, Friday 12:30 p.m.-2 p.m.

Creekside Church Food Pantry..... 304.806.2345

2530 Charley Creek Rd, Culloden, WV

Open every 3rd Saturday each month, 10 a.m.-12 p.m.

Cross Light of Hope.....304.576.2971

33483 Huntington Rd., Ashton, WV

Open 2nd and 4th Monday and Tuesday, 11 a.m.-4 p.m.

Eastern Cabell County Humanities Organization

(ECCHO) 304.743.9238

1038 Smith Street, Milton, WV

Open Mondays and Wednesdays, 10 a.m.-3 p.m. No referral needed.

Family Resource Center304.526.4471

816 Louise Ave, Huntington, WV

Open Monday-Friday, 10 a.m.-3 p.m. No referral needed.

Five Loaves, Two Fish304.755.2911

Poca UMC, 112 Silver Street, Poca, WV

Open every 2nd and 4th Saturday, 9 a.m.-12 p.m.

Fort Gay Food Pantry 304.429.0070

3235 Louisa Street, Fort Gay, WV

Open 3rd Wednesday of each month, 8:30 - 11:30 a.m.

God's Heart Food Pantry304.837.5005

13 Ely Fork Rd, Sumerco, WV

Open Tuesdays, 10 a.m.-3 p.m.

Grace Community Outreach Food Pantry304.302.6788

305 Main Street, Huntington, WV

Open last two Wednesdays of each month.

Guyandotte Church of Christ.....304.633.0494

207 Staunton Street, Huntington, WV

Please call and leave a message for availability.

Recipient must sign a form stating they are low income.

Guyandotte Giving Tree

305 Main St, Huntington, WV 25702 Emergency food boxes

Tuesday-Friday 8am-3pm. Please do NOT park in the alley.

Holy Spirit Food and Prayer Pantry304.778.7393

6650 Sheridan Street, West Hamlin, WV

Please call for distribution dates and emergency boxes.

Huntington City Mission 304.523.0293

1327 7th Ave, Huntington, WV

To-go boxes available twice daily (breakfast and lunch).

Not a requirement to stay at the mission.

Indian's Cupboard (Salt Rock Elementary)304.733.3037

5570 Madison Creek Rd, Salt Rock, WV 25559

Hours During School Year: Every Wednesday 12:15 p.m.-12:30 p. m.

Outside of School Year: Every OThER

Kitchen of Blessing..... 304.674.5718

304 Holloway Street, Henderson, WV

Open 3rd Monday of each month, 10 a.m.-12 p.m.

Lavalette Food Pantry 304.523.5931

4623 Route 152, Lavalette, WV

Open 3rd Thursday and Friday of each month, 9 a.m.-12 p.m.

Marshall University Food Pantry 304.696.4336

1802 6th Ave, Huntington, WV

Open Mondays, 1:30 p.m.-3:30 p.m. and Tuesdays, 9:30 - 11:30 a.m.

New Baptist Church

610 28th St, Huntington, WV 25702

*I&R referral required after the first time. Tuesdays 10am-2pm

Positive People Association681.378.3275

1637 8th Ave, Huntington, WV

Open 2nd, 3rd and 4th Tuesdays of each month, 5:30 - 6:30 p.m.

Praise Assembly of God304.756.4049

2281 Childress Road, Alum Creek, WV

Open 4th Thursday of each month, 10 a.m.-2 p.m.

Ranger Full Gospel Soup Kitchen and Food Pantry304.855.3706

3926 McClellan Hwy, Ranger, WV

Pantry is open 3rd Thursday of each month, 3 - 6 p.m.

Soup Kitchen provides emergency boxes as needed, please call.

ReBUILD304.633.2631, 304.638.1097

1128 9th Avenue, Huntington, WV

Open Monday-Thursday, 10 a.m.-2 p.m. for lunch, dinner, and activities.

ReGen Grab & Go 304.397.0729

68 Holley Ave, Huntington, WV 25705

Tuesday 5pm-7pm & Sunday 1pm-3pm

Salvation Army Food Pantry 304.529.2401

1223 3rd Ave, Huntington, WV

Open Monday-Friday, 8 a.m.-4:30 p.m.

