

Please call each resource to confirm hours and available services have not changed

Food Assistance

Braes Interfaith Ministries

Location: 4300 West Belfort, Houston, TX 77035

Availability: Monday, Wednesday, and Friday, 10:00 AM – 2:00 PM

Helpline: (713) 723-2671

Website: www.braesinterfaithministries.org

Service Provided: Food Pantry

Service Area: Greater Houston Area

Christian Community Service Center

Location: 3434 Branard St, Houston, TX 77027

Availability: Monday – Friday, 10:00 AM – 2:00 PM Saturday, 9:00 AM – 12:00 PM

Helpline: (713) 871-9741

Website: www.ccschouston.org

Service Provided: Food Pantry, Rental Assistance, Utilities, Limited Medical, Vision, Dental and Prescriptions

Service Area: 77002,77003,77004,77005,77006,77007,77010,77011,77012,77019,77020,77021,77023,77025,77026,77027,77028,77030,77031,77036,77046,77056,77057,77072,77074,77081,77096, 77098, 77401

Double up Houston Snap Incentive

Location: 2752 Buffalo Speedway, Houston, TX 77027

Availability: Saturdays, 8:00 AM – 12:00 PM

Helpline: (713) 880-5540 Ext. 1025

Website: www.urbanharvest.org/farmers-market/SNAP

Services Provided: Food Pantry, Farmers Market, Buy one 1 Get 1 with your Lone Star or EBT card

Service Area: Greater Houston Area

Epiphany Community Health Outreach Services

Location: 9600 Gessner, Building E, Houston, TX 77071

Availability: Tuesdays, 7:30 AM

Helpline: (713) 270-0369

Website: http://echos-houston.org/client-services/financial_assistance/

Services Provided: Food Pantry, Financial Assistance (Rent and Utilities), Healthcare

Service Area: Greater Houston Area

First Baptist Church

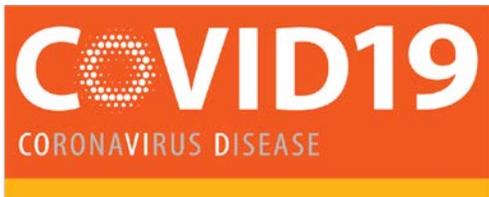
Location: 8244 Long Point, Houston, TX 77055

Availability: Monday – Thursday, and Saturday, 10:00 AM – 1:00 PM

Helpline: (713) 554-8801

Services Provided: Food Pantry

Service Area: Greater Houston Area



Community Resource List

Gulf Coast Community

Location: 9320 Kirby, Houston, TX 77054

Availability: Wednesday and Thursday, 9:00 AM – 1:00 PM. Drive-thru only

Helpline: (713) 393-4700

Website: www.gccsa.org

Service Provided: Food Pantry, Financial Assistance (Rent and Utilities)

Service Area: Greater Houston Area

Houston Food Bank

Location: Various

Availability: Varies on location

Helpline: (832) 369-9390

To find food pantry locations text **FOOD or COMIDA** to (855) 308–2282.

No Kid Hungry Program: If you have school-aged students in need of breakfast and lunch this summer text **FOOD or COMIDA to 877877** to find the closest location where you can get free summer meals.

Website: www.houstonfoodbank.org/covid19

Service Provided: Food Pantry

Service Area: Greater Houston Area

Kingwood United Methodist Church – Society of St. Stephen

Location: 2307 Crystal Springs Drive, Kingwood, TX 77339

Availability: Mondays and Fridays, 9:00 AM – 11:30 AM

Helpline: (281) 358-7722

Website: <https://kingwoodumc.org/missions/>

Services Provided: Food Pantry

Service Area: 77327, 77336, 77339, 77345, 77346, 77357, 77365, 77372

L.I.F.E. Houston

Location: 2002 S. Wayside, Houston TX 77023

Availability: Monday – Friday, 9:30 AM – 3:30 PM. Phone Appointments Only, No Face to Face Various Pick up locations

Helpline: (713) 528-6044

Website: <https://www.lifehouston.org/>

Service Provided: **Emergency** formula for babies between 0-12 months

Service Area: No Zip Code Restrictions. Pick up locations 77090, 77074, 77007, 77023

Southeast Area Ministries

Location: 2102 Houston Blvd, South Houston, TX 77587

Availability: Call for a next day appointment to pick up food. No walk-ins

Helpline: (713) 944-0093

Website: <https://southeastareaministries.com/houston-assistance-ministries/>

Services Provided: Food Pantry, Clothing, Household Items, & Financial Assistance

