



**MENTAL HEALTH AND SOCIAL SERVICES  
RESOURCE MANUAL FOR GREATER HOUSTON  
AND ONLINE RESOURCES BY HOUSTON AWARE SAMHSA GRANT**  
[Mental Health Awareness Trainings | BCM](#)

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## **MENTAL HEALTH COORDINATING BODY 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**

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 - suicide thoughts:
  - 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)
- National Crisis Support Counseling (free) [counseling@nationalcrisissupport.org](mailto:counseling@nationalcrisissupport.org)  
[info@nationalcrisissupport.org](mailto:info@nationalcrisissupport.org)

### GENERAL HOTLINES

- |  |                 |
|--|-----------------|
| • National Domestic Violence Hotline                       | 1-800-799-7233  |
| • AIDS Hotline   | 1-800-232-4636  |
| • Child Abuse Prevention Hotline                           | 1-800-4-A-Child |
| • Child & Adult Protective Services                        | 1-800-252-5400  |
| • Rape, Abuse, and Incest National Hotline Network (RAINN) | 1-800-656-4673  |
| • Crisis Intervention of Houston                           | 713-468-5463    |
| • Teen Hotline   | 713-529-TEEN    |

### 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 1-800985-5990 or text “TalkWithUs” to 66746 to connect with a trained crisis counselor.

### SERVICES LOCATOR NATION-WIDE

<https://findtreatment.samhsa.gov/locator>

### OUTPATIENT / INPATIENT MENTAL HEALTH SERVICES GREATER HOUSTON AREA:

Outpatient:

- UT Health Psychiatry and Behavioral Sciences  
<https://med.uth.edu/psychiatry/patient-care/child-adolescent-services/>  
(888-488-3627) to speak with a patient access representative. Our call center is open Monday-Friday, from 8 a.m. to 5 p.m.
- Legacy Community Health. Several locations  
<https://www.legacycommunityhealth.org/>
- Harris Health System Community Clinics - Mental Health Services
- Catholic Charities - several locations <https://catholiccharities.org/>  
Contact: Program Director: Srimaya Gurung, M.S., LPC-S, CCTP Call [713-874-6590](tel:713-874-6590).
- The Wellness Center at The Alliance for Multicultural Services  
<https://thealliancetx.org/> Specialized in refugee populations
- Texas Children's Hospital - Psychology  
<https://www.texaschildrens.org/departments/psychology>
- New Patients: 832-822-1900  
Pediatric psychology new patients: N832-822-1900
- 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/behavioralhealth-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](http://www.jfshouston.org)  
For counseling appointments contact  
[adultcounseling@jfs.org](mailto: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.
- CVS Pharmacies - inquire about mental health appointments.
- Shielding Hearts <https://shieldinghearts.org> Grief & Loss among children  
[601 Cien Street; Kemah, TX. 77565](https://www.shieldinghearts.org) 832-752-5742
- Easter Seals Houston [www.eastersealshouston.org](http://www.eastersealshouston.org)  
People with disabilities, veterans, military personnel and their families  
4888 Loop Central Drive, Suite 200, Houston, TX 77081 | Ph: 713.838.9050
- Sex and Love Addicts Anonymous (SLAA) 5535 Memorial Drive Ste F. PMB 425  
Houston, TX 77007 978-435-0350 [www.slaa-houston.org](http://www.slaa-houston.org)
- Baylor Medicine - Family Medicine  
<https://www.bcm.edu/healthcare/specialties/family-medicine> It accepts commercial insurances. For appointments, call 713-798-7700

