

COVID-19

Resource Guide

Meal Assistance Internet Shelters
Unemployment Mental Health Medical Services
Other Social Services Mental Health/Coping
Health Entertainment

March 2020

Behavioral Health and Wellness Department

FBISD
INSPIRE • EQUIP • IMAGINE

Meal Assistance and Food Pantries

FBISD Grab and Go Meals

<p><u>FBISD Grab and Go Meals</u></p> <p>Monday thru Friday</p> <p>7:30AM - 9:00AM & 11:30AM - 1:00PM</p>	<ul style="list-style-type: none">• Travis High School - 11111 Harlem Rd, Richmond, TX 77406• Hodges Bend Middle School - 16510 Bissonnet St, Houston, TX 77083• Kempner High School - 14777 Voss Rd, Sugar Land, TX 77498• Sartartia Middle School - 8125 Homeward Way, Sugar Land, TX 77479• First Colony Middle School - 3225 Austin Pkwy, Sugar Land, TX 77479• Dulles High School - 550 Dulles Ave, Sugar Land, TX 77478• Missouri City Middle School - 202 Martin Ln, Missouri City, TX 77489• Elkins High School - 7007 Knights Ct, Missouri City, TX 77459• Ridge Point High School - 500 Waters Lake Blvd, Missouri City, TX 77459• McAuliffe Middle School - 16650 S Post Oak Rd, Houston, TX 77053• Hightower High School - 3333 Hurricane Ln, Missouri City, TX 77459
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Food Pantries

- Catholic Charities Archdiocese of Galveston-Houston
 - Food Pantry services only - Rosenberg location currently closed
 - Phone: 713-227-9981 - Call for an appointment
- Food Pantry of Fort Bend County
 - 435 Stafford Run Road, Stafford, TX 77477
 - Phone: 281-261-1006 - <https://www.humanneeds.org/>
- Houston Food Bank - Covid-19 nutrition resources
 - <https://www.houstonfoodbank.org/our-programs/nutrition-education-covidnutritionresources/>
 - Please call or go on website to find food pantry near you. Portwall Pantry is not operating at this time. Other Pantries in your area may be available.
- Katy Christian Ministries
 - Drive-thru pick up food pantry and Social Services
 - Call Social Services for Food Pantry services and ask for emergency food assistance **FIRST**. Monday thru Thursday 9:00 AM to 12:00 PM & 1:00PM to 5:00PM
 - Phone: 281-391-9623 - www.ktcm.org

Internet

- Internet Essentials (Comcast)
 - <https://www.internetessentials.com/covid19>
- Spectrum
 - Free Internet service for 60 days for Students K-12 and College Students. Cannot be existing customer. Please call to see if service is available in your area.
 - Phone: 855-243-8892 or 855-707-7328 - <https://www.spectrum.com/contact-us.html>

Shelters

- Fort Bend Family Promise Shelter
 - Not accepting anyone right now due to Covid-19 situation but willing to take contact information.
 - 1424 FM 1092, Missouri City, Texas 77459
 - Phone: 281-403-3923 - <http://www.fortbendfamilypromise.org/>
- Fort Bend County Women's Shelter
 - Need to call as day to day census changes
 - Crisis Hotline: 281-342-HELP - Phone: 281-344-5750 - Fax: 281-232-5041
 - <https://www.fbwc.org/>

Unemployment

- Texas Workforce Commission
 - <https://twc.texas.gov/news/unemployment-news>

Mental Health Services

- Bo's Place
 - Free grief support counseling
 - Phone: 713-942-8339 - Fax: 713-942-2252 - <http://www.bosplace.org/>
 - 10050 Buffalo Speedway, Houston, TX 77054
- Depelchin Children's Center
 - Mental health resources
 - Phone: 713-730-2335 - Toll Free (Outside of Houston): 888-730-2335
 - 24-hour Pregnancy Support: (713) 582-7129, Fax Number: (713) 802-3801
 - <http://www.depelchin.org/>

Mental Health Services (cont.)

