

General Health Resources

Covid-19 Related Questions

Houston Health Department

Call: 832-393-4220
Web: houstontx.gov/health

Harris County Public Health

Call: 832-927-7575
Web: readyharris.org

Fort Bend County Health & Human Services

Call: 281-633-7795
Web: fbchealth.org/ncov/

Texas Health and Human Services

Call: 211 option 6
Web: dshs.texas.gov/coronavirus

Resources for those uninsured (Bilingual)

Ask my Nurse Helpline:

Call: 713-634-1110

Memorial Herman Nurse Health Line

Call: 713-338-7979 / 1-855-577-7979

Financial Help for Renters

Alliance of Community Assistance Ministries

713-640-5192 or visit <https://acamweb.org/contact-us/> or click this [link](#)

The Archdiocese of Galveston-Houston

719-659-5461 or visit <https://www.archgh.org/resources/need-help/> or click this [link](#)

Catholic Charities

713-874-6776 or visit <https://catholiccharities.org/> or click this [link](#)

Chinese Community Center

713-271-6100 or visit <https://ccchouston.org/> or click this [Link](#)

Coalition for the Homeless

713-739-7514 or visit <https://www.homelesshouston.org/> or click this [Link](#)

Disaster Housing Assistance Program

866-497-6036 or visit <https://www.galaxy.construction/> or click this [Link](#)

East Fort Bend Human Needs Ministry

281-261-1006 or visit <https://www.humanneeds.org/> or click this [Link](#)

Epiphany Community Health Outreach Services

713-270-0369 or visit <http://echos-houston.org/> or click this [Link](#)

Emergency Aid Coalition

713-522-5903 or visit <https://eachouston.org/> or click this [Link](#)

Humble Area Assistance Ministries

281-446-3663 or visit <https://haaministries.org/> or click this [Link](#)

Internet/Wi-fi Services

Free Internet with Spectrum

Beginning March 16 and free for 60 days for households with K-12 or College students. They also plan to open their Wi-fi hotspots for public use. To enroll in service call 1-844-488-8395. Installation fees will be waived.

Free Internet with Comcast

Effective Monday, March 16, 2020, new Internet Essentials customers will receive two free months of Internet service. We are also increasing the speed of the program to 25 Mbps downloads, and 3 Mbps uploads for all new and existing customers. To sign up online click [here](#).

Free Video Conferencing through Zoom

Zoom the video conferencing app is lifting the free account 40 minute limit of video calls in select countries as well as offering free online weekly webinars on how to use the app for distance learning. To sign up click [here](#).

Free Adobe Products for Select Students

To be eligible for this access, your school or college must be a current customer with an active Device, Shared Device License, or Serial Number plan. To access this service your school administrator must request access. For more information click [here](#).

Houston Public Library Online

The Houston Public Library offers free online books and audiobooks for anyone with a library card. You can access all services offered [here](#).

Fort Bend Public Library Online

The Fort Bend Public Library offers free online books and audiobooks for anyone with a library card. You can access all services offered [here](#).

COMPUDOPT

Compudopt's mission is to provide technology to students who need it most. They are offering rentable computers to families with out a device free of charge. For more information click [here](#).

Financial Help

Texas Attorney General

Texans who believe they have encountered price gouging should call (800) 621-0508 or file a complaint [online](#).

Unemployment Benefits

Persons who have lost their jobs or self-employment or who are no longer working as a direct result of a major disaster for which a disaster assistance period is declared, and who applied but are not eligible for regular unemployment benefits should look to see if their are eligible at this [link](#).

Bartender Emergency Assistance Fund

The purpose of the Bartender Emergency Assistance Program (BEAP) is to assist qualified bartenders, bar backs, and bar servers who are in need of financial assistance as a result of a catastrophic event or an emergency hardship. [Link](#)

Book Industry Charitable Foundation

Binc is the only nonprofit in the country dedicated to assisting booksellers in need. Assistance may be available for the medical expenses of booksellers and to help booksellers in specific cases where store closure and/or loss of scheduled pay leads to the inability to pay essential household bills for an individual or family. [Link](#)

Rauschemberg Emergency Grants

The program will provide one-time grants of up to \$5,000 for unexpected medical emergencies. The grants are available to visual and media artists and choreographers who are U.S. citizens or permanent residents in the United States, District of Columbia, or U.S. Territories. [Link](#)

Queer Writers of Color Relief Fund

This fund is for queer writers of color only, not organizations or nonprofits, who are in need of financial assistance right now.

