This handout is an effort to provide resources and information to you and your family during these difficult times. We will continue to update the information provided on our website at https://www.texaschildrenscoronavirus.org/.

**Food**

- **Houston Food Bank** Call 832-369-9390 or text FOOD to 855-308-2282.
- **Catholic Charities** Call 713-874-6521 or email covidassistance@catholiccharities.org with proof of ID and address. Hours: Tuesday – Thursday; 9 AM
- **Southeast Area Ministries** Call 713-944-0093 for an appointment to pick up food next day. Hours: Monday—Thursday; 9:30 AM – 12:30 PM
- **Society of St/ Vincent de Paul** Call 713- 741- 8234.
- **City Wide Club** Call 713-752-2582 or email foodbank@citywideclub.com.
- **Crown Source Rescue** Follow the link to fill out an online form.
- **Gallery Furniture** Visit 6006 North Fwy for grab and go meals for seniors and children; must be present to receive meal. Hours: Daily; 10 AM – 6 PM
- **The Beacon** Visit 1212 Prairie St, Houston, TX 77002 or call 713-220-9737. Hours: Monday – Friday; 10:30 AM
- **Gulf Coast Community Services Food Assistance** Visit 9320 Kirby Drive Houston, TX 77054 to receive a free 3-5 day supply of emergency groceries for food insecure residents.
- **Cy Hope** Call 713-466-HOPE (4673).
- **Boys & Girls Club of Greater Houston** Follow the link for Drive through Pantry details.
- **Meal Finder** Helping Texas parents find local facilities serving meals in their communities. Follow the link for a searchable online map that includes the address of each facility, as well as the days and times meals will be served.
- **School Meal Finder** Call 832-393-5427 or text FOOD to 877-877 for school meals.
- **Kids Meals** Text COMIDA to 877-877.
- **Northwest Assistance Ministries** Visit 15555 Kuykendahl Rd. and walk in for food or call 281-885-4673.
- **Cypress Area Assistance Ministries** Call 281-955-7684.
- **West Houston Assistance Ministries** Call 713-780-2727 ext 300.
- **SNAP Benefits** Follow the link to enroll online. For new applicants, HHS is waiving the interview and work requirements.
- **Emergency formula for babies 0-12m** Follow the link for instructions to enroll online.
- **WIC** Follow the link for expanded food choices or call 1-800-942-3678.
- **Burger King Offer** - Two free kids meals a day with any purchase when customers order ahead on the Burger King app.
• **USDA free food** Call 1-866-3-HUNGRY or 1-877-8-HAMBRE or text 97779 to the automated service with a question that may contain a keyword such as “food”, “summer”, “meals”, etc. to receive an automated response to resources located near an address and/or zip code.

• **Wesley Community Center** Follow the link for more information about their drive-up/walk-up service. 
  Hours: Wednesday and Friday; 9:00 AM – Noon

• **Grab n Go Meals** Follow the link for distribution sites and instructions. Fort Bend ISD only. 
  Breakfast Hours: Monday – Thursday; 7:30 AM – 9:00 AM. Lunch Hours: Monday – Thursday; 11:30 AM – 1:00 PM

• **YMCA Food Distribution** Follow the link for map of distribution sites. Click individual distribution site pin for up-to-date event days, times and details.

**Housing Accepting Patient Families (dining area prohibited)**

• **America’s Best Value Inn** Follow the link or call 281-974-4432. Offering TMC discount. No shuttle or breakfast.

• **Surestay by Best Western** Follow the link or call 713-522-2811. Offering TMC discount. No complimentary rooms available. Shuttle is running. Breakfast bags to-go available.

• **Comfort Suites** Follow the link or call 713-668-1436. Offering TMC discount. No shuttle to Medical Center and no breakfast.

• **Courtyard by Marriott** Follow the link or call 713-668-4500. Offering TMC discount. Shuttle is running. No breakfast. Pool is open to 50% occupancy.

• **Crown Plaza Reliant Energy** Follow the link or call 713-748-3221. Offering TMC discount. No shuttle or breakfast.

• **Hampton Inn & Suites** Follow the link or call 713-797-0040. Offering TMC discount. Shuttle is running. Coffee and grab and go items available. Limited housekeeping.

**Childcare**

• **Houston TX COVID Sitters** (for health care workers)

• **Care.com**

• **YMCA**

• **Frontline Child Care Availability Portal**

**Health Care**

• **Legacy Clinics** – Call 832-548-5000 for information. Legacy is launching new virtual pediatric visits for children under 17. Services available in English and Spanish.

• **Texas Nurse Health Line** – Call 713-338-7979 or toll-free 855-577-7979 for information. Services available in English and Spanish.

