

Consumer Resources

There are resources available to help you navigate through rough financial waters. Here are some agencies that can help you and their websites with lots of useful information.

- Federal Citizen Information Center (FCIC) toll-free, 1-800-FED-INFO (333-4636)
- Commission on Civil Rights, 1-800-552-6843 (Complaint Referrals), www.usccr.gov
- Consumer Product Safety Commission, 1-800-638-2772, www.cpsc.gov, www.recalls.gov (Government Recalls)
- Center for Nutrition Policy and Promotion, 703-305-7600, www.cnpp.usda.gov, www.mypyramid.gov
- Bureau of the Census, 1-800-923-8282, www.census.gov
- Federal Student Aid Information Center, 1-800-433-3243, www.studentaid.ed.gov
- Office of Vocational and Adult Education (oVAE), 202-245-7700
- Department of Energy, 1-800-342-5363, www.doe.gov, www.energy.gov/forconsumers.htm
- Office of Inspector General (OIG), 1-800-447-8477, www.oig.hhs.gov
- National Health Information Center (NHIC), 1-800-336-4797, www.health.gov/nhic, www.healthfinder.gov, www.healthfinder.gov/espanol (in Spanish)
- Administration for Children & Families (ACF), 1-800-394-3366, www.childwelfare.gov
- Administration on Aging (AoA), 202-619-0724, www.aoa.gov
- Eldercare locator, Toll-free: 1-800-677-1116, www.eldercare.gov

- Centers for Disease Control and Prevention (CDC), Toll-free: 1-800-232-4636 (24 hrs./7 days a week, www.cdc.gov, www.cdc.gov/spanish (in Spanish))
- Centers for Medicare & Medicaid Services (CMS), Toll-free: 1-800-633-4227, (Medicare Service Center), Toll-free: 1-800-447-8477 (Medicare Fraud Hotline), www.cms.gov
- Food and Drug Administration (FDA), Toll-free: 1-888-463-6332, www.fda.gov
- National Cancer Institute (NCI), Toll-free: 1-800-422-6237, www.cancer.gov
- National Institute of Mental Health, Toll-free: 1-866-615-6464, www.nimh.nih.gov
- Department of Homeland Security (DHS), 202-282-8000, www.dhs.gov
- Transportation Security Administration (TSA), Toll-free: 1-866-289-9673, www.tsa.gov
- U.S. Citizenship and Immigration Services (USCIS), Toll-free: 1-800-375-5283 (National Customer Service Center), www.uscis.gov
- Federal Emergency Management Agency (FEMA), Toll-free: 1-800-621-3362, www.fema.gov, www.ready.gov, (Disaster Preparedness), www.listo.gov, (Disaster Preparedness, Spanish), www.disasterassistance.gov
- National Flood Insurance Program (NFIP), Toll-free: 1-800-621-3362, www.floodsmart.gov
- Department of Housing and Urban Development (HUD), Toll-free: 1-800-669-9777, www.hud.gov
- Federal Housing Administration (FHA), Toll-free: 1-800-225-5342
- Department of Justice, Americans with Disabilities Act (ADA) Information line, Toll-free: 1-800-514-0301, www.ada.gov

- Job Corps, Toll-free: 1-800-733-5627, www.jobcorps.gov
- Occupational Safety and Health Administration (OSHA), Toll-free: 1-800-321-6742, www.osha.gov
- Veteran's Employment and Training Service (VETS), Toll-free: 1-866-487-2365, www.dol.gov/vets
- Department of the Treasury, Toll-free: 1-800-722-2678, www.treasurydirect.gov
- Office of the Comptroller of the Currency (OCC), Customer Assistance Group, Toll-free: 1-800-613-6743, www.helpwithmybank.gov
- Internal Revenue Service (IRS), Toll-free: 1-800-829-1040 (Help for Individuals), Toll-free: 1-800-829-1954 (Refund Status), www.irs.gov
- Veterans Benefits Administration (VBA), Toll-free: 1-800-827-1000, www.vba.va.gov
- Energy Star Program, Toll-free: 1-888-782-7937, www.energystar.gov
- Equal Employment Opportunity Commission (EEOC), Toll-free: 1-800-669-4000, www.eeoc.gov
- Federal Deposit Insurance Corporation (FDIC), Toll-free: 1-877-275-3342, www.fdic.gov
- Federal Trade Commission (FTC), Toll-free: 1-877-382-4357, www.ftc.gov, www.onguardonline.gov (online security tips)
- USA Government, Toll-free: 1-800-FED-INFO (333-4636), www.usa.gov (U.S. government's official web portal), www.pueblo.gsa.gov (FCIC homepage), www.ConsumerAction.gov (consumer information and tips), www.info.gov (citizen services), www.usajobs.gov (Federal employment)
- www.kids.gov (government websites for kids), www.gobiernousa.gov (USA.gov in Spanish)
- National Credit Union Administration (NCUA), Toll-free: 1-800-827-9650, www.ncua.gov

- Securities and Exchange Commission (SEC), Toll-free: 1-800-732-0330, www.investor.gov, www.sec.gov
- Small Business Administration (SBA), Toll-free: 1-800-827-5722, www.sba.gov
- Social Security Administration (SSA), Toll-free: 1-800-772-1213, www.socialsecurity.gov
- AARP, Toll-free: 1-888-687-2277, www.aarp.org
- Consumer Federation of America (CFA), www.consumerfed.org
- Families USA, 202-628-3030, www.familiesusa.org
- Jump\$tart Coalition for Personal Financial literacy, Toll-free: 1-888-453-3822, www.jumpstart.org
- National Consumer Law Center, www.consumerlaw.org