



# Rely on these resources for help

There are resources in your community to help you create and build social connections.

## All-around health support for you

Some health plans may include mental or behavioral health support. Plans may also include virtual appointments for medical or behavioral healthcare, allowing you to receive care without leaving your home. Call the number on the back of your health plan member ID card to see what benefits may be available.

### Disaster Distress Line

Call for immediate counseling for anyone who is seeking help in coping with the mental or emotional effects caused by the COVID-19 pandemic.

**1-800-985-5990** (TTY: 711)

24 hours a day, seven days a week

[www.samhsa.gov](http://www.samhsa.gov)

### Eldercare Area Agencies on Aging

Find trustworthy, local support resources for older Americans and their caregivers.

**1-800-677-1116** (TTY: 711)

Monday – Friday, 9 a.m. – 8 p.m. Eastern time

[www.eldercare.acl.gov](http://www.eldercare.acl.gov)

### Institute on Aging's Friendship Line

Call this toll-free line for a friendly conversation and the caring ear of a trained volunteer. Accredited for people age 60 and older as well as adults living with disabilities.

**1-800-971-0016** (TTY: 711)

24 hours a day, seven days a week

### Caregiver Support

Connect with caregiving experts to help you find the right information you need to help you navigate your complex caregiving challenges.

**1-855-227-3640** (TTY: 711)

8 a.m. – 7 p.m. Eastern time

[www.caregiveraction.org](http://www.caregiveraction.org)



## Learn more about how we're supporting you

For more information, go to [CenterWellPrimaryCare.com/coronavirus](http://CenterWellPrimaryCare.com/coronavirus).



## Market resources – Houston

Even though you're practicing social distancing, you're not without support. There are resources in your community to help you. Use this list as your guide to finding just what you need.

### National resources

[www.ncoa.org](http://www.ncoa.org)

[www.leadingage.org](http://www.leadingage.org)

<https://www.unitedway.org/our-impact/featured-programs/2-1-1>

[www.auntbertha.com](http://www.auntbertha.com)

<https://tools.silversneakers.com/Eligibility/CheckEligibility>

### Statewide resources

<https://www.foodpantries.org/st/texas>

### Houston resources

[www.houstonfoodbank.org/find-help/agency-locator/](http://www.houstonfoodbank.org/find-help/agency-locator/)

[www.houstontx.gov/health/Aging](http://www.houstontx.gov/health/Aging)

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