



MICHAEL HINOJOSA, ED.D.  
SUPERINTENDENT OF SCHOOLS

## Family Resources

### **Basic Needs**

Dial 2-1-1 to learn about resources in your area or go to <https://www.211texas.org/>

Social Services by Area Code: <https://findhelp.org/>

### **Health Services**

Texas Association of Community Health Centers: <https://tachc.org/>

North Dallas Shared Ministries (214-358-8700): <https://www.ndsm.org/>

**Help with water utility:** Dallas Water Utilities (214-651-1441) <http://www.dallascitynews.net/dwu-suspends-water-disconnects-notice>

**Directory of Shelters:** <https://www.familiestofreedom.org/directory-of-shelters.php>

### **Food Assistance**

Catholic Charities Dallas - <https://ccdallas.org/need-help/>

North Texas Food Bank (214-269-0906): <https://ntfb.org/our-programs/get-food-assistance/find-a-food-pantry/>

DISD Meal Locations: <https://www.dallasisd.org/Page/62476>

### **Mental Health:**

Texas Health & Human Services - <https://hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services>

Mental Health America (833-251-7544) <http://www.mhadallas.org/mental-health-resources-for-covid-19/>

**Domestic Violence:** Future Without Violence - <https://www.futureswithoutviolence.org/get-updates-information-covid-19/>

### **Employment: If Employment Has Been Affected by the Coronavirus (COVID-19)**

<https://www.twc.texas.gov/jobseekers/unemployment-benefits-services>

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 TWC's Tele-Center at 800-939-6631 from 8 a.m.-6 p.m.

Central Time Mondays through Fridays.

***Your Texas Benefits (Food Stamps and Medicaid):*** <https://yourtexasbenefits.com/Learn/Home#login>

**The National Child Traumatic Stress Network:** <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

**Reduce Student Anxiety:** <https://www.common sense.org/education/articles/reduce-student-anxiety-and-your-own-during-uncertain-times>

### **Stress – learning to relax:**

<http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=287&id=1738>

HILLCREST HIGH SCHOOL

9924 HILLCREST ROAD | DALLAS, TEXAS 75230 | 972.502.6800 | FAX 972.502.6801 | WWW.DALLASISD.ORG/HILLCREST