



MENTAL HEALTH AND SOCIAL SERVICES RESOURCE MANUAL FOR GREATER HOUSTON

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Family and Community Medicine
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This document is not an endorsement of these resources and it is compiled
for informational purposes only.

INDEX of This Resource Manual in Order of Appearance:

Mental Health Site In Texas
Mental Health Emergencies
Mental Health Crisis
Disaster Distress Helpline
Outpatient and Inpatient Services
Interpreters
Gambling Issues
LGBTQ - Services (Local and National)
Black Community Resources
Low Cost Therapy and Telehealth
Mental Health Apps
Substance Abuse
COVID-19 Specific Resources
General Internet Resources on Mental Health
National Organizations
Food Insecurity
Food For Babies
Financial Assistance When Ill
Housing Assistance
Domestic Violence, Sexual Violence, Human Trafficking
Transitional Housing for Victims of Human Trafficking
Female Veterans Services
Legal and Social Services to Immigrants, Refugees, Asylees
Rental/Utilities/Medical Bills Assistance
Cultural & Educational Services
General Community Services
Health Insurance
Health Care Access

Medication Assistance
 Transportation
 Evictions During Pandemic
 Hospice Services
 General Assistance
 Website with Overall Health & Social Services/Resources in Greater Houston

MENTAL HEALTH SITE IN TEXAS

The Statewide Behavioral Health Coordinating Council develops, updates, and oversees the implementation of the *Texas Statewide Behavioral Health Strategic Plan* which outlines a coordinated effort to address behavioral health gaps in services and systems. This site contains a summary of everything mental health related in the state. Major provider organizations can be found by geographic location in the state: <https://mentalhealthtx.org/> It also contains a COVID-19 specific site.

MENTAL HEALTH EMERGENCIES - What to Do in an Emergency?

During psychiatric emergencies, the following options are available in Harris County: A person who voluntarily seeks treatment may call or go to either of these facilities, located in the Texas Medical Center:

- NeuroPsychiatric Center (The Harris Center, or MHMRA)
 1502 Taub Loop, Houston, TX
 713-970-7070, or
- Ben Taub General Hospital (HCHD)
 1504 Taub Loop, Houston, TX
 713-793-2000.

MENTAL HEALTH CRISIS

- Call 988
- National Suicide Prevention Lifeline
 - In English 1-800-273-8255
 - In Spanish 1-888-628-9454
 - Deaf and Hard of Hearing Dial 711 first, then 1-800-273-8255
- Crisis Text Line - Text HOME to 74141
- The Trevor Project 1-866-488-7386 (Saving LGBTQ Lives)

DISASTER DISTRESS HELPLINE

Operated by SAMHSA, it offers crisis counseling and support to people experiencing emotional distress related to disasters and infectious disease outbreaks. Call 1-800-985-5990 or text "TalkWithUs" to 66746 to connect with a trained crisis counselor.

SOME OUTPATIENT / INPATIENT MENTAL HEALTH SERVICES IN HARRIS COUNTY:

