

AssistHers Resource Guide

This is a list of some of the resources available in the Greater Houston area and nationally that may be of benefit to others. The AssistHers program is not affiliated with any other organization identified herein, has not performed any investigation of any other organization, and cannot recommend or endorse any other organization identified herein. The organizations identified herein are listed in an effort to provide information. Use these at your own discretion.

General Texas Social Services Links:

[Texas Medicare:](#)

Medicare beneficiaries include those deemed eligible by being 65 or older or through a disability by the Social Security Administration.

Contact: 800-252-9240

[Texas Medicaid:](#)

Medicaid and the Children's Health Insurance Program (CHIP) provide health coverage for low-income children, families, seniors and people with disabilities.

Contact: 2-1-1

[Houston Housing Authority:](#)

HHA provides information about many housing programs and affordable housing developments and client services.

Contact: 713-260-0600 or 713-260-0547 TTY (for the hearing impaired)

[Houston Health Department:](#)

City of Houston's Health Department. Visit the website for a list of programs and services.

Contact: 3-1-1

[Houston Office of Emergency Management:](#)

The OEM mission is to provide programs and activities to Houston city residents and departments to help them prepare for, cope with and recover from the effects of natural and man-made disasters.

Contact: 713-884-4500 or 311

[Mayor's Office of People with Disabilities:](#)

Serves as the primary advocate for the rights and needs of citizens with disabilities in Houston.

Contact: 832.394.0814 or email mopdmail@houstontx.gov

[Metropolitan Multi-Service Center:](#)

Houston's Adaptive Recreation Section was created to offer a variety of recreational, sporting and quality of life programming for people with disabilities.

Contact: 832-395-7333, 832-395-7000, or email askparks@houstontx.gov

[Harris Health System Financial Assistance Program:](#)

AKA the “Gold Card,” the program provides financial assistance for those who qualify.

Contact: 713-566-6509

[211 Texas:](#)

A program of the Texas Health and Human Services Commission, committed to helping Texas citizens connect with the services they need

Contact: Call 2-1-1

Directories:

[Blue Book:](#)

Houston Resource Guide of multiple agencies providing services to persons living with HIV/AIDS as well as other persons. Directory is available online or print at no cost.

Contact: feedbackrwpc@hctx.net

[Senior Guidance Directory:](#)

Listing of multiple agencies in the Greater Houston Area providing services to seniors. Directory is available online or can be mailed. Last updated 2018.

Contact: 713-595-8178 with questions or 713-685-2437 to arrange for a mailed copy

Aging

[Age in Place:](#)

Assistance to help seniors stay in their homes, includes money to make homes handicap accessible and other programs as well.

Contact: 202-939-1770 or email jhoefer@dworbell.com

[Harris County Area Agency On Aging \(AAA\):](#)

Supports independence and dignity of seniors along with nutritional support, residential repair, care coordination, benefits counseling, and more.

Contact: 832-393-4301

Food Assistance

[SNAP/Food Stamps:](#)

Supplemental Nutrition Assistance Program (SNAP) offers nutrition assistance to millions of eligible, low-income individuals and families. Can apply for a LoneStar Card to use as a debit card with SNAP benefits.

Contact: Call 2-1-1 or 1-877-541-7905 for questions about SNAP and other Health and Human Services benefits; call 832-369-9390 to get assistance from the Houston Food Bank to apply to SNAP; call 1-800-777-7328 for more information on LoneStar Cards.

[Houston Food Bank:](#)

America's largest food bank in distribution leading hunger relief in 18 southeast Texas counties.
Contact: 713-223-3700 or email info@houstonfoodbank.org

[Meals on Wheels Houston:](#)

Interfaith Ministries' Meals on Wheels provides home-delivered meals to approximately 4,900 homebound seniors and disabled adults in five counties – Harris, Galveston, Montgomery, Liberty and Chambers.
Contact: 713-533-4978

Help Lines & Hotlines

[SAGE USA:](#)

Providing advocacy and resources for LGBTQ+ elders.
Contact: SAGE Mental Health Hotline at 877-360-LGBT (5428)

[LGBT Switchboard Houston:](#)

24 hour help line for Texas residents. General information and resources are provided only during business hours (Monday-Friday 8am-7pm). Crisis calls are accepted 24 hours per day.
Contact: 713-529-3211

[The LGBT National Help Center:](#)

A hotline for confidential peer support for the LGBTQ+ community. Monday – Friday 3pm to 11pm CT. Saturday 11am to 4pm CT.
Contact: 888-843-4564 or email help@LGBThotline.org

[The Trans Lifeline:](#)

