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.

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

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