- The Harris Center for Mental Health and IDD -
<https://www.theharriscenter.org/>
 Within HCMH, check
 Texans Recovering Together
TRT@theharriscenter.org 833-927-1806
 Or contact directly: Qwatosha Bessellieu, MSW
 Child Crisis Counseling Specialist
 832-840-8747, Qwatosha.Bessellieu@theharriscenter.org
- Legacy Community Health. Several locations
<https://www.legacycommunityhealth.org/>
- Harris Health System Community Clinics - Mental Health Services
- Catholic Charities - several locations <https://catholiccharities.org/>
- The Wellness Center at The Alliance for Multicultural Services
<https://thealliancetx.org/>
- Texas Children's Hospital - Psychology
<https://www.texaschildrens.org/departments/psychology>
- Bo's Place <https://www.bosplace.org/en/> Specialized in grief. Free Bilingual English/Spanish groups
- Depelchin Children's Center <https://www.depelchin.org/> It has Star Program that offers free services for six months
- Casa de Esperanza <https://www.casahope.org/> mental health services
- El Centro de Corazon <https://www.elcentrodecorazon.org/services/behavioral-health-services/>
- Grief Recovery Center <https://www.griefrecoveryhouston.com/>
- Vibrant Comprehensive Services <https://www.vibrantcares.org/>
- Avenue 360 Health & Wellness <https://avenue360.org/> mental health services
- Jewish Family Services
www.jfshouston.org
 For counseling appointments contact
adultcounseling@jfs.org or 713-986-7832
 It accepts insurance and provides financial aid. Provides services to individuals, families, and groups. It also provides help during/after natural disasters
- Baylor Medicine - Family Medicine
<https://www.bcm.edu/healthcare/specialties/family-medicine>
 It accepts commercial insurances. For appointments, call 713-798-7700
- Greater Heights Holistic Psychiatry
<https://www.psychiatryhouston.tx.com/>
 It provides sliding scale fee services and also takes several insurances
- Bellaire Counseling Center
<https://bellairefamilycounseling.com/>
- Behavioral Hospital of Bellaire
www.bhbhospital.com
 Offers both outpatient and inpatient services

- Encourage - Intensive outpatient trauma therapy in Houston
<https://www.encouragetraumacenter.com/>
- Eating Recovery Centers - Houston - partial hospitalization program
<https://www.eatingrecoverycenter.com/>
- Search for individual therapists on Psychology Today
https://www.psychologytoday.com/us/therapists/tx/houston?gclid=EAlaIQobChMI3a7Y9PaF7giVBOTICH1YFwBREAAYASAAEgJdU_D_BwE

INTERPRETERS

- Antena Houston - <https://antenaantena.org/antena-houston/>
Contact antnahouston@gmail.com or call 346-704-2206

GAMBLING ISSUES

Gambling Anonymous <http://texasga.org/id20.html?>

LGBTQ LOCAL SERVICES

- The Montrose Center <http://www.montrosecenter.org/>
- Legacy Community Health Specialty Centers
<https://www.legacycommunityhealth.org/services/lgbt-services/>
- Pride Houston <https://pridehouston.org/>
- Greater Houston Counseling Services - LGBTQ
<https://www.greaterhoustoncounselingsrvcs.com/lgbtq-issues.html>

LGBTQ NATIONAL SERVICES

- National Hotline 888-843-4564
- National LGBT Elder Hotline SAGE 877-360-5428
- Trans Lifeline 877-564-8860
- The Trevor Project <https://www.thetrevorproject.org>

BLACK COMMUNITY RESOURCES

- TherapyforBlackGirls.com and SteveFund.org
Offer group therapy, community resources, and articles on how to cope with racism, police brutality, economic disparities, and violence.

- The Safe Place App - see under Apps below.

LOW COST THERAPY AND TELEHEALTH

- OpenPathCollective.org - has partnerships with therapists who provide psychotherapy sessions between \$30 and \$60

- InclusiveTherapists.com - offers connections to teletherapy at reduced fees and low cost and not for profit services.

MENTAL HEALTH APPS

- SAMHSA- smiadvisor.org (severe mental illness advisor) includes My Mental Health Crisis Plan App, Free.
- The Safe Place -
It is an App that brings awareness, education, and acceptance to the topic of mental health geared towards the Black community.
https://play.google.com/store/apps/details?id=com.he6ecb72aef1&hl=en_US&gl=US
- Mindfulness Coach - developed by the US Veterans Affairs, Free.
<https://apps.apple.com/us/app/mindfulness-coach/id804284729>
- <https://www.sanvello.com/>
It uses cognitive behavioral therapy, mindfulness, visualization, self-tracking and goal setting. It requires a subscription
- A selection of different apps for smart phones. Most have some free features and a subscription alternative.

https://search.bridgingapps.org/lists/93c3e3e5-68a3-49e3-b7f5-4096033553af?fbclid=IwAR1T_3T-ErC9fRp9GbLY6LRnBT6amvDwhofbN3QjqzkXplxRL_nW5dETBWQ

Within this link, look for

- Insight Timer App - It contains the largest free selection of resources for relaxation, sleep, meditation, and music for relaxation, sleep, and meditation.

