



## **SECTION D**

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### **PUBLIC ASSISTANCE**

There are many government agencies and community programs that can help you get on your feet. The following are good starting points in finding out what programs or assistance are available, along with the eligibility requirements.

**SOCIAL SECURITY**      **800-722-1213**  
**ADMINISTRATION**

For eligible persons, provides income and medical benefits such as Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI). You may also call this number for information on obtaining a copy of your Social Security Card.

*[www.ssa.org](http://www.ssa.org)*

**CUYAHOGA COUNTY**      **216-987-8504**  
**DEPARTMENT OF HEALTH**  
**AND NUTRITION**

Provides information about public assistance, Medicaid, food stamps and social services.

**EMPOWERMENT CENTER**      **216-432-4770**

Assists and serves as an advocate for low-income people by providing community resources and referrals.



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### **PUBLIC ASSISTANCE**

**HOUSING ENERGY** **216-361-2345**  
**ASSISTANCE PROGRAM**  
**(HEAP)**

Funded by the federal government. Provides a one-time credit that is applied to your heating bill between October and March. Call your local utility company and request an application or obtain one at your local library or post office.

**CUYAHOGA COUNTY** **216-987-8504**  
**DEPARTMENT OF WORK**  
**& TRAINING**

Provides job training, placement and public assistance for people seeking employment opportunities.

**MEDICARE** **800-638-6833**  
**Hotline 800-633-4227**

The Medicare program provides health insurance for people who have a disability or who are retired.



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### **PUBLIC ASSISTANCE**

#### **OHIO RELAY SERVICES      800-750-0750**

A 24-hour service to help the hearing impaired communicate with the rest of the world. It is a free service with no special equipment needed.

#### **AMERITECH TELEPHONE      800-660-1000** **SERVICE ASSISTANCE**

*Ameritech's Telephone Service Assistance Program* offers basic telephone service to those individuals who qualify. To qualify, you must participate in either the *Ohio Energy Credit Program* (OECF), the Supplemental Security Income (SSI) program, or the Social Security Disability Income (SSDI) program. For more information, see the front section of Ameritech White Pages.

## MY RECOVERY NOTES



TOOLS FOR RECOVERY



**"Recovery  
is a truly unifying  
human experience.  
Because all people  
experience the  
catastrophe of life  
and death of a loved  
one, divorce, disability  
the challenge of  
recovery must be faced."**

**~Bill Anthony**

TOOLS FOR RECOVERY