

MAMI Gulf Coast

Mental Health Resource and Crisis Manual

Serving Galveston & Brazoria Counties

P.O Box 4096 Alvin, TX 77511

Www.namigulfcoast.org

Phone: 281-585-3100

namigc@namigulfcoast.org

It is the mission of NAMI Gulf Coast to provide support, education, and service advocacy for families and individuals affected by mental illness. Eliminating the stigma of mental illness is the primary goal for NAMI Gulf Coast. The hope is that one day mental illness will be treated with the same compassion and understanding as any other illness.





Community Health Network's Crisis Care Team was established in February 2021.

The Crisis Care Team is a full service that is provided to our patients and families to reduce the intensity of an individual's emotional, mental, physical, and behavioral reactions to a crisis. We help individuals return to a level of functioning. We help individuals understand and normalize their reactions to crisis situations.

Our service allows individuals to begin crisis recovery with our team, prevent worsening conditions, and avoid preventable hospital admissions. We will also work with schools, counselors, and additional providers upon our patient's request to ensure open communication, continued education, and care for continuous stabilization. We work directly with our patients' providers to oversee, monitor, schedule, and coordinate their care.

Our services include:

Same-Day Crisis Intervention
Case Management
Care Coordination
Targeted Case Management
Patient Monitoring
Hospital Care Transitions

Crisis Office Hours:

- · M F 8:00 am-6:00 pm
- · Weekends 8:00am -5:00pm (Select Locations)

Crisis After Hours:

M - F 6:00 pm-9:00 pm

The MyCHN after hours phone line is available outside of business hours.









Texas Child Health Access Through Telemedicine (TCHATT) provides free telemedicine or telehealth programs to school districts to help identify and assess the behavioral health needs of children and adolescents and provide access to mental health services.

Scan the QR code below to explore our interactive enrollment map and connect with your hub.



Email TCMHCC@utsystem.edu for more information.



201 1st Street, Galveston, TX 77551 409-763-5516 adawomenscenter.org



New Dimensions is a partial day treatment and intensive outpatient program that provides mental health and chemical dependency treatment for adolescents, adults, and their families. New Dimensions accepts most major insurance carriers. There are three locations that serve the Greater Houston area: Clear Lake, Katy, and The Woodlands.

www.nddtreatment.com

800-685-9796

#UTHealth Houston

Behavioral Sciences Campus

DUNN BEHAVIORAL SCIENCES CENTER

5615 H. Mark Crosswell Jr. St Houston, TX 77021 **713-500-1500**

HARRIS COUNTY PSYCHIATRIC CENTER

2800 S MacGregor Way Houston, TX 77021 **713-741-5000**

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Crisis Numbers:

Gulf Coast Center Crisis 24-Hour Helpline Response

& Mobile Crisis Outreach Team (MCOT)

Galveston & Brazoria Counties 1-866-729-3848

Crisis Intervention of Houston

713-468-5463 713-526-8088 (Español)

Harris Center Mobile Crisis Outreach Team (MCOT)

Harris County 713-970-7000

Teen Line (Open 8pm – 12am CST)

310-855-HOPE (4673)

800-TLC-TEEN (852-8336) (TOLL FREE US & CANADA)

TEXT TEEN to 839863

Calls are redirected to Didi Hirsch's Suicide Prevention Center after hours.

National Suicide Prevention Lifeline

(Nacional de Prevención del Suicidio)

(Both individuals and concerned loved ones can call to speak with a crisis counselor)

1-800-273-TALK (8255)

1-888-628-9454 (Español)

1-800-273-8255 or text 838255 (Veterans Crisis Line); Chat options available @

https://www.veteranscrisisline.net/

800-273-8255 (Video Relay Service)

800-799-4889 (TTY)

800-273-8255 (Voice/Caption Phone)

Online chat options also available for persons with deafness or hearing impairments

@ https://suicidepreventionlifeline.org/help-vourself/for-deaf-hard-of-hearing/

Suicide Hotline

1-800-784-2433

Disaster Distress Helpline:

1-800-985-5990

1-800-846-8517 (Deaf & Hard of Hearing)