SUBSTANCE ABUSE TREATMENT

- Santa María Hostel <https://www.santamariahostel.org/>
- Cenikor Foundation <https://www.cenikor.org/locations/houston-location1/>
- Smart Recovery <https://www.smartrecovery.org/> Secular program
- Alcoholic Anonymous <https://aahouston.org/> Faith-based program
- The Council on Recovery <https://www.councilonrecovery.org/>
- Center for Recovery and Wellness Resources
<https://www.wellnessandrecovery.org/index.html>
- Behavioral Hospital of Bellaire
www.bhbhospital.com
Offers both outpatient and inpatient services

- Tobacco Use, Opioids, E-Cigarettes - consult with your primary care provider

COVID-19 SPECIFIC HEALTH AND MENTAL HEALTH RESOURCES

- Interactive map of all testing sites in Texas
<https://www.covidtest.tdem.texas.gov/>
- COVID-19 Help Line (includes mental health help) - Houston
713-999-9442 from 1pm to 11pm
- THHS -Texas Health and Human Services Statewide COVID-19 Mental Health Support Line available 24 hours a day, 7 days a week toll-free: 833-986-1919
- Jewish Family Services Online support group <https://www.jfshouston.org/>
These one-hour support sessions (weekly) are designed to provide a safe and supportive virtual environment for participants to connect, learn, comfort, support and socialize to promote our psychological health during this stressful time. All support sessions are facilitated by a rotation of licensed clinicians or master's level clinical intern students under supervision through a HIPAA compliant Zoom system. To request access, go to: <https://www.surveymonkey.com/r/BMHSSupport>
Please note that registration is required before joining the session, and the session will be closed after 15 minutes of the start time.
- Baylor College of Medicine - Psychiatry offers program for parents of children in Texas 5-13 years-old. Parents learn cognitive behavioral therapy techniques to identify emotions, improve emotion regulation, face unrealistic fears, and develop adaptive coping thoughts and behaviors. Call 832-206-4034 or email projectreach@bcm.edu
- Mental Health America-COVID-19 Houston specific resources
<https://mhahouston.org/covid19help/>
It contains the following topics:
 - Local Support and Resources
 - Local Hotlines
 - Mental Health Resources
 - Social Distancing Support
 - Veteran Support
 - Resources for Parents, Guardians and Caregivers
- Ten Percent Happier
<https://www.tenpercent.com/coronavirussanityguide>
It contains meditations, podcasts, and blog posts “to build resilience and find calm amidst the chaos.”

- Meadows Mental Health Policy Institute MMHPI -
<https://www.texasstateofmind.org/covid-19/>
- NAMI- COVID-19 <https://www.nami.org/Support-Education/NAMI-HelpLine/COVID-19-Information-and-Resources>
- Partners in Health : 10 Mental Health Tips for Coronavirus Social Distancing: MGH & Partners in Health; Dr. Giuseppe Raviola
<https://www.pih.org/article/10-mental-health-tips-coronavirus-socialdistancing>
- “FACE COVID”: Dr. Russ Harris, author of The Happiness Trap, provides strategies based on acceptance and commitment therapy
https://drive.google.com/file/d/1_O8grFdwMDuGVIE_RvdRfhHhf6xf3tY8/view
- Coping with Coronavirus Anxiety: Harvard Health Blog
<https://www.health.harvard.edu/blog/coping-with-coronavirus-anxiety-2020031219183>
- 7 Science-based Strategies to Cope with Coronavirus Anxiety: The Conversation
<https://theconversation.com/7-science-based-strategies-to-cope-with-coronavirus-anxiety - 133207>