Service Area: 77017, 77034, 77061, 77075, 77087, 77089, 77587, 77598

St. Mary Magdalene Social Services

Location: 527 S Houston Ave, Humble, TX 77338

Availability: Tuesday and Saturday, 9:00 AM – 11:00 AM

Helpline: (281) 850-0213

Website: www.missionbells.org

Services Provided: Food Pantry

Service Area: Greater Houston Area

St. Pius V Catholic Church

Location: 824 Main St, Pasadena, TX 77506

Availability: Fridays: Time varies/ check website for current time

Helpline: (713) 473-9484/ Text HFBPS to 94502 for code prior to receiving food

Website: stpiousvchurch.com

Service Provided: Community Food Distribution

Service Area: 77502, 77503, 77504, 77506, 77507, 77587

Wesley Community Center

Location: 1235 Lorraine St, Houston, TX 77009

Availability: Wednesday and Friday, 9:00 AM – 12:00 PM

Helpline: (713) 223-8131

Website: <https://www.wesleyhousehouston.org>

Services Provided: Food Pantry, Financial Assistance (Rent and Utility)

Service Area: Greater Houston Area

Financial Assistance

Harris County Social Services

Location: 9418 Jensen Drive, Houston, TX 77093

Availability: Monday - Friday, 8:00 AM – 5:00 PM

Helpline: (713) 696-7900

Website: www.csd.harriscountytexas.gov

Service Provided: Financial Assistance (Rent and Utilities- Gas, Water, Electric)

Service Area: Greater Houston Area

Interfaith Caring Ministries

Location: 151 Park Avenue, League City, TX 77573

Availability: Monday – Thursday, 8:30 AM – 4:30 PM and Friday, 8:30 AM – 1:00 PM. Call to schedule an appointment

Helpline: (281) 332-3881

Website: <http://icmtx.org/programs/emergency-rent-and-utility-assistance/>

Services Provided: Financial Assistance (Rent and Utility), Food Pantry Requirements for Financial Assistance

Service Area: Must reside in Clear Creek or Friendswood ISD area

Katy Christian Ministries

Location: 5504 First Street, Katy, TX 77493

Availability: Monday – Thursday, 9:00 AM -12:00 PM & 1:00 PM – 5:00 PM. Call for an appointment, applications are done over the phone

Helpline: (281) 391-9623

Website: <https://ktcm.org/>

Services Provided: Financial Assistance, Social Services, Counseling, Food Pantry

Service Area: Must reside in the Katy ISD area

Kingwood United Methodist Church – Society of St. Stephen

Location: 2307 Crystal Springs Drive, Kingwood, TX 7739

Availability: Call for an appointment

Helpline: (281) 358-7722

Website: <https://kingwoodumc.org/missions/>

Services Provided: Limited financial assistance for utilities and medication

Service Area: 77327, 77336, 77339, 77345, 77346, 77357, 77365, 77372

Mental Health Services

Counseling Support

Availability: 24/7

Helpline: (713) 970-7000

Website: <https://www.theharriscenter.org>

Service Provided: Mental Health Counseling

Service Area: Harris County

National Alliance on Mental Illness (NAMI)

Availability: Monday – Friday, 10:00 AM – 6:00 PM

Helpline: 1-800-950-6264 or text “TX” to 741741 (Crisis Line, available 24/7)

Website: <https://nami.org/Home>

Service Provided: Mental Health Services

Service Area: Nationwide

Northeast Mental Health Crisis Clinic

Location: 18838 S Memorial Dr, Suite 106, Humble, TX 77338

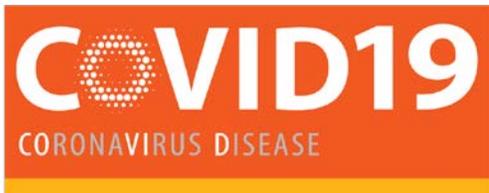
Availability: Monday – Friday, 8:00 AM – 4:00 PM. Appointments preferred, walk-ins welcome

Helpline: (713) 338-6422

Website: <http://www.memorialhermann.org/locations/northeast-mental-health-crisis-clinic/>

Service Provided: Mental Health Services. Financial assistance is available for those who do not have insurance

Service Area: Greater Houston Area



Community Resource List

Texas Health and Human Services (HHS) COVID Support Line

Availability: 24/7

Helpline: (833) 986-1919

Website: <https://hhs.texas.gov/services/mental-health-substance-use>

Service Provided: Mental Health Services.

