Community Resources

Need Help With:



Financial & Other Services

No phone | findhelp.org

Help to locate resources for financial assistance, food pantries, medical care and other free or reduced-cost help

Mental and Emotional Support

Child & Family Guidance

(214) 351-3490 | **childrenandfamilies.org** Contact for Individual and Family Counseling



North Texas Foodbank

Food

(214) 330-1396 | **ntfb.org** Locate food resources in North Texas and help apply for Supplemental Nutrition Assistance Program (SNAP) benefits.



Transportation

Dallas Area Rapid Transit (DART) (214) 979-1111 | dart.org Information about Trains, Buses, or Rides. Wheelchair Access Information is Available

Paying Utilities

For Dallas County Dallas County Health and Human Services (DHHS) (214) 819-2000 | http://dallascounty.org/departments/dchhs/welfare.php Short-term Help for Dallas County residents

For Collin County Assistance Center of Collin County (972) 422-1850 | assistancecenter.org Short-term Help for Collin County residents

Internet Access

Texas Lifeline (512) 936-7000 | http://texaslifeline.org/

Housing or Paying Rent 211 (Texas Information & Referral Network)

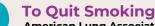
Call 2-1-1 | **211texas.org** Statewide Hotline for Help with Housing, Homelessness, and Applications for Housing Assistance

Homelessness Crisis Hotline

211 (Texas Information & Referral Network)

(888) 411-6802 | mdhadallas.org/help-resources/

children'shealth



American Lung Association (800) 586-4872 | lung.org Freedom From Smoking Program for Adults Ready to Quit Smoking



If you need help with finding resources, please contact the Social Work Department at 214-456-2300 🌈

211 (Texas Information & Referral Network)

Call 2-1-1 |**211texas.org** Statewide Help Hotline. Gives Community Help Information for Food, Housing, Childcare, or Emergency

Here for Texas

For All other Counties

Call 2-1-1 | 211texas.org

Services

(972) 525-8181 | **herefortexas.com/types-of-support** Gives Support and Resource for Individuals and Families

Medicaid Medical Transportation Program (877) 633-8747 Please have your Medicaid Identification number to use this resource.