



# **COVID – 19 Resources for Fort Bend County\***

*\*updated 10/1/2020*

## **211 Texas/United Way HELPLINE**

Texas/United Way HELPLINE is available 24/7 to connect individuals with local community resources such as financial assistance for utilities/rent, food pantries, housing assistance, crisis counseling, utility payment assistance, and senior services.

Texans can dial 211 or (877) 541-7905 and select option 6 to get information and referrals to COVID-19 social services, including testing, community clinics, unemployment benefits and more.

Food Services: Families can call 211 HELPLINE for an up-to-date listing or visit the website at [www.211texas.org](http://www.211texas.org)  
Additional information can also be found at [www.211texas.org](http://www.211texas.org)

## **School – Grab and Go Meal Locations**

### **Lamar CISD**

#### **<https://www.lcisd.org/departments/support-services/food-service/2020-2021-virtual-meal-service>**

USDA has extended waivers that allow Lamar CISD to offer meals at no charge to students through Dec. 31, 2020, or until funds are exhausted. Free curbside meals are available to students participating in virtual learning and children 18 and under who are not enrolled in Lamar CISD. Families will have the option to order a multi-day meal kit consisting of five breakfasts and five lunches. Families are required to fill out an online form every Wednesday by 8 p.m. prior to meal pickup. Meals will not be provided if the form is not submitted. Parents must provide documentation if a car placard has not been previously received.

If you need additional guidance, please contact the Child Nutrition Office at 832-223-0180.

- Arredondo Elementary
- Austin Elementary
- Beasley Elementary
- Bowie Elementary
- Culver Elementary
- Foster High School
- Fulshear High School
- George Ranch High School
- Hutchinson Elementary
- Jackson Elementary
- Lamar High School
- Jane Long Elementary
- Pink Elementary
- Smith Elementary
- Taylor Ray Elementary
- Terry High School
- Thomas Elementary
- Williams Elementary

### **School Meal Finder**

Select your state and/or provide your address to find meal sites while schools are closed.

[https://schoolmealfinder.hoonuit.com/?filter\\_state=tx](https://schoolmealfinder.hoonuit.com/?filter_state=tx)

### **Collaborative for Children**

If you are an essential worker in need of child care, Collaborative for Children will match you with high-quality child care that best suits your family's needs. And, you can apply for financial assistance to offset child care expenses from Workforce Solutions.

<https://collabforchildren.org/child-care-now>

### **Texas COVID-19 Electricity Relief Program – Bill Payment Assistance**

If you need help paying bills, the Texas **COVID-19 Electricity Relief Program** can help. This program is designed to help those who can't pay bills due to unemployment or economic hardship caused by COVID-19.

Apply for Texas COVID-19 Electricity Relief Program by calling (866) 454-8387 or visiting:

<https://electricityplans.com/electricity-relief-program-covid19-bill-payment-assistance/#howapply>

### **APPLY for SNAP – Food Benefits**

<https://yourtexasbenefits.hhsc.texas.gov/programs/snap>

### **Salvation Army**

Developed a web page where individuals can request services in the following areas:

Social Distancing Needs (i.e. food and grocery delivery), Life Navigation, Prayer Requests, and Spiritual and Emotional Care:

<https://www.salvationarmyhouston.org/>

### **Fort Bend Social Services (FBSS)**

Social Services has implemented a modified service delivery plan. Clients will be scheduled an appointment and will be assessed by phone. They can call 281 238-3502 or 281-403-8050. Services can also be requested online

at <https://www.fbchhs.org/social-services/request-services>

FBSS continues to provide the following services: rental, utility, medication, food voucher, emergency shelter, transitional supportive housing, and unmet needs. Veteran specific services are also available in the form of rent, utilities, day care and gas assistance. Social Security card is not required.

### **Fort Bend Seniors Meals on Wheels Program**

All congregate services are suspended through March. However, the program will continue delivering meals to seniors daily.

If you know a senior that has not received a phone call about receiving home-delivered meals while the center is closed, contact the Senior Center Coordinator, at 281-633-7058.