Service Area: Texas

The Disaster Distress Helpline

Availability: 24/7

Helpline: 1-800-985-5990 or text "TalkWithUs" to 66746

Website: <https://www.samhsa.gov/find-help/disaster-distress-helpline>

Service Provided: Emotional distress and mental health counseling during or after a natural or man-made disaster

Service Area: Nationwide

The National Suicide Prevention Lifeline

Availability: 24/7

Helpline: 1-800-273-8255

Website: <https://suicidepreventionlifeline.org/>

Service Provided: Mental Health Services. For individuals dealing with suicidal thoughts

Service Area: Nationwide

The Trevor Project

Availability: 24/7

Helpline: 1-866-488-7386 or text "START" to 6786780

Website: <https://www.thetrevorproject.org/>

Service Provided: Mental Health Services for LGBTQ youth

Service Area: Nationwide

Veterans Crisis Line

Availability: 24/7

Helpline: -800-273-8255, option 1, or text 838255

Website: <https://www.veteranscrisisline.net/>

Service Provided: Mental Health Services

Service Area: Nationwide

Domestic Violence and Sexual Assault

Houston Area Women's Center

Location: 1010 Waugh Dr, Houston, TX 77019

Availability: 24/7

Helpline: (713) 528-2121

Website: <https://hawc.org/>

Services Provided: Counseling (over the phone), Shelter (women and children only), Limited Legal Services, and Children's Court Services

Service Area: Greater Houston Area

Family Time Crisis and Counseling Center

Location: 1203 S Houston Ave, Humble, TX 77338

Availability: 24/7

Helpline: (281) 446-2615

Website: <https://familytimeccc.org/>

Services Provided: Counseling, Shelter (Domestic Violence, Human Trafficking and Sexual Assault), Limited Legal Services, On-Site Childcare

Service Area: Greater Houston Area

Fort Bend Women's Center

Location: 501 E Highway 90A, Richmond, TX 77406

Availability: 24/7

Helpline: (281) 342-4357

Website: <https://fbwc.org/>

Services Provided: Counseling, Shelter (Women, Men, and Children), Limited Legal Services

Service Area: Greater Houston Area

Northwest Assistance Ministries

Location: 15555 Kuykendahl Rd, Houston TX 77090

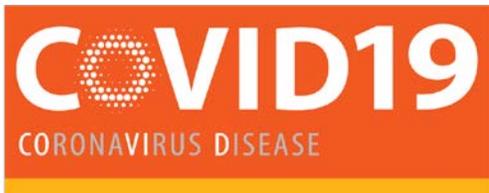
Availability: Monday – Thursday, 8:00 AM – 5:00 PM and Friday, 8:00 AM – 4:00 PM

Helpline: (281) 885-4555 or **Crisis Hotline: 281-885-4673 - 24/7**

Website: <https://www.namonline.org>

Service Provided: Counseling (Adults), Financial (Rent, Utilities) and Food for victims of Domestic violence

Service Area: Greater Houston Area



General Information

Harris Health “Ask My Nurse”

Availability: 24/7

Helpline: (713) 634-1110

Website: <https://www.harrishealth.org/services-hh/outreach/Pages/ask-a-nurse.aspx>

Services Provided: COVID Related Questions

Service Area: Harris County

Lone Star Legal

Location: 500 Jefferson St, 17th Fl, Houston, TX 77002

Availability: Monday – Friday, 8:00 AM – 5:00 PM

Helpline: (713) 652-0077 or 1-800-733-8394

Website: <https://www.lonestarlegal.org/>

Services Provided: Legal Help, COVID-19 Evictions, and Other Resources

Service Area: Texas

National Council on Aging

Availability: Monday – Friday, 9 AM – 5 PM ET

Helpline: 1-800-794-6559

Website: www.ncoa.org

Services Provided: Food Assistance, Medication, Utility Assistance, Health Care, Rent/Mortgage Assistance and Housing

Service Area: Nationwide

Texas Workforce Commission

Location: Various

Availability: Varies on location

Helpline: 1-800-939-6631

Website: <https://www.twc.texas.gov/news/covid-19-resources-job-seekers>

Services Provided: Unemployment Benefits, Job Matching, Recruiting, and Training

Service Area: Texas

United Way of Greater Houston

Location: 500 Waugh Dr. Houston, TX 77007

Availability: 211 HELPLINE open 24/7, call for updates

Helpline: 2-1-1

Website: <https://www.unitedwayhouston.org/>

Services Provided: Food Assistance, Disaster Preparedness & Recovery, Education, Utility Assistance, Health Care, Rent/Mortgage Assistance and Housing or Shelter

Service Area: Greater Houston Area