

Finding financial assistance and resources can help you with energy and housing expenses. If you are looking for financial assistance, the topics below provide information on community support assistance, and energy and housing assistance services.



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Article

## **Extreme Heat and Your Health**

Take steps to protect yourself from extreme heat. Extreme heat is defined as summertime temperatures that are much hotter and/or humid than average.

Source

[Centers for Disease Control \(CDC\)](#)

Article

## **VDSS Accepting Fuel Assistance Applications**

The Virginia Department of Social Services (VDSS) is currently accepting

Source

[Virginia Department of Social Services](#)

Links

## **PAN Foundation - Healthcare Financial Assistance**

Source

[PAN Foundation - Healthcare Financial Assistance](#)

Links

## **Frontdoor - National Fair Housing Alliance**

Source

[Frontdoor - National Fair Housing Alliance](#)

Article

## **Truist: Money and Mindset**

Truist provides tips and tools to help you address your money management goals.

Source

[Truist](#)

Links

## **AARP: Rent and Mortgage Assistance Resource Center**

Source

[AARP: Rent and Mortgage Assistance Resource Center](#)

Article

## **CommonHelp...helping those in need**

CommonHelp is a quick and easy resource for people who live in Virginia to check the status of their benefits, report changes to their status, and find out if they may be eligible to receive the following. Learn more...

Source

[Virginia CommonHelp](#)

Books & Guides

## **A Quick Guide to Using CommonHelp**

A [Quick Guide to Using CommonHelp](#) provides information on Virginia's fast and easy way to apply online for many social services assistance programs.

Source

[Virginia Department of Social Services](#)

Links

## **Virginia CommonHelp**

Source

[Virginia CommonHelp](#)

Article

## **The VirginiaNavigator Guide: What to Do in a Financial Emergency**

VirginiaNavigator can help connect you to resources during a financial emergency.

Source

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