

Iowa Household Money Menu

Unlock Your Path to Wealth and New Opportunities

Free VITA Tax Preparation, Do-It-Yourself Tax Option, Taxpayer Help & IRS Tax Advocate

Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs offer free basic tax return preparation to individuals who earn \$69,000 or less or \$89,000 or less for the do-it-yourself options.

Small Business Education & Find a Free Local Small Business Counselor

SBA sponsored training and coaching can help at any stage of business development. Connect with a local SBA resource partner.

Occupation Finder, Info for All Job Seekers & Workforce Development Resources

Compare over 800 occupations, including training needs, growth, and median pay. CareerOneStop offers career exploration, training, job search tools, and local help. Contact your local American Job Center for assistance.

College Navigator - National Center for Education Statistics & Iowa Colleges & Universities

Education and training can lead to better paying jobs but require major time and financial commitments. Use available tools to research and compare your options.

Federal Student Aid & FASFA Application

Use the Free Application for Federal Student Aid (FAFSA®) form to apply for financial aid for college, career school, or graduate school.

Help for Your Home and Family

Apply for Iowa Assistance Programs & Government Benefits

Use the benefit finder tool or search by category to learn which benefits you and your family may be eligible for and how to apply. A reminder that you can search for local benefits at Search 211 Resources Online.

Iowa County Housing Resource Search & Find a HUD Housing Counselor

Search any county in Iowa for housing, rental, repair, weatherization and utility assistance, by simply clicking on the county on the map. Find a HUD certified counselor through a zip code search.

Iowa Legal Aid & Legal Aid Disaster Resource Center

Iowa Legal Aid makes hope, dignity, and justice available to low-income Iowans by providing free legal help. The Legal Aid Disaster Resource Center provides assistance after disasters.

Get Connected to Mental Health & Substance Abuse information and resources

Iowa HHS and the Iowa Office of Recovery Services connect you to providers, services, and self-advocacy tools. For immediate crisis or suicidal thoughts, call or text 9-8-8.

Aging & Disability Resources

Area Agency on Aging and Aging and Disability Resource Centers (ADRCs) help Iowa's older adults and people with disabilities find support services

Search 211 Resources Online or Simply Dial 211

Call 211 anytime for free or search online for confidential help with needs such as bills, food, transportation, health clinics, housing, or crisis support. Assistance is available in 180+ languages.