

FINANCIAL HELP FOR RENTERS AND MORE

- <https://houstonrentalassistance.org> Baker Ripley, through funding provided by the city of Houston, is offering Rental Assistance for tenants who live white Houston limits and are experiencing economic hardship as a result of COVID-19.
- <https://www.archgh.org/resources/need-help/> 713-659-5461 The Archdiocese of Galveston
- <https://catholiccharities.org/need-help/> 713-874-6776 Catholic Charities
- <https://acamweb.org/> 713-640-5192 Alliance Of Community Assistance Ministries
- <https://www.homelesshouston.org/> 713-739-7514 Coalition for the Homeless
- <https://www.humanneeds.org/> 281-261-1006 Human Needs Ministry
- <http://echos-houston.org/> 713-270-0369 Epiphany Community Health Outreach Services
- <http://icmtx.org/> 281-332-3881 Interfaith Caring Ministries
- <https://www.houstonjewish.org/> 713-667-9336 Jewish Federation of Houston
- <https://ktcm.org/> 281-391-5261 Katy Christian Ministries
- <https://www.mamhouston.org/> 713-468-4516 Memorial Assistance Ministries
- <https://www.mybkoutreach.org/services-programs.php> 281-498-9933 My Brother's keeper Outreach
- <https://www.redcross.org/local/texas/gulf-coast/get-help.html> 713-526-8300 Houston Red Cross
- <https://www.stvhope.org/> 409-763-8521 St Vincent's house
- <https://www.unitedwayhouston.org/211/> 713-957-4357 United Way Houston
- <https://eachouston.org/> 713-522-5903 Emergency Aid Coalition
- <https://haaministries.org/> 281-446-3663 Humble Area Assistance Ministries

UNITED WAY Call 2-1-1

The Spot 4 Help is a resource guide for agencies and community providers.

<https://thespot4help.org/coronavirus-resources>

RENT/UTILITIES

Harris County Social Services

<https://csd.harriscountytexas.gov/Pages/ServicesProvided.aspx>

Baker Ripley

713-590-2327

Harris County Housing

832-927-4955

Catholic Charities

<https://catholiccharities.org/>

FOOD

Houston Food Bank: Find a partner near you, apply for SNAP, call their helpline at 832.369.9390 or text FOOD to 855.308.2282 to find your nearest food pantry.

Houstonians with disabilities can still contact MOPD staff for referrals and constituent services by calling 832.394.0814 or by emailing mopdmail@houstontx.gov during normal business hours.

The City of Houston is operating a curbside meal program at [47 community centers](#) around the city Monday through Friday from 1 to 3 p.m. Free meals, including a lunch and a snack, are available for youth ages 1 to 18. Only children who come to the site for pickup can receive the meal. Parents are not allowed to take food for a child that is not present at the time of pickup.

[Meal Finder](#) - Helps to find meals for school children when school is not in session

HEALTH

For Harris County Residents:

[The Harris Center's](#) Harris County COVID-19 Mental Health Support Line: **833-251-7544** (Available 24/7)

[Harris County Public Health](#): **832-927-7575*** (*This number is staffed 9 a.m. to 7p.m. everyday)

[Harris Health System](#): **713-634-1110*** (*This number is 9am-7pm, everyday clinical-related questions only)

For City of Houston Residents:

[Houston Health Department](#): **832-393-4220*** (*This number is staffed 9 a.m. to 7p.m. M-F, 9am-3pm on Sat.)

For Fort Bend County Residents:

Fort Bend County Health & Human Services: 281-633-7795* (*This number is Monday-Friday from 8:00am to 5:00pm)

For questions about COVID-19, including finding a doctor or accessing medical care, dial 2-1-1, then choose Option 6.

(Hours: 7:00 a.m. – 8:00 p.m., 7 days per week)

EMERGENCY FUNDS FOR PEOPLE INFECTED WITH COVID 19

Emergency funds if someone has COVID 19

https://www.healthwellfoundation.org/fund/covid-19-fund/?utm_medium=social&utm_source=MHA&utm_campaign=COVID-19_story

MENTAL HEALTH

Harris County's COVID-19 Mental Health Support Line at 833-251-7544.