- Baylor Medicine - Psychiatry  
<https://www.bcm.edu/healthcare/specialties/psychiatry-and-behavioralsciences>
- Greater Heights Holistic Psychiatry <https://www.psychiatryhoustontx.com/>  
It provides sliding scale fee services and also takes several insurances
- Bellaire Counseling Center <https://bellairefamilycounseling.com/>
- Center for Healing Arts and Sciences 713-526-444 [info@thecenterforhas.com](mailto:info@thecenterforhas.com)  
<https://www.thecenterforhas.com/> Reduced-fee, solution focused therapy for first responders and healthcare professionals.
- Houston Center for Valued Living 4203 Montrose Suite 480 Houston, TX 77006  
[info@hcfvl.com](mailto:info@hcfvl.com) 713-331-5538 <https://www.houstoncenterforvaluedliving.com/>
- Search for individual therapists on Psychology Today  
[https://www.psychologytoday.com/us/therapists/tx/houston?gclid=EAlaIQobChMI3a7Y9PaF7gIVBOTiCh1YFwBREAAYASAAEgJdU\\_D\\_BwE](https://www.psychologytoday.com/us/therapists/tx/houston?gclid=EAlaIQobChMI3a7Y9PaF7gIVBOTiCh1YFwBREAAYASAAEgJdU_D_BwE)

Inpatient, intensive outpatient, residential treatment, outpatient:

- John S. Dunn Behavioral Health Science Center - UT Health New Psychiatric Hospital. 5615 H. Mark Crosswell Jr St. Contact Jackie St. Germaine at [jacqstg@aol.com](mailto:jacqstg@aol.com) for a tour of the facility.
- The Harris Center for Mental Health and IDD -  
<https://www.theharriscenter.org/>  
Within HCMH, check  
Texans Recovering Together  
[TRT@theharriscenter.org](mailto:TRT@theharriscenter.org) 833-927-1806  
Or contact directly: Qwatosha Bessellieu, MSW  
Child Crisis Counseling Specialist  
832-840-8747, [Qwatosha.Bessellieu@theharriscenter.org](mailto:Qwatosha.Bessellieu@theharriscenter.org)
- The Menninger Clinic  
12301 S Main St, Houston, TX 77035  
713-275-5400  
[https://www.google.com/search?q=the+menninger+clinic&rlz=1C1GCEV\\_enUS929US929&oq=The+Menninger+Clinic&aqs=chrome.0.0i131i355i433i512j46i131i175i199i433i512j0i457i512j0i512l4.5604j0j7&sourceid=chrome&ie=UTF-](https://www.google.com/search?q=the+menninger+clinic&rlz=1C1GCEV_enUS929US929&oq=The+Menninger+Clinic&aqs=chrome.0.0i131i355i433i512j46i131i175i199i433i512j0i457i512j0i512l4.5604j0j7&sourceid=chrome&ie=UTF-)
- Behavioral Hospital of Bellaire [www.bhbhospital.com](http://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/>

- The Center for Success and Independence (TCSI) <https://www.tcsi.org/about-tcsi/> TCSI is a residential and intensive outpatient treatment program in Houston, Texas for adolescents, ages 12-17, whose psychological and emotional disorders, substance abuse and/or history of trauma have impaired their behavioral functioning and adversely impacted their everyday home, school and community environments. We are a 501(c)(3) nonprofit organization.
- Devereux Health Behavioral Services  
<https://www.devereux.org/site/SPageServer/>  
We were founded in 1912 by one of the first pioneers in the field, Helena Devereux. Today, we are a national nonprofit partner for individuals, families, schools and communities, serving many of the most vulnerable members of our society in areas of autism, intellectual and developmental disabilities, specialty mental health, and child welfare.

### ADHD TESTING IN HOUSTON

- ADHD Wellness Center: <https://adhdwellnesscenter.com/>
- UHCL Psychological Services Clinic (sliding scale fee):  
<https://www.uhcl.edu/psychological-services-clinic/>
- Dr. Ken Podell at Houston Methodist:  
<http://www.houstonmethodist.org/provider/kenneth/podeli/>
- Menninger Clinic Outpatient Programs  
[https://www.menningerclinic.org/treatment/treatment-for-adults/outpatient-programs/outpatient-therapy?gclid=CjwKCAiAjPyfBhBMEiwAB2CCloCnrsWl1jwc4u9FpnWvGLr3Z8W68UPDTor9M8BOBZ-JTc5g-7-WzxoCDPMQAvD\\_BwE](https://www.menningerclinic.org/treatment/treatment-for-adults/outpatient-programs/outpatient-therapy?gclid=CjwKCAiAjPyfBhBMEiwAB2CCloCnrsWl1jwc4u9FpnWvGLr3Z8W68UPDTor9M8BOBZ-JTc5g-7-WzxoCDPMQAvD_BwE)  
713-715-6127

