

Telephone Resources: Services Available by Phone

Please note:

- **All of these resources are available by landline or cell phone. Web addresses may be included just for added information.**
- **Resources are free unless otherwise noted.**
- **You may incur long distance phone charges for landlines or be charged cell phone minutes to use these services.**

Support Lines:

Disaster Distress Hotline

800-985-5990 (toll free) or text TalkWithUs to 66746

Support for coping during COVID-19.

Texas Health and Human Services Mental Support Hotline

833-986-1919 (toll free)

COVID-19-related mental health support for all Texans.

National Disability COVID-19 Healthcare Support and Advocacy Hotline

800-626-4959 (toll free)

Run by a group of disabled advocates; COVID-19-related medical information, support, and advocacy for people with disabilities.

AARP Community Connections Friendly Voices

Telephone support line for seniors

888-281-0145

<https://aarpcommunityconnections.org/friendly-voices/>

Eye2Eye Peer Support Helpline

833-932-3931

Support group for persons losing their vision.

Likely will need to leave a message.

Friendship Line

800-971-0016 (toll free)

24-hour national support and suicide hotline for older adults.

This is a support line. For companionship lines, see the Senior Companionship section of this list.

International Low Vision Support Group
 888-866-6148 (toll free)
 Dan Roberts
<http://www.mdsupport.org/support/telesupport/>
 Monthly meetings

Caregiver support groups for people living with dementia
 Two sessions:
 Every Thursday at 6 pm
 +1 904-323-3258 PIN: 891 668 931#
 Every Tuesday at 10:30 am
 +1 254-300-7249 PIN: 101 370 970#

Senior Companionship:

Big & Mini
 817-755-0775
<https://bigandmini.org/>
 Seniors who would like companionship are paired with young people.
 Chats can take place by phone or Internet.

Social Call (Covia)
 877-797-7299
<https://covia.org/services/social-call/>
 Seniors who would like companionship are paired with a volunteer. Chats can
 take place by phone or Internet.

Seniors & Staying Connected
 Heart & Soul Care
 512-222-9855
<https://www.heartandsoulcare.org/stayingconnected>
 Seniors who would like companionship are paired with a volunteer. Chats can
 take place by phone or Internet.

Discussion Groups for Seniors:

DOROT University Without Walls
 877-819-9147 (toll free)
 Cost: Small fee / donation
<https://www.dorotusa.org/our-programs/at-home/university-without-walls>
 Current topics:
 Museum discussions
 Literature

Music & Performing arts

Know your rights

Health / Wellness

Jewish interests

News & Current events

Other topics

Support groups:

Bereavement

Caring for a loved one with memory loss

Insight program for the visually impaired

Daily tips for vision loss

LGBT for seniors

Lifetime Connections Without Walls

888-500-6472 (toll free)

Cost: Free in Travis County; \$10/quarter if you live outside Travis County

<https://www.familyeldercare.org/programs/lifetime-connections-without-walls/>

Current topics:

Conversation

Fun and games

Travel & culture

Special interest

Arts & culture

Creative arts

Special presentations

Special series

Support groups:

Grief and loss

Vison loss

Mather Lifeways Telephone Topics

847-492-7500

<https://www.mather.com/neighborhood-programs/telephone-topics>

Current topics:

Wellness

Education

Discussion topics

Music reviews

Live performances

Senior Planet (OATS)

210-504-4862

<https://seniorplanet.org/>

Phone and virtual group events:

- Life-enrichment topics

- Creative & Entertainment

- Wellness

- Life-long learning

- Social Clubs

- Technology training

Well Connected

877-797-7299 (toll free)

<https://covia.org/services/well-connected/>

Some current topics:

- Bible reading

- Bird talk

- Book club

- Garden talk

- Gratitude

- Languages

- Living with chronic pain

- Living with vision loss

- Low vision support

- Museums at home

- Pet tales

- Support / discussion for the blind

- Tech & culture

- Trivia

- And many more

Discussion Groups for All Ages:

Alzheimer's Association

Offers webinars and support groups

800-272-3900 – for information on dial-in numbers to virtual events

<https://www.communityresourcefinder.org/> - searchable database

Game Night

On the 29th every month, beginning at 7:30 pm Central time

425-436-6260, code 6201340#

General questions about life, with a focus on life during the pandemic

Hadley

800-323-4238

www.hadley.edu

Free classes and discussions by phone, Internet, or correspondence for anyone with a vision impairment.

