



SNAP Food Benefits

Helps families buy food for good health.

TANF Cash Help

Helps families with children age 18 and younger pay for basic needs.

Health Care

Helps cover visits to doctors, dentists, and hospitals. Also covers medicines ordered by doctors and dentists.

Support Services

Helps people with daily living needs, caregivers, and people with mental health, drug or alcohol issues.

WIC Food Benefits

Helps pregnant, breastfeeding women and families with children younger than 5 buy healthy foods.

WHO IS 2-1-1 TEXAS?

2-1-1 Texas, a program of the Texas Health and Human Services Commission, is committed to helping Texas citizens connect with the services they need. Whether by phone or internet, our goal is to present accurate, well-organized and easy-to-find information from state and local health and human services programs. We accomplish this through the work of our [25 Area Information Centers \(AICs\) across the state](#). 2-1-1 Texas is a free, anonymous social service hotline available 24 hours a day, 7 days a week, 365 days a year.

No matter where you live in Texas, you can dial 2-1-1, or (877) 541-7905, and find information about resources in your local community. Whether you need help

finding food or housing, child care, crisis counseling or substance abuse treatment, one number is all you need to know.