A 24/7 phone hotline for trans people and staffed exclusively with trans operators
Contact: 877-565-8860

[Alzheimer's Association:](#)

Contact: 24/7 helpline 800-272-3900

[American Cancer Society:](#)

Contact: Cancer Helpline at 800-227-2345

[The Harris Center 24-hr Hotline:](#)

Contact: 713-970-7000

Counseling Services

[The Montrose Center:](#)

Contact: 713-529-0037

[The Harris Center for Mental Health and IDD:](#)

Call: 713- 970-7070

Eligibility: 713-970-4444

[Legacy Community Health:](#)

Contact: 832-548-5000

Medical Care

[Legacy Community Health:](#)

A Federally Qualified Health Clinic (FQHC) that provides primary healthcare services to Houstonians in a culturally sensitive, judgment-free and confidential environment. Legacy also specializes in HIV/AIDS testing, education, treatment and social services. Provides low cost and sliding scale services.

Contact: 832-548-5000

[Avenue 360:](#)

A Federally Qualified Health Clinic (FQHC) that provides primary, behavioral health, and dental care for patients at the beginning to the end of life, as well as reduced-cost pharmacies.

Contact: 713-426-002

[Planned Parenthood:](#)

A provider of sexual and reproductive healthcare. Provides a range of services including STI/STD testing, birth control, and services for LGBTQ+ clients.

Contact: 1-800-230-7526

Medications/Prescription Drug Cost Help

[GoodRx:](#)

Helps find lower prices on prescription medication.

Contact: 1-855-268-2822 for customer support

[Needy Meds:](#)

A source of information on thousands of programs that may be able to offer assistance to people in need. Also offers free drug discount card.

Contact: 800-503-6897 or email info@needymeds.org

[Coast 2 Coast Rx:](#)

Free discount prescription cards, find a pharmacy, drug pricing or print a free discount card

Contact: 1-800-931-8872 for customer support

[211 Texas:](#)

Contact: 2-1-1

Support/Service Organizations:

[Cleaning for a Reason:](#)

Provides free housecleaning services to clients with cancer.

Contact: 877-337-3348 or email info@cleaningforareason.org

[BakerRipley:](#)

Community centers that provide assistance for senior citizens, disaster recovery, education, job placement, and personal finance.

Contact: 713-315-6400

[The Houston Center for Independent Living:](#)

An independent living advocacy organization created by and for people with disabilities.

Contact: 713-974-4621, video phone 346-231-0641.

[United Way:](#)

Assistance with food, utilities, health care, rental assistance, finding shelter, and more.

Contact: 211 answered 24/7

[re:MIND Support Groups:](#)

re:MIND (formerly known as Depression and Bipolar Support Alliance Greater Houston) provides free and confidential support groups for individuals living with, or family and friends affected by, depression and bipolar disorders.

Contact: 713-600-1131 or email info@remindsupport.org

Social Organizations

[LOAF:](#)

LOAF (Lesbians Over the Age of Fifty) is a social networking and support group for lesbians over age 50 and their partners, whatever their age.

[SPRY:](#)

SPRY (Seniors Preparing for Rainbow Years) is a community of LGBTQ+ older adults age 60+, with life-enhancing services to meet a variety of needs unique to our population.

Contact: 713-529-0037 x378

[Resurrection Metropolitan Community Church:](#)

2025 West 11th Street Houston, Texas 77008

LGBTQ+ friendly church that conducts community outreach and holds various support groups.

Contact: 713-861-9149 or email info@ResurrectionMCC.org

Transportation

[METROLift:](#)

A shared-ride public transit service that provides everyday transportation assistance for people with disabilities who need accessible transportation.

Contact: 713-225-0119

[Yellow Cab Houston:](#)

Everyday transportation assistance.

Contact: 713-236-1111

Wheelchairs:

[Texas Ramp Project:](#)

Will build wheelchair ramps.

Contact: 214.558.0339 or email: info@texasramps.org

[Wheelchair Foundation:](#)

3820 Blackhawk Road Danville, CA 94506

Contact: 877-378-3839

[American Outreach Foundation:](#)

The foundation welcomes donations of new or used power chairs or scooters and refurbishes them to later be given free-of-charge to individuals in need.

Contact: 760-673-7982 or NeedAPowerchair@Yahoo.com

Pet Assistance

[Animal Meals on Wheels:](#)

For seniors in Meals on Wheels program who need to feed their pets

Contact: 713-533-4978

[Pet Patrol:](#)

Assists limited income elderly and those affected by chronic or life threatening illness in the Houston area to keep and care for their existing pets (possibly help with pets when owner goes to hospital)

Contact: 281.733.7696 or email info@thepetpatrol.org