

Healthcare Resources September 2026



General Healthcare & Dental

General Healthcare

There are several options for general healthcare for those seeking sliding scale or low-income options. Community Health Centers, free clinics, and other non-profits make up a wide network for Rhode Islanders. There are several non-profit or low-income dental options in Rhode Island, including:

- **Rhode Island Free Clinic:**
<https://www.rifreeclinic.org/>
- **Clinica Esperanza/Hope Clinic:**
<https://www.aplacetobehealthy.org/>

For a comprehensive guide to these resources, visit the RI Department of Health website at <https://health.ri.gov/healthcare/providers/communityhealthcenters/>.

Dental Care

Dental health can be one of the most important aspects of someone's overall physical health. There are several non-profit or low-income dental options in Rhode Island, including:

- **CCRI Dental Hygiene Clinic:**
<https://www.ccri.edu/dental/clinic/>
- **The RI Dental Association:**
<https://www.ridental.org/for-the-public/free-and-low-cost-dental-care>
- **Other options are available through the search tool provided here:**
<https://www.freedentalcare.us/ci/ri-providence>

Chronic Condition Assistance

Asthma & Allergies

The Allergy & Asthma network helps provide assistance to individuals and families who need assistance affording lifesaving medications for allergies and asthma including inhalers and epinephrine injectors. For more information and to view available assistance, visit the Allergy & Asthma network website here: <https://allergyasthmanetwork.org/>.

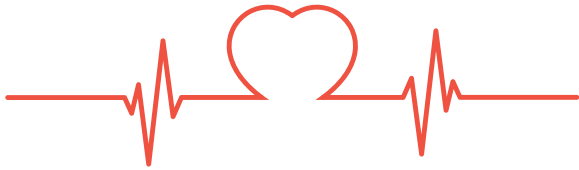
Diabetes & Insulin

Insulin can become a costly expense for individuals and families who have diabetic members of the household. If a household receives Medicare Part D or Medicare Advantage, your insurance could be covering your insulin, pump and other necessary needs under new legislation. For those without Medicare, the American Diabetes Foundation has compiled an extensive list of options for low cost or free diabetes treatment. For more information, visit the ADF information page at: <https://diabetesfoundationinc.org/online-resources/>.

Eyeglasses and Vision

New Eyes is a national non-profit organization that assists thousands of individuals every year in getting prescription eyewear for free. New Eyes recognizes that it is difficult for low-income individuals who do not have insurance to obtain eyeglasses for vision issues. To combat this issue, New Eyes re-fits donated prescription glasses to fit those who need them for no cost. To apply for glasses and more information, visit New Eyes at <https://new-eyes.org/>.

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Mental Health & Addiction Treatment

CODAC

CODAC provides statewide, person-centered, effective, efficient, and comprehensive care for individuals with substance use disorders and other mental health challenges. CODAC staff focus on personal dignity and empowerment while emphasizing access, quality, and sustainability. To learn more, visit <https://codacinc.org/>.

THRIVE Behavioral Health

Thrive Behavioral Health's mission is to improve the quality of life of people in its community by promoting growth, mutual interdependence, and recovery. Thrive's staff helps people create positive and lasting change regardless of their age, income, or insurance status. To learn more visit <https://www.thrivebhri.org/>.

Project Weber/RENEW

Project Weber/RENEW provides peer-led harm reduction and recovery support services, builds relationships with the people we serve, and fights for systemic change. They offer individuals in Rhode Island free syringe exchange, fentanyl test strips, safer injection and safer smoking kits, peer-led recovery support, Narcan/naloxone to reverse opioid overdoses, safer sex supplies, and more. To learn more visit <https://weberrenew.org/>.

Reproductive Health

AIDS Care Ocean State

AIDS Care Ocean State is dedicated to providing quality housing, case management, medical and nursing care, and prevention to adults, families, adolescents and children who are affected by or at risk for HIV infection. For more information about services and locations, visit AIDS Care Ocean State at <https://aidscaresos.org/>.

Planned Parenthood RI

Planned Parenthood is one of the nation's leading providers of affordable health care, and the nation's largest provider of sex education. Insurance is not required to receive treatment at Planned Parenthood. For more information about services and to book an appointment, visit Planned Parenthood at: <https://www.plannedparenthood.org/>.

STATE HEALTHCARE NUMBERS

- **Providence Community Health Centers:** 401-444-0404
- **Mental Health Crisis Line:** 9-8-8
- **Rhode Island Free Clinic:**
401- 274-6347
- **Clinica Esperanza:** 401-347- 9093
- **Rhode Island Dept. of Health:**
401-222-5960