

# Utility and Rent Assistance- St. Louis City and County

(community resources for low income and uninsured)

Agency/ Site Name	Assistance Provided				Address/Telephone	Funding Eligible for Residents of:
	Utility	Rent	Mortgage	Weather- ization		
Aging Ahead	<b>X</b>				14535 Manchester Rd St. Louis, MO 63011 <b>636-207-0847</b>	For seniors (60+) in St. Louis, Jefferson, Franklin, & St. Charles counties. Does not include St. Louis City.
Cardinal Ritter Senior Services	<b>X</b>	<b>X</b>	<b>X</b>		<b>314-918-2258</b>	Must be 60+, reside in St. Louis City, income based, dependent on grant availability.
Comm. Action Agency of St. Louis County (CAASTLC)	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	2709 Woodson Rd Overland, MO 63114 <b>314-863-0015</b>	St. Louis County only, except Wellston Must meet LIHEAP eligibility requirements. Includes MO American Water assistances.
Crisis Nursery	<b>X</b>				City Outreach Center 2401 N Grand Blvd St. Louis, MO 63106 <b>314-533-6900</b>	Active clients in the Follow-Up Program
Doorways/Interfaith Residence	<b>X</b>	<b>X</b>	<b>X</b>		4385 Maryland Ave St. Louis, MO 63108 <b>314-535-1919</b>	HIV+ & existing clients only
Energy Care				<b>X</b>	2758 Wyoming St. Louis, MO 63118 <b>314-773-5900</b>	St. Louis City & County *Seniors over 60 or children under 5 in household OR chronically ill or disabled *Must meet LIHEAP eligibility requirements
Fr Bob's Outreach	<b>X</b>	<b>X</b>			St. Augustine Catholic Church 1371 Hamilton Ave St. Louis, MO 63112 <b>314-385-1934</b>	First 30 in line on Mon, Wed, Fri Must bring \$25 cash or money order to receive up to \$75 in assistance
Franciscan Connection	<b>X</b>				2903 Cherokee St St. Louis, MO 63118 <b>314-773-8485</b>	63118 and parts of 63111
Guardian Angel Settlement Association	<b>X</b>	<b>X</b>			2700 Cherokee St St. Louis, MO 63118 <b>314-773-9027</b>	63104 and 63118
Hope Hotline			<b>X</b>		<b>1-888-995-4673</b>	Help clients facing foreclosure or who are behind on mortgage or struggling with payments.
Jewish Family & Children's Services	<b>X</b>	<b>X</b>			10950 Schuetz Rd St. Louis, MO 63146 <b>314-993-1000</b>	Available to Jewish clients only

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Kirk Care, Inc.	X				P. O. Box 220652 Kirkwood, MO 63122 <b>314-965-0406</b>	Kirkwood R-7 School District boundaries.
Lutheran Senior Services	X				1150 Hanley Industrial CT St. Louis, MO 63144 <b>314-446-2475</b>	62+ or 55+ w/disability. Referring agency should call.
Metropolitan Sewer District (MSD) Customer Assistance Program	X Sewer				2350 Market St St. Louis, MO 63103 <b>1-866-281-5737</b> <b>314-768-6333</b>	Low Income Sewer Relief Program for single family homeowners. 4-6 unit tenants (rental) Apply on MSD website.
New Life Evangelistic Center	X				2428 Woodson RD Overland, MO 63114 <b>314-421-3020</b>	St. Louis City & County
Our Lady of Perpetual Help	X				4335 Warne Ave St. Louis, MO 63107 <b>314-535-9794</b>	Parts of 63107, 63115, 63147 Client must pay \$25/agency will match with \$50
PAKT	X				500 Airport Road Ferguson, MO 63135 <b>314-524-2710</b>	63043, 63044, 63074, 63114, 63121, 63130, 63132, 63133, 63134, 63140
PARAQUAD	X	X	X		5240 Oakland Ave St. Louis, MO 63110 <b>314-289-4200</b>	For those with disabilities that have been active clients at least 30 days. St. Louis City/County
People's Community Action Corporation (North City and Wellston)	X				4236 Lindell Blvd, Suite 300 St. Louis, MO 63108 <b>314-862-6270</b>	63112, 63113, 63115, 63120, 63133 (Wellston only), 63136 (City only), 63147
People's Community Action Corporation (South City)	X				1401 LaSalle Street St. Louis, MO 63104 <b>314-241-5230</b>	63109, 63110, 63111, 63116, 63118, 63139
People's Community Action Corporation (Downtown and South City)	X				6827 S. Broadway St. Louis, MO 63111 <b>314-353-1457</b>	63101,63102,63103,63104,63106, 63107,63108,63109,63110,63011, 63016,63018,63139
St. Louis Effort for AIDS	X				1027 S Vandeventer Ave Suite 700 St. Louis, MO 63110 <b>314-645-6451</b>	AIDS or HIV+ Only–must go through case management
St. Patrick Center	X	X	X		800 N Tucker Blvd St. Louis, MO 63101 <b>314-802-0700</b>	Call for an appointment
Society of St. Vincent de Paul (SSVDP)	X	X	X		Call United Way <b>2-1-1</b> to find a SSVDP parish based conference near you.	
Salvation Army Gateway Corps	X	X			824 Union Rd St. Louis, MO 63123 <b>314-631-1133</b>	63026, 63023, 63123, 63126, 63127, 63128, 63129
Salvation Army Euclid Corps	X	X			2618 N Euclid Ave St. Louis, MO 63113 <b>314-376-5121</b>	63106, 63107, 63108, 63112, 63113, 63115, 63120, 63136, 63137, 63147

