



RESOURCE GUIDE

STRENGTHEN · UNIFY · CONNECT





PLEASE CALL 911 IF YOU ARE HAVING AN EMERGENCY.

If you have any concerns about your mental or physical health, please contact your doctor to discuss. Your doctor can help you determine the treatment and services that will best fit your needs.

BEHAVIORAL & MENTAL HEALTH	3
ADDICTION	5
MEDICAL	6
FAMILY VIOLENCE	8
CHILDREN	9
FINANCIAL ASSISTANCE	10
FOOD ASSISTANCE	11
INTELLECTUAL & DEVELOPMENTAL DISABILITIES SERVICES	12
SOBER LIVING & TRANSITIONAL HOUSING	13
SHELTER	13
PRESCRIPTION ASSISTANCE	14
SUPPORT WEBSITES	15

IMPORTANT CONTACTS

**IN CASE OF AN EMERGENCY
ALWAYS CALL 911**

- Jefferson County Sheriff's Department** 409-835-8411
- Orange County Sheriff's Department** 409-769-6391
- Poison Control Center**
1-800-222-1222
- National Suicide Prevention Lifeline** 1-800-273-TALK(8255)
- Rape and Suicide Crisis Center of SETX** 409-823-6530
1-800-793-2273
- National Human Trafficking Hotline** 1-888-373-7888
- Family Violence** 409-832-7575
1-800-621-8882
- Disaster Distress Helpline**
1-800-985-5990
- Treatment Referral Routing Service** 1-800-662-HELP(4357)
- Veteran's Crisis Line**
1-800-273-8255
- Social Services Hotline**
Dial 2-1-1

To update your information or to be included in the guide, email us at mhasetx@gmail.com.

BEHAVIORAL & MENTAL HEALTH

Baptist Behavioral Health Center

409-212-7000

3250 Fannin, Beaumont

- Available 24/7
- Private psychiatric hospital providing inpatient treatment
- Youth with serious emotional disturbance
- Adults with serious mental illness
- Substance abuse disorders

Family Services Counseling Center

409-833-2668

3550 Fannin, Beaumont

- Individual and family counseling for all ages
- Parenting Classes
- Anger Management (Adult & Teen)
- Prevention Education (alcohol, tobacco & other drugs)
- Battering Intervention & Prevention
- Employee Assistance Program
- Accepts Medicaid, private insurance
- Sliding fee scale

Lamar University Counseling Services

409-880-8466

Student Health Center

857 E. Virginia, Beaumont

- Mental health/psychological counseling services for Lamar University students

The Medical Center of Southeast Texas

409-853-5729

2555 Jimmy Johnson Blvd.,
Port Arthur

- Outpatient Behavioral Services
- Counseling
- Intensive Outpatient Program
- Partial Hospitalization
- Inpatient Psychiatric Care
- Dual Diagnosis

3 IN 4 TEXANS HAVE
A FRIEND OR FAMILY MEMBER THAT HAS
EXPERIENCED A **MENTAL HEALTH ISSUE.**

NAMI- National Alliance on Mental Health HelpLine 409-832-7121

- Education, support and advocacy
St. Jude Church | 6825 Gladys Ave., Beaumont
- Consumer Meetings:
Thursdays weekly at 6pm, Room M1
- Family Meetings:
2nd Thursday of the month at 6pm, Room M3

Riceland Behavioral Health

409-296-6000 538 Broadway Ave., Winnie

- Partial hospitalization program
- Individual and group counseling
- Medication management
- Free transportation provided
- Medicaid and private insurance

Samaritan Counseling Center

409-727-6400 7980 Anchor Dr., Bldg. 500,
Port Arthur

Beaumont and Orange, by appointment: 877-385-3347

- Counseling for individuals, couples, families,
adolescents and children
- Psychological assessments
- Outpatient behavioral health services
- Free depression screenings
- Medicaid and private insurance
- Sliding call and fee assistance available

Spindletop Center

Crisis Line: 800-937-8097

2750 S. 8th St., Bldg. A

Intake

409-839-1002, 2750 S. 8th St., Bldg. A

- Adult Services
- Dual Diagnosis
- Medication Services
- Outpatient Behavioral Services
- Pharmacy

Daybreak Interagency Youth Services

409-839-2200, 2895 S. 8th St.

