

Dallas

Health Services

- Parkland Hospital Covid-19 Testing: only opened to current Parkland patients, first responders, and other healthcare workers. All participants must be interviewed by phone before they can be tested. Unscheduled patients not allowed in testing facility, and should not come to ER and Urgent Care facilities for a testing inquiry. Parkland Covid-19 Patient Line: 214-590-8060. <https://www.parklandhospital.com/news-and-updates/drivethrough-covid19-testing-to-begin-for-current-1714>
- 22 Free and income based clinics in and around Dallas:
 - <https://www.freeclinics.com/cit/tx-dallas?fbclid=IwAR3kvsUDQzmRjseplDh5M6ae5cF6qinx61tgq7hl1y8Y8c9ulaplkiXgA>
- Stewpot's Parkland Health & Hospital System Homeless Outreach Medical Services (HOMES): barrier-free comprehensive clinic for the homeless population located within Stewpot and opened Monday-Friday on a walk-in basis. Dental Clinic also open to sign up for same-day appointments Mon-Fri at 8am and Mon-Thurs at 1pm.
- Stewpot's Metrocare Services: Mental health services to clients at the Young Street Stewpot location. Appointments available Mon-Fri or by appointment at 214-939-3933.
- Brother Bill's Helping Hand Community Health Clinic: 3906 N. Westmoreland Rd. Dallas, TX, 75212 // 214-638-2194; Hours: Monday through Thursday 8:30-4:00 PM, Friday 9:00 AM-2:00 PM
- North Texas Behavioral Health Authority:



NTBHA COVID-19

NTBHA COVID-19

Línea de Apoyo de Salud Mental

Mental Health Support Line

833-251-7544

833-251-7544

Sirviendo condados en Dallas, Ellis, Hunt, Kaufman, Navarro y Rockwall

Dallas, Ellis, Hunt, Kaufman, Navarro, and Rockwall Counties

North Texas Behavioral Health Authority (NTBHA) está preparando una línea dedicada 24/7 de apoyo en Salud Mental para aquellos que experimentan estrés y ansiedad relacionados con el estado actual de emergencia con COVID-19.

Es normal experimentar estrés y ansiedad, pero y preocupación durante y después de la crisis. Si usted o alguien que usted conoce necesita ayuda, por favor llamen. Si durante la llamada se determina que necesita un mayor nivel de soporte, vamos a ayudar.

If you are experiencing a mental health crisis or needing assistance at a higher level of care, please contact the NTBHA 24/7 Crisis Line at 833-251-7544.

If this is a life-threatening emergency, please contact 911.

North Texas Behavioral Health Authority (NTBHA) is providing a dedicated 24/7 COVID-19 Mental Health Support Line for those experiencing stress and anxiety related to the current state of emergency.

It is normal to experience stress, anxiety, grief and worry during and after crisis. If you or someone you know is in need of support, please call. If during the call it is determined you are in need of a higher level of support we will help.

If you are experiencing a mental health crisis or needing assistance at a higher level of care, please contact the NTBHA 24/7 Crisis Line at 833-251-7544.

If this is a life-threatening emergency, please contact 911.

Para más información y recursos con COVID-19, por favor visita nuestra página web

www.ntbha.org/resources/othercommunityresources

For more information on COVID-19 resources visit our website

www.ntbha.org/resources/othercommunityresources

Food Services

- Brother Bill's Helping Hand Grocery Store: Drive-thru pick-up services; 3906 N. Westmoreland Rd. Dallas, TX, 75212; <https://bbhh.org/grocery-store>; Hours: Wednesday-Thursday 10 AM-1PM
- Catholic Charities Food Banks: Offering Drive-up distribution only
Central Service Center: 972-246-6027 (Diaper Pantry also)
CC Christo Rey: 469-844-7956; Tuesdays 9:30-11:30 AM
CC Holy Spirit, Duncanville: 972-298-4971, By Appointment Only
- Dallas ISD Spring Break Meals: Free meals to all Dallas ISD children and youth through age 18, and Dallas ISD students with disabilities regardless of age. Meals will be distributed twice a week, on Monday and Thursday between 10 AM and 1 PM. <https://www.dallasisd.org/Page/62476>

