

GENERAL MENTAL HEALTH RESOURCES

EMERGENCY

U.S. Suicide & Crisis Lifeline – Call 988

Crisis Text Line: Text NAMI to 741-741

If there is Imminent threat and danger

- BCM Security extension 8811
- TMC Police emergency 713.795.0000
- Outside of BCM & TMC Call 911

WALK-IN MENTAL HEALTH CLINICS (No appointment needed)

Neuropsychiatric Center

713.970.7070

1502 Taub Loop

Houston, TX 77030

Memorial Hermann Mental Health Clinics (3 locations)

713.338.6422

www.memorialhermann.org/mental-health/

BCM Psychiatry Clinic (Appointments based service)

General Psychiatry Clinic: 713.798.4857

OCD Clinic: 713.798.3080

<https://www.bcm.edu/healthcare/specialties/psychiatry-and-behavioral-sciences>

Central County Services

Main Phone: 254-298-7000

Crisis Hotline: 800-888-4036

<https://centralcountiesservices.org/>

Canyon Creek Behavioral Health

254-410-5100

1201 Canyon Creek Drive

Temple, Texas 76502

<https://canyoncreekbh.com/>

ORGANIZATIONS & RESOURCES

- American Academy of Physician Assistants collected resources:
<https://www.aapa.org/career-central/pa-burnout/>
- American Foundation for Suicide Prevention (AFSP) – Support & Resources <https://afsp.org/>

- American Psychiatric Association
<https://www.psychiatry.org/>
- American Psychological Association
<https://www.apa.org/>
- Harris County Medical Society (HCMS): 713.524.4267
(Ask for the Physician Wellness Program to get a list of mental health providers for physicians).
- https://www.training.nih.gov/new_seminar_series_mental_health_and_well-being
- JED Foundation – Teens and Young Adults
<https://jedfoundation.org/>

NATIONAL ALLIANCE on MENTAL ILLNESS (NAMI)

- <https://www.nami.org/Home>
- <https://www.namigreaterhouston.org/>
- Asian American & Pacific Islander Resources: <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Asian-American-and-Pacific-Islander>
- Black & African American Resources: <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Black-African-American>
- Hispanic/Latinx Resources: <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Hispanic-Latinx>
- Indigenous/Native American Resources: <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Indigenous>
- LGBTQI Resources: <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQI>
- People with Disabilities: <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/People-with-Disabilities>

National Institute of Mental Health – Treatments, Studies, Fact Sheets
<https://www.nimh.nih.gov/> (Fact sheets are in English and Spanish)

National Institute of Health – Office of Intramural training & Education. Resilient Scientist Series:
https://www.training.nih.gov/nih_becoming_a_resilient_scientist_series

FACT SHEETS IN DIFFERENT LANGUAGES

NYC Dept. of Public Health and Mental Hygiene has publications in these languages:

[العربية](#) | [বাংলা](#) | [中文](#) | [简化字](#) | [Kreyòl](#)

[avisyen](#) | [Français](#) | [Italiano](#) | [한국어](#) | [Polski](#) | [Русский](#) | [Español](#) | [עברית](#) | [اردو](#) |

Website: <https://www1.nyc.gov/site/doh/health/health-publications.page>

The World Health Organization also has fact sheets in these languages:

English [العربية](#) | [中文](#) [Français](#) [Русский](#) | [Español](#)

Website: <https://www.who.int/news-room/fact-sheets>

SUICIDE PREVENTION RESOURCES:

- **DBT Skills to cope with SI** <https://nowmattersnow.org/skills>
- **For LGBTQ Youth**
TrevorLifeline: 866-488-7386 <https://www.thetrevorproject.org/>
- **Book: Choosing to Live: How to Defeat Suicide through Cognitive Therapy**
Thomas E. Ellis, PsyD
Cory F. Newman, PhD

RESILIENCE RESOURCES:

- **CBT & Mindfulness strategies to bolster resilience**
RoadMaptoResilience.wordpress.com
Donald Meichenbaum, PhD
**This is essentially Meichenbaum's book that he has put into online form for free use. He even includes CBT-I and Imagery Rehearsal Training*
- **Doing What Matters in Times of Stress: An Illustrated Guide**
Evidence-Based ACT coping skills in simplified form
World Health Organization
Available to download in many languages
<https://www.who.int/publications/i/item/9789240003927>
- **The Values -Focused vs The Goals-Focused Life**
ACT-based video by Russ Harris, MD (3:50)
<https://youtu.be/eiPxLpYlw4I>

MENTAL HEALTH RESOURCES FOR BAYLOR COLLEGE OF MEDICINE LEARNERS & EMPLOYEES

[Healthy Mind resources in the Asset Health Wellness Portal](#): videos, articles, action sets, and meditation activities.

Students

- ***Student & House Staff Mental Health Services:*** 713.798.4881. To schedule an intake appointment e-mail: student-help@bcm.edu.
Based on intake you may be eligible for **11 free sessions a year**
- ***Academic Live Care:*** _Baylor College of Medicine has partnered with **AcademicLiveCare** (ALC), to provide access to telehealth services at no cost to the student. Through this new benefit, students are able to connect with healthcare providers for psychotherapy, medication management, and other urgent medical care (e.g., cough & cold, headaches). Whether you want to make a quick visit between classes, after dinner, or on a weekend, all students can access unlimited virtual visits with a professional of their choice on their smartphone, tablet or computer. Take advantage of these telehealth benefits by visiting: <https://myacademiclivecare.com/onboarding/central-login-page?attribution=ALC> today. Before your visit, you will be prompted for payment, at that time **please use access code: ALBCM25 to waive payment**. Questions? Please contact WCI-unit@bcm.edu
- Your insurance can also provide referrals

Residents/Clinical Fellows

- ***Student & House Staff Mental Health Services:*** 713.798.4881. To schedule an intake appointment e-mail: student-help@bcm.edu.
Based on intake you may be eligible for **11 free sessions a year**
- ***Employee Assistance Program:*** 1-800-622-7276 **3 free counseling sessions**
www.liveandworkwell.com - company access code: Baylor
- Physician Support Line 1-888-409-0141; 7 days/week; 9 am – 12 midnight CST
- Your insurance can also provide referrals

Staff/Faculty/Post-doctoral Research Fellows

- ***Employee Assistance Program:*** 1-800-622-7276 **3 free counseling sessions**
www.liveandworkwell.com - company access code: Baylor
- Your insurance can also provide referrals