

Find Help in Texas 211

If you need help and do not know where to go, the *Find Help in Texas 211* program is a good place to start. Dial 211 on your telephone. It is free 24 hours a day, 7 days a week.

For more information, visit the Texas 211 website at <https://www.211texas.org/cms/>

Office of Injured Employee Counsel (OIEC)

is a state agency that assists injured employees with their workers' compensation claims, free of charge. OIEC is available to answer any questions you may have about your workers' compensation claim and to assist you if you have a dispute with the insurance carrier. OIEC assistance is offered in local field offices or by calling the toll free number 1-866-EZE-OIEC (1-866-393-6432).

For more information you may also visit the OIEC website at <http://www.oiec.texas.gov>

The Texas Workforce Commission (TWC)

through its Texas Workforce Centers offers a variety of services at no cost to assist you in your return to the workplace. Contact your local Texas Workforce Center for more information on these and other programs.

For additional information visit the TWC website at <http://www.twc.state.tx.us>

- <http://workintexas.com>
- Training opportunities
- Employment assistance

The Texas Workforce Commission - Vocational Rehabilitation Services

can help you if you are having trouble keeping or finding a job due to a work-related injury, illness or other disabilities. If eligible, you will receive individually tailored services to assist you in returning to work. To meet with a counselor, contact the Texas Workforce Commission - Vocational Rehabilitation Services for the location nearest you.

- 1-800-628-5115
- 1-866-581-9328 (TTY)

Services in your area may include:

Food, Shelter, Senior services, Rent, Help with utility bills, Child care, Counseling, Disaster relief, After school programs

Field Office Locations

Abilene	Dallas	Houston (West)	San Angelo
Amarillo	Denton	Laredo	San Antonio
Austin	El Paso	Lubbock	Tyler
Beaumont	Fort Worth	Lufkin	Waco
Corpus Christi	Houston (East)	Midland	Weslaco

1-800-252-7031

<http://www.tdi.texas.gov/wc/employee/index.html>