DBSA Support Groups

https://www.supportgroupscentral.com/groups_detail.cfm?cid=18

Jewish Family Services

<https://www.jfshouston.org/>

Family Houston

<https://www.familyhouston.org/>

IMMEDIATE NEEDS

Disaster Distress Helpline

*Call [1-800-985-5990](tel:1-800-985-5990) or text *TalkWithUs* to 66746. The Disaster Distress Helpline (DDH) provides crisis counseling and support for anyone in the U.S. experiencing distress or other behavioral health concerns related to any natural or human-caused disaster, including public health emergencies.*

Crisis Text Line

Text MHA to 741741 and you'll be connected to a trained Crisis Counselor. Crisis Text Line provides free, text-based support 24/7.

The Trevor Project

Call [1-866-488-7386](tel:1-866-488-7386) or text START to 678678. A national 24-hour, toll free confidential suicide hotline for LGBTQ youth.

Trans Lifeline

Dial 877-565-8860 for US and 877-330-6366 for Canada. Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers.

National Domestic Violence Hotline

For any victims and survivors who need support, call [1-800-799-7233](tel:1-800-799-7233) or [1-800-799-7233](tel:1-800-799-7233) for TTY, or if you're unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522.

The National Sexual Assault Telephone Hotline

Call 800.656.HOPE (4673) to be connected with a trained staff member from a sexual assault service provider in your area.

Caregiver Help Desk

Contact Caregiver Action Network's Care Support Team by dialing [855-227-3640](tel:855-227-3640). Staffed by caregiving experts, the Help Desk helps you find the right information you need to help you navigate your complex caregiving challenges. Caregiving experts are available 8:00 AM – 7:00 PM ET.

Harris Center for Mental Health and IDD Mental Health Support Services 713-970-7000

National Suicide Prevention Life Line Mental Health Support Services 1-800-273-8255

Substance Abuse and Mental Health Services Administration's (SAMHSA) 800-985-5990, for Spanish press option 2

Crisis Intervention of Houston (CIH) Mental Health Support Services 832-416-1177 or 832-4161199 (Teen)

VIRUS ANXIETY

<https://www.virusanxiety.com/>

CHILD CARE – Child Care for Essential Personnel

<https://www.ymcahouston.org/essential-personnel-child-care#close>

UNEMPLOYMENT AND DISASTER UNEMPLOYMENT

https://www.twc.texas.gov/jobseekers/disaster-unemployment-assistance?utm_source=HAA+Subscribers&utm_campaign=8735810ed7-EMAIL_CAMPAIGN_3_28_2019_14_13_COPY_01&utm_medium=email&utm_term=0_8913e00225-8735810ed7-67559605&fbclid=IwAR2JpGvo0ToXVjbtWpkCQcwpCiJ11uOQ1X5wLx7WvDUERer7kk7edij1M

If no internet access, call 1-800-939-6631 Monday through Friday 8 a.m. to 6 p.m. and Saturday 8 a.m. to 5 p.m.

DISASTER CASE MANAGEMENT

Call 713-667-9336 and ask to speak with Disaster Case Management or email: disastercasemanagement@jfshouston.org

INTERNET/WI FI ASSISTANCE

Spectrum - Beginning March 16 and free for 60 days for households with K-12 or College students. They also plan to open their Wi-fi hotspots for public use. To enroll in service call 1-844-488- 8395. Installation fees will be waived.

Free Internet with Comcast Effective Monday, March 16, 2020, new Internet Essentials customers will receive two free months of Internet service. We are also increasing the speed of the program to 25 Mbps downloads, and 3 Mbps uploads for all new and existing customers. To sign up online [HERE](#)

HOUSTON ISD

Houston ISD Community Resource Guide

[2019 Community Resource Guide](#)

SEL/Academic Referral ****Need to add referral form link when it goes live**

Houston ISD Information Regarding Coronavirus

[HISD Coronavirus Updates](#)

HISD Online Learning

[HISD HOME](#)

CITY OF HOUSTON

[City Of Houston Coronavirus](#)

City of Houston Public Works – Water will not be turned off through April 30

Houston Police Department – Non Emergency
713-884-3131

HARRIS COUNTY

[Harris County Novel Coronavirus](#)

Harris County Tollway FREE through June

CENTERS FOR DISEASE CONTROL AND PREVENTION

[CDC Coronavirus Information](#)

[Talking with Children About Coronavirus](#)

[Helping Children Cope](#)

US DEPARTMENT OF EDUCATION

[US Dept Of Education Resources for Schools](#)