



NCTC has compiled the following list of relevant resources to assist during this ongoing, challenging time. You may also locate additional needed services through the searchable [NCTC Community Resources page](#).

FOOD, HOUSING, & FINANCIAL RESOURCES:

- [Serve Denton](#) is the first step for finding help. There are multiple services such as healthcare, counseling, housing, a food bank, and more provided by a variety of nonprofits under one roof!
- [United Way of Denton County](#) has an extensive COVID Resource list as well as online form to connect you to one of their [Information and Referral experts](#).
- [Christian Community Action](#) provides support through their Food Pantry, rent and utility assistance to prevent homelessness, relevant community referrals, as well as education and counseling.
- [Salvation Army Food Services and Emergency Assistance](#) focuses on homelessness, poverty, and addiction, serving North Texas with programs that meet the physical and social needs of our community.
- [Texas Workforce Commission](#) offers benefits to those whose income has been impacted by loss of employment as well as assistance with retraining and education.
- [FEMA \(Federal Emergency Management Agency\)](#) has an application for financial assistance related to damages or expenses incurred as a result of the recent winter storm and loss of utilities.
- [Zoie's Place](#) provides housing and support services for young adults aging out of foster care.
- [AID Network of Denton](#) has links to local agencies providing emergency rental assistance.
- [First Refuge Ministries](#) provides food, healthcare, counseling, and community referrals.
- [North Texas Food Bank](#), [Tarrant County Food Bank](#), and [Wichita Falls Food Bank](#) serve multiple counties and each site has a food pantry locator by zip code.
- [Texas Department of Agriculture](#) oversees school nutrition and food service programs.
- [TWU's CARE Program](#) has links to several North Texas Food Resources.
 - [The Hope Center College Student COVID-19 Survival Guide](#) is a must with great tips and resources!
 - [uAspire](#) maintains timely information to navigate the most common financial aid COVID-related questions, and [Swift Student](#) is offering free assistance to students for Financial Aid appeals!
 - [IRS information](#) on how to receive your COVID stimulus check, even if you haven't filed taxes
 - Contact the NCTC [Financial Aid Office](#) if you have completed the [FAFSA \(Free Application for Federal Student Aid\)](#) to see if you qualify for federal or state funds which can help with expenses, and complete the [Student Request for Assistance form through MyNCTC](#) to let us know what you need (*login required for online form completion*).

STATEWIDE ASSISTANCE & REFERRAL NETWORKS:

- [Texas 2-1-1](#) and [Find Help](#) connect you with needed resources all over the state-search by zip code.
- [Texas Department of Housing and Community Affairs](#) to locate short or long-term housing assistance.
- [Texas Network of Youth and Family Services](#) also has a searchable database.
- This [Texas Tribune article](#) has updated statewide resources as well as volunteer opportunities.
- [Legal Aid of Northwest Texas](#) has free videos with legal experts explaining your rights related to employment, housing, and health benefits during the COVID crisis or [RISE Texas](#) connects you with free education and legal volunteers.

HEALTH & WELLNESS:

- [LionCare](#) provides access for currently enrolled NCTC students to 24/7 medical and mental telehealth care from anywhere in the United States, 365 days a year, with no cost-no insurance required!
- [United Way of Denton County](#) has a 24/7 Crisis Hotline and Resources Directory.
- [Texas Health and Human Services](#) 24/7 statewide mental health support line:1-833-986-1919
- [Disaster Distress Helpline](#) provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.
- [JED Foundation](#) has links to several resources for managing stress, anxiety, and depression.
- [NAMI \(National Alliance for the Mentally Ill\)](#) offers COVID-specific resource articles and links.
- [Centers for Disease Control](#) and [American Psychological Association](#) have strategies to deal with pandemic stress.
- [Coronavirus and Grief](#) outlines a Grief Recovery Method for those experiencing loss.
- [Mental Health America](#) has COVID-19 anxiety and wellness tips.
- Online [AA \(Alcoholics Anonymous\)](#) and [NA \(Narcotics Anonymous\)](#) meetings are available.
- [NCTC Wellness Webpage](#) for great information from our counselors and local service agencies!
 - [National Domestic Violence Hotline](#): 1-800-799-SAFE (7233)
 - [Denton County Friends of the Family Crisis Line](#): Call or Text 940-382-7273 or call 1-800-572-4031
 - [Abigail's Arms](#) (Cooke County Family Crisis Center): 940-665-CURE (2873)
 - [Wise Hope Shelter & Crisis Center](#) Hotline: 940-626-4855