### **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 1-844-4888395. 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, visit the website: <https://www.internetessentials.com/covid19>

### **COMP-U-DOPT**

Comp-u-dopt's mission is to provide technology to students who need it most. They are offering rentable computers to families without a device free of charge. For more information, visit their website: <https://www.compudopt.org>

### **Fort Bend Transit**

Fort Bend Transit has currently waived all fees. The number to reserve a trip is 281-633-7433 and a client must call at least 24 hours in advance. Calls will be taken until 5 pm.

The only predetermined route is to the Texas Medical Center. Routes to Greenway Plaza and the Galleria are currently inactive. For more info, visit: <https://www.fortbendcountytexas.gov/government/departments/county-administration/public-transportation>

### **Lone Star Legal Aid**

Lone Star is available to help cost free with issues regarding unemployment laws, bankruptcy, child support, evictions, etc. To schedule an appointment, call: (713) 652-0077; 800-733-8394; 832-557-4032; <http://www.lonestarlegal.org/>

### **Mamie George Catholic Charities**

Catholic Charities is able to help residents with rent and utilities. Call: (281) 202-6200

### **Comprehensive Energy Assistance Program**

Rosenberg: 902 Frost St; PH: 281-341-3012

Through the Galveston County Community Action Council, this service provides residents with utility assistance.

## **RESOURCES NEEDED**

*\*All supplies can be brought to distribution sites listed*

- Nonperishable food items
- Ready Meals – (Homeless Community)
- Toilet paper
- Home Cleaning Supplies
- Water
- Feminine hygiene products
- Latex Gloves
- Tyvek Suits
- Eye Protection/Face Shields
- N-95 Masks
- Child Related Needs:
  - Activity Kits
  - Bible Studies
  - Children's Art Projects
  - Homework
- Alcohol Wipes
- Hand Sanitizer
- Pet Food
- Children's Clothes
- Infant supplies (baby food, formula, diapers)



## DISTRIBUTION SITES

Location	Address	Time	Volunteer Opportunities	Contact	Phone
Friends of North Richmond	1305 Clay St. Richmond, TX 77469	Wednesday 10-11:30am & 2-4pm	5 volunteers needed – daily shifts	Emilio Frias <a href="mailto:Emilio@attackpoverty.org">Emilio@attackpoverty.org</a>	281-762-2068
Friends of North Rosenberg	503 Thirst Street Rosenberg, TX 77471	Wednesday 10-11:30am & 2-4pm	5 volunteers needed – daily shifts	Jennifer Cooper <a href="mailto:Jennifer@attackpoverty.org">Jennifer@attackpoverty.org</a>	832-472-6090
