

You Are Not Alone

Helpful Numbers for Older Adults and Caregivers for the COVID-19 Pandemic

For COVID-19 Questions

Houston Health Department

832-393-4220

houstontx.gov/health

Harris County Public Health

832-927-7575

readyharris.org

Fort Bend County Health & Human Services

281-633-7795

fbchealth.org/ncov/

Start with Your Healthcare Provider For Medical Questions

Don't have one? Try these bilingual resources:

Ask my Nurse Helpline

for unincorporated Harris County residents
without insurance

713-634-1110

Memorial Hermann Nurse Health Line

for any Texas residents without
access to health care

713-338-7979/1-855-577-7979

Feeling Anxious or Worried? Need Someone to Talk To?

Harris Center Call Line for COVID-19 Mental Health Support (24/7)

1-833-251-7544

SAMHSA National Disaster Distress Hotline (24/7, many languages available)

1-800-985-5990 or disasterdistress.samhsa.gov

Need Help with Food?

**Houston Food Bank
Helpline**

832-369-9390

houstonfoodbank.org



Looking for Other Services?

**2-1-1 Texas/United Way
Helpline**

Dial 211

unitedwayhouston.org

Need Some Help and Don't Know Where to Start?

Call the Collaboratory for Aging Resources and Education (CARE)

346-704-4233

CARE is a new community resource focusing on older adults and caregivers.