Relief Services

- Free internet for 60 days from Charter Communications for k-12 or college student homes. They will try to get you to sign up for a tv package, just decline if you only want free services. To enroll call **1-844-488-8395**. Installation fees will be waived for new student households.
- Education Companies offering free subscriptions due to school closings: https://docs.google.com/spreadsheets/d/1t3r618pd8MAi6V87dG2D66PtikoHdHusBpjPKXgm36w/htmlview?usp=embed_facebook&sle=true
- Stand for Children Resources for Parents During Covid19: http://stand.org/national/coronavirus-outbreak?fbclid=IwAR0av_Me7I-XYD8x67c28OdGrCKgh6lMunqrAqujunxvu9yHc8qwJjgg4A0
- NASA Makes their entire media library publicly accessible and copyright FREE: https://www.diyphotography.net/nasa-makes-entire-media-library-publicly-accessible-copyright-free/?fbclid=IwAR2LW3sp2ZyesaiXJdGNIt3NqxFYsU9ez8pED6DWpM6NM33pC73cDdLu_i4
- Free resources to keep kids busy: https://docs.google.com/document/d/1-L87dn7b4miQlmbi8NbsWd37ucaWaqBqwEftNIUujtA/edit?fbclid=IwAR3C5nnQD5MgyMjcA1R7xuD4noppIxt5rAimxduYtazx8xD_k6cOXKm8wLU
- Mommies in Need, an organization trying to help provide emergency child care: <https://www.mommiesinneed.org>
- YMCAs have been approved to provide emergency child care. Offering limited childcare programming on a daily basis, supporting the childcare needs of our first responders, medical professionals, government officials, and those that must continue their work in this challenging time. This care will be offered until further notice, at 11 YMCA branches across the Dallas Metroplex, in accordance to state guidelines: https://www.ymcadallas.org/locations/school_age_services/emergency-ymca-childcare

Tarrant County

Health Services

- Arlington Community Health Center: Offers a full-range of primary and preventative healthcare services to children and adults using a patient-centered team approach. Services include adult health, pediatric health, women's health (OB/GYN and STD screening), and behavioral health, acute and chronic illness management, such as diabetes and hypertension, and preventative services including immunizations and routine examinations. The agency is not providing testing for COVID-19. They are screening calls and if callers have symptoms, the agency recommends them to visit the nearest emergency room (ER). Located at: 979 N Cooper St, Arlington, TX 76011. Call: 817-625-4254 for appointment line

ProgramAtSite Hours:

Appointment Line: Mon - Fri 8:00 am - 5:00 pm

Health Center: Mon - Fri 7:20 am - 5:20 pm

- Texas Department of State Health Services: Works to strengthen community-based services and improve system of care for children, youth, and adults with special health care needs, their families, and the providers who serve them. Assists children with special health care needs and high-risk pregnant women with establishing services and navigating complex systems of care. Provides assistance by a staff of specialists who can help get answers, find services, and connect individuals to community resources. Services are free, private, and can be provided at a location convenient to the individual.

The Provider Relations team provide medical and dental providers with exemplary service and resource materials across Texas. Provider relation staff act as a liaison and offer a variety of resources, information, and tools designed to:

- Build Strong working relationships
- Resolve operational issues
- Share best practices
- Promote mutual values and goals
- Improve medical and dental care delivery
- Understand unique health care communities

Located at: 1301 South Bowen Rd, Ste 200, Arlington, TX 76013. Call 817-264-4500 for more information. Program hours: Mon - Fri 8:00 am - 5:00 pm

- Methodist Charlton Family Medicine Center: Provides health services to the community. Located at 6507 S. Cooper St, Arlington, TX 76001. Call 817-466-9100 or toll free 877-637-4297.
- Open Arms Health Clinic: Offers free healthcare services such as health education, chronic disease management (hypertension, diabetes, etc.) as well as non-emergency problems such as sore throats, earaches and more. Does not provide dental, prenatal care, childhood immunizations or diagnosis/treatment of STDs. Located at 3311 Little Rd, Arlington, TX 76016. Call 817-496-1919 for appointment. Program Hours: Tues 5:00 pm - 8:00 pm; Fri 10:00 am - 3:00 pm; Hours and days will be added based on needs of patients and availability of doctors. Check phone message and website for hours/days open
- Need Help Paying Bills: Website about information regarding free healthcare: https://www.needhelpayingbills.com/html/get_free_health_care.html

