

COMMUNITY RESOURCE GUIDE

<p>Food Assistance</p>	<p>Texas State Benefits</p>
<p>Feeding America—find your nearest food bank: www.feedingamerica.org</p> <p>Meals on Wheels Texas—for seniors and other homebound individuals: www.mealsonwheelstexas.org</p> <p>USDA National Hunger Hotline: (866) 348-6479</p>	<p>Learn about and apply for state benefits such as SNAP Food Benefits, TANF Cash Help, health care, support services and WIC Food Benefits: www.yourtexasbenefits.com or call 2-1-1</p> <p>Texas Workforce Commission—unemployment benefits and claims: www.twc.texas.gov or call (800) 939-6631</p>
<p>Mental Health Resources</p>	<p>Mental Health Crisis-Suicide</p>
<p>National Alliance on Mental Illness—Free, nationwide peer-support service providing information, and resource referrals. HelpLine staff and volunteers are experienced, well-trained and able to provide guidance: (800) 950-NAMI (6264) or visit online www.nami.org/help</p>	<p>If you or someone you know is in crisis—whether they are considering suicide or not—please call the toll-free National Suicide Prevention Lifeline at (800) 273-TALK (8255) to speak with a trained crisis counselor 24/7.</p> <p>Crisis Text Line-Text HOME to 741741</p>
<p>Healthy Eating/Staying Active</p>	<p>Access to Health Care</p>
<p>It's Time Texas Living Healthier Coach Hotline—Get free, personalized one-on-one coaching to help you reach your health goals: (844) 262-6224</p>	<p>Find your local community-based health center: www.findahealthcenter.hrsa.gov or call (877) 464-4772</p>
<p>National Domestic Violence Hotline</p>	<p>Employment and Resources</p>
<p>For anyone affected by abuse and needing support, call (800) 799-SAFE (7233), or if you're unable to speak safely, you can log onto www.thehotline.org or text LOVEIS to 22522. Trained expert advocates are available 24/7 and help is available in Spanish and other languages.</p>	<p>Texas Workforce Commission promotes and supports a workforce system that creates value and offers employers, individuals and communities the opportunity to achieve and sustain economic prosperity: www.texasworkforce.org or call (800) 628-5115</p>
<p>Substance Abuse Help</p>	<p>Support for Children with Disabilities</p>
<p>The Texas Substance Abuse Helpline is a resource dedicated to informing and connecting with those living with addiction. Available 24/7: (866) 971-2658</p>	<p>The Arc of Texas promotes, protects and advocates for Texans with intellectual and developmental disabilities: www.thearcoftexas.org or call (512) 454-6694</p>
<p>Assistance with Utilities (electricity/water)</p>	<p>Childcare Assistance</p>
<p>Contact your utility company or the Public Utility Commission of Texas: www.puc.texas.gov or call (888) 782-8477</p>	<p>Texas Child Care Solutions provides resources and information to parents and child care providers to assist in making informed choices to meet their child care needs: www.texaschildcaresolutions.org/financial-assistance-for-child-care/</p>
<p>Housing Assistance</p>	<p>Child or Senior Abuse (unsafe living conditions)</p>
<p>US Department of Housing: www.hud.gov/states/texas</p> <p>Emergency Housing Assistance: Red Cross (800) 733-2767</p>	<p>The Texas Abuse Hotline is for reporting suspicions of abuse, neglect and exploitation of children, adults with disabilities or people 65 or older: (800) 252-5400 or visit online www.txabusehotline.org</p>
<p>For additional resources not listed above, no matter where you live in Texas, you can dial 2-1-1 or (877) 541-7905, and find information about local resources in your community. Whether you need help finding food or housing, childcare, crisis counseling or substance abuse treatment, one number is all you need to know in Texas dial 2-1-1 or (877) 541-7905 or visit www.211texas.org to get connected to services in your area.</p>	