

Public Assistance Support Through 2-1-1

2-1-1 Texas is a program offered through the Texas Health and Human Services Commission. You can contact them by phone (just dial 2-1-1 or 877-541-7905) or online (www.211texas.org) and someone will be able to assist you 24 hours a day, 7 days a week, 365 days a year.

2-1-1 provides accurate information regarding resources available in your local area or through the state. Some examples of their available resources are food, housing, childcare, crisis counseling, addiction counseling, etc.

Some specific resources that they can help you find are:

SNAP Food Benefits: The goal is to help a person buy food. The benefits are put on a Lone Star Card and can be used like a credit card at any store that accepts SNAP. SNAP cannot be used to buy alcohol or tobacco. If you are between 18 and 49, with no children at home, you can probably get SNAP for only three months in a three-year period. If, however, you have a job and are working at least 20 hours per week, you might be eligible for a longer period of time. The maximum monthly income limit is \$1,718 for one adult. The Monthly SNAP amount for a family of one is \$194. Go to the 2-1-1 website or call 2-1-1 to get information on locations near you.

Healthy Texas Women: The goal is to help women receive support for women's specific health needs, such as pelvic examinations, breast and cervical cancer screenings, and screenings for cholesterol, diabetes and high blood pressure. The maximum monthly income limit to receive this service is approximately \$2,000. Contact 2-1-1 for information on services as well as locations near you.

Medicare Savings Program: The goal of this program is to help persons (those eligible for Medicare: 65 or older or certain young people with disabilities) pay for some or all of the Medicare monthly payments, co-pays and deductibles. This service is available to someone who already receives Medicare and has an income limit of approximately \$2,000 per month. Again, contact 2-1-1 for more information about this service. Contact Medicare.gov for more information about signing up for Medicare. Medicare offers open enrollment at various times during the year, so go to their website to determine dates to sign up.

Texas Medicaid: The goal of this program is to provide medical coverage to eligible needy persons. In order to qualify, your maximum annual income must be \$24, 731 (for a one person household) AND be a parent/caregiver of a dependent child, or have a disability. (See www.benefits.gov/benefit/1640 for additional information or contact 2-1-1 to learn more about eligibility.)

If you have questions about other types of public assistance, contact 2-1-1.