Friends of Northside	1913 Fletcher St Houston, TX 77009	Tues 10am - 12pm	5 volunteers needed – daily shifts	Annie Achim <a href="mailto:annie@attackpoverty.org">annie@attackpoverty.org</a>	832-516-9872
Terry High School	5500 Avenue N Rosenberg, TX 77471	Tues & Thurs 11-11:45pm	10 volunteers needed – call to signup	Zach Lambert <a href="mailto:Zach@attackpoverty.org">Zach@attackpoverty.org</a>	
Second Mile Mission Center	1135 Highway90A Missouri City, TX 77489	Tues – Friday (appt. only) 10am-3pm		<a href="https://www.secondmile.org/coronavirus-services">https://www.secondmile.org/coronavirus-services</a>	281-410- 1859
PowerHouse Church	1818 Katyland Dr, Katy, TX 77493	Second & Fourth Saturday 9:30am-11:30am	Volunteers needed and must sign up through sign up genius	Deysi Crespo <a href="mailto:foodpantrydirector@ktcm.org">foodpantrydirector@ktcm.org</a>	281-391-9623
Catholic Charities Community Center	1111 Collins Road, Richmond TX 77469	Second & Fourth Saturday 9:30am – 3:30pm	Register by texting 94502 with the letters HFBNSS as the message.		281-202-6200
Richmond-Rosenberg Helping Hands	902 Collins Road Richmond, TX 77469	Mon-Thurs 10am-12pm	Spanish speaking volunteers needed	Michael Gutierrez <a href="mailto:hhfoodnb@comcast.net">hhfoodnb@comcast.net</a>	281-232-4904
Our Lady Guadalupe Catholic Church	1600 Avenue D Rosenberg, TX 77471	Mon - Fri 10-2pm			
Houston Colosseum Academy	14929 Westpark Drive Houston, TX 77082	Every Saturday	10 volunteers needed weekly	<a href="mailto:help@novahtx.com">help@novahtx.com</a>	832-933-9860
East Fort Bend Human Needs Ministry	435 Stafford Run Stafford, Texas 77477	Tues, Thurs, & Friday 10am-12pm	Volunteers needed: contact Jordan Keyes. Resale shop: Tues-Sat 10-4pm	Jordan Keyes <a href="mailto:jordan@humanneeds.org">jordan@humanneeds.org</a>	281-261-1006
Parkway Fellowship	27043 FM 1093 Richmond, TX 77469	Second Saturday of each month: 7:30am-9am	Volunteers welcome. Contact Dr. Dale Olson	Dale Olson <a href="mailto:dale@familyhopefulshear.org">dale@familyhopefulshear.org</a>	832-492-5136
ICNA Relief Pantry	5645 Hillcroft Ave #405 Houston, TX 77074	Tues-Friday: 4:15-6:30pm Saturday: 12pm-2pm	To volunteer, complete form online: <a href="http://www.icnarelief.org/volunteer/">www.icnarelief.org/volunteer/</a>	Naeem Raja <a href="mailto:Naeem.raja.tx@icnarelief.org">Naeem.raja.tx@icnarelief.org</a>	936-320-3316
The Hanger Unity Center	4010 4 <sup>th</sup> Street Brookshire, TX 77423	Friday: 10am-12pm	must provide proof of Royal ISD residency, 1 box of goods per vehicle	Ryan Orbin <a href="mailto:ryaneom@gmail.com">ryaneom@gmail.com</a>	(832) 441-5805