WIFI, TEXTBOOKS, TUTORING, & MORE:

- [NCTC libraries](#) are open and still have all the online resources, journal databases, and research materials you need! You can also connect to a librarian through the [virtual line](#) and "[Ask a Librarian](#)" [any research related questions](#) through a virtual meeting!
- [NCTC Bookstores offer online ordering](#), order pickup at your closest campus location, or get books shipped directly to you.
- Online and in-person tutoring is available for FREE through [NCTC Student Success!](#)
- [Khan Academy](#) is a free online tutoring resource, and access online student success seminars through [Student Lingo!](#)
- Get a free download for students to use [Office 365](#).
- [All City of Denton Library locations are open with limited capacity](#), however if you live in the city limits of Denton you may be eligible for an eCard and can schedule item pickup.
- [Gainesville/Cooke County library](#) is open-call ahead if you need to reserve computer time.
 - [Nortex has several Wifi hotspots](#) around the Cooke County area, and all current students can access Wifi from any NCTC campus parking lot or request [assistance from our IT Help Desk](#).
 - [Federal Communications Commission \(FCC\)](#) has an updated, detailed list of all internet service providers offering discounts or free access as does [Connected Nation Texas](#)
 - [Charter and Spectrum offering free internet access](#) to K-12 and College Students
 - [Suddenlink is also offering 60 days of free service](#) to new qualified customers
 - [Comcast](#) has free WiFi for 60 days to low income families plus all Xfinity hot-spots are free.
 - [AT&T](#) is offering open hot-spots, unlimited data to existing customers, and \$10/month plans.
 - [T-MOBILE](#) unlimited smartphone data for the next 60 days for current customers.
 - [SPRINT](#) will give customers on metered data plans unlimited data for 60 days and provide an additional 20 GB Mobile Hotspot per month per line.
 - [METRO](#) customers will have unlimited smartphone data for the next 60 days.
 - [CRICKET](#) is waiving re-activation fees, [VERIZON](#) is waiving fees and adding data to current plans.

CHILDCARE & PARENTING:

- [Woman 2 Woman Pregnancy Resource Center](#) free resources, education, and support to women and families in need.
- [National Parent Helpline](#) offers emotional support from trained advocates as parenting is even more difficult during times of crisis.
- [Childcare Services](#) (financial assistance and locating providers) provided through Texas Childcare Solutions
- [NCTC Application for Childcare assistance](#) through the NETWORKS Program
- [Family Guide](#) virtual activities for school-age kids
- [Movement and Mindfulness Videos](#)
- [DFW Child's List of Online Field Trips!](#)
- [Scholastic Learn at Home Resources](#)

COVID-19 INFORMATION:

- [NCTC COVID-19 Updates](#)
- [CDC Coronavirus Disease 2019 \(COVID-19\) Information](#)
- [World Health Organization \(WHO\) - Coronavirus disease \(COVID-19\)](#)
- [Texas Health and Human Services - COVID-19 information and vaccine site locaters](#)

For more specific questions or assistance, please contact advising@nctc.edu or text (940) 580- 1687-responses will be sent [during normal business hours](#).

Be sure to download the [NCTC app](#) and bookmark our NCTC [Student Services page](#) to stay connected to all the people and resources you need!

