



WHERE TO GET HELP:

STATE BENEFITS AND HELP FOR OLDER ADULTS

Texas Health and Human Services (HHS)

Call: 211

Press 1: Find local help for food, rent, shelter, and bills.

Press 2: Ask how to apply for Medicaid, SNAP (food benefits), and other aid.

Apply online: YourTexasBenefits.com

or Call: 877-541-7905

Aging & Disability Resource Center

855-937-2372

Find services that can help you live safely at home.

Harris County Area Agency on Aging | Age 60+

832-393-4301

Ask about Medicare, meals, caregiver help, and services for older adults.

Social Security | Retirement, disability, SSI

800-772-1213

Ask about monthly retirement, disability, or SSI payments for those who qualify.

CarePartners | Help for family caregivers

713-682-5995

Support groups and classes for people caring for an older adult.

FOOD, MEALS, AND FAMILY SUPPORT

Houston Food Bank

832-369-9390

Find free food nearby or ask for help applying for SNAP food benefits.

Meals on Wheels

713-533-4978

Ask about home-delivered meals for eligible adults 60+.

IM Houston (Interfaith Ministries)

713-533-4900

Ask which food, family, counseling, or bill-help programs are open.

Texas WIC | Food for young families

800-942-3678

Food and nutrition help in pregnancy, after birth, and for children under 5.

RENT, HOUSING, AND UTILITY BILLS

Rent or shelter urgently? Call 211, press 1 to ask what help is available.

BakerRipley | Energy bills

713-590-2327

Ask about help paying electricity or gas bills and how to apply.

Housing Alliance HTX | City of Houston

713-260-0500

Ask about lower-cost housing or open waiting lists in Houston.

Harris County Housing Authority

713-578-2100

Ask if your address is covered and whether housing applications are open.

Houston Habitat | Home repairs for seniors

713-671-9993

Age 62+ and own your home? Ask about repairs that can help you stay safe.



RIDES AND MEMORY CARE

METROLift | Rides for people with disabilities

713-225-0119

If you cannot use regular buses because of a disability, ask how to apply.

Medicaid rides | No health plan

877-633-8747

If you have a Medicaid health plan, call the number on your plan card instead.

Alzheimer's Association | Day or night

800-272-3900

Free advice about memory loss and dementia for patients and families.

Amazing Place | Local memory support

713-552-0420

Ask about dementia classes, care guidance, and day programs.

PARENTS, CHILDREN, AND TEENS

Texas Parent Helpline | Call or text

833-680-0611

Free help, day or night, with parenting stress and family problems.

Texas Youth Helpline | Call or text

800-989-6884

Free private support, day or night, for teens and families in crisis.

CONSUMER QUESTIONS, COMPLAINTS, AND LEGAL HELP

Texas HHS | Problems with state benefits

877-787-8999

Ask for help if you have a problem with Medicaid, SNAP, or HHS services.

Protective Services | Case complaints (DFPS)

800-720-7777

Questions or complaints about Child or Adult Protective Services cases.

Texas Attorney General | Consumer Protection

800-621-0508

Ask how to report scams or dishonest business practices.

Free legal phone advice | Older Texans

800-622-2520, opt. 3

Age 60+? Ask a lawyer about benefits, debt, wills, or care planning.

SAFETY AND URGENT HELP

Report abuse or neglect | Children and adults

800-252-5400

Call if a child, an older adult, or an adult with a disability is being hurt or neglected.

Nursing home or assisted living problems

800-252-2412

Ask for help with a resident's care, rights, or safety.

Report unsafe care in a licensed facility

800-458-9858

Report neglect or unsafe care in nursing homes or other licensed care settings.

Domestic violence | Free, private support

800-799-7233

Get help or make a safety plan if someone at home is hurting or threatening you.

Mental health crisis: Call or text 988

Immediate danger: Call 911