GENERAL INTERNET RESOURCES ON MENTAL HEALTH

- Psychological First Aid Booklet
Mayo Clinic, Special Report, Supplement to Mayo Clinic Health Letter
Psychological First Aid
<https://www.mayoclinic.org/~media/BB43DC7B9C1F49408641B3FD59BB0E1A>
- Mindfulness Training:
 - Living Mindfully <https://www.livingmindfully.org/>
Instructor Miki Fine, M.Ed; L.P.C
Live, online (during pandemic) mindfulness course in Houston
 - Palouse Mindfulness <https://palousemindfulness.com/> Free!
 - Center for Mindfulness, University of California-San Diego
<https://medschool.ucsd.edu/som/fmph/research/mindfulness/mindfulness-resources/Pages/default.aspx>
It contains audios and videos for mindfulness practices

- Self-Compassion meditations - Dr. Kristen Neff site
<https://self-compassion.org/guided-self-compassion-meditations-mp3-2/>

National Organizations

- Mental Health America - <https://mhahouston.org/> Within this site-
Self-screening tools- <https://screening.mhanational.org/screening-tools>
- Child Mind Institute <https://childmind.org/>
Also contains link to tools for self-assessment of a variety of mental Disorders
- National Alliance on Mental Illness <https://www.nami.org/Home>
- Meadows Mental Health Policy Institute (MMHPI)
<https://www.texasstateofmind.org/>

FOOD INSECURITY

- Houston Food Bank - <https://www.houstonfoodbank.org/>
- Hunger Free Texans - <http://www.hungerfreetexans.org/>
Hunger Free Texans is the largest educator of food, food access and food insecurity information in Texas. Contact 170 Heights Blvd, Suite 130 Houston, TX 77007; Bldg #1; Email: info@hungerfreetexans.org
- Hunger Free Communities - Currently being developed in Houston
<https://www.baylor.edu/hungerandpoverty/index.php?id=928938>
Contact Megan Hoag if interested in helping Megan_Hoag@baylor.edu

FOOD FOR BABIES

- Life Houston <https://www.lifehouston.org/>
2002 S Wayside
Houston, TX 77023
713.528.6044

FINANCIAL ASSISTANCE WHEN ILL

- Compassionate Touch <https://compassionatetouch.org/>
- Compassionate Touch, Inc. , 1415 Southmore Blvd, Houston, TX 77004
713-524-1971 (Phone), rwinfrey@compassionatetouch.org
Houston • Central Texas • Dallas • Fort Worth

HOUSING ASSISTANCE

- Star of Hope - <https://www.sohmission.org/> It is also providing assistance with rent and food during COVID-19 crisis.
- Search Homeless Outreach - <https://www.searchhomeless.org/>
- Additional Housing Resources <http://www.lowincomehousing.us/TX.html>

DOMESTIC VIOLENCE, SEXUAL VIOLENCE, HUMAN TRAFFICKING

- Houston Area Women's Center HAWC- <https://hawc.org/>
1010 Waugh Drive, Houston TX , info@hawc.org
Nocovidabuse.org - link within HAWC

Houston Domestic Violence Hotline: (713) 528-2121

TDD Line: [713-528-3625](tel:713-528-3625)
Toll Free: [1-800-256-0551](tel:1-800-256-0551)

Houston Sexual Assault Hotline: (713) 528-RAPE (7273)
TDD Line: [713-528-3691](tel:713-528-3691)
Toll Free: [1-800-256-0661](tel:1-800-256-0661)

- Respark Foundation <https://www.resparkfoundation.org>
Services for sexual trauma survivors. Therapy, retreats, workshops, training.
Sexual health focus therapy.
- The Mission of Yahweh <https://missionofyahweh.org/>
10247 Algiers, Houston, TX 77041, US, [\(713\) 466-4785](tel:713-466-4785)

