

Mental Health/Counseling/Support

Family Services– 281-292-4155

Tri County MHMR– 936-521-6300

Council on Alcohol And Drugs- 713-866-7557

Domestic Abuse– MC Women’s Ctr- 281-292-4155

Montgomery Co. Youth Services– 936-756-8682

Crisis Hotline (intervention line)– 713– 468-5463

Job Training & Employment Program

Worksource Solutions– Conroe 936-441-0037

Legal Assistance

Lonestar Legal Aid– 713-652-0077

Houston Bar Association– 713-759-1133

Veteran’s Assistance

Montgomery County Veteran’s Service- 936-539-7842

Unemployment Compensation

Texas Workforce Commission– 936-441-0037

Credit Counseling

Consumer Credit Counseling Service– 713-394-3020

Childcare Referral

Collaborative for Children– 713-600-1100

Education Continuation

Lone Star College– Montgomery 936-321-5161

Social Security Office

936-539-2058– Conroe

Helpful Websites:

Texasworkforce.org

Workintexas.com -Help creating a resume and job search

Layoffsurvivalguide.com -Exploring ways to support family and self during unemployment and how to best spend your time.

Freeagentnet.com -Tips on life between jobs.

Reaching Out

Montgomery County United Way’s Helpline

Mon.– Fri (8am-5pm) for information and referrals to community resources such as:

- Rent/utility assistance
- Food
- Shelter
- Legal assistance
- Counseling services
- Support groups /other services

281-292-4155 ext. 235 / 888-844-6289 ext. 235

Español: 936-760-4179 ext. 235 / 888-825-9682 ext. 235

www.mcuw.org

Or call 2-1-1 Information & Referral

24 hours daily/7 days a week



**Montgomery County
United Way**

*Improving lives by mobilizing the
caring power of communities.*



Help for Hard Times
A Survival Guide to
Unemployment

LIVE UNITED.
GIVE. ADVOCATE. VOLUNTEER.

When Tough Times Hit

Unemployment, even temporary, is probably one of the most difficult experiences to endure. Losing your job is traumatic, especially if it affects your entire family's income. Knowing where to turn and taking control of your situation can reduce the strain on you and your family. As difficult as it may be, your ability to look ahead, adapt, and be hopeful, will impact the outcome of this temporary period in your life.

Getting Through It Together

Your spouse and children can feel helpless. Talk to your family and plan together to deal with the problems. It helps to give each member of the family some positive steps they can take to help. By sharing the burden and pulling together, families can grow closer and find direction as a unit. Extended family or close friends can also provide much support.

Nurturing Spiritual Needs

When faced with any loss one's sense of meaning and purpose is turned upside down. Connecting to a spiritual community may help keep your focus and offer a sense of well-being and support. Spiritual care can consist of activities and gestures that nurture and bolster you and it diminishes the feeling of isolation.

Get The Help You Need...

It's There For You

Your taxes and contributions to organizations like Montgomery County United Way help build the programs in communities that provide a safety net for times of need.

There are an array of services available. We all will experience periods of difficulty in our life. Don't be embarrassed to reach out for the help you need.

TAKE CHARGE OF YOUR FINANCES

1. **Prepare a household budget**
2. **List assets**
3. **Set priorities & cut non-essential expenses**
4. **Make a list of creditors & notify them**
5. **Pay what you can**
6. **Stay in touch with your creditors**
7. **Stop credit purchases**
8. **Limit recreational expenses**
9. **Sell what you don't need**
10. **Check into other financial resources**
11. **Be flexible in looking for new income opportunities**
12. **DON'T IGNORE YOUR MAIL! Ignoring agency inquiries or creditor requests for information can make things worse. Organize your mail and manage requests.**

Stay Busy

If you're temporarily out of work, keep yourself occupied. This is a good time to do all the things you've been putting off: fix the faucets, give your car a tune-up, clean out the garage, visit friends and relatives, or take a community class.

Expand your employment skills by networking and participating in community job skills workshops. Don't be afraid to see yourself in a new career.

Look for free activities in your local paper, local recreation department, city or county website, library, community center or college.

Volunteering is a particularly rewarding way to use your time, even for a short period. Contact Montgomery County United Way for volunteer opportunities in the community.

Community Help

Emergency Financial Assistance

Unemployment Benefits-TX Workforce Commission-
936-441-0037

Montgomery County Emergency Assistance-
936-539-9211

Creative Outreach Ministries- 936-441-5433

Interfaith of The Woodlands- 281-367-1230

Food Assistance

Montgomery County Food Bank- for nearest pantry
936-539-6686

Montgomery Co. Emergency Assistance- 936-539-9211

St. Vincent DePaul- Conroe- 936-539-1188

The Mission- New Caney- 281-354-1200

Emergency Shelter

Interfaith Hospitality Network- 936-441-8778

Salvation Army-936-760-2440

Montgomery County Housing Authority- 936-539-4984

Medical Assistance

Lone Star Family Clinic- 936-539-4004

The Community Clinic- 281-298-3718

TOMAGWA- 281-357-0747

Montgomery County Hospital District- 936-539-1160

Prescription Assistance

Interfaith of The Woodlands- 281-367-1230

St. Vincent DePaul- Conroe- 936-539-1188

Partnership for Prescription Assist.- 888-477-2669