## DAYCARE LOCATIONS FOR ESSENTIAL EMPLOYEES

Location	Contact	Age	Hours	Address
YMCA of Greater Houston	Avice Chambers   713-758-9141 <a href="mailto:Avice_chambers@ymcshouston.org">Avice_chambers@ymcshouston.org</a> <a href="http://www.ymcahouston.org/essential-personnel-child-care">www.ymcahouston.org/essential-personnel-child-care</a>	Ages 5 years old and older	Monday – Friday 6:30am – 7:30pm	4433 Cartwright Rd. Missouri City, 77459
Gingerbread Kids Academy	Tim Kaminski   281-923-4162 <a href="mailto:twkaminski@sbcglobal.net">twkaminski@sbcglobal.net</a>	0-12 years old	Monday – Friday 6:30am – 5:30pm	814 Minonite Road Richmond, TX 77469
Kiddie Academy of Rosenberg	Jenny Purvis   832-945-2404 <a href="mailto:Jenny_purvis@kiddieacademy.net">Jenny_purvis@kiddieacademy.net</a>	0-12 years old	Monday – Friday 7am-5:30pm	636 Benton Road Richmond, TX 77469
Kidzville Learning Academy	Josephine Faniel   832-595-0543 <a href="mailto:centerdirector@kidzvilleacademy.com">centerdirector@kidzvilleacademy.com</a>	0-12 years old	Monday – Friday 6:30am-5:30pm	5728 Avenue I Rosenberg, TX 77471
Enchantment Kids Fine Arts Learning Center	Kristi Stephens   281-394-5090 <a href="mailto:k.stephens@enchantmentkids.com">k.stephens@enchantmentkids.com</a>	0-12 years old	Monday – Friday 7am-4pm	4031 FM 1463 #14 Katy, TX 77494
Good Beginnings	Jayne Gorka   281-232-9166 <a href="mailto:jayne@goodbeginningskids.com">jayne@goodbeginningskids.com</a>	0-12 years old	Monday – Friday 6:30am-5:30pm	1219 4 <sup>th</sup> St. Rosenberg, TX 77471
Kids R Kids New Territory	Alex Mesa   832-731-7214 <a href="mailto:alex@kidskidsnewterritory.com">alex@kidskidsnewterritory.com</a>	0-12 years old	Monday-Friday 6am-6pm	8202 Homeward Way Sugar Land, TX 77479
Kids R Kids Great Wood	Bret Beitler   512-923-3995 <a href="mailto:bret@kidskidsgreatwood.com">bret@kidskidsgreatwood.com</a>	0-12 years old	Monday – Friday 6am-5:30am	1250 Crabb River Road Richmond, TX 77469
Children’s Lighthouse of Imperial	Mary Sanchez   281-207-6845 <a href="mailto:Imperial.director@childrenslighthouse.com">Imperial.director@childrenslighthouse.com</a>	0-12 years old	Monday – Friday 7:30am-5:30am	15013 Voss Road Sugar Land, TX 77498
Kid’s Resort	Cindy Gifford   281-762-8469 <a href="mailto:Cindy.gifford@aol.com">Cindy.gifford@aol.com</a>	5 years old and older	Monday-Friday 6am-5:30pm	5419 FM 762 Rd Richmond, TX 77469
Lifetime Learners Child Development Center	Dana Lagarde   281-798-3881 <a href="mailto:lifetimelearnerscdc@gmail.com">lifetimelearnerscdc@gmail.com</a>	0-12 years old	Monday – Friday 7am-6pm	6734 Westheimer Lakes N Dr. Katy, TX 77494
The Kensington School	Ali Chunara   281-232-4400 <a href="mailto:info@thekensingtonschooltx.com">info@thekensingtonschooltx.com</a>	6 weeks – 6 years old	Monday – Friday 7:30am-5:30pm	6410 Sansbury Blvd Richmond, TX 774469
Game Active Learning Center	Morgan Gilliam   281-415-4155 <a href="mailto:hello@gamerosenberg.com">hello@gamerosenberg.com</a>	0-12 years old	Monday-Friday 7:30am-5:30pm	4709 HWY 36 S STE #1 Rosenberg, TX 77471
Children Are Our Future	Mary Brewster   281-301-4240 <a href="mailto:Mb.cccs@yahoo.com">Mb.cccs@yahoo.com</a>	2-12 years old	Monday-Friday 24 hours	2304 Texas PKWY Missouri City, TX 77489
American Heritage Academy & Child Care	Arif Hirani   281-762-1085 <a href="mailto:ahachildcare@gmail.com">ahachildcare@gmail.com</a>	0-12 years old	Monday- Friday 6:30am-5:30pm	5701 Avenue I Rosenberg, TX 77471
Learning Stages, Inc.	Lety Villarreal   281-240-0480 <a href="mailto:learningstages@windstream.net">learningstages@windstream.net</a>	0-5 years old	Monday-Friday 6:30am-6pm	12780 S Kirkwood Rd Stafford, TX 77477
Kids Scholars Academy	Sasha Agbale   281-436-6014 <a href="mailto:info@kidsscholarsacademy.com">info@kidsscholarsacademy.com</a>	6 weeks – 12 years old	Monday – Frida 7:30am- 5:30pm	22229 Cypress Ln Sugar Land, TX 774678



