LIVE UNITED™

United Way
Valley of the Sun United Way

Feeling the Economic Crunch?

Find the assistance you need.

Behind on your mortgage payment or facing foreclosure?

- Free counseling service is available, act now. Call Arizona's toll-free hotline: 1-877-448-1211, or go online to www.housingaz.com.
- For legal services contact Community Legal Services of Arizona at 602-258-3434 or visit www.clsaz.org.

Recently lose your job or worried about layoffs?

For unemployment insurance and employment or training resources go to www.arizonaworkforceconnection.com.

Experiencing more family stress than usual?

Find information about health care, wellness and counseling at www.azdhs.gov or www.myazhealthandwellness.com.

Having trouble paying bills?

- Check out www.arizonaselfhelp.org to see if you qualify for government assistance. To apply visit www.HealtheArizona.org for medical, nutrition assistance benefits and cash assistance.
- For a complete list of services, money management resources and ideas for stretching your dollar further call Community Information and Referral at 602-263-8856 or 1-800-352-3792 in Central and Northern Arizona, or 1-888-575-2111 in Southern Arizona or visit www.cir.org.

Could you be saving money on household bills?

- Reduce your energy costs this summer – contact your utility company.
- For fuel-saving tools and tips for Arizona drivers visit www.governor.state.az.us/GasTips.asp.
- For help covering prescription costs for people with or without health insurance visit www.familywize.org or www.arizonarxcard.com.
- Seeing your food costs go up? You're not alone. Ways to save: reduce the amount you eat out, use coupons, make a grocery list and shop around planned menus. To find a local food bank or pantry visit www.azfoodbanks.org.
- Talk to your employer about childcare savings accounts to learn how you can save up to 33 percent on childcare expenses.
- For assistance in locating affordable childcare go to www.azchildcare.org.

How much money is your debt costing you?

- Consumer Credit Counseling provides free services including debt-management plans. Visit www.moneymanagement.org.
- Arizona Saves offers financial education classes and you can sign up for a no-fee savings account. Visit www.arizonasaves.org.

For other useful information, visit vsuw.org.

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