



LOCAL ASSISTANCE AND RESOURCES LISTINGS DURING COVID-19

Please call ahead for updated hours of operation or availability.

Agency, address or phone #:	Type of assistance:
<u>Assistance Agencies</u>	
Dial 211	For information on agencies that can help during this time.
Community Service Agency 956-383-6240 Apply online at www.hidalgosa.org	For food, electricity, rent, medication. Lobby closed (2524 N. Closner, Edinburg)
800-939-6631 www.texas.gov/jobseekers/unemployment-benefits-services	Filing for unemployment in Texas.
Catholic Charities of the Rio Grande Valley 956-702-4088 400 N. Nebraska Ave., San Juan	The charitable branch of the Diocese of Brownsville. Catholic Charities of the Rio Grande Valley has projects that provide assistance to the poor and most vulnerable population in our community.
United Way 956-686-6331 www.unitedwayofstx.org	Our community's volunteer network helping to fund critical human service needs in Hidalgo County. United Way brings together a cross-section of volunteers and agencies in order to help people needing assistance with today's problems.
Financial Assistance for Veterans 956-520-8860	For utilities assistance. Help with light, water, gas, garbage.
Lifeline Program 866-454-8387 www.texaslifeline.org	Lowers monthly cost of phone and free internet free service or discounts if you qualify.
Project COVID-19 Care 956-802-7540	For grocery delivery for the needy.
<u>Food and Meals</u>	
Food Bank of the RGV 956-682-8101 www.foodbankrgv.com	For food needs. Tuesdays 9-11AM Thursdays 9-11AM for persons age 60 + Distribution every 30 days per family
Mission Food Pantry 956-585-3542 S. Matamoros, Mission	For food needs.
Our Lady of Guadalupe Catholic Church 956-585-2623 620 N. Dunlap Ave., Mission	Giving "emergency" bags of beans and pasta. Food pantry closed.

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Food and Meals

Food Pantry of South Texas College Email your name, address, phone # to clopez74@southtexascollege.edu	For students enrolled in Spring 2020 or Summer 2020.
First United Methodist Church 956-585-1665 1101 Dougherty, Mission	For food needs. Open 1 st and 3 rd Thursdays of the month.
Senior Meal Program 956-681-3350	For elder food needs.
Meals on Wheels 956-240-2069	For food needs.
Meals4Kids www.fns.usda.gov/meals4kids	For food needs.
Salvation Army 956-682-1468	Giving food, hygiene boxes and disinfectant kits. Must call for phone screening.

Health/Medical Services

Telemedicine 956-255-2227 www.telemedicinergv.com	A telemedicine portal where you can find providers that are currently offering real time face-to-face Telemedicine. If you don't see your current healthcare provider on the list, tell them about our page and contact us so we can set them up in less than 48 hours.
UTRGV Health COVID-19 (coronavirus) testing sites: Edinburg, Mercedes, Brownsville www.UTHealthRGV.org/coronavirus Request a phone screening: 833-887-4863	Must have symptoms: traveled to a high-risk area, fever of 100oF or higher, persistent cough and difficulty breathing. And including a doctor's approval for testing.
Texas Health Trace Enter DSHS Contact Tracing in your Google web browser	Simple online, web app so you can check your symptoms, report exposure to COVID-19, and view test collection sites around the state. Personal information is confidential and used solely for public health and never made public.

Mental Health Services

Texas Health & Human Services (COVID-19) Mental Health Support Line 833-986-1919	FREE for any age group. To speak with a mental health professional for help dealing with stress, anxiety, or depression.
National Suicide Prevention Hotline 800-273-8255	For the prevention of suicide within any age group.

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<u>Protective services</u>	
Child & Adult Protective Services Abuse Hotline 800-252-5400	For suspected abuse of children and elderly.
Domestic Violence for Women 956-630-4878	For women and their children in abusive relationships. 24/7 hotline.
Poison Control Hotline 800-222-1222	For the prevention of accidental poisoning.

Stay healthy, stay safe!