## SITES PROVIDING SUPPORT FOR RENT & UTILITIES

Location	Address	Funds Paid	How to Apply	Phone
Catholic Charities Mamie George Community Center	1111 Collins Road, Richmond TX 77469	Assistance paid direct to vendor	Rental & Utility Assistance may potentially be provided to those who qualify. Simply call the phone number to learn more.	281-202-6200
Fort Bend Social Services	4520 Reading Road Suite A-900 Rosenberg, Texas 77471	Assistance paid direct to vendor	For more information and to apply, call the number or visit this website: <a href="https://www.fortbendcountytexas.gov/Home/ShowDocument?id=48399">https://www.fortbendcountytexas.gov/Home/ShowDocument?id=48399</a>	281-238-3502
Fort Bend Family Promise	4545 Cartwright Road Missouri City, TX 77489  1002 Wilson Drive Rosenberg, TX 77471	Assistance paid direct to vendor	Families may call for an assessment appointment during regular business hours. To qualify, you must have a child involved in a Fort Bend School and be impacted by COVID-19. If you have questions, please call: 281-403-3293.	281-403-3923
Abigail's Place		Assistance paid direct to vendor	Financial assistance may potentially be provided for those that qualify. To learn more or apply, email <a href="mailto:info@abigailsplace.org">info@abigailsplace.org</a> or call the number.	832-945-1461
East Fort Bend Human Needs Ministry	435 Stafford Run Stafford, Texas 77477	Assistance paid direct to vendor	Clients are seen by appointment only. To make appointment, call 281-261-5470 on Tuesdays starting at 10:00 a.m	281-261-5470
Katy Christian Ministries	5504 First Street Katy, TX - 77493	Assistance paid direct to vendor	Social Services offers limited rental assistance to those that qualify when funds are available. Those who wish to apply must call to schedule an appointment with a case manager.	281-391-9623
Salvation Army	12300 Parc Crest Dr. Stafford, TX 77477		Fill out needs form online or call their number: <a href="https://www.salvationarmyhouston.org">https://www.salvationarmyhouston.org</a>	281-207-2300
Richmond – Rosenberg Helping Hands	902 Collins Road Richmond, TX 77469	Assistance paid direct to vendor	Providing financial assistance (utilities and rent) through appointment only. Funds are limited & applicants will be screened during interview to determine eligibility. To apply or for more information, please call.	281-232-4904
Family Hope	5757 Flewellen Oaks Ln #303 Fulshear, TX 77441		Family Hope provides assistance with rent, utilities, medical. Parenting classes and Finance classes are taught as well.	832-492-5136
St. Laurence Catholic Church	3100 Sweetwater Blvd. Sugar Land, TX 77479	Assistance paid direct to vendor	Rental & bill assistance may potentially be provided to those who qualify. Call the phone number & ask for Social Concerns to apply & learn more.	281-980-9812
Fort Bend County		Assistance paid direct to vendor	Residents can apply via call center (281-238-2273) or online portal at <a href="https://www.fortbendcountytexas.gov">https://www.fortbendcountytexas.gov</a> . Program open to all, however qualifications do apply and documentation is required	281-238-2273
Friends of North Richmond	1305 Clay Street Richmond, TX 77469	Assistance paid direct to vendor	Residents can apply via online portal: <a href="https://form.jotform.com/attackpoverty/financial-assistance">https://form.jotform.com/attackpoverty/financial-assistance</a> Qualifications do apply and documentation is required	281-762-2068
Friends of North Rosenberg	503 3 <sup>rd</sup> Street Rosenberg, TX 77471	Assistance paid direct to vendor	Residents can apply via online portal: <a href="https://form.jotform.com/attackpoverty/financial-assistance">https://form.jotform.com/attackpoverty/financial-assistance</a> Qualifications do apply and documentation is required	832-471-6090
Galveston County Community Action Council	902 Frost St Rosenberg, TX 77471	Assistance paid direct to vendor	Providing financial assistance with rental, utility payment and HVAC repairs or replacement for Fort Bend residents. To apply, visit: <a href="http://gccac.org">gccac.org</a> or call 409-762-8918	409-762-8918



## COVID-19 TESTING

### Access Health & Fort Bend County

#### Fixed Site Locations:

Fort Bend County & Access Health are providing free COVID-19 testing for EVERYONE -whether you're feeling sick or not. Testing sites are located at the Smart Financial Centre, 5<sup>th</sup> Street Community Center, Gallery Furniture (W. Grand Pkwy), and Seven Lakes Junior High School. The testing sites operate Monday-Saturday 7am-2pm. To be tested, follow the steps below:

1. Complete Consultation - go to [www.fbchealth.org](http://www.fbchealth.org) to schedule online and a representative will contact you. Call 281-238-2363 if you do not have internet. A healthcare professional will provide a testing site access code and further instructions.
2. Proceed to testing facility at your scheduled time - the line is operated from Monday-Friday 8am-5pm and Saturday 8am-12pm. Bring your photo ID and other information requested by your screener. You will only be admitted if you have the testing access code received from the healthcare professional. If you don't have a code, you will not be tested.

