

Community Care Research Prompts

A guide to finding trusted local, state, and national resources.

Below is a structured list of prompts organized by topic area. Each section includes example search phrases and reflective questions to guide deeper community mapping and action, followed by a worksheet to collect organization names, contact information, and notes. Use it when there is an emergency; you will have a list of resources prepared.

Food Security

Research Prompts

1. Food pantry near me or community food shelf
2. Free community meals
3. SNAP assistance office
4. Faith-based food ministries
5. Mutual aid food network
6. School district meal programs

Ask & Record

1. Who coordinates local food banks or meal programs?
 2. What documentation is required to access them?
 3. Are there culturally specific or dietary-inclusive programs?
 4. What local nonprofits or congregations host pop-up food distributions?
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Safety and Emergency Support

Research Prompts

1. Community safety programs
2. Domestic violence hotline or sexual assault crisis center

3. Homeless outreach or street outreach team
4. Community legal aid
5. ACLU local chapter

Ask & Record

1. What local shelters provide safe overnight housing for adults, youth, or families?
 2. Are there culturally specific safety networks (e.g., BIPOC, LGBTQIA+, immigrant-focused)?
 3. Does your city have a 24-hour crisis response or mental health mobile team?
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Healthcare and Mental Health

Research Prompts

1. Community health clinic
2. Sliding scale mental health counseling
3. Free reproductive health services
4. LGBTQIA+ affirming healthcare providers
5. Medicaid enrollment help
6. Federally Qualified Health Center near me

Ask & Record

1. Which clinics accept patients without insurance?
 2. Are there mobile or telehealth options?
 3. Are interpreters or bilingual staff available?
 4. Which mental health professionals are trained in trauma-informed or affirming care?
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Emergency and Transitional Housing

Research Prompts

1. Emergency shelter
2. Transitional housing
3. Youth shelter or runaway support
4. Domestic violence shelter
5. Continuum of Care homeless coalition
6. Rental assistance programs

Ask & Record

1. What shelters are open year-round versus seasonally?
 2. Do they have separate facilities for families, youth, or gender-expansive people?
 3. Are there housing navigators or case managers who can help with long-term plans?
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LGBTQIA+ Support and Resources

Research Prompts

1. LGBTQ center or “PFLAG” chapter
2. Trans healthcare resources
3. Legal support for LGBTQ discrimination
4. Youth LGBTQ drop-in center
5. Queer-affirming churches
6. National LGBTQIA+ hotlines (e.g., The Trevor Project, Trans Lifeline, SAGE Hotline)

Ask & Record

1. What local or state organizations advocate for LGBTQIA+ rights and safety?
 2. Are there peer support or counseling groups?
 3. Which congregations or community centers publicly affirm LGBTQIA+ inclusion?
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Immigration and Refugee Support

Research Prompts

1. Immigration legal aid
2. Refugee resettlement agency
3. Asylum support organization
4. Undocumented student resources
5. Community interpreter services
6. Know your rights immigration toolkit

Ask & Record

1. Which local nonprofits or churches provide support for new immigrants or refugees?
2. Are there legal clinics offering pro bono services for documentation or asylum?
3. Are there multilingual community liaisons available in schools or city offices?

Government and Elected Officials

Research Prompts

1. City council members contact
2. County social services office
3. State human services department
4. Office of immigrant affairs
5. Congressional representative contact for your zip code

Ask & Record

1. Who in your city, county, and state is responsible for human services, housing, or health policy?
 2. What community advisory boards or commissions exist (e.g., LGBTQ+, immigrant, disability, youth)?
 3. When and where can you attend public meetings to share concerns or learn about initiatives?
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Finding Coalitions and Collaboration

1. Mutual aid network
2. Interfaith community council
3. Neighborhood association resources
4. Community foundations grants for basic needs
5. Volunteer opportunities food housing LGBTQ

Community Care Research Worksheet

Use this worksheet to identify local, state, and national organizations that provide care, resources, and support for people in need of food security, safety, immigration assistance, healthcare, housing, and LGBTQIA+ support.

Food Security

Organization	Type of Support	Phone	Website	Notes

Safety and Emergency Support

Organization	Type of Support	Phone	Website	Notes

Healthcare and Mental Health

Organization	Type of Support	Phone	Website	Notes

Emergency and Transitional Housing

Organization	Type of Support	Phone	Website	Notes

LGBTQIA+ Support and Resources

Organization	Type of Support	Phone	Website	Notes

Immigration and Refugee Support

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Government and Elected Officials

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