

We know these are stressful times, to say the least, but remember to **Pray** first (God's in control), **Stay Calm, Help** your neighbors and community if possible, **Find help** for you and your family. This list will be changing as more sources are identified, but reaching out to these organizations may help you in your time of need.

1. Links to Texas Unemployment Insurance and other aid: Phone number to call if you are unemployed **1-877-872-5627**. Forms and information provided in the link below

<https://www.careeronestop.org/LocalHelp/UnemploymentBenefits/find-unemployment-benefits.aspx?location=TX&persist=>

2. Link to SNAP and other food/assistance programs in Texas: This is the Texas Health and Human Services link that puts you in touch with assistance in getting food, medical help, etc.: Phone number is **713-748-8450** or use the link below.

<https://yourtexasbenefits.hhsc.texas.gov/programs/snap>

3. Crowdfunder Rescue: Financial and other assistance for critical needs during crisis: This is an online form to complete for assistance:

<https://crowdfunderrescue.com/tickets/add/845>

4. Houston Food Banks that offer food deliver/pick up based on need. Phone number is **713-223-3700**

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

5. Link for school food programs, free internet services, and other critical information and phone numbers:

https://www.houston.org/sites/default/files/2020-03/Houston_ResourceBook_03.18.2020.pdf?_zs=sHVDD1&_zl=x7Ve5

6. Pets in the house? Remember, our pets depend on us for their care. The Houston Humane Society is teamed up with local business to provide free food for pets. Pets are God's gift to us - care for them too. You can also contact your **local animal shelter: 713-433-6421**

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

7. **Meals on Wheels** offers free food delivery or pick-up to elderly and home bound who qualify. If you or someone you love meets the criteria, check this out. Put in your zip code to find the nearest Meals on Wheels to serve you:

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

8. The Salvation Army offers so many programs to help families recover from crisis. Use this link to go directly to their list of resources in your area:

<https://www.salvationarmyusa.org/usn/>

School Districts provide free breakfast and lunch curbside: See your local school district website to get instructions and locations!