- Children's Services

Positive Alternative Counseling	409-839-1096
Peer Specialist Services	409-839-1032
Hope Center	409-835-6253
WRAP Program and WHAM	409-658-5718
Wellness Recovery Action Plan	
Wellness Health Action Management	

UT Physicians Community Health & Wellness Center

409-730-4700 3610 Stagg Dr., Beaumont

- Psychiatrist
- Behavioral Therapist
- Community Health Worker
- Accepts Medicare, Medicaid and private insurance

ADDICTION

Baptist Hospitals of Southeast Texas

409-212-7000 3250 Fannin, Beaumont

- Medically Managed Inpatient Detox Unit

Celebrate Recovery

409-898-7074 Calvary Baptist Church
3650 Dowlen Rd., Beaumont
www.recoverybeaumont.com

- Faith-based recovery
- Mondays at 6pm, Bldg. 7

Land Manor, Inc.

409-838-3946 4655 Collier St., Beaumont

- Screening and assessment
- Rehabilitation facilities

ADAC- Alcohol & Drug Abuse Council of Deep East Texas

409-600-2427 755 S. 11th, Beaumont
adacdet.org

- OSAR - Outreach, Screening, Assessment and Referral
- No cost: Call for appointment
- Monday-Friday, 8am-5pm

SETCADA- Southeast Texas Council on Alcohol & Drug Abuse

409-842-2408

Right Choice – Outpatient

409-840-2001, 4675 C Washington Blvd., Beaumont

409-670-9524, 3212 Concord, Suite C, Pinehurst

- Individual and Group Counseling
- Adolescents 13-17, Adults 18+

Unity – Male Residential Treatment Facility

409-840-9350, 4673 Washington, Beaumont

- Adults 18 years +

Spindletop ATAR- Addiction Treatment & Recovery

409-838-1033

2750 S. 8th St., Bldg. C

Substance Abuse

409-839-1033

Recovery Support Services

409-839-2206

Youth Prevention

409-784-5402

- Youth Prevention and Intervention Programs

MEDICAL

Beaumont Health Department

409-832-4000

3040 College St., Beaumont

- Immunizations: child \$10/adult \$15
- STDs: \$20/no appointment required
- Tuberculosis: Free/no walk-in

CHRISTUS Southeast Texas

409-892-7171

2830 Calder St., Beaumont

- Emergency and Urgent Care Services

Gulf Coast Health Centers

409-983-1161

2548 Memorial Blvd., Port Arthur

409-983-1161 ext. 75

601B Rev. Ransom Howard
Port Arthur

409-886-4400

1301 W. Park Ave., Orange

- Comprehensive care
- Dental
- Mental health services - Behavioral Health Specialist
- Full service pharmacy

HELP IS JUST A CLICK AWAY

Find a therapist in your area based on issue, sexuality, age and treatment orientation and search by therapists that accept your insurance.

therapists.psychologytoday.com

Gulf Coast Mobile Medical

Antioch Missionary Baptist Church

3920 W. Cardinal Dr., Beaumont

Thursdays 9am-12pm

- Providing family health care to all area residents
- Sliding scale, Medicaid, private insurance

IBN Foundation Beaumont/

Port Arthur Community Medical Center

409-724-7462 or 409-724-7463

8599 9th Ave., Port Arthur

Monday-Friday 9am-5pm; no appointment needed

Jefferson County Indigent Care

409-835-8530

1295 Pearl, Beaumont

Legacy Community Health

409-242-2525 or 409-242-2577

4450 Highland and 450 N. 11th, Beaumont

- Primary Care, Pediatrics, OB/GYN
- Behavioral Health, Psychologist, Psychiatrist, counseling
- Medication evaluation
- Prescription assistance, Accepts uninsured.

