

COVID-19 RECOVERY RESOURCES

Tarrant Cares

Online Resources for Tarrant County Residents. Learn more:

<http://tarrantcares.org/>

Unemployment + Worker's Comp

Unemployment Insurance – Anyone who has lost their job due to coronavirus or has had to take time off to self-quarantine or care for a sick relative (and does not get paid sick time from work) may [apply for Unemployment Insurance](#).

Workers' Comp

Anyone whose job has brought them into direct contact with someone with coronavirus (for instance, a first responder or a health care worker) and has become ill or are required to quarantine, can [file for Workers' Comp](#).

Resources for Job Seekers

The Texas Workforce Commission has created a page dedicated to [COVID-19 Resources for Job Seekers](#). If you or a friend or family member are out of work, Texas' Employment Security Department provides support services as well.

Financial Assistance

Coronavirus Tax Relief

The IRS has deferred the federal tax filing deadline to July 15. Find more information on [coronavirus tax relief](#) here as well as [IRS FAQs on the extension](#) of the filing deadline.

Coronavirus Economic Impact Payment

As part of the government's economic stimulus package to combat the economic impact of the coronavirus pandemic, millions of workers and their families will receive a one-time check: up to \$1,200 for individuals or \$2,400 for married couples, with \$500 added for every child. If you don't usually file

a tax return, you can [submit your information here](#) to get the Economic Impact Payment via direct deposit.

*****Please be aware:** with the rollout of economic impact payments, there's an increased risk of scams. Stay vigilant and aware of unsolicited communications asking for your personal or private information—through mail, email, phone call, text, social media or websites—that ask you to verify your SSN, bank account, or credit card information or suggest that you can get a faster payment if they fill out information on your behalf or if you sign over your check to them. Please also be on the lookout for a bogus check, perhaps in an odd amount, that asks you to call a number or verify information online in order to cash that check.

Financial Resources

If you need help as a result of COVID-19 or any other reason, please call **2-1-1** or visit www.211Texas.org. This service, provided by the Texas Health and Human Services Commission, is a free, anonymous social service hotline available 24 hours a day, 7 days a week, 365 days a year. Phone: (877) 541-7905

The **U.S. Department of Treasury** has a list of [financial resources for consumers](#).

Can't pay off your credit card?

This [Wirecutter article](#) has a list of how specific banks and financial institutions are helping customers, whether by waiving late-payment fees, deferring interest charges, or not reporting missed payments to the credit bureaus.

Price Gouging + Disaster Scams

If you believe you have encountered price gouging or disaster scams, you should call the Office of the Texas Attorney General's toll-free complaint line at 1-800-621-0508, or [file a complaint online](#). For additional information on disaster scams, please [visit their disaster scams website](#).

Paying Utilities

Disconnections + Payment Extensions

If you need help paying your utility bills, contact your service provider immediately. Most water, electricity, natural gas, and other utilities providers are working with customers impacted by COVID-19 to delay or halt disconnections. Some have also created programs to aid customers with bill payments:

- Atmos and Dallas Water Utilities have suspended water service disconnects until further notice.
- Exelon brands (Constellation, Atlantic City Energy, BGE, ComEd, Delmarva Power, PECO) have suspended service disconnections and will waive late payment charges until at least May 1. Exelon has also committed to donating \$1.5 million to local and national COVID-19 relief efforts.
- Vistra Energy brands (TXU, Ambit, Tri-Eagle) is waiving late fees, extending payment due dates with no down payment required, reducing down payments and deferring balances over five equal installments. TXU customers can also receive additional bill-payment assistance through its TXU Energy AidSM program.
- NRG brands (Reliant, Green Mountain, Cirro, Stream, XOOM, Discount Power) is suspending disconnections for non-payment until April 3.

Internet Access

Charter Communications is offering free access to Spectrum Broadband and Wi-Fi for 60 days for new K-12 and College Student households. Residents should call 1-844-488-8395. Charter continues to offer Spectrum Assist for households without school-aged children and they are also opening Wi-Fi hotspots for public use.

AT&T will continue to offer internet access for qualifying limited income households at \$10/month through its Access from AT&T program. They have expanded eligibility to Access from AT&T to households participating in the National School Lunch Program and Head Start.

