

CIS-BA COVID 19 Resources

	Phone Number	Website or Address	Notes
General			
211 COVID 19 Assistance	211	https://www.211texas.org/	
Food			
Interfaith Caring Ministries	281-332-3881	www.icmtx.org	Food, Rent, and Utility Help.
Galveston Mobile Food Bank	409-945-4232	www.galvestoncountyfoodbank.org	
Houston Food Bank	832-369-9390	www.houstonfoodbank.org/find-help/	
M.I. Lewis	281-534-2043	http://www.milewisctr.org/	Check their site periodically. Food has been canceled for now.
Lighthouse Christian Ministry	281-339-3033	https://lighthousecm.org/services/short-term-assistance	
Mary Queen Catholic Church	281-482-1391	606 Cedarwood Dr. Friendswood, TX 77546	
Christ Church Mobile Food Bank	dianejones@myccag.com	https://myccag.com/ministries/outreach-ministries/hfb	
Job Opportunities			
HEB		https://careers.heb.com	
Walmart		https://careers.walmart.com	
Fiesta Mart		https://www.fiestamart.com/careers	
Kroger		www.jobs.krogers.com	
Randalls		www.albertsoncompanies.com/careers/randalls-careers.html	

If Your Employment Has Been Affected by the Coronavirus (COVID-19)	1-800-939-6631	https://www.twc.texas.gov/jobseekers/unemployment-benefits-services	
Anxiety and Stress			
Coping Skills for Anxiety JSF Online Group Sessions		https://www.virusanxiety.com/?fbclid=IwAR3rukgzCzQYDnAwBMo3mUsKWytcZ0KhqmhIfUU7MhqqBTYvMFRkxfshk38	
Online Recovery Support Groups (Free) Sesame Street in Communities		https://www.weconnectrecovery.com/free-online-support-meetings	
JSF Online Group Sessions		https://www.jfshouston.org/index.php	
Sesame Street in Communities		SesameStreet.org/caring	
Medical			
COVID 19 Screening	832-393-4220	https://checkforcorona.com/harris-county#/welcome	
COVID 19 Call Center (Harris County)	832-393[4220		
Ask My Nurse	713-634-110		For people without healthcare
COVID 19 Information		http://publichealth.harriscountytexas.gov/Resources/2019-Novel-Coronavirus	

Internet/ Computer Assistance			
AT&T Internet \$10 per month	1-855-220- 5211	www.att.com/access	
Free Computers for students in Harris County		https://www.compudopt.org/covid	
Comcast Free Internet Access (for 60 days)	Phone: 1-855- 846-8376 (English) or 1- 855-765-6995 (Spanish).	https://internetessentials.com/	
Spectrum free 60 day internet	1-844-488- 8395		
Help Lines			
The Harris Center	833-251-7544		Focused on helping those experiencing chronic stress/anxiety related to COVID 19
The Steve Fund	TEXT STEVE to 741741 to access a culturally trained Crisis Text Line counselor	https://www.stevelfund.org/	Connect with culturally trained crisis counselors
National Parent Helpline	1-855-427- 2738		Emotional support for parents by trained specialists
Department of Health and Human Services	211 option 6		General questions about COVID 19
Boys Town	800-448-3000		Speak to trained counselor in times of family crisis
Immigration Services			
Immigration Rights Hotline	1-833-468- 4664		The Immigrant Rights Hotline is a source of timely and accurate information about changing immigration policies, a place to report discrimination and racial profiling, and a source for referrals to legal services

			providers and immigrant rights organizers.
Baker Ripley Citizenship and Immigration Program Gulfton Sharpstown Campus	713-273-3707	6535 Rookin Street Houston, TX 77074	
Baker Ripley Citizenship and Immigration Program Ripley House Campus	713-273-3707	Address: 4410 Navigation Boulevard Houston, TX 77011	