### INTERPRETERS

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

### GAMBLING ISSUES

- Gambling Anonymous <Http://texasga.org/id20.html?>
- 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>
- Texas Health Action THA serves LGBTQ+ populations and those impacted by HIV. <http://texashealthaction.org>

### LGBTQ NATIONAL and Texas 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>
- Texas Health Action <http://texashealthaction.org> (LGBTQ and those HIV+)

### 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 Apps section below.

### TELEHEALTH

#### TELEHEALTH- GENERAL

Call (844) 824-8775 to schedule with an intake specialist to schedule with an email [TX-Intake@LifeStance.com](mailto:TX-Intake@LifeStance.com) Providers can refer a patient online.  
<https://lifestance.com/>

#### TELEHEALTH AND CHILDREN/YOUTH

- Elemetry - 325 N. St. Paul Street Suite 3100 Dallas, TX 75201 PHONE: 214- 912-1056 <https://www.elemery.com/>
- Texas Child Health Access Through Telemedicine (TCHAT) - For TX Rural Counties only  
<https://med.uth.edu/psychiatry/texas-child-health-access-through-technologytchat/>  
Phone 713-486-2500 Email [ms.psychiatry@uth.tmc.edu](mailto:ms.psychiatry@uth.tmc.edu)

#### TELEHEALTH - LOW COST THERAPY

- 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.
- National Crisis Support - Free telehealth counseling  
[www.nationalcrisissupport.org](http://www.nationalcrisissupport.org)
- Virtual Support Groups [www.supportgroupscentral.com](http://www.supportgroupscentral.com) Most groups are free.
- Crisis Hotline [wwwcrishotline.org](http://wwwcrishotline.org)

### TELEHEALTH - SPECIFIC IDENTITIES

[www.latinxtherapy.com](http://www.latinxtherapy.com) [www.therapyforblackgirls.com](http://www.therapyforblackgirls.com)

[www.therapyforblackmen.org](http://www.therapyforblackmen.org)

[www.melaninandmentalhealth.com](http://www.melaninandmentalhealth.com) (BIPOC)

[www.asianmhc.org/apisaa](http://www.asianmhc.org/apisaa)

[www.nqttcn.com](http://www.nqttcn.com) (Nat. Queer & Trans Therapists of Color)

[www.cliniciansofcolor.org](http://www.cliniciansofcolor.org)

Additional sites filtered for preferred identity:

[www.therapytribe.com](http://www.therapytribe.com)

[www.inclusivetherapists.com](http://www.inclusivetherapists.com)

[www.therapyden.com](http://www.therapyden.com) [www.sondermind.com](http://www.sondermind.com)

[www.psychologytoday.com](http://www.psychologytoday.com)

[www.openpathecollective.org](http://www.openpathecollective.org)

### TELEHEALTH PERINATAL MENTAL HEALTH AND CRISIS LINE

- Post Partum Support International  
Online support groups <https://www.postpartum.net/>
- Menninger Clinic Maternal Mental Wellness Program Free virtual support groups. Call [855-220-5597](tel:855-220-5597).
- National Maternal Mental Health Hotline  
Call or text 1-833-9-HELP4MOMS (1-833-943-5746). TTY users can use a preferred relay service or dial 711 and then 1-833-943-5746.  
<https://mchb.hrsa.gov/national-maternal-mental-health-hotline>

### MENTAL HEALTH APPS



- Insight Timer App - It contains the largest free selection of resources for relaxation, sleep, meditation, and music for relaxation, sleep, and meditation.
- 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](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>
- Sanvello -<https://www.sanvello.com/>  
It uses cognitive behavioral therapy, mindfulness, visualization, self-tracking and goal setting. It requires a subscription
- My Life <https://my.life/>  
Personalized mindfulness solution tailored to how you're feeling right now.
- Selection of different apps for smart phones. Most have some free features and a subscription alternative. See link:  
[https://search.bridgingapps.org/lists/93c3e3e5-68a3-49e3-b7f5-4096033553af?fbclid=IwAR1T\\_3T-ErC9fRp9GbLY6LRnBT6amvDwhofbN3QjqzkXplxRL\\_nW5dETBWQ](https://search.bridgingapps.org/lists/93c3e3e5-68a3-49e3-b7f5-4096033553af?fbclid=IwAR1T_3T-ErC9fRp9GbLY6LRnBT6amvDwhofbN3QjqzkXplxRL_nW5dETBWQ)