The Storehouse Cabell Food Pantry..... 304.252.3343

610 19th Street, Huntington, WV

Open 2nd, 3rd and 4th Tuesday, 5:30 - 6:30 p.m.

Trinity Episcopal Church

520 11th Street, Huntington, WV

Must obtain I&R Referral see Referral Resources/Information.

Salt and Light Food Pantry 304.539.5336

Winfield Church of the Nazarene, 10822 Winfield Road, Winfield, WV.

Open 2nd Saturday of each month, 9 a.m.-12 p.m.

SPECO 681.554-5828

2248 Adams Ave, Huntington, WV 25704

Thursday 12:30 p.m.-2 p.m.

Starting Points Wayne County..... 304.393.3886

44829 Route 152, Crum, WV

Open Monday-Friday, 9 a.m.-4 p.m.

Teays Valley Baptist Church..... 304.757.9306

3926 Teays Valley Road, Teays Valley, WV

Food and clothing pantry available one Saturday (call ahead)
per month at 9 a.m.

WEEKENDS

Bread & Butter Community Food Pantry..... 304.563.1699

836 18th St, Huntington, WV 25703 Saturdays 1 p.m. - 3 p.m.

House of Hope..... 304.989.1473

809 Barbara St, Barboursville, WV 25504.

3rd Saturday of the month 10 a.m.-12 p.m.

MAH Food Pantry 561.666.7783

944 20th St, Huntington, WV 25703

4th Sunday of every month 3 p.m.-4 p.m.

ReGen Grab & Go 304.397.0729

68 Holley Ave, Huntington, WV 25705

Tuesday 5 p.m.-7 p.m. & Sunday 1 p.m.-3 p.m.

Farmdale Church of Christ304.736-5447

165 Farmdale Rd, Barboursville, WV 25504

1st Saturday of every month 9 a.m.-11 a.m.

OHIO

Mt. Zion Food Pantry 740.858.3663

1514 16th Street, West Portsmouth, OH

Provides food to those in Scioto County who are in need.

Open Monday-Friday, 8 a.m.-5 p.m.

Community Mission Outreach, Inc.740.867.6628

3748 State Route 7, Chesapeake, OH

Lawrence County residents only. Food and clothing distributions are on Mondays, Thursdays, and Saturdays each month. Application required but can be filled out anytime.

Harvest for the Hungry 740.532.9918

120 N. 5th St., Ironton, OH

Open Mondays and Wednesdays, 9 a.m.-12 p.m., and

3rd Thursdays, 5 – 8 p.m.

Serving Lawrence County.

Lutheran Social Services Food Pantry 740.687.5130

2045 E. Main St., Lancaster, OH

Offers storefront, mobile pantry and produce distribution locations around Ohio.

Visit lssnetworkofhope.org/foodpantries/services for details

Michael's Grace Place740.523.0501

801 Solida Rd., South Point, OH

Open Tuesday-Saturday, 10 a.m.-2 p.m.

KENTUCKY

Community Assistance & Referral Services, Inc.
(CAREs)..... 606.324.2949

2516 Carter Ave, Ashland, KY
Will assign you to a food bank in the FIVCO area.

Helping Hands.....606.473.6916

412 Main Street Greenup, KY
Open Monday-Friday, 10 a.m.-3 p.m.

HOPE Food Pantry 606.922.4521

438 Boyd Street Russell, KY
Open 2nd and 4th Tuesday of each month, 4 - 6 p.m. and
3rd Saturday 1 - 3 p.m.

Lloyd Church of the Nazarene.....606.473.7279

157 Ohio River Road Greenup, KY.
Open last two Tuesdays of the month, 5:30 - 6:30 p.m.

South Shore Mission606.932.2005

462 Main Street South Shore, KY
Open Tuesdays, Wednesdays and Thursdays, 10 a.m.-3 p.m.

The Neighborhood

2516 Carter Avenue, Ashland, KY
If you need a meal, **The Community Kitchen** will serve you at the normal mealtimes. If you need food to take home, The Community Kitchen also has a food pantry that provides a once-a-month food box for clients who have signed up. They work with **River Cities Harvest**, which supplies food to the 22 other food pantries in the area and can connect you to a pantry in your community.