**Social Services**

• **Harris County**

• **Fort Bend City**
Financial Resources

- **United Way** Follow the link to find a United Way close to you or dial 211 then choose option 6. Hours: 7:00 AM – 8:00 PM
- **Unemployment** Follow the link to use the online claim portal or call 800-939-6631. Hours: 8:00 AM – 6:00 PM
- **Jewish Family Services** Follow the link for disaster services. Call 713-667-9336 or email disastercasemanagement@jfschouston.org to chat with a case manager.
- **Gulf Coast Community Services** Follow the link for Emergency Assistance services including rental and electric assistance. For rental assistance you must be a resident of Harris County and have a notice to vacate.
- **Cypress Area Assistance Ministries** Follow the link for disaster services. Call 713-667-9336 or email disastercasemanagement@jfschouston.org to chat with a case manager.
- **Northwest Assistance Ministries** Follow the link or call 281-885-4673 for information.
- **West Houston Assistance Ministries** Follow the link or call 713-780-2727 for information.
- **Houston Public Works – Mayor Turner:** water will not be cut off for non-payment until 4/30/2020.
- **Fort Bend City Social Services- Missouri City** Follow the link or call 281-403-8050 for help with rent and utilities and food.
- **Fort Bend City Social Services- Rosenberg** Follow the link or call 281-238-3502 for help with rent and utilities and food.
- **Montgomery Co, Community Assistance Center** Call our appointment line at 936-539-9211 for financial assistance with rent, mortgage, or utility payments.
- **Baker Ripley Energy Assistance** Call 713-590-2327 or 211 to request an application.
- **Tanf Cash Help One Time, Utilities, Medications, Rent Etc** Follow the link to apply online.
- **Support For Respite Care** Follow the link for more information.
- **Support Services** Follow the link for more information.
- **Pandemic Electronic Benefit Transfer (P-EBT)** Follow the link to see if you are eligible for a one-time payment for each child who previously received free or reduced-price meals. Call 833-613-6220 to apply. Hours: Monday – Friday; 8:00 AM – 6:00 PM
- **TANF Cash** Follow the link for more information about a one-time payment to families in crisis.
- **One Fair Wage** Follow the link if you are a struggling service worker to apply for this emergency fund.
- **Another Round Another Rally** Follow the link if you are an unemployed food & beverage hospitality worker to see if you are eligible to apply for relief.
- **Christian Community Service Center** Follow the link for information on and to apply for assistance on rent and utilities.
- **West Houston Assistance Ministries** – Call 713-780-2727 for assistance with rent in zip codes 77036, 77042, 77057, 77063, 77072, 77077, 77082, 77083, and 77099.
- **Interfaith Caring Ministries (ICM)** – Call 281-332-3881 for more information on assistance for rent. In order to qualify, you must be working but having financial difficulties due to emergency or temporary
crisis and you must reside in Clear Creek or Friendswood. Some of the zip codes are only partially included in these school districts: 77058, 77059, 77062, 77089, 77546, 77549, 77565, 77568, 77573, 77586, and 77598.

- **Southeast Area Ministries** – Call 713-944-0093 to see if you qualify for $100 of rent or utility. You must show proof of having the funds for the remainder of bill. Assistance for zip codes: 77017, 77034, 77061, 77075, 77087, 77089, 77587, and only this apartment building in 77598: Gateway to Ellington Apartments.
- **Catholic Charities Houston** Follow the link to apply to receive assistance with rent and utilities for individuals who have lost income as a direct impact of COVID: through job loss, wage loss, furlough, illness, quarantine, lack of childcare or other related incidents. Must be a single household with children, family with 5 or more children, or immigrant/Refugees. Need ID, lease with vacate notice, utility disconnect notice, and proof of unemployment.
- **Memorial Assistance Ministries** – Call 713-486-4516 for assistance with rent and utilities. Must have current lease agreement with eviction notice or utility disconnection notice and reside in zip codes 77008, 77009, 7018, 77024, 77037, 77039, 77040, 77041, 77043, 77055, 77076, 77079, 77080, 77088, 77091, and 77092.
- **City of Beaumont** Follow the link to complete an application online for the COVID-19 Rental and Utility Assistance program. Call Some Other Place/Henry’s Place at 409-832-7976 or Habitat for Humanity at (409) 832-5853 to make an appointment for an interview and for next steps in the review process.
- **Fort Bend County** – Call 281-238-2273 for assistance with rental, mortgage, and utility. Must be a fort bend county resident, Pre-COVID income less than 80% of the area’s average median income, inability to pay rent due to employment loss/reduction or loss of income due to economic impact of COVID-19, unable to pay rent after April 1, 2020, have not received rental assistance from another source for same period of time as requested for this program, landlord or mortgage company must agree to participate in the CARES program. Program is in Phase 2 for assistance during August and September and Phase 3 is October to November.
- **Fort Bend Family Promise** – Call 281-403-3923 for assistance with mortgage to prevent foreclosure. Must have a child enrolled in FBISD and call to apply.
- **MBA Opens Doors** Follow the link, email applications@mbaopensdoors.org or fax 855-450-3639 to apply for a grant for rent and/or mortgage.