## SUBSTANCE USE DISORDERS TREATMENT SERVICES & RESOURCES

- Santa María Hostel <https://www.santamariahostel.org/>
- Cenikor Foundation <https://www.cenikor.org/locations/houston-location1/>
- Smart Recovery <https://www.smartrecovery.org/>
- Alcoholic Anonymous <https://aahouston.org/>
- 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](http://www.bhbhospital.com)  
Offers both outpatient and inpatient services
- Tobacco Use, Opioids, E-Cigarettes - consult with your primary care provider  
<https://www.mayoclinic.org/healthy-lifestyle/quit-smoking/in-depth/nicotinecraving/art-20045454>
- Narcotic Anonymous <https://hascona.com/>
- Al-Anon; Al-ATeen <https://al-anon.org/>

## EATING DISORDERS

- Overeaters Anonymous <https://oahouston.org/>

- The Center for Mindful Eating <https://www.thecenterformindfuleating.org/FREE-Meditations>

## 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](mailto: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/NAMIHepLine/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-coronavirussocialdistancing>
- “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](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-anxiety2020031219183>
- 7 Science-based Strategies to Cope with Coronavirus Anxiety: The Conversation <https://theconversation.com/7-science-based-strategies-to-cope-withcoronavirus-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>
- Living Mindfully <https://www.livingmindfully.org/>  
Mindfulness courses for general public and health care professionals. 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/mindfulnessresources/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/>

- Insight Meditation Houston <https://insighthouston.org/>
- Dawn Mountain Center for Tibetan Buddhism (Houston) <https://www.dawnmountain.org/> Meditation, courses, retreats
- Mariposa Sangha <https://mariposasangha.org/> Meditation, courses, retreats
- Stop, Breath, Think [www.stopbreathethink.com](http://www.stopbreathethink.com) -For educators

### NATIONAL - REGIONAL - STATE-WIDE ORGANIZATIONS

- SPARK Autism Research Project <https://sparkforautism.org/portal/page/about-spark/>
- Consciously Parenting [www.consciouslyparenting.org](http://www.consciouslyparenting.org)
- Care Partners - Caregivers of patients with dementia <https://carepartnerstexas.org>
- 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>
- The Network of Behavioral Health Providers (NBHP) [Home \(nbhp.org\)](http://nbhp.org)
- Childwelfare.gov Child Abuse Prevention Guide [https://www.childwelfare.gov/pubPDFs/guide\\_2021.pdf](https://www.childwelfare.gov/pubPDFs/guide_2021.pdf)
- Meadows Mental Health Policy Institute (MMHPI) <https://www.texasstateofmind.org/>
- The Hackett Center for Mental Health within MMHPI and its Trauma and Grief Center [The Hackett Center for Mental Health | MMHPI](#)

### DOMESTIC VIOLENCE, SEXUAL VIOLENCE, HUMAN TRAFFICKING

Organizations below offer one or several of these services: shelter, therapy, advocacy, education.

- Houston Police Department Domestic Response Team: [713-308-0080](tel:713-308-0080)
- 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)
- Family Violence Crisis Centers & Shelters <https://www.hcdvcc.org/resourcesforsurvivors/> Complete list on this website

-AVDA - Aid to victims of domestic violence, downtown Houston 713-224-9911  
[www.avda-tx.org](http://www.avda-tx.org)

-Houston Area Women's Center HAWC- [\(713\) 528-2121](tel:713-528-2121)

<https://hawc.org/>

1010 Waugh Drive, Houston TX , [info@hawc.org](mailto:info@hawc.org)

Nocovidabuse.org - link within HAWC

-Bridged Over Troubled Waters <http://www.tbotw.org>

24-hour hotline 713-472-0753. Pasadena, TX

-Bay Area Turning Point [www.bayareaturningpoint.org](http://www.bayareaturningpoint.org)

