

# **Support for Texans with Disabilities**

There are many services to support Texans with disabilities. Support services may include help with housing, help finding a personal assistant, help with your doctor, help with food or food stamps or help with your school. If you are a Texan with a disability, you can get help finding support services from two sources: 211/First Call for Help and STARS. Both services are free.

## **211/First Call for Help**

### **What is 211?**

211 is the new, easy-to-remember telephone number to reach First Call. Calls to 211 are toll free. To find out more about 211 nationwide, visit [www.211.org](http://www.211.org).

### **What does 211/ First Call for Help do?**

First Call for Help connects families and individuals in need of help to many community resources, such as financial assistance, emergency food assistance and shelter, affordable housing, abuse/neglect issues, child care, disability, education, emergencies, employment, health/medical care, mental health, special transportation needs, substance abuse treatment and prevention services.

Using a carefully maintained, comprehensive database, First Call assists clients (and those organizations working to help them) in obtaining proper help in a timely fashion. First Call/ 211 is available to people of any socioeconomic status, race, ethnicity, gender, sexual orientation, religion, age, physical ability, or language.

### **What do most people call about?**

The most frequent requests for help are in the areas of:

Financial Assistance

Housing

Basic Needs (food, clothing etc.)

Health Care

Mental Health Care

## **Texas STARS**

The State of Texas Assistance and Referral System (STARS) allows you to self-screen for potential eligibility for programs provided by the Texas Department of Human Services and other Texas state agencies.

If you need help finding support services, you can use STARS on any computer with Internet access. Visit [www.txstars.net](http://www.txstars.net). Information is available in Spanish & English.

STARS helps you with services from more than 30 agencies in Texas.

**What can you expect when you call STARS?**

STARS will ask you questions about you and your family. Your answers will help them quickly find ways they may help you. The number of questions they will ask will depend on what you tell them about your situation. Please answer carefully to get the best results.

**What should you use it for?**

STARS will show you a list of agencies that can help you based on how you answer the questions. STARS does not guarantee you will qualify for services on the list. STARS may also tell you about help you could get from other places.