#### Notes:

- There may be a lag time before an appointment time can be scheduled due to increased testing. Symptomatic persons are currently being prioritized for testing, however the testing sites will test anyone
- There is currently a 7-10 day turnaround time for test results. People being tested will be notified via phone of their test results. The person being tested can request a hard copy of results when speaking with AccessHealth. Persons can also create an online account with LabCorp and will be able to download their results from the LabCorp system.

### State Supported Testing Sites | 4310 Highway 36, Rosenberg, TX 77471

The State is operating the testing site at the FBC Fairgrounds in Rosenberg until further notice. Testing may be conducted as a drive-up, however by appointment is strongly encouraged. The testing site operates 7 days a week (Monday-Sunday) from 8am-4pm. To schedule an appointment, visit [www.honumg.com/fortbend](http://www.honumg.com/fortbend). Patients will retrieve their test results online using last name, date of birth & a one time PIN: <https://results.txemtf.org> or call 844-778-2455

### FEMA Supported Testing Sites

There are four regional testing sites (supported by FEMA) in the City of Houston and Harris County that are open to Fort Bend County residents. To be tested at one of these sites, use this screening tool (<https://www.readyharris.org/Get-Tested>) or call 832-393-4220. Each site is capped at 500 tests per site, per day. If the screening tool or triage line determines someone should be tested, the person will be provided information about the testing locations:

- Butler Stadium, 13755 S. Main Street, Houston 77035
- Delmar Stadium, 2020 Mangum Rd., Houston 77092
- Pidgeon Stadium, 11355 Falcon Rd, Houston 77065
- San Jacinto College Central, 8060 Spencer Hwy., Pasadena 77505

### American Family Care (AFC) Urgent Care – Katy

Offering COVID-19 and Antibody testing. No appointment necessary and testing is free. Call ahead – (281) 767-2141

### UMMC – Sugar Land

Testing by appointments only. <https://www.ummcscreening.com/testing-locations>

### OakBend Medical Group

OakBend Medical Group is conducting COVID-19 Testing if, the patient has symptoms & have one of the following risk factors:

- Older than 65 years old
- Have serious underlying health conditions (heart disease, diabetes, lung disease/asthma, HIV, immunocompromised)
- Healthcare workers with suspected exposure

Initial criteria for the Covid-19 Testing will require a Telehealth visit. To schedule a Telehealth visit call 281-238-7870. Drive-Thru testing hours- 8:00am- 1:00pm. (Numbers of test are limited). Test Results take 24-48 hours. Testing will be charged to patient insurance for patients that have Medicare, Medicaid or Commercial insurance. For self-pay patients the cost of the test is \$100 at the time of service. Patients must pay by credit/debit card prior to arriving for testing.

### Next Level Urgent Care

Next Level Urgent Care is testing symptomatic patients for COVID-19. To be evaluated for testing, please make an appointment for a virtual visit: <https://www.nextlevelurgentcare.com/request-virtual-visit>  
Virtual visits can be conducted 7 days a week between the hours of 9AM-9PM & can be billed to insurance or paid for directly.

### UT Physicians Sienna Drive-Thru COVID-19 Testing

8810 Highway 6, Suite 100, Missouri City, TX, 77459

Testing is quick, easy and available to anyone who has an **order from a health care provider** (physician, nurse practitioner, etc.). You must call 713-486-2619 to schedule an appointment. Test results may take up to five days.



## **BEHAVIORAL, MENTAL AND SPIRITUAL HEALTH**

### **Statewide COVID-19 Mental Health Support Line | (833) 251-7544**

Texas Health and Human Services has launched a 24/7 statewide mental health support line to help Texans experiencing anxiety, stress or emotional challenges due to the COVID-19 pandemic.