Some classes are vision-related, some not.

Sample topics:

- Learning Braille

- Adjusting to vision loss

- Technology

- Cooking

- Gardening

- Travel

iBug

346-248-7799

For learning about Apple products.

- iBUG Buzz (Mondays, 7:30 to 9:30 PM)

- iBUG Café (usually 2nd Sundays, 4:00 to 6:00 PM)

- iBUG/Apple Workshop (usually 4th Saturdays, 2:00 to 4:00 PM)

- Mac-N-Talk (usually 4th Tuesdays, 7:00 to 8:00 PM)

- iBUG Trekkie Talk (usually 1st and 3rd Thursdays, 8:00 to 9:30 PM)

- VILA Book Club (usually 2nd Thursdays, 6:30 to 7:30 PM)

Fort Worth Lighthouse for the Blind

817-529-7804 for information

khiggins@lighthousefw.org

For Fort Worth residents.

Twice monthly meetings by phone and Zoom.

Talk Shop

712-432-6498

Blind chat line and podcasts

Public Library “Dial a Story” Story Times:

Tom Green County Library System (San Angelo, TX)
325-655-2366
<http://www.tgclibrary.com/childrentodo.asp>

San Antonio Public Library
210-207-4466
Available in English and Spanish.
<https://311.sanantonio.gov/kb/docs/articles/education-and-employment/dial>

Kansas City Public Library
816-701-3456
<https://www.kclibrary.org/kids/dial-story>

Washington County Public Library System
276-676-6234
<https://www.wcpl.net/kids-teens/dial-a-story/>

Denver Public Library
720-865-8500
<https://kids.denverlibrary.org/activities/phone-story-720-865-8500>

Other Story Times:

Indiana Pacers basketball players read a story
317-275-4444 or 877-275-9007
Every Monday
Stories available in English and Spanish

Radio Reading Services:

Midland Radio Reading Service
432-682-2731 – To order a radio receiver
432-617-5555 – Telephone program
Must live within a 90-mile radius of Midland to use this service.
Audio versions of newspapers, including local news from the *Midland Reporter-Telegram* and the *Odessa American*.
Five national newspapers plus Texas coverage from the *Dallas Morning News*, *Houston Chronicle* and *Ft. Worth Star-Telegram*. More than 50 magazines.
Weekly grocery ads from local stores.
Weekly programs on health, aging, accessibility issues and more.

OWL Radio
 Cindy Garcia: 210-287-9039
 Must live within a 90-mile radius of San Antonio.

Christian Radio:

Austin Disaster Relief Network Prayer Line
 For Austin residents
 512-537-7100
<https://adrn.org/prayer-hotline/>

Christian Radio by Phone
 774-337-6078
<https://www.vcyamerica.org/radio/listen-by-phone/>

Magazines/ Newspapers:

Newsline
 Contact the Talking Book Program (800-252-9605) to sign up.
www.nfb.org/newsline
 Newspapers and magazines by telephone.

NOTE: Please contact the Disability Information and Referral Center (DIRC), a service provided by the Talking Book Program (TBP), for more information on assistive technology resources and on learning disabilities. TBP is a free lending library that provides recreational reading materials in alternative formats for qualified individuals in Texas who cannot read standard print or physically hold a book.

Disability Information and Referral Center (DIRC)
 Talking Book Program (TBP)
 Texas State Library and Archives Commission
 PO Box 12927, Austin TX 78711-2927
 Created by DIRC Staff, www.texastalkingbooks.org
 800-252-9605 (toll free in Texas) / 512-463-5458, tbp.services@tsl.texas.gov