**Jobs**
- [Kroger](https://www.kroger.com)
- [Randalls](https://www.randalls.com)
- [Fiesta](https://www.foxtrotmarket.com)
- [CVS](https://www.cvssite.com)
- [Walmart](https://www.walmart.com)
- [Domino's](https://www.dominos.com)
- [Houston Food Bank](https://www.houstonfoodbank.org)
- [Amazon](https://www.amazon.com)
- One Support (Formerly Telenetwork)
- Frito Lay
- SittersCity Caregiving Short term Child care in the child's home
- DailyRemote.com Job Search
- Greater Houston Partnership This page is designed to provide resources and information around the virus to businesses and individuals.
- JFS employment services – email hmaltzman@jfshouston.org.
- Sprouts Farmers Market
- Dollar Tree
- Coca-Cola
- Student Loan info - COVID
- Bank of America
- Pizza Hut
- Lowe’s
- Walgreens

Work from home
- Live Ops
- TeleTech
- Amazon
- Teleperformance
- United Health Group
- Dell
- IBM
- U.S. Department of Agriculture
- Working Solutions
- Humana
- Texas Workforce Commission
- Dynata

Legal
- Houston Bar Association Follow the link for COVID-19 concerns such as employment, landlord/tenant issues, bankruptcy, etc.
- Retail Electric Providers (Reps) – Call 866-454-8387 for more information. Hours: open 24/7. Must offer deferred plan for payment.

Coping Resources
• **Red Cross** Coping With Stress During COVID-19; Safety Tips; Sheltering at Home Tips to Share With Others (in multiple languages).

• **Talking To Children About Tragedies & Other News Events**

• **NPR: Just For Kids**

• **The Harris Center** – Call 833-251-7544. Focused on helping those experiencing chronic stress/anxiety related to COVID-19.

• **National Parent Helpline: Emotional Support For Parents From Trained Specialists** – Call 1-855-427-2736.

• **211/Texas/United Way HELPLINE** – Dial 2-1-1, then choose Option 6 to connect with critical health and human service programs. Hours: 7 days a week; 7:00 AM – 8:00 PM

• **Boys Town** – call 800-488-3000 for the opportunity to speak with a trained counselor in times of family crisis.

• **TX Teen Hotline** – text line: 512-872-5777.

• **Support For Respite**

• **YourTexasBenefits** If you need help applying for benefits, call toll-free 2-1-1 or 1-877-541-7905.

• **Bo’s Place @home** Online grief support activities and resources. All resources are in English and Spanish.

**Mental Health Resources**

• **The Disaster Distress Helpline** – Call 1-800-985-5990 or text TalkWithUs to 66746. A confidential, 24/7 crisis line for anyone experiencing emotional distress during or after a natural or man-made disaster. Connect with a trained crisis counselor who can provide emotional support and connect you to local resources.

• **National Suicide Prevention Lifeline** – Call 1-800-273-8255. A national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress. They can also provide support and resources for caretakers or loved ones of those in crisis.

• **The National Domestic Violence Hotline** – Call 1-800-799-7233 or text LOVEIS to 22522. Highly-trained advocates are available 24/7 to talk with anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship.

• **Texas Abuse/Neglect Hotline** – Call 1-800-252-5400. If you or someone you know is being abused, call this hotline or go to this website to report it. This hotline is available 24/7.

• **The Harris Center Mental Health Call Line** – Call toll-free 833-251-7544. The Harris Center has activated a Mental Health Call Line to support our community during COVID-19. The purpose of the line is to provide trauma-informed support and psychological first aid to those experiencing stress and anxiety related to the COVID-19 event.

• **Veterans Crisis Line** – Call 1-800-273-8255. This hotline is run by the VA and available to all veterans, active service members, National Guard and Reserve, and family members and friends. Many of the hotline responders are veterans themselves.

• **The Trevor Project** – Call 1-866-488-7386, text START to 678678. A free, 24/7 crisis hotline for LGBT+ youth in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk.
- **JFS ZOOM internet group counseling** Call 713-667-9336. Support for Parents, Adults, Adolescents, and LGBTQ groups.
- **Virus Anxiety** Resources for anxiety and your mental health in a global climate of uncertainty.
- **Depelchin STAR No cost therapy** - Call 713- 664-3459 for Harris and 281-261-1341 for Fort Bend or Waller County.
- **Depelchin Harris Co** – Call 713-664-3459 (English and Spanish).
- **Depelchin Fort Bend Co** – Call 281-261-1341.
- **Depelchin Waller Co** – Call 281-261-1341.
- **Depelchin Austin** – Call 512-719-3222.
- **Depelchin San Antonio** – Call 210-691-3222.
- **Depelchin Lubbock** – Call 806-745-3222.
- **The Montrose Center**
- **Center for Creative Resources**
- **The Lovett Center**
- **Heights Family Counseling**
- **HISD Mental Health** – Call 713-556-1340 for free mental health advice during the COVID-19 pandemic. This hotline is for student and parents to speak to trained staff from HISD’s Social and Emotional Learning Department.
- **The Harris Center** – Call 833-986-1919. This is a toll free, 24/7 support line that offers trauma-informed support and psychological first aid to those experiencing stress and anxiety related to COVID-19.

**Domestic Violence Resource**
- **Domestic Violence Assistance** Call 1-800-799-SAFE for the 24 hour crisis hotline.