### **Counseling and Crisis Resources FBISD TALKLINE**

The District's confidential helpline to share mental health concerns such as depression or suicidal thoughts. It includes both talking and texting features. Students, parents, and staff can connect with a crisis counselor 24 hours a day, 7 days a week by texting the word SPEAK to 741741 or call 281-240-8255 (TALK)

### **LCISD Counseling and Crisis Resources: HOPE TALKLINE**

LCISD HOPE is a confidential helpline to share mental health concerns such as depression or suicidal thoughts. It includes both talking and texting features. Students, parents, and staff can connect with a crisis counselor 24 hours a day, 7 days a week Call: 832-223-4673; Text: 741741 (Text available 24/7)

### **Embassy Church**

Pastor Deborah Prieda has a prayer line that is available for texting 24 hours a day and is available for calls between 4-7 pm. The number is: 281-633-6477

### **Katy First United Methodist Church**

Pastor Mark Kimbrough has a prayer line available online to submit prayer requests: <https://www.katyfirst.org/prayer/>

### **My Own Space Therapy**

An online therapy resource for adults, adolescents, couples, and groups focusing on anxiety, depression, grief adjustment issues, relationship issues, and trauma. Normal prices are waived and clients pay what they can. To schedule or get more information, visit: <https://www.myownspacetherapy.com/contact>

### **Veterans Crisis Hotline | Call 1-800-273- 8255, text 838255, or visit <https://www.veteranscrisisline.net>**

Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs.

### **Mind-Body Skills Workshop**

The Greater Houston Healing Collaborative is providing online Mind-Body Skills Groups and Workshops to relieve stress, anxiety and isolation. Groups are available for everyone. [www.spiritualityandhealth.org/MindBodyGroups](http://www.spiritualityandhealth.org/MindBodyGroups)

### **The Trevor Project**

The Trevor Project provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. If you are a young person in crisis, or in need of a safe and judgment-free place to talk, call the TrevorLifeline now at 1-866-488- 7386, text START to 678678, or visit: <https://www.thetrevorproject.org>

### **SAMHSA National Disaster Distress Hotline**

The SAMHSA has a 24/7 multi language hotline: 1-800985-5990 & <https://www.samhsa.gov/find-help/disaster-distress-helpline>

### **Texana Center**

Offering services over the phone: Sugar Land Office: 281-276-4400; Rosenberg Office: 281-342-6384  
Individuals can also call the Crisis Helpline at 1-800-633-5686; [Website: www.texanacenter.com](http://www.texanacenter.com)

### **Houston Galveston Institute (HGI)**

Therapists are available for counseling at: Main Line: 281-241-9673; Backup Line: 346-291-0969

### **Attack Poverty Counseling | 832-899-5211 | [natalie@attackpoverty.org](mailto:natalie@attackpoverty.org)**

Free virtual, or online counseling is available for all residents of Fort Bend and other communities that Attack Poverty serves to help process through the impact of COVID-19. Connect with our Community Social Worker, Natalie Cortes to find out more.

### **STCH Ministries | [www.stchministries.com](http://www.stchministries.com) | 346-214-5020**

STCH Ministries provides Christian Counseling in 5 locations in the Houston area: Katy, Richmond, West University, Clearlake, Pearland. Counseling services are provided regardless of an individual or family's ability to pay. All therapists are professionally trained.

### **Pour In Houston | <https://pourintohouston.org/counseling-services/>**

Pour into Houston is committed to serving churches, low income families, and homeless communities with mental health services and resources at a low cost to the individual by Licensed Professional Counselors.

### **DePelchin Children's Center | Monday through Friday, 9:00 am-5:00 pm | English and Spanish: 713-558-3777**

DePelchin is providing a Mental Health Support Line to support families experiencing mental health stress related to COVID-19. The Line provides callers access to mental health support, guidance, and a direct connection to agency & community resources.

### **The American Red Cross**

833-492-0094 | [www.redcross.org/vfac](http://www.redcross.org/vfac)

The American Red Cross has launched a Virtual Family Assistance Center (VFAC). A team of trained volunteers are connecting with families over the phone to offer condolences, provide support for virtual memorial services, and facilitate coping skills.