Food Services

- List of Arlington Restaurants with pickup or delivery options: <https://www.arlington.org/arlington-covid19-information/arlington-restaurants/> & <https://downtownarlington.org/visit/downtown-delivers>
- Mission Arlington: Are here to provide emergency assistance between 8:00 a.m. and 5:00 p.m. Monday through Friday, and from 9:00 a.m. to 2:00 p.m. on Saturdays. These are our normal operating hours, unchanged from before the virus' entrance into our community. They have created a "drive thru" for people who are receiving food. This limits the amount of people in the building and the physical interaction between people, and it allows you to receive what you need from the privacy of your own vehicle. They are also delivering food and supplies to people who call in and are requesting assistance if at all possible. Located at 210 W South St., Arlington, TX 76010. Call 817-277-6620.
- Tarrant Area Food Bank (TAFB): Food Pantry, visit website to find locations and times near you. <https://tafb.org/>
- Arlington Charities: Will be giving to-go pre-packed bags for clients. Make an appointment by calling 817-275-1511 beginning at 8:30 a.m. Will need to bring either your mobile pantry card or proof of identification & proof of address. <https://www.arlingtoncharities.org/>
- North Davis Church of Christ/Arlington Hearts & Hands, Inc.: A cooperative ministry of the Churches of Christ in Arlington. Hearts & Hands receives applications for service 10 – 11:30 a.m. Monday through Friday mornings, and 6-7 p.m. on Wednesdays. It is best to arrive early, because only a limited number of vouchers can be issued each day. To receive a food voucher, you must bring the following items each time you apply:
 - Proof of residency. This can be a utility bill, rental receipts, or another dated document that shows your name and current address. To qualify, you must live in the Arlington Independent School District.
 - Proof of identity for every person in your household. This can be a Texas Driver's license, a Texas Identification Card, a Social Security Card, or a birth certificate.
 - Verification of income for the last 30 days. This can be a paycheck stub, a disability award letter, or a letter from the food stamp office showing how much aid you qualify for.Located at 1601 North Davis Drive, Arlington, TX 76012. Call 817-277-6347 for more information. <https://www.northdavischurch.org/content.cfm?id=3106>
- Taste Community Kitchen: Will provide meals TO-GO Tuesday-Sunday, 11:00 a.m.-1:00 p.m. Located at 1200 S. Main Street, Fort Worth, TX 76104. Call 817-759-9045. <https://www.tasteproject.org/>
- Saint Maria Goretti Catholic Church: Due COVID-19, the agency has modified their process to providing food. Food will be pre-bagged and placed in carts outside where clients can grab and bring the bags to their vehicles. Carts will be sanitized after each exchange and no one will be allowed in the building.

Operates a food pantry, St. Anthony's Bread, offering non-perishables. Some perishables (i.e. meats, refrigerated items, bread) are provided based on donations. Also based on availability, may provide personal hygiene items, paper products, laundry soap and other items that cannot be purchased with food stamps. Toothbrushes, toothpaste, deodorant, floss, hair care items are collected and generally offered every April and October.

Provides a Baby's World, St. Therese of the Child Jesus, providing help with children's clothing up to three years of age, diapers, blankets, maternity clothing based on donations, formula, diapers, baby food/cereal, lotion, baby wash, and baby wipes. Baby's World focuses on mothers of young children. New mothers receive a layette with the basics needed for a newborn within two weeks of the scheduled birth.

Provides adult diapers and bed pads when available.

Provides new school supplies for students with the help of, Tools for School.

Located at 1301 Paxton Ave, Arlington, TX 76013. Call 817-274-5407. <https://www.smgparish.org/>

- Mission Central Metroplex, Inc.: Administers food pantry that includes canned goods, baked goods, fresh produce, and meat for residents of Hurst, Euless and Bedford. Eligible households can receive food up to six times per year, but there must be at least 30 days between visits. Due to COVID-19, hours of operations have changed as Tues - Fri 12:30 pm - 3:30 pm. Located at 740 E Pipeline Rd, Hurst, TX 76053. Call 817-595-0011. <https://missioncentraltx.org/>

Relief services

- Arlington Urban ministries: Provides emergency assistance for utility bills for Arlington residents facing a crisis. Also will assist with antibiotics. Agency is able to pay up to \$100 on a utility bill for Reliant Customers and other electric providers, except for TXU. If the utility bill is over \$100, client must pay the portion up to that point and show proof (receipt or confirmation number).
 - Note: The agency does not assist with deposits, but may be able to assist with reconnection or late fees, depending on the Utility Company.
 - Any persons that connects with a shelter/partnering agency is entered into a shared information system that is managed by the Housing Related Coordinated Entry Lead Agency, and there are multiple access points. NOTE: This agency is an access point.
 - Located at: 701 Dugan St. Arlington, TX 76010. Call 817-891-8585. Program hours: MON-THU 9:00 a.m.-5:00 p.m. Can complete application online: <https://arlingtonurbanministries.org/>
- Mission Arlington: Provides the following services:
 - Rent: Assists with partial rent payments in order to help families through a crisis, and/or to prevent a family from losing the stability that a home provides. Amount varies per case.
 - Utilities: Provide partial payments to help keep a family's utilities (electricity, water, gas, etc.) Note: The agency assist with Reliant Customers, among other electric providers.
 - Prescriptions: Partnered with the medical clinic, medications are provided for people free of charge. On a limited basis a portion of a prescription cost is paid to help a family obtain the medicine they need.
 - Gas Vouchers: On a limited basis, gas vouchers could be offered to assist someone with transportation to and from a job interview.