Clear Lake / Webster, TX 24 hour hot line 281-286-2525

-Family Time Crisis & Counseling Center. [www.familytimecccc.org](http://www.familytimecccc.org)

281-446-2615 Humble, TX

-Empowering South Asian Survivors of Domestic and Sexual Violence by Daya, Inc. Daya offers culturally specific services for South Asian survivors of domestic and sexual violence. This program provides: Holistic case management; Crisis intervention; Language-specific counseling; Safety Planning; Referrals for legal assistance, housing, and other supports; Support provided in multiple South Asian languages.

Confidential Helpline: 713-981-7645 Office Number: 713-842-7222 Email:

contact@dayahouston.org Website: <https://www.dayahouston.org/>

-StrongHearts Native Help Line <https://strongheartshelpline.org/get-help>

1-844-7NATIVE (762-8483) is a safe, anonymous, and confidential domestic and sexual violence helpline for Native Americans and Alaska Natives, offering culturally-appropriate support and advocacy. Call, text, or chat online.

-Montrose Center. Domestic violence among same sex or transgender

relationships. 713-529-3211. 401 Branard St, Houston, TX 77006

-Fort Bend County Women's Center. [www.fbwc.org](http://www.fbwc.org) 281-342-4357

Rosenberg, TX

-Montgomery County Women's Center. [www.mcwctx.org](http://www.mcwctx.org) 936-441-7273

Woodlands / Spring, TX

-Galveston County Women's Center 1-888-919-7233

-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:7134664785)

-Franklin House Women and Children's Facility in Beaumont, TX 409- 896-5911

-Family Time Foundation, Humble, TX 281-446-2615

-SAAFE House in Huntsville, TX

-Northwest Assistance Ministries (counseling & advocacy) 1-888-750-4673

-Family Crisis Center in Lufkin, TX

<https://www.familycrisiscenterofeasttexas.com/>

-Domestic Violence Services for Teens and Young Adults

<https://www.loveisrespect.org/get-relationship-help-24-7-365/>

By Loveisrespect

- Call: 866-331-9474 or 800-787-3224 TTY for Deaf/hard of hearing individuals

- Chat: Start a live chat by going to the program website and clicking the "Chat live now" button

- Text: Text "loveis" to 22522

- 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/freedomplace/>

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.

### VETERANS / VETERANS FAMILIES

- Combined Arms  
<https://www.combinedarms.us/>; 2929 McKinney; Houston, TX 77003  
Brings together veteran-focused nonprofits and agencies and communities across the nation committed to serving those who served.
- Grace After Fire  
<https://www.graceafterfire.org/about-us> ; 888-737-3112  
Housed within same building as Combined Arms in Houston.  
Serving the Veteran community by providing community resource navigation services, social events, and annual retreats to women Veterans and their families.  
Amelia Peacock - Harris County Outreach Coordinator, *Marine Corps Veteran*  
[amelia@graceafterfire.org](mailto:amelia@graceafterfire.org)      832-504-9153

### LEGAL SERVICES

- Harris County District Attorney Family Criminal Law Division      713-755-5888
- Aid to Victims of Domestic Abuse      713-224-9911
- Houston Volunteer Lawyers      713-228-0732
- Lone Star Legal Aid Foundation      713-652-5911
- Family Violence Legal Line      1-800-374673

### 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 1-888-5072970 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](mailto: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](http://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](mailto: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.