National Runaway Switchboard

1-800-RUNAWAY (786-2929)

The Bridge Over Troubled Waters Crisis Hotline

Emergency hotline for victims of domestic and sexual violence 713-473-2801

Resource & Crisis Center of Galveston County Hotline

Emergency hotline for victims of domestic and sexual violence

Toll Free: 1-888-919-SAFE (7233) Local: 409-765-SAFE (7233)

Gay & Lesbian Switchboard (Houston)

713-529-3211

The Trevor Project

LGBTQ+ Suicide Prevention

Text "START" to 678678 for text chat or visit the website for online chat

@ https://www.thetrevorproject.org/

1-866-488-7386 (24/7)

Safe Haven Refuge

Crisis Counseling 844-212-1382

Bay Area Council on Drugs and Alcohol (BACODA)

Crisis Counseling 1-800-510-3111

Texas 2-1-1

(Available for crisis help when safety of self and others is not at immediate risk) 2-1-1 Option 8

Mental Health Deputies

(Can only be called when someone is an active danger to themselves or others)

Brazoria County Sheriff's Department Lieutenant: Shane Vandergriff 979-849-2441

Galveston County Sheriff's Department Lieutenant: *Jaime Castro* 409-766-2323

Gulf Coast Center Non-Crisis Numbers: Galveston County and Brazoria County (No office in Alvin, TX)

Intake: 1-800-643-0967

Children's: 1-877-226-8780

Main: 409-763-2373

COVID-19 Support Line: 1-800-643-0967



NAMI Gulf Coast has many opportunities to get involved! Here are a few ways you can help:

- Volunteer in the office
- Monthly pledges, contributions, and memorials
- Become a corporate or individual event sponsor
- Teach classes (training provided)
- Donate in-kind goods (household goods, hygiene products, clothing, etc.)

Please let us know how you would like to help by calling our office at 281-585-3100 or emailing us at admin@namigulfcoast.org

Local NAMIs in Texas

	Local 107 Alvillo in Texas		
NATIONAL ALLIANCE ON MENTAL ILLNESS	www.nami.org Main: 703-524-7600 Helpline: 800-950-6264 Member Services: 888-999-6264		
NAMI Greater Houston Houston, TX 77266	www.namigreaterhouston.org 713-970-4419 namigh@namigreaterhouston.org Services Harris, Fort Bend, and Montgomery Counties		
NAMI Golden Triangle Beaumont, TX 77723	https://namitexas.org/nami-golden-triangle/ 409-835-7121 namigoldentriangle@gmail.com Services Southeast Texas		
NAMI Austin Austin, TX 78703	www.namiaustin.org 512-420-9810 info@namicentraltx.org Services Austin & Central Texas		
NAMI San Antonio San Antonio, TX 78212	www.nami-sat.org 210-734-3349 nami@nami-sat.org		
Locate other NAMIs:	https://www.nami.org/Local-NAMI		

NAMI GC Support Meetings

Online Support Groups during COVID-19

Due to COVID-19, all groups are currently being offered online over Zoom. You do not need a Zoom account to attend; reach out to the contact below to register.

In-person groups listed below will resume in future.

Contact: 281-585-3100 or

Namigc@namigulfcoast.org to register

Monthly Schedule:

<u>Individual Support Group</u>: 1st and 3rd Tuesday and 2nd Thursday at 6pm

Family Member Group: 1st and 3rd Tuesday

at 7pm

Family and Individual Group: 2nd Thursday

at 6pm

"Care and Share" begins at 6pm at each meeting. Speakers may be scheduled following the Care and Share time.

Children's Services

West Oaks Hospital

6500 Hornwood Houston, TX

713-589-7874

West Oaks - The Excel Center of Katy

2900 Commercial Center Blvd, Suite 102

Katy, TX 77494

281-647-0020

Hornwood Clinic

6612 Hornwood Drive Houston, TX 77074 **713-774-0606** Inpatient care for children 5-12 with behavioral & mental health issues. (Houston location)

Day program for children 5+ with behavioral & mental health issues. (Katy location)

Day program for teens and adolescents with behavioral, mental health, and substance use issues.