Paying Rent or Mortgage

The Consumer Financial Protection Bureau (CFPB) recommends that if you are unable to pay your rent or mortgage on time, you should contact your

lenders or landlords to let them know about your financial situation. There are a number of resources available to you at the local and state levels:

Housing Authority

- Texas Department of Housing and Community Affairs – Foreclosure prevention resources available by calling 1-888-995-HOPE (4673).
- Affordable Housing Resources – There may be vouchers from [Texas Health and Human Services Commission](#) to assist those in need with paying their rent. You'll also find information about government assistance with other needs, including lease application fees, information on low-income housing and security deposits. Dial 1-877-541-7905 to find additional ways to get rent help.
- HUD Homeownership Assistance – [Texas offers programs](#) that can help you with paying your mortgage and also avoid foreclosure. Local resources, including government and non-profit assistance, can help qualified homeowners.
- HUD Counseling – Many HUD-approved counseling agencies in Texas are providing [free foreclosure counseling](#), including expert assistance on avoiding foreclosure and advice on which programs and options an individual qualifies given their specific situation.
- Consumer Protection – Visit the Texas Attorney General [Consumer Protection page](#), call The Consumer Protection Hotline 1-800-621-0508 or [File a Consumer Complaint online](#).
- Evictions – The Department of Housing and Urban Development (HUD) has suspended all evictions and foreclosures on HUD-backed properties until the end of April.

The Texas Supreme Court issued an [order suspending all evictions until April 19, 2020](#).

The [Tarrant County Justices of the Peace](#) also issued an order suspending all evictions for 60 days:

- ALL Eviction cases are currently postponed and continued for 60 days, including Residential or Commercial; currently pending or filed within the 60-day period.

– ALL Writs of Possession are currently postponed and continued for 60 days, including Residential or Commercial; previously requested or requested within the 60-day period.

Food Assistance

Meals on Wheels of Tarrant County

Services are available to those who are homebound for any length of time, are physically or mentally unable to prepare nutritious meals for themselves, and have no one to help them on a regular basis. Visit:

<https://mealsonwheels.org/refer>

Arlington Charities

Arlington Charities will continue to provide food through a “drive through”. They will still make appointment slots to aid in crowd control. Please call 817-275-1511 beginning at 8:30 AM in order to set an appointment and visit <https://www.arlingtoncharities.org> or more information

Tarrant Area Food Bank

The food bank is preparing emergency boxes for distribution to our 330 local pantry and all school sites, they are seeking volunteers and donations to continue their work to help people facing hunger have the food they need. Learn more:

<https://tafb.org/tafb-news/get-involved-be-informed-stay-healthy/>

Harvesting In Mansfield Center

Local food pantry giving food and other essentials for families in need.

Address: 150 S. 6th Street, Mansfield 76063 Learn more:

www.himcenter.org

Mansfield Mission Center

Local food pantry providing food and other daily items for families in need.

Contact: 817-225-4868, Address: 703 Broad St, Mansfield 760163. Learn more: www.mansfieldmission.org

Grab & Go Meals by AMA-YMCA + Purple Heart

YMCA partnered up with Purple Heart to provide meals every Monday and Wednesday for children while Schools are closed. [Click here to learn more.](#)

Secure Food for Vulnerable Children

The immediate impact on school closures goes beyond the loss of classroom instruction. Some children receiving free and reduced meals experience hunger when schools close and school-provided meals are not accessible. These are often the only nutritional meals children have access to every day. We've been working closely with lower-income families, school districts, and community partners to address meal access and nutrition education that assists in meeting the nutritional needs of children. Your support means we can scale these programs to meet the critical need to increase meal programming throughout the region.

Free meals for Children under 18 years of age

[Click here for meal services for AISD](#)

[Click here for meal services for MISD](#)

Tax Filing and Payment Extension

Tax Filing Extension

The Department of Treasury and IRS have moved Tax Day from April 15, 2020 to July 15, 2020. While individual and families have an additional 90 days to file and make payments without interest or penalties, those who may receive tax refunds should file now to get your money. Details can be found on the [IRS website](#).

Tax Preparation

In person community tax centers that provide free tax preparation services are closed. For updates, visit www.DallasTaxCenters.org.

Free online filing is available for anyone, regardless of income, at www.myfreetaxes.com.

Student Loan Deferment

On March 20, 2020, the [U.S. Department of Education](#) announced that all borrowers with federally held student loans will automatically have their interest rates set to 0% for a period of at least 60 days.

In addition, each of these borrowers will have the option to *suspend their payments* for at least two months. This allows borrowers to temporarily stop

payments, without accruing interest. To do this, contact your loan servicer and put in a request to suspend. Visit StudentAid.gov/coronavirus for additional details.

Additional Resources

Area Agencies on Aging (AAA) provides services to help people age 60 and older, their family members and caregivers receive the information and assistance they need in locating and accessing community services. Visit: <https://hhs.texas.gov>

Tarrant County Warm Line Warm Line: 817-546-7826

A service for people who need support and human contact, but don't need a crisis line or hotline.