TRANSPORTATION

Ashland Bus System..... 606.385.3287
99 15th Street, Ashland, KY
Fixed route system. Also offers Paratransit services for those unable to use a fixed-route service.

Cabell County Community Service Organization (CCCSO).....304.529.4952
Assisted transportation for 60+. Must qualify for hands-on assistance with transportation based on agency assessment.

Catholic Charities West Virginia..... 304.650.3514
Call for transportation assistance.

Faith in Action304.697.1274
Provides door to door transportation for medical appts, grocery shopping and errands for seniors and older individuals. Services Greater Huntington area.

Lawrence County Transit..... 740.532.2269
223 South 2nd Street, Ironton, OH
Operates Monday-Friday, 8 a.m. - 4 p.m.
Visit www.lawrencecountytransit.com for schedule and routes.

LKLP Transportation..... 606.435.7996
398 Roy Campbell Dr, Hazard, KY
Will provide reduced cost medical appointment transportation. Must schedule a ride at least 24 hours in advance.

Metro Tri-State Taxi.....740.451.4990
Taxi service in/around South Point, Ohio.

Modivcare.....844.549.8353

Medicaid patients only. Will provide immediate transportation for discharges if a driver is available. Will also provide gas millage reimbursement for its members.

Routes to Recovery304.523.HOPE (4673)

Available Monday-Friday, 6 a.m. to 5 p.m. Voucher needed. Participant needs to be ambulatory. Participates with the Modivcare State Medicaid Program.

Taxi Tommy.....304.691.9616

Taxi service based in Huntington, WV. Pay with debit card.

Tri River Transit Authority 304.824.2944

Bus service for Boone, Lincoln, Logan, Mason and Wayne counties. Operates Monday-Saturday, 5:50 a.m.- 6 p.m.

Tri-State Transit Authority 304.529.7433

1120 Virginia Ave., Huntington, WV
Provides bus service in Huntington, WV and Ironton, OH urban area. Operates Monday-Saturday, 6:15 a.m. - 11:15 p.m.
Marshall University students can ride free with student ID. See www.tta-wv.com for routes and schedules.

TTA Dial-A-Ride304.529.7700

Available same days and hours within ¾ of a mile of regular Tri-State Transit Authority routes. Riders call ahead when they need to be picked up.

Wayne Express..... 304.429.4666

Available for Wayne County residents

SAFETY/CRISIS SUPPORT

- Alcoholics Anonymous..... 800.333.5051**
- Al-Anon/Al-A-teen.....888.4al.anon (888.425.2666)**
- National Domestic Violence Hotline 800.799.7233**
- National Sexual Abuse Hotline800.656.4673**
- Police..... 911**

988 Suicide and Crisis Lifeline..... 988

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States. Visit suicidepreventionlifeline.org.

National Suicide Prevention Lifeline..... 800-273-8255 (TALK)
Press 1 for Veterans; press 2 for Spanish.

**NamI (National Alliance on Mental Health)
Helpline.....800-950-NamI (6264)**

The NamI Helpline is a free service that provides information, referrals, and support to people living with a mental health condition, family members and caregivers, mental health providers, and the public.

Rape, Abuse & Incest National Network (RAINN)800.656.4673
www.rainn.org

SAMHSA National Helpline.....800.662.HELP (4357)
Is a confidential, free, 24/7 information service for individuals and family members facing mental and/or substance use disorders.

Veterans Crisis Line 800.273.8255 PRESS 1; Text: 838255

This Is a free, confidential resource available to anyone, even if you are not registered with VA or enrolled in VA health care. The caring, qualified responders at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances. Visit www.veteranscrisisline.net to learn more.

Make the Connection

An online resource designed to connect Veterans, their family members and friends, and other supporters with information, resources, and solutions to issues affecting their lives. Visit www.maketheconnection.net for more information.

TAPS

(Tragedy Assistance Program for Survivors).... 800.959.TAPS (8277)

Case management, education assistance, suicide loss support, grief counseling, grief and loss education, online peer groups. TAPS provides comfort, care, and resources to all those grieving the death of a military loved one. To request casework assistance please call or email casework@taps.org or visit <https://www.taps.org/>.