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Salvation Army Maplewood Corps	X	X			7701 Rannells Ave St. Louis, MO 63143 <b>314-781-5434</b>	63011, 63021, 63025, 63038, 63040, 63088, 63105, 63117, 63119, 63122, 63131, 63143, 63144
Trinity Lutheran Church	X				1805 S 8th St St. Louis, MO 63104 <b>314-231-4092</b>	\$50 for utilities with a disconnect notice residents in 63104 Call M-F 9am - 12pm
The Urban League Grandel Square	X	X	X	X	3701 Grandel Square St. Louis, MO 63108 <b>314-615-3600</b>	City residents only. Must meet specific income guidelines.
The Urban League St. Louis County Operations	X	X	X		8960 Jennings Station Rd St. Louis, MO 63136 <b>314-388-9840</b>	County residents only.
Webster Rock Hill Ministries	X				111 Waymire Ave Webster Groves, MO 63119 <b>314-961-5082</b>	Serves 63119. Limited to Webster Groves & Rock Hill residents or Church Members. Call M-F 9am - 12pm

**DO NOT LET UNPAID BILLS ACCUMULATE. SEEK HELP EARLY!**

- Call a social service agency in your area to see if they have an assistance program, such as your church, the Catholic Church, Salvation Army or United Way. Call them weekly or as suggested.
- Understand how and why you were short this month.
- See if you qualify for additional services, such as area Food Pantries. This may free up money for rent and utilities.

When you require assistance, most agencies will need:

- Proof of income and monthly expenses
- Proof of address, such as Photo ID and copy of current bill.

**TIPS:**

- **PLAN AHEAD.** Consider budget billing and ask utility companies if you qualify for any low-income or special programs.
- Pay your bills on time to avoid late fees.
- In the summer, set your thermostat as high as comfortably possible. The less difference between the indoor and outdoor temperatures, the lower your overall cooling bill will be. Try setting it at 78°.
- Using fans can help create an air flow that will make your home more comfortable. If you use an air conditioner, a ceiling fan will allow you to raise the thermostat setting about 4° with no reduction in your comfort.
- If your air conditioner is old, consider purchasing a new, energy-efficient model. You could save up to 50% on your utility bill for cooling. Look for the ENERGY STAR® and EnergyGuide labels.
- Limit the use of your oven in the summer months. Use lids when cooking.
- Don't place lamps or TV sets near your air-conditioning thermostat. The thermostat senses heat from these appliances, which can cause the air conditioner to run longer than necessary.
- While running the air conditioner, keep the window coverings closed during the day to keep out direct sunlight.
- In the winter, keep the draperies and shades on your south facing windows open during the day to allow the sunlight to enter your home and closed at night to reduce the chill you may feel from cold windows.
- In the winter, set your thermostat as low as is comfortable when home. By resetting your programmable thermostat from 72 degrees to 65 degrees for eight hours a day (for instance, while no one is home or while everyone is tucked in bed) you can cut your heating bill by up to 10 percent.
- Weatherize your home — caulk and weatherstrip any doors and windows that leak air. In the winter, use heavy plastic on windows to keep out drafts.
- Replace furnace filters regularly. Keep equipment clean.
- Turn off your computer and monitor when not in use.
- Consider air-drying clothes on clothes lines or drying racks.
- Lower your water heater's thermostat to WARM/LOW or set at 120°. Your water heater accounts for 14% of your utility bill.
- Clean the lint filter in the dryer after every load. Periodically inspect your dryer vent to ensure it is not blocked.
- Consider a simple budget for your household. Evaluate expenses and set priorities. (Examples: Free TV vs. Cable or Satellite; one telephone line vs. land-line AND cell phone)

**United Way Information & Referral:** Dial 2-1-1 or visit [www.211helps.org](http://www.211helps.org) to quickly and easily find non-emergency services in your area, including basic needs, physical and mental health resources, job programs, support for seniors and more. Now accessible via phone, online chat, self-service web directly, and mobile app.