"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.

**HESS. 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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