- Other services include (if available); furniture, school supplies, personal hygiene items, child passenger safety seats, and counseling. Will pick up furniture in good condition from Arlington residents. Also distributes available fans to eligible households. English as a Second Language classes are offered at various locations.

Note: The agency may be able to assist with deposit, reconnection or late fees depending on fund availability. Located at 210 W South St., Arlington, TX 76010. Call 817-277-6620, for medical call 817-277-9597. Hours of operations are: 8:00 a.m. and 5:00 p.m. Monday through Friday, and from 9:00 a.m. to 2:00 p.m. on Saturdays.

- **Need Help Paying Bills:** Website with information on organizations that can help with paying bills: https://www.needhelppayingbills.com/html/tarrant_county_assistance_prog.html
- **Tarrant County Homeless Coalition:** Can't pay rent or about to get evicted? Call the organizations below for information and possible help with paying rent, utilities, and mortgage. Most organizations focus their funds on those who need one-time assistance, then will be able to sustain in following months. We highly recommend you call at the first of the month, as funds typically run out quickly. <https://ahomewithhope.org/help/rent/>
- **City of Arlington:** Information on rental assistance. https://www.arlingtontx.gov/city_hall/departments/housing_authority/rental_assistance
- **Community Action Partners Fort Worth Neighborhood Services (CAP):** Provides the following programs (all programs contingent upon available funds):
 - FIT (Families in Transition) Program is designed to help families overcome barriers and ultimately become financially independent. Applicants must be below 125% of Federal Income Guidelines and desire to make a positive change in their lives.
 - Comprehensive Energy Assistance Program (CEAP) provides financial assistance with utility bills (electric, gas, and heating fuel assistance to households at designated income guidelines.) Will also repair an HVAC system if the household meets CEAP guidelines.
 - Atmos Energy "Share the Warmth" provides assistance to Atmos Energy customers at or below 200% of Federal Income Guidelines or with extenuating circumstances. Assistance is limited to once per year.
 - TXU Energy Aid provides assistance to TXU customers at or below 200% of Federal Income Guidelines or with extenuating circumstances. Assistance is limited to once per year.
 - Minor home weatherization for Atmos Energy and Oncor service area customers.
 - Assists with Pre-Pay Electricity if the company can provide a 12-month consumption history for the resident.

Note: The agency does not assist with deposit, reconnection or late fees; Only usage. The agency assist with Reliant Customers, among other electric providers.

Located in 5565 Truman Dr., Fort Worth, TX 76112.

Program Phones:

817-392-5790 Automated Appointment Line

817-392-5795 General Information

817-392-5966 Site Phone

- North East Emergency Distribution: Provides assistance with food, clothing, personal care items as well as electric bills (TXU Electric only) as funds are available. Also offers low-income low-cost clothing and household items through a resale shop.

Note: This agency does not assist with deposit, reconnection or late fees.

Located at 424 W Bedford Eules Rd, Hurst, TX 76053. Call 817-280-0286 for information.

<https://needdfw.org/>

Other

- https://docs.google.com/document/d/1JjMUisaCYkU_XhC-abks1gS-IMddDH-Mo6wk5Xflr4o/edit#
- https://docs.google.com/spreadsheets/d/18p9OSlLpSYanIoUC-gEbhVbRMYVUfw4wyrixa9ekGdc/edit?fbclid=IwAR2lw-BfuumY_8hcijXf2y8Yo5oZWukCYWiec-gk-83_R4DFpYMKBja1AJs#gid=0

- **COVID-19 Testing**

Your doctor will help make the decision if you should get tested for COVID19.

If you do not have health insurance, you can still get tested for COVID19 if your doctor or healthcare provider recommends it.

For information about testing, you just need to call your doctor and/or access care the way you usually do. If you need help finding a doctor or accessing medical care, call 211 and they can direct you to low- or no-cost providers in your area.

People can get [tested for COVID19 at drivethru locations](#) in certain parts of Texas.

- Looking for a service not on this list? Visit the 211 Texas Health and Human Service Website: <https://www.211texas.org/>