

<https://covid19.sanantonio.gov/Assistance/Residents/Family-Resources>

COVID-19 Resources: Family Resources

- **Childcare Assistance**
 - The United Way of San Antonio and Bexar County are providing emergency childcare assistance for residents who qualify.
- **National Parent Helpline**
 - Parenting can be overwhelming, especially during times of crisis. If you are struggling or need some support, you can call the National Parent Helpline® to get emotional support.
 - Call [1.855.427.2736](tel:1.855.427.2736) between 12:00 p.m. and 9:00 p.m. Monday through Friday to speak to a trained advocate.
- **United Way Helpline**
 - [2-1-1](tel:2-1-1) is a social service hotline that helps people in the region find information about local resources in their community.
- **Child Mind Institute**
 - The Child Mind Institute offers many resources for parents during this difficult time, including guides on how to talk to children about coronavirus, how to handle stress and anxiety, and dealing with grief and loss.
- **KidsHealth by the Nemours Foundation**
 - KidsHealth has videos and articles for parents and children of all ages to help families cope with the changes COVID-19 may have brought to your lives.

Rent and Mortgage Help (Housing)

- The Emergency Housing Assistance Program is designed to keep San Antonio residents housed through emergency financial hardship by providing up to three months of rent or mortgage payments.

Utilities Help (Housing)

- CPS Energy & SAWS are suspending disconnections during the COVID-19 crisis. If you need help paying utility bills go to [Utility Assistance application](#) or call [210.207.7830](tel:210.207.7830). The Texas Public Utility Commission may also provide assistance by calling [866.454.8387](tel:866.454.8387).

Food Assistance

- [Free Food](#) [Money for Food](#)