**COVID -19 Texas Resource Quick Reference List**

**Student Connections & Support**

During this time of uncertainty you may find you or someone you know in need of a bit of support. Texas has many nonprofits and agencies that are still functioning throughout this pandemic by offering services to those in need. Please see below a few resources that may be helpful. As the situation unfolds services will change to meet the need of the public. Things are changing daily and services unavailable now may become available in the future.

## **STAYING UP TO DATE**

Stay up to date with these changes and seek guidance as needed.

* Calling **211** Texas is a wonderful resource with the most up to date information for your area.
* If there are any other concerns or areas where support is needed please feel free to put in a Connections program referral at [Student Connections & Support Referral Form](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcm.maxient.com%2Freportingform.php%3FDallasCountyCCD%26layout_id%3D85&data=02%7C01%7CStephanieHarris%40dcccd.edu%7Ce4799bf5fa774e82b99f08d7d01e8b7a%7Cd67e5453732f4adc94a44888f2d97d5d%7C0%7C0%7C637206701909773685&sdata=LUy7Dot6gFAKvOzKwNbZN%2Fbwglb8HXj36HXxwWx5gXY%3D&reserved=0)

## **INTERNET ACCESS**

If you do not have internet access at home, or cannot afford to maintain it, but need it for work or school many companies are offering low cost service. Most are offering 2 months free.

* [AT&T](https://m.att.com/shopmobile/internet/access/#!#startedStep)
* [Comcast](https://www.internetessentials.com/covid19)
* [Spectrum](https://www.spectrum.net/support/internet/coronavirus-internet-offer-students/) - for students only; or those with student aged kids in the house

**FOOD**

* **North Texas Food Bank** remains open offering pre boxed food to help stop the spread of germs and make obtaining food easily accessible. [Search for food banks in your area](https://ntfb.org/our-programs/get-food-assistance/find-a-food-pantry/) **.**
* **SNAP** benefits are also available; however, there are requirements to receive benefits and receiving these supports is not immediate. [Information about qualifying for applying for benefits.](https://yourtexasbenefits.hhsc.texas.gov/programs/snap)
* Here is an article showing [restaurants that are offering free/low cost meals in Dallas](https://dallas.culturemap.com/news/restaurants-bars/03-18-20-coronavirus-good-deeds/)

## **EMPLOYMENT**

* In collaboration with the United Way, *Get Shift Done* was created to employ effected hourly workers in the hospitality industry to perform shifts for nonprofit organizations and institutions trying to meet community demand during the COVID-19 crisis. [Learn More and Apply to Get Shift Done](https://shiftsmartinc.app.link/tDc5OrOLV4)

## **FINANCIAL ASSISTANCE**

* At this time there is no nation-wide resource available to assist with mortgage or rent payment; however, there are local funds available for those in need.
* **United Way has a** [COVID-19 Community Response and Recovery Fund](https://www.unitedway.org/recovery/covid19/luw-responses?utm_source=landingpage&utm_medium=web&utm_campagin=covid19) *(an* ***Economic Relief Fund*)**. They will help with bills, rent, and food. Call 211 to receive information on funding available in your area.

## **MENTAL HEALTH**

The outbreak of COVID – 19 may be stressful for people and communities. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. This is normal! Everyone reacts differently to stressful situations.

If you or someone you know needs to talk with someone, here are some helpful resources:

* National Suicide Prevention Lifeline - 1-800-273-8255
* Crisis Text Line - Text HOME to 741741
* Crisis Text Line - Special keyword for students of color - Text STEVE to 741741
* COVID-19 Mental Health Support Line:  833-251-7544

 \*\*(If you are experiencing stress/anxiety *related to current state* of emergency)

* National Parent Helpline at:  1-855-427-2736

Below is a list of articles and websites with helpful information on how to navigate these unprecedented and stressful times.

* [Stress & Coping During the Coronavirus](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html&data=02%7C01%7CStephanieHarris%40dcccd.edu%7Ce4799bf5fa774e82b99f08d7d01e8b7a%7Cd67e5453732f4adc94a44888f2d97d5d%7C0%7C0%7C637206701909753693&sdata=gW9sRZdItoydQC9XgB6FcOElyrwGs1Pcuwqhy1e8XHs%3D&reserved=0)
* [7 science-based strategies to cope with coronavirus anxiety](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Ftheconversation.com%2F7-science-based-strategies-to-cope-with-coronavirus-anxiety-133207&data=02%7C01%7CStephanieHarris%40dcccd.edu%7Ce4799bf5fa774e82b99f08d7d01e8b7a%7Cd67e5453732f4adc94a44888f2d97d5d%7C0%7C0%7C637206701909753693&sdata=5U5phwHoo%2B3tCx2TuAILtjihkWfpyjcsWHRM%2BTtcYGM%3D&reserved=0)
* A Toolkit for [Mental Health Amid the Coronavirus Pandemic](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.activeminds.org%2Fabout-mental-health%2Fbe-there%2Fcoronavirus%2F&data=02%7C01%7CStephanieHarris%40dcccd.edu%7Ce4799bf5fa774e82b99f08d7d01e8b7a%7Cd67e5453732f4adc94a44888f2d97d5d%7C0%7C0%7C637206701909763691&sdata=aomaqs9u4ddAjAwS7UmA1aPoDwIYkqUEb%2Fl%2FaT3wfNg%3D&reserved=0)
* A blog about [Coping and Staying Emotionally Well During COVID-19-related School Closures](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.activeminds.org%2Fblog%2Fcoping-and-staying-emotionally-well-during-covid-19-related-school-closures%2F&data=02%7C01%7CStephanieHarris%40dcccd.edu%7Ce4799bf5fa774e82b99f08d7d01e8b7a%7Cd67e5453732f4adc94a44888f2d97d5d%7C0%7C0%7C637206701909763691&sdata=2%2B8ChFiDrjeGhy5jm2FHEQ1QF2J0Jfa3zsCUjAP%2FzoA%3D&reserved=0)