Monday-Friday 1PM-5PM

iCare Tarrant County, free, 24/7: 817-335-3022

Mental health and Substance Use Disorder emergency support is available 24 hours a day, 365 days a year

[Findhelp.org](https://findhelp.org)

Simply enter your zip code and this site will generate all the local resources available around your area including food, housing, goods, transit, health, money, care, education, work, legal resources and more. Learn more: <https://findhelp.org/>

Mobile Crisis Outreach Team provides face-to-face, 24-hour crisis services: 800-866-2465

If you are in a crisis, the Mobile Crisis Outreach Team provides a combination of face-to-face, 24-hour crisis services to children, adolescents and adults in Tarrant County, including:

- Emergency assessment for treatment at a clinic or a community location
- Call 911 services if you are dangerous to yourself or others
- Urgent care
- Crisis follow-up

- Relapse prevention

Lifeline Anytime, free, 24/7: 1-800-273-8255

No matter what problems you're dealing with, whether or not you're thinking about suicide, if you need someone to lean on for emotional support, call the Lifeline.

People call to talk about lots of things: substance abuse, economic worries, relationships, sexual identity, getting over abuse, depression, mental and physical illness, and loneliness, to name a few.

Hope Peer Support Warmline, free, Monday/Tuesday/Thursday/Friday 4pm-10-pm: 844-755-4673

Alternative for someone who is looking for emotional support

Individuals answering the phone are Certified Peer Support Specialist

National Domestic Violence Hotline, free, 24/7: 800-799-7233

National Suicide Prevention Lifeline, free, 24/7: 800-273-8255

Suicide Hotline: 800-784-2433

Don't Forget To Feed Me– Pet Food Bank

Learn more: www.dontforgettofeedme.org

Dental Health Arlington, 501 W Sanford St., #11, Arlington, TX 76011, Contact: 817-277-1165

DHA is providing low cost preventative and pain relieving dental services. Learn more: www.dentalhealtharlington.org

Cancer Care Services Address: 625 S Henderson St., Fort Worth, TX 76104, Phone: 817-921-0653

Provides Cancer patients and survivors: Financial Assistance, Counseling. Learn more: www.cancercareservices.org

Depression Connection for Recovery: Address: 3800 Hulen Street Suite 150, Fort Worth, TX 76107, Phone: 817-492-1300

Practical, accurate and caring access to mental health resources in the community. Support groups, private telephone consultations and office visits. Learn more: www.depressionconnection.org

NAMI: National Alliance on Mental Illness, free, Monday-Friday, from 10am-6pm: 800-950-6264

The NAMI HelpLine is a free service that provides information, referrals and support to people living with a mental health condition

- Symptoms of mental health conditions
- Treatment options
- Local support groups and services
- Education programs

The Alzheimer's Association – Introducing “Coffee with a Care Consultant”. This virtual coffee morning is hosted by care consultants from around the state and offers virtual attendees an opportunity to “chat” with them about specific topics. “Ask the Doc” offers participants an opportunity to chat their questions directly to the medical professional presenting in an informal setting.” Also offering two virtual Support Groups – one exclusively for those caregiving at home, and one for those with loved ones in a facility. Links are on their [website](#). Also, their 24/7 Helpline is ALWAYS available: 800-272-3900.

Milwood Hospital – Telehealth Services

Telehealth enables you to remotely connect with clinicians for behavioral healthcare services and information by phone, tablet or computer. It offers fast access to a provider for assessment, advice, education, intervention and monitoring, such as Individual Behavioral Health Video Session with Therapist and Group Behavioral Health Video Session. *Eligibility for Telehealth will depend on your behavioral health condition and geographic location, and ultimately will be determined by your provider.* Learn more at <https://millwoodhospital.com/>.

Medicaid Helpline: 800-925-9126

Health and Human Services: 1-888-337-6377

MHMR Tarrant: 817-335-3022 or 800-866-2465

Local Mental Health and Behavioral Health Authority (LMHA)

Arlington Life Shelter Address: 325 W. Division Street, Arlington, TX 76011, Phone: 817-548-9885

Provides assistance and temporary housing and services for those in need. Other services includes Employment, Education, and Children's Services. Learn more: <https://arlingtonlifeshelter.org/>

Mission Arlington

Assistance with food, clothing, financial assistance, rent, utilities, prescriptions, gas vouchers, furniture, appliances, household items, medical equipment, personal hygiene items. Also provide counseling, medical clinic, dental clinic, and support groups.

- Main Number: 817-277-6620
- Celebrate Recovery: 817-704-6161
- Counseling Services: 817-704-6144
- Dental Clinic New Appointments: 817-860-4474
- Dental Clinic Voicemail: 817-277-6620 x 3010
- Furniture: 817-277-6620 x 3006 (VM)
- Grief Share: 817-704-6174
- Medical Clinic: 817-277-9597
- Transportation: 817-704-6147

Arlington-Mansfield Area YMCA

Looking for help finding a resource or just need someone to talk with? Call the YMCA Monday through Friday between 8AM-4PM to speak with a representative at (817) 299-9629.

Caring for Children

Google Classroom to provide you with free and easy access to several of CATCH's evidence-based health, nutrition, and physical education materials. These activities require limited space and supervision, and are organized into three sections: Physical Activities, Activity Breaks and Family Health and Nutrition.

[Click here to access CATCH help at Home](#)