

HOTLINES and ONLINE RESOURCES

Emergencies

Dial 911.

Hotlines

Texas Abuse and Neglect Hotline

Report suspected abuse and neglect.

1-800-252-5400

TxAbuseHotline.org

Texas Runaway Hotline

Counseling, services, and referrals for runaway youth and their families.

1-888-580-HELP (1-888-580-4357)

www.TexasRunaway.org

Texas Youth Hotline

Services and counseling for youths and family members in times of stress.

1-800-210-2278

www.TexasYouth.org

Texas Adoption Resource Exchange

Find children in need of adoption.

1-800-233-3405

AdoptChildren.org

Texas Poison Control Center Network

Don't wait for the victim to look or feel sick—call poison control. Always call 911 if a victim is collapsed or not breathing.

1-800-222-1222

www.poisoncontrol.org

Parenting Skills

National Parent Hotline

(1-855-4A PARENT or 1-855-427-2736)

Texas Adoption Resource Exchange

Find children in need of adoption.

1-800-233-3405

AdoptChildren.org

Car Safety: Look Before You Lock

Online education about vehicle safety for children

Family Compass

Parenting and family programs in the Dallas area.

Texas Education Agency

Life skills classes and resources for teen parents.

Child Development Information

Born Learning

Information for parents, grandparents, and caregivers to make learning fun.

www.bornlearning.org

Texas Early Childhood Intervention

Support for families with children with disabilities and developmental delays.

1-800-628-5115

Infant Sleeping Death Prevention

Get information and tips on how to put an infant to sleep safely.

BabyRoomToBreathe.org

Water Safety for Kids

Information and tips on how to protect children from drowning.

www.watchkidsaroundwater.org

Texas Baby Moses Hotline

Information on the Baby Moses Law, which protects parents from criminal prosecution when they deliver an unharmed child to a designated emergency infant-care provider.

1-877-904-SAVE (1-877-904-7283)

Food / Clothing / Housing

Catholic Charities

Food, housing, and educational programs that help strengthen families.

The Salvation Army Emergency services including food, shelter, and clothing, and rehabilitation aimed at self-sufficiency.

Women Infant and Children (WIC)

Nutrition help for low-income pregnant and breastfeeding women and for infants and children up to age five.

1-800-WIC-FOR-U (1-800-942-3678)

www.texaswic.org

2-1-1 Texas (Texas Information and Referral Network)

Dial 2-1-1. No matter where you live in Texas, you can dial 2-1-1 and find out about resources in your local community. It's the number to call when you don't know who to call.

Your Texas Benefits

Apply for food, medical, and cash benefits.

YourTexasBenefits.com

Jobs / Childcare

Goodwill Industries

Help for people with disabilities and barriers to employment to get training and find jobs.

Jobs

Texas Workforce Commission

Job readiness training and job search programs, and assistance with child care vouchers.

1-800-822-7526

www.twc.state.tx.us

Child Care**Texas Child Care Search**

Search for regulated child-care facilities to keep your children safe.

1-800-862-5252

www.txchildcaresearch.org

Texas Attorney General**Child Support Division**

Services for parents who wish to obtain or provide support for their children.

1-800-252-8014

www.oag.state.tx.us/cs/

Drugs / Alcohol**Texas Substance Abuse Hotline**

1-877-9-NO-DRUG (1-877-966-3784)

The Partnership for a Drug-Free Texas**Drug and Alcohol Information****Texas Substance Abuse Hotline**

Mental health and substance abuse services.

1-877-9-NO-DRUG (1-877-966-3784)

www.dshs.state.tx.us/mhlsa-sa-help

Alcoholics Anonymous®

Group support to recover from alcoholism.

1-212-870-3400

www.aa.org

Alanon and Alateen

Support for friends, family, and teens of alcoholics.

1-888-4AL-ANON (1-888-425-2666)

www.al-anon.alateen.org

Narcotics Anonymous

Support for those who suffer from drug addiction.

1-818-773-9999

www.na.org

Stress / Anxiety / Depression / Counseling

Mental Health Crisis Hotlines

[Texas Runaway Hotline](#)

Counseling, services, and referrals for runaway youth and their families.

1-888-580-HELP (1-888-580-4357)

www.TexasRunaway.org

[Texas Youth Hotline](#)

Services and counseling for youths and family members in times of stress.

1-800-210-2278

www.TexasYouth.org

[Texas Suicide Prevention](#)

Get in touch with your local crisis line for other ways to help.

Please call 1-800-273-TALK (8255)

www.texassuicideprevention.org

Family Violence

[Texas Council on Family Violence](#)

[National Domestic Violence Hotline](#)

1-800-799-7233

[Texas Abuse and Neglect Hotline](#)

Report child abuse and neglect.

1-800-252-5400

www.txabusehotline.org

[Childhelp® National Child Abuse Hotline](#)

The 24/7 hotline offers crisis intervention, information, literature, and referrals.

1-800-4-A-Child (1-800-422-4453)

www.childhelp.org

[National Domestic Violence Hotline](#)

24-hour support through advocacy, safety planning, resources, and hope to everyone affected by domestic violence.

1-800-799-SAFE (1-800-799-7233)

www.thehotline.org

Legal Assistance

[Texas Attorney General](#)

[Child Support Division](#)

Services for parents who wish to obtain or provide support for their children.

1-800-252-8014

www.oag.state.tx.us/cs/

[Texas Law Help](#)

Civil legal information for Texans who cannot afford legal help.

www.texaslawhelp.org