Other Shelters near Houston

- Bridged Over Troubled Waters <http://www.tbotw.org>
4 hour hotline 713-473-2801
3811 Allen Genoa, Pasadena, TX, 77504
In the past 40 years, The Bridge has become the 8th largest family crisis center in Texas. Every year we serve approximately 20,000 with the purpose of ending domestic violence and sexual assault.
- Bay Area Turning Point www.bayareaturningpoint.org Webster, TX
24 hour hot line 281-286-2525
- Franklin House Women and Children's Facility in Beaumont, TX
- Family Time Foundation, Humble, TX
- SAAFE House in Huntsville, TX
- Fort Bend County Women's Center, Richmond, TX
- Family Crisis Center in Lufkin, TX
<https://www.familycrisiscenterofeasttexas.com/>

- City of Houston Mayor's Office
Anti-Human Trafficking Division
<https://humantraffickinghouston.org/resources/>
- National Human Trafficking Resource Center
1-800-373-7888 Help available in 200 languages
Or text Help to BeFree 233733 3pm to 11pm

TRANSITIONAL HOUSING FOR VICTIMS OF HUMAN TRAFFICKING

- Arrow Child and Family Ministries

<https://www.arrow.org/services-programs/residential-services/freedom-place/>

Privately-run safe house that provides long-term housing for underage female victims of domestic child sex trafficking.

- Free the Captives

<http://www.freethecaptiveshouston.com/our-work/survivor-care/>

Connects trafficking victims to safe homes in the Houston area and nationally. Free the Captives will refer and help place girls in a home or facility that is geared specifically for victims of sex trafficking.

- Home of Hope Texas

<https://homeofhopetexas.org/>

Established to provide a place of refuge and safety for adolescent victims of human trafficking. Home of Hope Texas exists to provide long term care, rehabilitation, and healing for victims of modern-day-slavery and sexual abuse.

- Redeemed

<https://redeemedtx.squarespace.com/>

Owns and operates an 8-bed restoration house in the Houston area for women. The house is a place of healing and hope for the journey ahead.

FEMALE VETERANS

- Grace After Fire <https://www.graceafterfire.org/about-us>
888-737-3112

Amelia Peacock - Harris County Outreach Coordinator, *Marine Corps Veteran*
amelia@graceafterfire.org 832-504-9153

Grace After Fire was first started as The Women's Heart by Stephanie Moles in 2002, with a focus on increasing access to healthcare services for women Veterans, especially those who struggled with drug and alcohol abuse.

LEGAL AND SOCIAL SERVICES TO IMMIGRANTS, REFUGEES, ASYLEES

- Tahirih Justice Center <https://www.tahirih.org/>
<https://www.tahirih.org/locations/houston/>
713-496-0100 between 9 a.m. and 5:30 p.m. to schedule an intake.
Immigrant Rights Hotline Monday through Friday 9 p.m.-5 p.m. at 1-888-507-2970 for assistance understanding current immigration laws.
Offices in Houston, Atlanta, Washington DC, Baltimore, San Francisco.
Types of cases:
Domestic Violence
Female Genital Mutilation
Forced Marriage
Honor Crimes
Human Trafficking
Rape
Torture
- The Alliance for Multicultural Services <https://thealliancetxt.org/>
713-776-4700 , info@TheAllianceTX.org , 6440 Hillcroft Ave. Houston, TX 77081
English classes, education, training, financial literacy, case management, mental health services.
- Chinese Community Center www.ccchouston.org
9800 Town Park Drive. Suite # 255. Houston, TX 77036
Staff speaks English, Mandarin, Cantonese, Vietnamese, and Spanish.
- Philippine Community Center <http://pccitx.com/>
713-485-0366 • inquiry@pccitx.com
9101 West Bellfort Ave, Houston 77031
PCCI board and members have volunteered many hours to provide health screenings, education and prevention to thousands of mostly under-served members of the community in coordination with other organizations
- Casa Juan Diego <https://cjd.org/>
Serves immigrants and refugees and the poor
- CHAT Culture of Health Advancing Together <http://chattx.org/>
Fosters the health and wellbeing of immigrant and refugee population in Houston through education and advocacy.

