



**HOUSTON HEALTH
DEPARTMENT**

CITY OF HOUSTON LET'S **BEAT COVID**

HEALTH . EDUCATION . SOCIAL SERVICES

"Let's Beat Covid-19: Health, Education and Support Services" (HESS) is here to provide individual, and group crisis intervention and to educate and support Houstonians adjusting mentally and emotionally.

H.E.S.S. PROGRAM FEATURES



Helpline

Professionally licensed and certified counselors to assist callers through crises, 7 days a week from 1 p.m. - 11 p.m.



COVID-19 Coping Toolkits

K-12 Toolkits to support parents and guardians of elementary, middle school and high school students.



Parent Connect

Feeling lost parents? Join our Parent Connect talk sessions weekly. Visit the website for dates and times. (www.Houston-beatcovid.com)



Student Connect

Activities for youth have been designed to help them engage with important COVID-19 information so that they remain safe.



Support Resources

Helpful websites with information and resource for food and other social services.

Helpline

 **713-999-9442**

Crisis care services seven (7) days a week from 1 pm to 11 pm.

www.houston-beatcovid.com

Funded by the City of Houston through the CARES Act.

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