P.A.L.M. Center Land Manor, Inc.

409-832-0710

2261 North St., Beaumont

- Free services
- HIV Testing
- HIV Early Intervention Case Management
- HIV/AIDS education and information
- Risk Reduction and Prevention Counseling

Southeast Texas Community Health Clinic

409-833-4383

365 Forsythe, Beaumont

- Serving indigent population
- Accepts Medicaid and uninsured patients
- Adult and Pediatric care
- Child vaccinations
- Adults - endocrinologist, pulmonologist, cardiologist, hematologist
- Prescription assistance for diabetic medications

Triangle Area Network Clinic

409-832-8338

1495 North 7th St., Beaumont

409-920-4223

3737 N. 16th St, Orange

- HIV & STD testing
- Hep C testing & treatment
- Primary care - 15yrs +

Women's Health

409-832-3377

UT Physicians Community Health & Wellness Center

409-730-4700

3610 Stagg Dr., Beaumont

- Family Medicine, Pediatrics; newborn +
- Accepts Medicaid, Medicare and private insurance

Victory- The Medical Center of Southeast Texas

409-617-7000

6025 Metropolitan Dr.,
Beaumont

- Emergency Room services

FAMILY VIOLENCE

Family Services Women and Children's Shelter

409-832-7575 or 800-621-8882

3550 Fannin St., Beaumont

Rape and Suicide Crisis Center

Hotline 800-793-2273 or 409-832-6530

Texas Council on Family Violence

www.tcfv.org

Victims Assistance Center

409-839-2318

215 Franklin St., 2nd floor

CHILDREN

Buckner

409-866-0976

9055 Manion Dr., Beaumont

Star Services

409-861-0582

For at-risk youth

**Project HOPES - Healthy Outcomes through Prevention
& Early Support**

409-200-2739

5 years and under

Catholic Charities

Elijah's Place

409-924-4400

278 Eastex Freeway, Beaumont

Support group for children ages 5-17 who have
experienced the loss of loved ones

Child Protective Services

24hr Child Abuse Hotline 800-252-5400

409-730-1099

3105 Executive Blvd., Beaumont

409-963-0312

4200 Jimmy Johnson, Port Arthur

409-670-4500

2220 Gloria Dr., Orange

Communities in Schools of Southeast Texas

409-951-1810

350 Pine St., Ste 500, Beaumont

- Empowering children to stay in school
and achieve in life
- Referral assistance

HALF OF ALL MENTAL HEALTH
DISORDERS BEGIN BY AGE 14. **75%**
BEGIN BY AGE 24. **LEARN THE SIGNS.**
IF YOU ARE CONCERNED, GET YOUR CHILD SCREENED.

Family Services Counseling Center

409-833-2668

3550 Fannin St., Beaumont

www.weststrengthenfamilies.org

- Teen anger management, child counseling
- Accepts Medicaid, private insurance, sliding fee scale

Garth House

409-838-9084

1895 McFaddin, Beaumont

- Individual counseling for victimized children and non-offending family members

Spindletop (Early Childhood Intervention)

409-784-5435 or 888-837-8687

655 South 8th St., Beaumont

FINANCIAL ASSISTANCE

Catholic Charities

409-924-4400 2780 Eastex Freeway, Beaumont

Salvation Army

409-833-4153 1490 North 7th St., Beaumont

Monday-Thursday 9am-4pm, Friday 9am-3pm

Some Other Place

409-832-7976 1195 McFaddin, Beaumont

Tuesday and Thursday 9am

Spindletop Center

Consumer Benefits Organization (CBO)

409-839-1015 2750 S. 8th St., Bldg. A, Beaumont

Assists with the process of:

