

Community Resources

Community Resources	Link	Helpful Information
Affordable Healthcare	Affordable Health Care	<ul style="list-style-type: none"> Provides insurance marketplace for people not covered through employers
Alanon	Texas Al- Anon	<ul style="list-style-type: none"> Support for family and friends of alcoholics
Alcoholics Anonymous	Alcoholics Anonymous	<ul style="list-style-type: none"> Help for people who drink excessively
Body Mass Index Calculator	Body Mass Index Calculator	<ul style="list-style-type: none"> Children, Teen, Adult BMI calculator Healthy Eating for Healthy Weight Tips for Parents
Caregivers	Caregiver Action NetWork US Department of Veteran Affairs- VA Caregiver Support Pay for Caregivers	<ul style="list-style-type: none"> Offers resources on family care giving Coping with Alzheimer's support and resources Support through the VA including a support line if you need to talk 1-855-260-3274 Info on which states pay for caregivers
Co-pay assistance programs for certain diseases	Patient Services Incorporated Patient Advocate Foundation Co-Pay Relief Healthwell Foundation Pan Foundation Patient Advocate Foundation Co-Pay Relief: Disease Assistance	<ul style="list-style-type: none"> Patient Services evaluates an individual's financial, medical, and insurance situation to determine who is eligible for premium or co-payment assistance. Provides help for many illnesses and offer many types of financial assistance.
Co- pay assistance for Medications	Xubex Pharmacy Services RxAssist NeedyMeds	<ul style="list-style-type: none"> Co-pay assistance program for people who have prescription drug coverage Also lists low cost or free clinics
Cultural Competency	Cultural Competency for Practitioners	<ul style="list-style-type: none"> Cultural competence for practitioners, nurses, oral health professionals and for disaster preparedness and crisis response

Financial Aid for College	Financial Aid for College	<ul style="list-style-type: none"> • Assistance with Texas college admission process • Understanding and applying for federal and state student aid • Support in English and Spanish
Finding Clinical Cancer Trials	Finding Clinical Cancer Trials Finding Clinical Trials	<ul style="list-style-type: none"> • Finding clinical trials • Learning about clinical trials • Info on government and private clinical trials for many conditions
Food Bank Locator in Texas	Feeding America Food Banks in Texas	<ul style="list-style-type: none"> • Locations of food banks associated with Feeding America in Texas • Listing of other food banks in Texas
Gamblers Anonymous	Gamblers Anonymous	<ul style="list-style-type: none"> • Support group for gambling addiction
Health and Human Services Resources	Health and Human Services Commission	<ul style="list-style-type: none"> • Autism Program • Blind Children's Vocational Discovery & Development Program • Blindness Education, Screening & Treatment Program • Comprehensive Rehabilitation Services • Deaf & Hard of Hearing Services • Disability Determination • Early Childhood Intervention Program • Independent Living Services
Legal Help and Aid	National Institutes of Health: Health Information Lines Department of Family Protective Services- Health Information Lines Texas 2-1-1	<ul style="list-style-type: none"> • Toll free phone numbers for Health Related organizations • Toll free phone numbers for Protective Services • Mental health emergencies • General info lines for all types of services in Texas
Health Literacy	Health Literacy	<ul style="list-style-type: none"> • Fact sheets, strategies and resources for health communication activities

Hearing Loss	Hearing Loss: Parent Information March of Dimes U.S. National Library of Medicine Deaf and Hard of Hearing Services Hearing Loss Associates of America	<ul style="list-style-type: none"> • Types of hearing loss • Signs of hearing loss • Educational implications • Resources • Hearing impairment in babies • All for children • Resources for all ages • Assistance with buying hearing aids • General info about services to persons with hearing loss
Law Help	Texas Law Help Texas Judicial Branch Texas Law Help: Forms	<ul style="list-style-type: none"> • Families and Kids-divorce, domestic violence, adoption • Consumer Law • Housing • Work, Out of Work • Seniors-Estate Planning, Retirement and Pension Issues, Grandparents raising grandchildren • Free legal aid • LSLA helps children, veterans, seniors, and people with disabilities, and those who are homeless.
Self Sufficiency	Life Works	<ul style="list-style-type: none"> • Empowering Self Sufficiency • Counseling, Housing, Education/ Workforce, youth development
Low Vision	Low Vision and Blindness Low Vision Products and Information Texas School for the Blind and the Visually Impaired	<ul style="list-style-type: none"> • About low vision and blindness • Information and Resources
Housing in Texas	Texas Department of Housing and Low Income Affairs Texas Houser's Help for Texans	<ul style="list-style-type: none"> • Section 8 Housing • Housing for Veterans • Texas Low Income Housing
Medicare	Medicare	<ul style="list-style-type: none"> • For people with disabilities

