

## Community Resources for Parents

Call 2-1-1 to find out if you are eligible for services

2-1-1 is a free, easy-to-remember phone number connecting callers with health and human services in their area. Knowledgeable staff will speak with you and answer your questions. You can call for assistance seven days a week, 24 hours a day or visit the [www.yourtexasbenefits.com](http://www.yourtexasbenefits.com) site to find the [HHSC benefits office](#) closest to you.

When you call 2-1-1, you pick a language and then pick from 3 options:

Press 1 to learn about services in your area. such as:

- Food
- Housing
- Child care
- After-school programs
- Senior services
- Help after a disaster
- Tax help

Press 2 to learn about state benefits, such as:

- SNAP food benefits (used to be called food stamps)
- Medicaid
- Children's Health Insurance Program (CHIP)
- Cash help for families (TANF)

Staff can talk with you Monday to Friday, 8 a.m. to 8 p.m.

Press 3 to report waste, fraud and abuse in state health and human services programs.

Staff can talk with you Monday to Friday from 8 a.m. to 5 p.m.

If you can't connect to 2-1-1, call us toll-free at 1-877-541-7905. You also can visit the [2-1-1 Texas](#) website to find the phone number to your local [2-1-1 Area Information Center](#).

You might not be able to connect to 2-1-1 if:

- You are calling from outside of Texas.
- Your cell phone won't dial 2-1-1.
- You use voice-over-IP (use the Internet to make calls).