



HOUSTON HEALTH
DEPARTMENT

CITY OF HOUSTON LET'S **BEAT COVID**

HEALTH . EDUCATION . SOCIAL SERVICES

“Let’s Beat Covid-19: Health, Education and Support Services” (HESS) is here to provide individual, and group crisis intervention and to educate and support Houstonians adjusting mentally and emotionally.



H.E.S.S. Program Features



Helpline



Professionally licensed and certified counselors to assist callers through crises, 7 days a week from 1 p.m. - 11 p.m.

COVID-19 Coping Toolkits



K-12 Toolkits to support parents and guardians of elementary, middle school and high school students.

Parent Connect



Feeling lost parents? Join our Parent Connect talk sessions weekly. Visit the website for dates and times. (www.Houston-beatcovid.com)

Student Connect



Activities for youth have been designed to help them engage with important COVID-19 information so that they remain safe.

Support Resources



Helpful websites with information and resource for food and other social services.

Helpline

713-999-9442

Crisis care services seven (7) days a week from 1 pm to 11 pm.

www.Houston-beatcovid.com

Funded by the City of Houston through the CARES Act.

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