

HELP WITH FINDING & APPLYING FOR ASSISTANCE PROGRAMS



My Health My Resources Tarrant County

<https://www.mhmrarrant.org>
(817) 355-3022 or (800) 866-2465

Assistance locating & applying for assistance programs.



Benefits.Gov

<https://www.benefits.gov>
(844) USA-GOV1

Online Benefit Finder for federal assistance programs.



Consumer Financial Protection Bureau

How-to articles addressing financial distress during COVID-19.

<https://www.consumerfinance.gov/about-us/blog/>



Texas Health and Human Services

<https://YourTexasBenefits.com>
Or call 2-1-1

Online Benefit Finder for State assistance programs.

UNEMPLOYMENT ASSISTANCE RESOURCES

Unemployment Insurance (Through TWC)

<https://twc.texas.gov/jobseekers/>
800-939-6631

Unemployment benefit program.

Disaster Unemployment Assistance

<https://oui.doleta.gov/unemploy/disaster.asp>
877-872-5627

Disaster-related unemployment benefits.

FOOD ASSISTANCE RESOURCES

TANF (Through Health & Human Services)

<https://yourtexasbenefits.hhsc.texas.gov/programs/tanf>
800-925-9126

Cash assistance for eligible families.

Food Stamps (SNAP)

<https://yourtexasbenefits.hhsc.texas.gov/programs/snap>
877-541-7905

Purchasing assistance for food-related items.

Women Infant Children (WIC)

<https://wic.fns.usda.gov/wps/pages/preScreenTool.xhtml>
800-942-3678

Purchasing assistance for women with/and children.

OTHER RESOURCES

Texas Comprehensive Energy Assistance Program

<http://www.tdhca.state.tx.us/community-affairs/ceap/index.htm>
512-475-3800

Utility assistance program for low-income households.

Military Heroes COVID-19 Emergency Relief

<https://penfedfoundation.org/>

Financial assistance for veteran & current military.

HEALTHCARE ASSISTANCE RESOURCES

COBRA Continuation Insurance Coverage

<https://www.healthcare.gov/apply-and-enroll/>
866-444-3272

Discounted premiums for continued health insurance.

TEXAS Medicaid & CHIP

<https://hhs.texas.gov/services/health/medicaid-chip>
800-252-8263

Health coverage for low-income and/or disabled.

Medicare

<https://hhs.texas.gov/services/health/medicaid-chip>
800-772-1213

Health coverage for low-income and/or seniors.

SMALL BUSINESS ASSISTANCE

Economic Injury Disaster Loan (Through SBA)

<https://disasterloan.sba.gov/ela/>
800-659-2955

Federal loans for small businesses during disaster.

MENTAL HEALTH RESOURCES

Disaster Distress Helpline

<https://www.samhsa.gov/find-help/disaster-distress-helpline>
800-985-5990

Immediate crisis counseling during disaster.

National Domestic Violence Hotline

www.thehotline.org
800-799-7233

Help to identify and escape abusive situation.

National Suicide Prevention Hotline 800-273-8255

Daystar Prayer Line 800-329-0029

<https://www.daystar.com/prayer/>