- Filing for disability through the Social Security Administration
- Medicare and Part D Enrollment and applying for Extra Help on prescription costs
- Applying for Health Insurance through the Marketplace
- Filing for Medicaid, SNAP/Food Stamps, TANF, Chips, Medicare Savings Programs and more

Texas Department of Health and Human Services

409-730-1098 3105 Executive Blvd., Beaumont

409-962-2001 4200 Jimmy Johnson, Port Arthur

409-886-4475 2222 Gloria Dr., Orange

FOOD ASSISTANCE

Apostolic Church of Beaumont 3333 Eastex Freeway, Beaumont 2nd Thursday of the month 9am-12pm	409-898-3060
Central City Baptist 1825 Franklin, Beaumont	409-832-7925
Christ Community Church 413 South 11th St., Beaumont	409-832-1165
Friendship Baptist Church 6750 Hwy 105, Beaumont 3rd Tuesday of the month 10am-12noon	409-898-0249
Inner City - Hand Up Ministry 1240 McFaddin, Beaumont Hot meals Wednesdays 5:30-7:30, at Some Other Place	409-679-7207
Our Mother of Mercy Catholic Church 3390 Sarah St., Beaumont Mondays and Wednesdays 9am-12:30pm By appointment only	409-842-1206
Salvation Army Soup Kitchen 2350 I-10 E., Beaumont 5pm Dinner	409-896-2361
Some Other Place - Emergency Services 1195 McFaddin, Beaumont 9am Mondays, Wednesdays and Fridays: non-financial, non-perishable food and clothing 9am Tuesdays and Thursdays: financial services	409-832-7976
Soup Kitchen 1155 McFaddin, Beaumont Tuesday-Friday: Lunch 11:30am-12:30pm Saturday: Sack Lunch 10:30am; Sunday: Sack Lunch 9:30am	
Southeast Texas Food Bank 3845 S. MLK Pkwy, Beaumont www.setxfoodbank.org	409-839-8777
St. James Methodist 2485 Blanchette Rd., Beaumont Grocery Distribution: 3rd Thursday of the month 9am-1pm ID and proof of residence required	409-833-4867
St. Marks Episcopal Church 680 Calder, Beaumont Breakfast: Fridays 8am Food Pantry: Fridays 9am, ID required	409-832-3405
The Anchor of Beaumont 6655 Hwy 105, Beaumont	409-899-1190
West Tabernacle Baptist Church 3605 Waco St., Beaumont Food Pantry: 2nd Wednesday of the month 1-2pm ID required	409-842-3360

Hospitality Center	409-924-4406 or 1-888-982-4842
3959 Gulfway Dr., Port Arthur	
Every day 10:30am-12:30pm	
Life Church	409-853-1068
4600 Jimmy Johnson, Port Arthur	
Food Pantry: 2nd Wednesday and 4th Saturday of the month 10am-12pm	
Mount Sinai	409-886-2089
1113 N. 2nd St, Orange	
Mondays 12pm	
St. Mary's Catholic Church	409-883-2883
912 Cherry Ave, Orange	
WIC- Women, Infants and Children	texaswic.org
3040 College, Beaumont	
449 Austin Ave., Port Arthur	
UTMB	409-883-9115
2014 N. 10th St., Orange	
365 Claiborne, Vidor	
409-783-9165	

INTELLECTUAL & DEVELOPMENTAL DISABILITIES SERVICES

Spindletop Intellectual and Developmental Disabilities	409-784-5400
655 S. 8th St.	
Behavioral Support (Psychology Service)	409-784-5540
Recreation	409-784-5528
HCS	
(Home and Community-Based Services)	409-784-5469
· Residential Services	
· ICF/MR (Intermediate Care Facility/Mental Retardation)	
TxHmL (Texas Home Living)	409-784-5469
· Residential Services	
Job Quest	409-784-5429
655 8th St., Beaumont	
Ben Rogers Employment Training Facility	409-838-3494
500 Canal St.	
· Vocational Services	
Respite Care	409-784-5469
2750 8th St., Beaumont	
· Emergency Short Term Residential Services	

