

Parenting is Hard. Ask for H.E.L.P. Provider Reference to Help Families Manage COVID-19 Stress

Addressing Basic Needs of Families

Due to COVID-19, things can feel stressful and uncertain for parents. This quick-reference document supports **healthcare providers, social workers, and other professionals** as they address the needs of caregivers and families.



Food & Formula



Family Support



Childcare & School



Well-being



Shelter & Sanitation



Injury Prevention



Work & Income



Internet Access

Community needs associated with COVID-19

Parenting is Hard. Ask for H.E.L.P.

The acronym **H.E.L.P.** is a simple outline for healthcare providers, social workers, and other professionals to quickly **assess the basic needs of caregivers and their families**.

- H. Health.** Does your family have access to food/formula? Healthcare? Mental health? Dental care? Medication?
- E. Environment.** Do you and your child feel safe and secure at home?
- L. Learning.** How is your child doing with online learning?
- P. Parenting.** How are you coping with the stress of parenting?

H.E.L.P.ful Services, Hotlines, & Evidence-Informed Resources

To address the identified needs of caregivers and their families, this information is provided as a quick reference for healthcare providers, social workers, and other professionals.

Local Health and Human Services

211 Texas Dial 2-1-1 or 877-541-7905, 211texas.org

Aunt Bertha auntbertha.com

Tarrant Cares tarrantcares.org

One Safe Place 817-916-4323

Help me Grow Family Resource 844-NTX-KIDS

Tarrant County Dept of Human Services 800-942-3678

WIC Health & Nutrition 800-942-3678

Evidence-Informed Resources

Centers for Disease Control (COVID-19 related)

Coping ([Link](#)) | Print Resources ([Link](#)) | Pregnancy ([Link](#))

Texas Department of State Health Services

Communication Tools ([Link](#)) | COVID-19 Info ([Link](#))

American Academy of Pediatrics

Parenting Website ([Link](#)) | Critical Updates ([Link](#))

Cook Children's

COVID-19 Information ([Link](#))

United Way of Dallas

Parenting Tips & Resources ([Link](#))

24/7 Crisis & Support Hotlines

Childhelp National Child Abuse Hotline for caregiver support

Call/Text: 800-422-4453 or 800-4-A-CHILD, childhelp.org

Texas DFPS Texas Abuse Hotline to report child abuse

800-252-5400, txabusehotline.org

National Suicide Prevention Lifeline

800-273-8255 (TALK), suicidepreventionlifeline.org

Texas Youth Helpline

800-989-6884, Text: 512-872-5777

iCARE Crisis Line for Mental Health & Substance Use

800-866-2465, Text: 817-335-3022

Texas COVID-19 Mental Health Support Line

833-986-1919, mhmrct.org

National Domestic Violence Hotline

800-799-7233 (SAFE), thehotline.org