RENTAL/UTILITIES/MEDICAL BILLS ASSISTANCE

- TexasRenRelief.com

833-989-7368

Help during COVID-19 crisis. Applications begin February 15-2021.

Both landlords and tenants can apply.

- Non-COVID-19 Help

Community Redevelopment Corporation; Catholic Charities; Baker Ripley, Star of Hope; Wheeler Avenue Baptist Church; Golf Coast Community Services Center; Jewish Family Services; Change (happens-changehappenstx.org) for third ward residents only.

CULTURAL & EDUCATIONAL SERVICES

- MECA - Multicultural Education and Counseling Through The Arts
<http://www.meca-houston.org/>

MECA is a community-based non-profit organization committed to the healthy development of underserved youth and adults through arts and cultural programming, academic excellence, support services, and community building. MECA provides arts education, support services, and multicultural artistic performances and events to over 4,000 students and their families each year, helping to build discipline, self-esteem, and cultural pride.

GENERAL COMMUNITY SERVICES

Baker Ripley <https://www.bakerripley.org/services>

HEALTH INSURANCE

Harris Health Financial Assistance Program

Description

The Harris Health Financial Assistance Program provides reduced cost care to Harris County residents who qualify. Qualifying for Harris Health System reduced cost care is not equivalent to having health insurance, it simply means that you are eligible to receive care through the Harris Health System, and that you will pay a reduced fee for the health care services if you qualify.

Eligibility

Based on a patient's household income, he/she may qualify for partial financial assistance, on a sliding scale (including: full pay, half pay or a nominal co-pay).

Application process

The Harris Health website has the most up to date information with the application in English, Spanish, and Vietnamese on this website. You can also call 713-566-6509. Patients must fill out the application and photocopy required documents - then mail in or drop off the application.

Applications must contain the following:

Proof of identification

Where you live/ plan on living

Household income from the previous 30 days

Household composition

Immigration status (you do not have to be a U.S. citizen to qualify for these services, but patients on a visa are not eligible)

Information on other healthcare coverage (including Medicare)

HEALTHCARE ACCESS

Federally Qualified Health Centers (FQHCs)

Federally qualified health centers (FQHCs) must serve an underserved area or population, offer a sliding fee scale, provide comprehensive services, have an ongoing quality assurance program, and have a governing board of directors.

Find a FQHC that is convenient for your patient at the HRSA website (search by zip code):

<http://findahealthcenter.hrsa.gov>

Examples of Federally Qualified Health Centers in Houston:

[Legacy Community Health Services](#)

[Good Neighbor Healthcare Center](#)

[Hope Clinic](#)

Harris Health System

The Harris Health System provides both primary and specialty care for residents of Harris County (regardless of legal status). Read more about the Harris Health clinics (including locations and contact information), as well as the wide range of services offered, [here on the Harris Health website](#).

Harris County Nurse Hotline

Free, region-wide, hotline for residents to call and receive advice and health information.

Available 24/7

Staffed by Registered Nurses and Community Health Workers

Upon calling residents can receive help with general health information, care advice, and determining the appropriate time to seek care

Patients should call 713-338-7979

MEDICATION ASSISTANCE

Single Care - <https://www.singlecare.com/>

Good Rx

www.goodrx.com is a website that helps compare prices of all FDA-approved prescription drugs at virtually every pharmacy. This website will tell you if the medication is on any \$4 or \$5 dollar list. The website also contains coupons, discounts and other saving tips all in one place.

NeedyMeds (needy meds.org)

An online information resource of programs that provide assistance to people who are unable to afford their medications and health care costs. Information includes:

List of Patient Assistance Programs (PAPs) (+ list of organizations that help patients fill out the applications for PAPs)

Medication coupons, drug discount cards, lists of free or reduced cost clinics/pharmacies

List of disease-based assistance programs

Through [NeedyMeds' discount drug program page](#), you can search all \$4-10 generic drug lists in your area.