The ARC of Greater Beaumont 409-838-9012
4330 Westridge Ln., Beaumont
· Support for individuals with IDD
· Family Support Groups

SOBER LIVING & TRANSITIONAL HOUSING

Jump Start Recovery Center 409-984-5126
1222 E. 5th St., Port Arthur
Women and Men

Lazarus Housing 409-984-5616
1001 6th St., Port Arthur
Men only shelter

Victoria House 409-212-2524
2135 Victoria St., Beaumont
Women and Men

SHELTER

Henry's Place (Day Center) 409-832-4088
1107 McFaddin, Beaumont

Salvation Army 409-896-2361
2350 I-10 E., Beaumont
Dinner served 5pm-5:30pm
Registration 5:30pm-8pm
1st 3 nights are free/ \$10 each additional day
ID required/no sex offenders
No ID - 1 night stay only

Spindletop (Housing Assist. for Clients) 409-839-2224
2750 S. 8th St., Beaumont

The Wood Group Respite Care 409-839-1088
2750 S. 8th St., Beaumont
· Emergency Short Term Residential Services

Women and Children's Shelter
Call 24-Hour Hotline 409-832-7575

PRESCRIPTION ASSISTANCE

(RX discount cards are not insurance)

Some Other Place

409-832-7976

1195 McFaddin, Beaumont

Monday-Friday 9am; Prescription vouchers

Texas Drug Card

www.texasdrugcard.com

Texas Prescription Assistance Program

1-844-272-8379

texas.prescriptionassistance.info

Partnership for Prescription Assistance

www.tx.pparx.org

Texas HIV Medication Program (THMP)

1-800-255-1090

www.dshs.texas.gov/hivstd/meds/document.shtm

DEPRESSION IS REAL, COMMON AND TREATABLE.

- Major depression is one of the most common mental illnesses, affecting 6.7% (more than 16 million) of American adults annually.
- Depression causes people to lose pleasure from daily life, can complicate other medical conditions, and can even be serious enough to lead to suicide.
- Depression can occur to anyone, at any age, and to people of any race or ethnic group. Depression is never a "normal" part of life, no matter what your age, gender or health situation.
- While the majority of individuals with depression have a full remission of the disorder with effective treatment, only about a third (35.3%) of those suffering from severe depression seek treatment from a mental health professional. Too many people resist treatment because they believe depression isn't serious, that they can treat it themselves or that it is a personal weakness rather than a serious medical illness.

SUPPORT WEBSITES

Crisis Center of SETX

www.crisiscenterofsetx.org

Survivors of Incest Anonymous

www.siaawso.org

Alcoholics Anonymous

www.aadistrict90.org

www.aabeaumont.org

Narcotics Anonymous

www.NA.org

Sex Addicts Anonymous

www.saa-recovery.org

Overeaters Anonymous

www.oa.org/meetings/

Al-Anon /Alateen

www.setxalanon.org

www.al-anon.alateen.org

Emotions Anonymous

www.emotionsanonymous.org

Nar-Anon

www.nar-anon.org

Cocaine Anonymous

www.ca.org

Crystal Meth Anonymous

www.crystalmeth.org

Gamblers Anonymous

www.gamblersanonymous.org

Co-dependents Anonymous

www.coda.org

Mental Health of America Texas

www.mhatexas.org

National Alliance on Mental Illness (NAMI)

www.nami.org

NOTES



MHIA  SM
Mental Health America
of Southeast Texas

Healing hearts & mending minds, one person at a time



Donate today. Your gift is life changing.

Mental Health America of Southeast Texas
P.O. Box 5471
Beaumont, Texas 77726

Mental Health America of Southeast Texas is a 501(c)3 nonprofit organization. Tax I.D. 74-1359380