

Hotline or Helpline	Category	Phone Number	Website
Alanon and Ala-teen	Addiction/Substance Abuse: Alcohol	1-888-4AL-ANON (1-888-425-2666)	https://al-anon.org/
Alcoholics Anonymous	Addiction/Substance Abuse: Alcohol	713-686-6300	https://aahouston.org/
Ask a Nurse Hotline-Harris County	Covid-19 Health	713-634-1110 (9am – 7pm, 7 days a week)	https://www.houstonpublicmedia.org/coronavirus/
Childhelp National Child Abuse Hotline	Child Abuse	1-800-4-A-Child (1-800-422-4453)	https://www.childhelp.org/childhelp-hotline/
Collaborative for Children	Childcare for essential workers	713-600-1100	https://collabforchildren.org/child-care-now
Comcast Internet Essentials	Internet and Wifi for low-income families	1-855-846-8376	https://www.internetessentials.com/get-help
COVID-19 Health Questions - Houston Health Dept.	COVID-19 Answers and Free Covid-19 Test	832-393-4220	https://www.houstontx.gov/health/NewsReleases/houston-health-department-sets-up-COVID-19-call-center-for-houstonians.html
Crisis Text Line	Mental Health	Text HELP to 751741	https://www.crisistextline.org/text-us/
Department of Health and Human Services Texas	General Covid-19 Questions	Dial 211 and choose option 6	https://hhs.texas.gov/services/health/coronavirus-covid-19
Disaster Distress Helpline	COVID-19; Mental Health; Crisis Assessment and Intervention	1-800-985-5990 or Text “TalkWithUs” to 66746	https://www.samhsa.gov/find-help/disaster-distress-helpline
Familia Helpline (National Alliance for Hispanic Health)	Domestic Abuse, Family Health	866-783-2645	https://www.healthyamericas.org/
Harris Center Covid -19 Mental Health First Aid and Support	COVID-19; Mental Health	833-986-1919	https://theharriscenter.org/COVID-19-Support-Line-and-Resources
Harris County Triage	Covid-19 Symptoms; 9am-7pm daily	713-634-1110	https://mhahouston.org/covid19help/
Homeless Testing Program	Agencies, shelters, outreach teams and homeless individuals can call.	713-286-6047	https://www.houstontx.gov/mayor/press/2020/homeless-population-covid-19-support.html
Houston Area Women's Center (Domestic Abuse)	Domestic Abuse	713-528-2121, 800-256-0551	https://www.domesticshelters.org/help/tx/houston/77019/houston-area-women-s-center
Houston Food Bank	Food, Hunger, and SNAP	832-369-9390	https://www.houstonfoodbank.org/covid19/
Houston Food Bank	Food Pantry	Text FOOD to (855-308-2282) to find the nearest food pantry	https://www.houstonfoodbank.org/covid19/
La Red Nacional de Prevención del Suicidio	Suicide Prevention	888-628-9454	https://suicidepreventionlifeline.org/wp-content/uploads/2016/09/en-espanol-suicide-prevention-lifeline-wallet-card.pdf

LGBT National Youth Talk Line	LGBT; Youth	800-246-7743	https://www.glbthotline.org/talkline.html
Mental and Substance Abuse Disorder	Addiction/Substance Abuse; Mental Health	1-800-662-HELP (4357)	https://www.samhsa.gov/find-help/national-helpline
Narcotics Anonymous	Addiction/Substance Abuse: Narcotics	1-818-773-9999 713- 661-4200, ESPAÑOL 888-600-6229	https://hascona.com/
National Alliance on Mental Illness	Mental Illness	Help line is 800-950-NAMI In a crisis? Text "NAMI" to 741741	https://www.nami.org/Home
National Domestic Violence Hotline	Domestic Abuse	1-800-799-SAFE (1-800-799-7233)	https://www.thehotline.org/
Spectrum	Internet and Wifi for families with students or teachers	Call 1-844-488-8395 or (855) 243-8892 to enroll.	https://www.spectrum.net/support/internet/covid-19-internet-offer-students/
Texas Abuse Hotline	Domestic Abuse	1-800-252-5400	https://www.txabusehotline.org/Login/Default.aspx
Texas Baby Moses Hotline (Safe Haven)	Domestic Abuse	1-877-904-SAVE (1-877-904-7283)	https://www.dfps.state.tx.us/Child_Protection/Child_Safety/Resources/baby_moses.asp
Texas Poison Center Network	Poison Control	1-800-222-1222	https://www.poisoncontrol.org/home/
Texas Suicide Prevention	Suicide Prevention	800-273-8255 (800-273-TALK)	https://suicidepreventionlifeline.org/
Texas Youth Hotline	Youth Concerns	Call 1-800-989-6884 or Text 1-512-872-5777	https://www.dfps.state.tx.us/Youth_Helpline/
The Steve Fund	Culturally Competent Counseling for Students of Color	0///	https://www.stevefund.org/
Trevor Project	Crisis Intervention/Suicide Prevention; LGBTQ, Youth Under 25	Call: 866-488-7386 Text: START to 678678	thetrevorproject.org
United Way of Greater Houston	Get help from 2-1-1 when you don't know who to call. Answers about food, childcare, transportation and more. 24/7, several languages available.	Dial 211	https://www.unitedwayhouston.org/work/disaster/coronavirus
Veteran's Crisis Line	Veterans	Call: 800-273-8255 and Press 1 Chat online: veteranscrisisline.net	Veteranscrisisline.net