

## Community Resources

### MENTAL HEALTH RESOURCES

#### COVID-19 Mental Health Hotline

Texas Health and Human Services has launched a 24/7 statewide mental health support line to help Texans experiencing anxiety, stress or emotional challenges due to the COVID-19 pandemic.

This new resource offers COVID-19-related mental health support for all Texans. People can call the Statewide COVID-19 Mental Health Support Line 24 hours a day, 7 days a week toll-free at 833-986-1919.

[Read full details about the hotline.](#)

### INFORMATION FOR YOUR FAMILY

#### Mental Health:

[Manage Anxiety & Stress](#)

[Mental Health And COVID-19 – Information And Resources](#)

[Get Your Home Ready](#)

### INFORMATION FOR YOUR BUSINESS

[SBA Guidance for Businesses and Employers to Plan and Respond to Coronavirus Disease 19 \(COVID-19\)](#)

[SBA to Provide Disaster Assistance Loans for Small Businesses Impacted by Coronavirus \(COVID-19\)](#)

[SBA Disaster Assistance in Response to Coronavirus](#)

[Three-Step SBA Disaster Loan \(English\)](#)

[Three-Step SBA Disaster Loan \(Spanish\)](#)

#### Unemployment Benefits

On March 17, 2020, Texas Governor Greg Abbott instructed the Texas Workforce Commission to waive the waiting week, for Unemployment Benefits. In addition to waiving the waiting week, the Texas Workforce Commission is exercising its authority under the Governor's declaration of a Statewide Disaster to waive Unemployment Insurance work search requirements effective immediately.

Those seeking to apply for [Unemployment Benefits](#) will need to [submit an application](#).

[Additional Workforce Solutions Alamo Services](#)

#### Shared Work Program

The Texas Workforce Commission (TWC) encourages employers to enroll in the Shared Work program as an alternative to layoffs. The voluntary Shared Work program was developed to help Texas employers and employees withstand a slowdown in business such as the impact of COVID-19.

For more information visit [the TWC Shared Work page](#).

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## COVID-19 Information Websites

- [Department of State Health Services](#)
- [Centers for Disease Control \(CDC\)](#)