

# Community Resources

## Need Help With::



### Financial & Other Services

#### FindHelp

No phone | [findhelp.org](http://findhelp.org)

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

#### 211 (Texas Information & Referral Network)

Call 2-1-1 | [211texas.org](http://211texas.org)

Statewide Help Hotline. Gives Community Help Information for Food, Housing, Childcare, or Emergency Services



### Mental and Emotional Support

#### Child & Family Guidance

(214) 351-3490 | [childrenandfamilies.org](http://childrenandfamilies.org)

Contact for Individual and Family Counseling

#### Here for Texas

(972) 525-8181 | [herefortexas.com/types-of-support](http://herefortexas.com/types-of-support)

Gives Support and Resource for Individuals and Families



### Food

#### North Texas Foodbank

(214) 330-1396 | [ntfb.org](http://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](http://dart.org)

Information about Trains, Buses, or Rides. Wheelchair Access Information is Available

#### Medicaid Medical Transportation Program

(877) 633-8747

Please have your Medicaid Identification number to use this resource.



### 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](http://assistancecenter.org)

Short-term Help for Collin County residents

#### For All other Counties

##### 211 (Texas Information & Referral Network)

Call 2-1-1 | [211texas.org](http://211texas.org)



### 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](http://211texas.org)

Statewide Hotline for Help with Housing, Homelessness, and Applications for Housing Assistance

#### Homelessness Crisis Hotline

(888) 411-6802 | [mdhadallas.org/help-resources/](http://mdhadallas.org/help-resources/)



### To Quit Smoking

#### American Lung Association

(800) 586-4872 | [lung.org](http://lung.org)

Freedom From Smoking Program for Adults Ready to Quit Smoking



### Legal Aid

#### Dallas Volunteer Attorney Program

Apply Online | <https://firm.jotform.com/form/200894702058153>

Free legal virtual intake clinic

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