### TEXAS WINTER STORM RESOURCES

- Disaster Legal Aid: <https://www.disasterlegalaid.org/>
- FEMA assistance to individuals who sustained losses in the designated area can begin applying for assistance by registering online at [DisasterAssistance.gov](https://DisasterAssistance.gov) or by calling 1-800-621-3362 or 1-800-462-7585 TTY.
- Food Pantry locations: <https://map.tacklehunger.org/>
- Houston-Harris County Emergency Rental Assistance Program (*Renters applications opened Thursday, February 25th*). Link: <https://houstonsarrishelp.org>
- Houston Recovers: <https://houstonrecovers.org/2021-winter-stormresources/>
- Legal Aid Disaster Resource Center: <https://www.ladrc.org/disasters/texassevere-winter-storms/>
- Lone Star Legal Aid Winter Storm: <https://lonestarlegal.blog/texas-winterstorm-2021-resources/>
- Ready Harris Resources: <https://www.readyharris.org>
- Replacement SNAP: <https://lonestarlegal.blog/2021/02/20/texas-winterstorm-resource-replacement-snap-food-stamps/>
- Texas Disaster Legal Help: <https://texasdisasterlegalhelp.org/>
- Texas Rent Assistance: <https://texasrentrelief.com/>

### 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](mailto: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](mailto: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](mailto: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>
- Rush to Wheat Homes - Housing for a variety of individuals with diverse needs.  
832-797-6602; [info@rushtowheathomes.com](mailto:info@rushtowheathomes.com) ; <http://rushtowheathomes.com>

### FURNITURE

- Houston Furniture Bank <https://houstonfurniturebank.org/>

### 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

## 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)

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 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](#).

Healthcare for the Homeless <https://www.homeless-healthcare.org/>  
713-286-6000

Several locations in Houston Meal and food resource guide:

<https://www.homeless-healthcare.org/food-meal-resource-guide>

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

### [HOUSTON HOSPICE BERAVENTMENT SERVICES](#)

- [Houstonhospice.org](http://Houstonhospice.org)
- Redbird Center

### [MEDICATION ASSISTANCE](#)

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

Good Rx [www.goodrx.com](http://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 ([needymeds.org](http://needymeds.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](http://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](http://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](http://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](http://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](http://www.Christushealth.org)

### ABORTION CARE INFORMATION

-Abortion Legal Hotline: Available anywhere in USA 833-309-6301

-Aidaccess.org - helps order abortion pills by mail

-Abortionfinder.org - a Planned Parenthood site to help you find a clinic

-Plancpills.org - helps you find a provider for abortion pills

-Mahotline.org 833-246-2632 - a confidential hotline for miscarriages and abortions

-Abortionhotline.org - an anonymous health-line for emotional support, medical information, and referrals

### TRANSPORTATION

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

### EVICCTIONS

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

### GENERAL COMMUNITY SERVICES

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

### **WEBSITE WITH OVERALL HEALTH & SOCIAL SERVICES RESOURCES THROUGHOUT THE USA- SEARCH BY ZIP CODE - EveryOne Project-Neighborhood Navigator**

<https://www.aafp.org/family-physician/patient-care/the-everyone-project/neighborhood-navigator.html>

The EveryONE Project offers you screening tools to identify patients' social needs and address health equity in your practice. The Neighborhood Navigator is the next step for you to improve social determinants of health among your patients.

Use this interactive tool at the point of care to connect patients with supportive resources in their neighborhoods. It lists more than 40,000 social services by zip code.

- Food
- Housing
- Transportation
- Employment aid
- Legal aid
- Financial

See screen shot below. It also has information on services for domestic violence survivors.

The EveryONE Project

## Neighborhood Navigator

The EveryONE Project™  
Advancing health equity in every community



The EveryONE Project offers you screening tools to identify patients' social needs and address health equity in your practice. The Neighborhood Navigator is the next step for you to improve social determinants of health among your patients.

Use this interactive tool at the point of care to connect patients with supportive resources in their neighborhoods. It lists more than 40,000 social services by zip code.

- Food
- Housing
- Transportation
- Employment aid
- Legal aid
- Financial

Want to see how the Neighborhood Navigator tool works?

Watch the [training videos](#) now.

### Find Services in Your Community




To find information on domestic violence, enter zip code, then highlight (no click) tab CARE on top of page. Then, go to left hand side of page and highlight Physical Safety (no click), then a window to the right will show list: Click on Immediate Safety. List of organizations will appear.

HOUSTON AWARE SAMHSA GRANT April 2020-April 2023.

BCM Family and Community Medicine

[Mental Health Awareness Trainings | BCM](#)

Sadra Gonzalez, PhD; LCSW-S Project Director

Mónica M. Alzate, PhD; LCSW Director of Training