Financial Help

Houston Public Works

Mayor Turner has announced that water will not be cut off for non-payment until April 30, please call to set up a payment plan if needed. [Link](#)

Cypress Area Assistance Ministries

CAAM helps those in zipcodes 77065, 77095, 77429 and 77433 with Financial Assistance, Food, Special Delivery. Operation Jobs/GED and ESL Classes are not bound by zipcode. Volunteers always needed! [Link](#)

Houston Virtual Tip Jar

When restaurants and bars close, the service industry is living paycheck to paycheck. Please contribute to this virtual tip jar, or submit the form on top if you are in the industry and need assistance. [Link](#)

National Endowment for the Arts

The National Endowment for the Arts has compiled a list of resources for artists and arts organizations. [Link](#)

Southern Smoke Foundation

Southern Smoke Foundation provides funding to individuals in the food and beverage industry who are in crisis. [Link](#)

Small Business Administration

Small businesses, small agricultural cooperatives and some private nonprofit organizations that have suffered substantial economic injury due to COVID-19 may be eligible for an EIDL of up to \$2 million, which will provide the necessary working capital to help businesses survive until normal operations resume after a disaster. [Link](#)

TexVet Emergency Funding Resources

This site provides a list of organizations where veterans and their dependents can seek financial assistance for a variety of needs. [Link](#)

Financial Help for Renters

Interfaith Caring Ministries

281-332-3881 or visit <http://www.icmtx.org/> or click this [link](#)

Jewish Federation of Greater Houston

713-667-9336 or visit <https://www.houstonjewish.org/> or click this [link](#)

Katy Christian Ministries

281-3915261 or visit <https://kcm.org/> or click this [link](#)

Memorial Area Assistance Ministries

713-468-4516 or visit <https://www.mamhouston.org/> or click this [Link](#)

My Brother's Keeper

281-498-9933 or visit <http://www.mybkoutreach.org/> or click this [Link](#)

Red Cross

713-526-8300 or visit <https://www.houstonredcross.org/> or click this [Link](#)

St. Vincent's House

409-763-8521 or visit <https://www.stvhope.org/> or click this [Link](#)

Wesley Community Center

713-223-8131 or visit <https://wesleyhousehouston.org/> or click this [Link](#)

Texas Health and Human Service Commission

2-1-1 or visit <https://hhs.texas.gov/> or click this [Link](#)

United Way

713-957-4357 or visit <https://www.unitedwayhouston.org/> or click this [Link](#)

Bank Help

BBVA

BBVA is offering special assistance to consumer and small business customers with ATM fee refunds, penalty-free withdrawals from applicable CDs, and payment deferrals, extensions, and waves on existing lines of credit and loans. They also have a deal for free checking for new customers right now that includes a lot of features and can save them up to \$144 a year.

Bank of America

Bank of America is offering "assistance to qualifying consumer and small business clients facing hardships, including forbearance with certain fees." Call your local bank for more information

Capital One

Capital One says that "all customers will be eligible for assistance, of which will vary on the type of product they have and their individual needs" and has set up a coronavirus information page for customers.

Chase

Chase is keeping its branches open and is addressing customers who need help on a case-by-case basis.

Citibank

For the next 30 days, Citibank is offering fee waivers, waived penalties, credit line increases, and more. Check out Citibank's [COVID-19 page](#) for the full details and updates.

PNC Bank

PNC pledges to help its customers "navigate potential financial hardships" caused by the coronavirus outbreak. If you are a PNC customer, stay up to date with the bank's coronavirus [info page](#).

Truist (formerly BB&T and SunTrust)

Truist has set up a help page where customers can find out how the bank is "to reduce financial stress during this challenging and uncertain time."

Volunteer Needs

Houston Food Bank

Looking to assemble quarantine food kits
Also looking for monetary and food donations

Gallery Furniture

Mattress Mack is asking Houstonians to donate non-perishable items, cleaning supplies and toiletries that will be dropped off to Houston-area seniors. They also plan to cook BBQ at their stores everyday so that school children who need food can come by and grab a paper sack full of food. If you would like to volunteer deliver food to elderly or help raise money for food visit the online gofundme. [Link](#)

Interfaith Ministries

Interfaith Ministries delivers emergency shelf stable meals to more than 4,300 meals on wheels seniors each year. They plan to make deliveries in March due to COVID - 19. They are looking for donations to help in this increased cost and each dollar donated will be matched up to \$10,000. Donations can be made online. [Link](#)

Food Assistance

United Way

United Way supports 211, a free and confidential service that helps people across North America find the local resources they need 24 hours a day, 7 days a week. 211 can be accessed by phone or computer. A toll-free call to 211 connects you to a community resource specialist in your area who can put you in touch with local organizations that provide critical services that can improve and save lives. They have also set up a COVID-19 Relief Fund to help with bills, rent, and food.

Houston Food Bank Helpline

To receive food help from the Houston Food Bank please call 832-369-9390

Collaboratory for Aging Resources and Education (CARE)

To receive senior aid or for any senior caretakers please call 346-704-4233

Texas Health and Human Services

To apply for state wide given food aid (SNAP) due to loss of income click [here](#).

National Food Assistance

To find out how to get food in case of an emergency, apply for food stamps and what free or low-cost food programs are available for infants, children and seniors click [here](#).

New Life Tabernacle Church

Free Hot Meals for Acres Homes Families at New Life Tabernacle Church w/ CORE (Communities Organized to Realize Excellence) Providing To-Go Hot Meals from 11am to 1pm on March 18th and 19th.. Drive thru pick-up only at the educational building at New Life Tabernacle Church

Crowdsourc Rescue

CrowdSource Rescue is a Houston-based disaster response non-profit. They are co-opting our rescue platform to use for the COVID-19 pandemic. They are currently organizing volunteers to help to do no-contact food deliveries to high-risk Houston residents. [Link](#)