VA National Call Center For Homeless Veterans877.424.3838

Provides 24/7 access to VA staff for local services.

WEST VIRGINIA

Catholic Charities 304.650.3514

Domestic Violence (Branches in Huntington, WV)304.529.2382

Faith in Action304.697.1274

HELP4WV 844.435.7498

Help4WV provides a 24-hour helpline for West Virginians who need help with addiction or mental illness.

CONTACT Rape Crisis..... 304.399.1111

OHIO

- Ohio Domestic Violence Network** 800.934.9840
- Lawrence County Domestic/Violence Task Force** 888.372.7433 or 740.532.7111
- Mended Reeds**..... 740.532.1613
- Shawnee Mental Health Center**740.354.7702
www.shawneemhc.org

KENTUCKY

- PATHWAYS**800.562.8909
- Crisis/emergency services available 24/7. If you are overwhelmed with anxiety, stress, or depression; services for adults and children.
- Safe Harbor of Northeast KY** 800.926.2150
- Safe Harbor of Northeast Kentucky is an emergency shelter and advocacy center that provides confidential, caring and supportive services to all domestic violence victims in Boyd, Greenup, Carter, Lawrence, and Elliott counties.

RESOURCES FOR SPECIAL POPULATIONS

- Gabriel Project WV**304.205.5865
- Serving low-income families with children two years of age and under
- A New Beginning Pregnancy Resource Cente** 304.697.0411
- LGBT National Help Center** 888.843.4564
<https://lgbthotline.org/>
- LGBT National Youth Talk line**..... 800.246.PRIDE (7743)
- Trevor Project Crisis Line** 866.488.7386
www.thetrevorproject.org
- Trans Lifeline** 877.565.8860
- Two Hearts Pregnancy Care Center**606.325.7654
- 2200 29th Street, Ashland KY

HEALTHCARE/FINANCIAL ASSISTANCE

Hospital Bill Assistance:

- Cabell Huntington Hospital
Financial Counselors 304.526.6099 or 304.526.6344**
- Ebenezer Medical Outreach Clinic.....304.529.0753**
- HIMG304.528.4600, Option 3 financial counselor**
- Ironton Family Medical Center 740.532.2282**
- Rivers Health Hospital..... 304.675.4340, ext. 1394 financial counselor**
- Rivers Health 304.675.4340, ext. 1394**
- St. Mary’s Community Care Clinic 304.526.1300**
- St. Mary’s Medical Center 304.526.1539 (financial counselor)**
- Valley Health..... Call local offices**

www.freeclinics.com

Look up offices by your zip code. Offers services for free or at a reduced rate. Many clinics operate under a sliding scale schedule

- GoodRX 855.213.1275**
Helps you compare prices and save up to 80% on your prescriptions at over 70,000 US pharmacies. Visit **www.goodrx.com.**

Local Health Departments

Available 24/7. Provides health screenings and testing, education, and other community health resources.

- National Association of Free & Charitable Clinics 703.647.7427**
Search by zip code to find free and charitable clinics and pharmacies for health care help.

- WV HealthRight..... 304.414.5930**
Provides free comprehensive healthcare to low-income, uninsured, and underinsured adults in West Virginia. Visit **www.healthright.org.**

Caregiver Resources:

A & L Home Care	740.534.9784
Always Care Home Care (WV & KY)	304.733.9678
Blessed at Home	740.533.2273
Comfort Keepers	304.736.5694
Panhandle Support Services.....	304.453.4992
Right at Home.....	304.453.4663
Visiting Angels.....	866.932.4120
Cabell County Community Services Organization (CCCSO).....	304.529.4952
Faith in Action	304.697.1274
Lincoln County Community Services.....	304.824.3448
Ohio Department of Aging	866.243.5678
Putnam Aging Program	304.755.2385
Wayne County Community Services Organization.....	304.429.0070

Notes:

Notes:



1340 Hal Greer Boulevard • Huntington, WV 25701
marshallhealthnetwork.org