If you would prefer searching a specific \$4 generic medication program here are some of the common locations for \$4 prescriptions:

- [Walmart](#): \$4 30-day supply, \$10 90-day supply
- [Target](#): \$4 30-day supply, \$10 90-day supply
- [Kroger](#): \$4 30-day supply, \$10 90-day supply
- [Brookshire Brothers Pharmacy](#): \$4 30-day supply, \$10 90-day supply
- [HEB](#): 30 Day Supply at \$4, \$8, or \$12 and 90 Day Supply at \$10, \$20, or \$30
- [Walgreens](#): Spend \$20/year (or \$35/year for families) and receive discounts on >8,000 generic and brand name drugs, immunizations
- [CVS](#): Spend \$15 per person per year and receive 90-day supply of over 400 generic medications for \$11.99

RxAssist (rxassist.org)

Search the database for generic or brand name drugs to find current application forms and information on patient assistance programs.

List of Patient Assistance Programs (PAPs); Prescription discount card available.

Partnership for Prescription Assistance (pparx.org)

Helps qualifying patients without prescription drug coverage get the medicines they need for free or reduced-cost and offers single access point to more than 475 public and private programs including biopharmaceutical companies

List of Patient Assistance Programs (PAPs)

List of free or low-cost clinics based on location

Diabetes programs and supplies

List of discount drug card programs

United Healthcare Children's Foundation (uhccf.org)

Helps pay for prescription drugs for children with private insurance but high/unaffordable co-pays.

FamilyWize Prescription Discount Card

Coordinated by United Way with purpose of reducing cost of prescriptions

Free service, no application necessary

It is not form of insurance, and no conflict with other insurances

Call 866-810-3784 for more information or [go to the website](#)

Gulf Coast Community Services Association

Provides prescription gift card to clients to assist with current medications only, two prescription cards per year and two prescription cards per family

Qualifications: must reside in Harris County or neighboring counties, meet federal poverty income guidelines, and have active prescription for medical concern

Rx Outreach (rxoutreach.org)

Non-profit patient assistance program (PAP) that provides affordable prescription medication and over 500 different medications through a mail-order pharmacy.

Qualify based on income, but may use regardless of age or if using another discount medicine program or PAP

National Association of Counties (NACo) Prescription Drug Discount Card Program

Created for uninsured and underinsured residents nationwide

Free service where the entire family can be covered by the program, everyone is eligible

It is not a form of insurance, and no conflict with Medicare or other private insurance

Call 1-877-321-2652 or <https://www.nacorx.org/>

Christus St. Mary's Clinic - www.Christushealth.org

TRANSPORTATION

- American Red Cross Transportation
- Impaq Services <https://impaqservices.org> search medical transportation

EVICTIONS

- StopTxEviction.org - Nonprofit provides legal information in English and Spanish to people facing eviction during pandemic.

HOUSTON HOSPICE BERAVENTMENT SERVICES

- Houstonhospice.org
- Redbird Center

GENERAL ASSISTANCE

- Dial 211 or (877) 541-7905 <https://www.211texas.org/guided-search/>

211- Presione 2 para español

24/7 and free. 2-1-1 can connect you with local government and private resources for affordable housing. 2-1-1 can also help with food, child care, crisis counseling, treatment for drug abuse and other social services.

- Help for Texas <https://www.tdhca.state.tx.us/texans.htm>
The Texas Department of Housing and Community Affairs (TDHCA) can connect local provider organizations with resources for help with rent, utility bills, emergency housing, and homeless shelters.

TDHCA assistance and funds go to local provider organizations, NOT individuals directly. TDHCA does not accept applications from individuals.

WEBSITE WITH OVERALL HEALTH & SOCIAL SERVICES/RESOURCES IN GREATER HOUSTON

<https://www.remindsupport.org/houston-community-resources/>