

HELP for Children & Families

Community Resources to Help Families with Health Needs

HELPful Community Resources

Due to many factors, children and families may experience limited access to healthcare, food, safe housing, emotional support, and other needed resources. This reference tool includes the framework HELP to easily assess and address the health needs of children and their families.



Food & Formula



Family Support



Childcare & School



Well-being



Shelter & Sanitation



Injury Prevention



Work & Income



Internet Access

Community Needs of Families with Children

Health

Equitable Access to Healthcare and Basic Needs

Does the family have access to needed healthcare, food/formula, housing?

Resources to help with food, health, housing, employment, and more:

211 Texas, dial 2-1-1 or 877-541-7905, 211texas.org

Tarrant Cares, text the word FIND to 67629, tarrantcares.org

Aunt Bertha, auntbertha.com

Tarrant County Dept of Human Services, 817-531-5620

Environment

Safety Where Children Live, Learn, and Play

Does this family feel safe and secure from physical & emotional harm?

Safety resources (porta cribs, car seats, life jackets, lockboxes for medication or firearms):

Safe Kids North Texas Fort Worth, safekids.org/coalition/safe-kids-north-texas-fort-worth

Home safety:

One Safe Place, 817-916-4323, onesafeplace.org

National Domestic Violence Hotline, 800-799-7233 (SAFE), thehotline.org

SafeHaven, 877-701-7233, safehavenc.org

Childhelp National Child Abuse Hotline for crisis hotline

Call/Text: 800-422-4453 or 800-4-A-CHILD, childhelp.org

Texas DFPS Texas Abuse Hotline to report child abuse

800-252-5400, txabusehotline.org

National Suicide Prevention Lifeline for 24/7 crisis hotline

800-273-8255 (TALK), suicidepreventionlifeline.org

Learning

Readiness & Support for Academic Success

Does the caregiver need support for child daycare, learning, or behavior?

Resources for child development or early learning:

Help Me Grow North Texas, 844-NTX-KIDS, helpmegrownorthtexas.org

Child Care Associates, 817-838-0055, childcareassociates.org

Parenting

Parenting & Family Support

How is the family coping? Have emotional support? Mental health needs?

American Academy of Pediatrics, for parenting resources, healthychildren.org

Texas Youth Helpline for 24/7 support hotline

800-989-6884, Text: 512-872-5777, dfps.state.tx.us/youth-helpline

iCARE Crisis Line for Mental Health & Substance Use for 24/7 support hotline

800-866-2465, Text: 817-335-3022, mhmtarrant.org

Substance Abuse and Mental Health Services Administration for 24/7 helpline

800-662-4357 (HELP), samhsa.gov