		<ul style="list-style-type: none"> • End stage kidney disease • 65 years of age or older
Mental Health	Mental Health Crisis Mental Health Services/IDD Services	<ul style="list-style-type: none"> • Listing of crisis hot lines by county • Centers offer services for persons with serious and persistent mental illness or have intellectual and developmental disabilities • May provide substance abuse addiction
Automobile Safety	Motor Vehicle safety	<ul style="list-style-type: none"> • Annual safety inspections
Narcotics Anonymous	Narcotics Anonymous	<ul style="list-style-type: none"> • Help for people who use illicit drugs • Google for regional meetings
National Comprehensive Cancer Network	National Comprehensive Cancer Network	<ul style="list-style-type: none"> • NCCN guidelines for patients • Patient and Caregiver Resources
National Institute of Health	National Institute of Health	<ul style="list-style-type: none"> • Health Information • Community Resources • Clinical Trials
Nicotine Addiction	Nicotine anonymous	<ul style="list-style-type: none"> • Find a meeting
Dental Services	Texas Health and Human Services- Oral Health Texas Health and Human Services- Low Cost Dental Services Texas Free Dental Community Clinics Texas Low income Dental	<ul style="list-style-type: none"> • Low cost dental services • What you need to know about your teeth • Brushing your teeth, flossing
Overeating	Overeaters Anonymous	<ul style="list-style-type: none"> • Help for people who compulsively overeat
Paratransit	Paratransit services	<ul style="list-style-type: none"> • Directory to paratransit programs in Texas • Designed to assist anyone with a disability • This resource may not be up to date • ** Google the town or county you are looking for services i.e. Bexar county, paratransit services
Safe Driving	Safe Driving Classes in Texas	<ul style="list-style-type: none"> • TEA approved Defensive Driving Classes
Texas Benefit Programs	Texas State Benefit Programs	<ul style="list-style-type: none"> • Medicaid • Food Stamps • Long term care • CHIP • Help for low income families
First Responder Relaxation Resources	CDC and Prevention Stress management for firefighters and first responders Relaxation Exercises	<ul style="list-style-type: none"> • Variety of resources and information • Relaxation and Relaxation Exercises for public safety officers and first responders

Public Safety Officers Mental Health Resources	Stress management for police officers	<ul style="list-style-type: none"> • Police suicide prevention program and suicide prevention education • Relaxation Exercises for public safety officers and first responders
Texas Suicide Hotline	Texas Suicide Hotlines	<ul style="list-style-type: none"> • Phone numbers for suicide hotlines in Texas
Referrals for programs throughout Texas	Texas 211	<p>Provides referrals throughout Texas including, but not limited to:</p> <ul style="list-style-type: none"> • Electric Service Payment Assistance • Housing Expense Assistance • Professional Tax Preparation Services • Medicaid • Food Stamps (SNAP) SNAP • Rent Payment Assistance • Utility Assistance • Medicaid Applications • Food Pantries • Dental Care
Aging Agencies	Texas Area Agencies on Aging	<ul style="list-style-type: none"> • Listing of Area Agencies on Aging by county found here.
State Health Services	Texas Department of State Health Services	<ul style="list-style-type: none"> • Immunizations • Chronic illnesses • Mental illnesses • Substance abuse • Marriage, birth and divorce records • Local health departments and clinics • Disaster planning • WIC program • Children with Special Health Care Needs
Health and Human Services	Texas Health and Human Services Commission	<ul style="list-style-type: none"> • Aging • Disability • Financial assistance • Health • Safety • Service Coordination
Workforce Services	Texas Workforce Commission	<ul style="list-style-type: none"> • Vocational Rehabilitation Services • Blind & Visually Impaired Services • Criss Cole Rehabilitation Center • Independent Living Services for Older Individuals Who Are Blind • Business Services - Vocational Rehabilitation • Providers' Resources - Vocational Rehabilitation • Business Enterprises of Texas • Rehabilitation Council of Texas • Service Animal Information
Quit Smoking	National Cancer Institute Tobacco Cessation Smoke Free	<ul style="list-style-type: none"> • Texas Quitline at 1-877-YES Quit

Veterans	Veterans Administration	<ul style="list-style-type: none"> • Services for veterans
Working in Heat	Centers of Disease Control- Working in the Heat Health Effects of Heat	<ul style="list-style-type: none"> • Suggestions on how to prevent heat related illness, injuries, and deaths in hot weather • Poster that lists health effects of heat; useful to post where outside workers can read
YMCA	YMCA in Texas	<ul style="list-style-type: none"> • YMCA locations in Texas