- Clear Hope
 - Phone: 281-769-2238 - www.clearhopewellness.com
- National Alliance on Mental Illness (NAMI)
 - Phone: 800-950-6264 - <https://www.nami.org>
 - No live calls. Voicemails returned within 24 to 48 hours during business hours
 - Crisis Text Line - TEXT NAMI to 741741 (24 hours)
- National Suicide Prevention Lifeline
 - Phone: 1- 800-273-TALK (8255)
- FBISD TALKLINE
 - Call or text to speak to a mental health professional
 - Phone: 281-240-TALK (8255)
- Montrose Center
 - Counseling services, including teletherapy
 - 401 Barnard Street, Houston, Texas 77006
 - Phone: 713-529-0037 - www.montrosecenter.org
 - LGBT Switchboard 24HR Helpline: 713-529-3211
- Texana Behavioral Healthcare Clinic
 - <https://www.texanacenter.com>
 - Phone: 281-276-4400 - 2535 Cordes, Sugar Land, TX 77479
 - Phone: 281-342-6384 - 4910 Airport Ave., Rosenberg, TX 77471

Medical Services

- Access Health
 - Medical services, dental services and assistance for Uninsured medical services
 - Phone: 281-342-4530 - <https://myaccesshealth.org/>
- Ibn Sina Community Medical Clinic and Dental Clinic
 - 11226 S Wilcrest Dr, Houston, TX 77099
 - Phone: 281-977-7462
- Ibn Sina Community Medical Clinic and Dental Clinic
 - 16345 S Post Oak Road, Houston, TX 77053
 - Phone: 281-438-7562

Medical Services (cont.)

- Fort Bend County Health Department - Covid-19 Medical
 - Phone: 281-238-3551

Other Social Services

- WIC
 - WIC Rosenberg - 1720 B.F. Terry Blvd., Ste. A, Rosenberg, TX 77471
 - Phone: 281-238-2306
 - WIC Stafford - 2503 South Main, Suite B, Stafford, TX 77477
 - Phone: 281-499-1894
 - WIC Stafford Clinic - 10435 Greenbough United Way, Stafford, TX 77477
 - Phone: 281-969-1836
- Fort Bend County Social Services
 - Public aid and assistance
 - 4520 Reading Road, Suite A, Rosenberg, TX 77471
 - Phone: 281-342-7300 - <https://www.fbchhs.org/social-services>
- Domestic Abuse Hotline:
 - Phone: 281-391-HELP
- Sexual Abuse Hotline:
 - Phone: 281-693-RAPE
- Immigrant Rights Hotline
 - Phone: 1-833-468-4664 (833-HOU-IMMI)
- Refugee Services of Texas
 - Please call and speak to staff and/or make an appointment. At this time, the office is closed; so please call to speak with staff for questions/support.
 - Phone: 713- 644-6224 - Fax: 713-645-1915 - Email: houston@rstx.org

Health

- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- <https://hhs.texas.gov/services/health/coronavirus-covid-19>
- <https://www.fbchealth.org/>

Health (cont.)

- Coping with Stigma During a Health Crisis
 - <https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/> (specifically, the last part of the video that discusses stigma)
 - <https://uhs.berkeley.edu/sites/default/files/fearsanxiety-coronavirus.pdf>

Mental Health/Coping

- *Anxiety*
 - <https://uhs.berkeley.edu/sites/default/files/fearsanxiety-coronavirus.pdf>
 - <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
 - www.calm.com
 - <https://store.samhsa.gov/system/files/sma14-4885.pdf>
 - <https://www.fortbend.lib.tx.us/sites/default/files/2020-03/Techniques%20to%20Reduce%20Anxiety.pdf>
- *How to talk to kids about what's going on*
 - <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>
 - <https://childmind.org/article/talking-to-kids-about-the-coronavirus>

Entertainment

- Free field trips
 - https://docs.google.com/document/d/e/2PACX-1vTbUBsKt4U5tR-eXC8b2bogrvjrVIEBI8OJlesNPw6b7BRScYRuyXlaSAVlcl_q52BI4SqrK4_HVQCw/pub
 - <https://kidsactivitiesblog.com/135714/virtual-field-trips/>
- The Fort Bend County Library System has a vast collection of digital materials that can be accessed from home, such as: All are available on their website and are free with your library card
 - eBooks and downloadable audiobooks - <https://kcls.org/resources-types/ebooks-format/>
 - Streaming TV and movies - <https://kcls.org/resources-types/movies-tv/>
 - Flipster Magazines - <https://www.fortbend.lib.tx.us/books-elibrary-more/elibrary>
 - TumbleBooks for Children - <https://www.fortbend.lib.tx.us/books-elibrary-more/elibrary>
 - Databases, and much more - <https://kcls.org/resources-types/databases/>