## **STATE AND FEDERAL REGULATIONS**

### **Small Business Administration Loans**

- Affected businesses will need to fill out an Business Loan Application Form and Economic Injury Disaster Loan Supporting Information certifying the business has suffered substantial economic injury as a result of COVID-19 and are in need of financial assistance.
- Download those forms, fill them out and then upload them. All forms and location for upload are located here: <https://disasterloan.sba.gov/apply-for-disaster-loan/index.html>
- For more info and guidance: <https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources>

### **Texas Restaurant Relief Fund**

To support independent restaurants, the TX Restaurant Relief Fund will distribute grants of up to \$5,000 PER UNIT to immediately support their financial needs. These funds are earmarked specifically for use to keep their doors open and their workers employed. <https://mailchi.mp/txrestaurant.org/txrestaurantrelieffund>

### **Paycheck Protection Program**

Payroll Protection Program (PPP) which provides for 2.5X the average payroll of the business. It is a loan at the outset, but will be forgiven if the business continues their payroll as presented.

<https://home.treasury.gov/system/files/136/Paycheck-Protection-Program-Application-3-30-2020-v3.pdf>

### **Small Business Administration Economic Injury Disaster Loans**

The U.S. Small Business Administration is offering low-interest federal disaster loans for working capital to small businesses suffering substantial economic injury as a result of the Coronavirus (COVID-19).

SBA makes loans available statewide to small businesses and private, nonprofit organizations to help alleviate economic injury caused by the Coronavirus (COVID-19). This will apply to current and future disaster assistance declarations related to Coronavirus. <https://disasterloan.sba.gov/ela/>

### **Texas Woman's University AssistHer Relief Grant**

<https://twu.edu/center-women-entrepreneurs/assisther-emergency-relief-grant/>

Help sustain women owned businesses while under economic hardship due to COVID-19. The funds can be used for technology upgrades or other items needed to change or adapt the business model. Excludes payment of sales tax, payroll, purchase of food for consumption, penalties and fees, and charitable donations.

### **Banks**

U.S. Bank | 1-888-287-7817

U.S. Bank is offering reduced pricing on personal and business loans for persons affected financially impacted by COVID-19. For more information: [www.usbank.com/splash/covid-19](http://www.usbank.com/splash/covid-19)

Wells Fargo | 1-800-219-9739

Wells Fargo is helping customers on a case-by-case basis. For more information:

<https://www.wellsfargo.com/com/focus/coronavirus-updates/>

### **Disaster Unemployment**

If your employment has been affected by the coronavirus (COVID-19), apply for benefits either online at any time using [Unemployment Benefits Services](#) or by calling Texas Work Force Commission's Tele-Center at 800-939-6631 from 8 a.m.-6 p.m. Central Time Monday through Friday.

### **Tax Payment Assistance**

The 2019 income tax filing and payment deadlines for all taxpayers who file and pay their Federal income taxes on April 15, 2020, are automatically extended until July 15, 2020. This relief applies to all individual returns, trusts, and corporations. This relief is automatic, taxpayers do not need to file any additional forms or call the IRS to qualify.

### **Coronavirus and Forbearance Info for Students, Borrowers, and Parents**

Student Loans Payment Help: <https://studentaid.gov/announcements-events/coronavirus#borrower-questions>

## **HEALTH CARE**

### **Access Health**

Richmond Clinic – 7 am -7 pm (M-F) and 8 am -12 pm Saturday

AccessHealth is providing healthcare services as usual for community members who need to see a doctor including telehealth options for other medical services such as behavioral health and nutrition. Dental is only emergency procedures per ADA Guidance. To make an appointment, please call (281)342-4530

### **Fort Bend Health and Human Services**

Individuals with questions about COVID-19 can call the Health and Human Services Call Center (281) 633-7795

Hours of Operation: Monday – Friday, 8am – 8pm; Saturday-Sunday, 10 am – 2pm

### **CDC Guidelines**

Patients must go fever-free for 72 hours without fever-reducing medication. This applies to those currently under quarantine and those who may be quarantined in the future. Before leaving isolation, a patient's other symptoms — including shortness of breath or a cough — must have improved and at least seven days must have passed from when the symptoms first appeared. Additional Information can be found at [www.cdc.gov](http://www.cdc.gov)