Outpatient Services: Excel Center of Katy

Excel Center of Katy: Specialized Treatment for Kids, Teens and Young Adults on the Autism Spectrum

www.Westoakshospital.com

Boys & Girls Clubs of Greater Houston

Main Office 815 Crosby Street Houston, Texas 77019

713-868-3426

https://www.bacah.org/

Mission is to inspire and enable all youth, especially those who are most in need, to realize their full potential and become productive, responsible, and caring citizens.

GCGH is a safe haven for kids who commonly live in the midst of chaotic, dangerous neighborhoods and have limited positive relationships. At the Clubs, youth are provided meals, strong role models, Homework assistance, organized athletics, character development and access to the arts.

Membership is FREE for all youth that live in or attend school in the 77550 zip code or attend most public/private schools in Galveston; membership is also free for persons with the Texas Children's Health Plan. It is also free for people with medicare.

Johnny Mitchell Boys & Girls Club of Galveston Island

4420 Avenue P.
Galveston, TX 77550
Contact:Bribgett Simmons, Club Director –
409-763-2227/ miones@bacah.org

Afterschool hours: M-F 3:00pm – 6:00pm

	
Membership application link: https://www.bgcgh.org/assets/pdf/Membership_Application_U pdated_5_22_2020.pdf (English) https://www.bgcgh.org/assets/pdf/Membership_Application-S PANISH-5212020.pdf (Spanish)	
Harris County Psychiatric Center 2800 S MacGregor Way Houston, TX 713-741-5000 713-741-3883 — Admissions (24/7) https://hcpc.uth.edu/	Inpatient mental health care for children (3+), adolescents & adults. Also provides ECT at an outpatient ECT clinic. Accepts some Medicaid, Medicare & CHIP & most private insurances. Call to verify insurance coverage During a psychiatric crisis, an individual may be brought to HCPC on a walk-in basis.
Unlimited Visions Aftercare Admissions & Administrative 1126 Hub Street Houston, TX 77023 713-921-2276	Inpatient, outpatient & residential services Recovery programs for adolescents struggling with substance abuse or substance abuse and additional mental illnesses. Only offer residential treatments for boys ages 13 to 17
Houston location, UVA Recovery & Wellness Center 5527 Lawndale Houston, TX 77023 713-921-2276	Adolescent Treatment: Ms. Phillips — phillips@unlimitedvisions.org Youth Prevention: Ms. Tucker — gtucker@unlimitedvisions.org
General Questions 713-921-2276 http://www.unlimitedvisions.org/ Emergency help after hours call 281-652-7635	Treat: Addiction, Depression and Bipolar Disorder, Panic and Anxiety Disorders, OCD Therapy, Pregnancy and Postpartum Depression and Anxiety, Post-Traumatic Stress Disorder, Major Depressive Disorder, Mood Disorder, Dual Diagnosis
Sun Behavioral Houston 7601 Fannin Houston, TX 713-597-3768 Email: info@sunhouston.com https://sunhouston.com	Inpatient care for children (6+), adolescents & adults struggling with mental health issues or dual diagnosis. Intensive outpatient program and partial hospitalization program for adolescents & adults with mental health issues or dual diagnosis. Free telehealth consultations for placement available Monday-Friday 8am to 8pm; partial and intensive outpatient programs can be conducted virtually. -*Detox and acute rehabilitation also available. Accepts most insurance including: Medicare, Medicaid, CHIPS & private. Call to verify coverage, Accepts walk-ins.
The Menninger Clinic 12301 S Main St Houston, TX 77035 713-275-5400	Inpatient care for children (12+), adolescents & adults struggling with mental health issues or dual diagnosis.
www.menningerclinic.com	Outpatient programs for children (5+), adolescents & adults struggling with mental health issues, dual

diagnosis & substance abuse. Outpatient appointments offered virtually.

Adolescent Day Treatment Program

This program allows a teen to continue their journey to wellness after discharging from inpatient treatment or when they must step up from traditional outpatient care because greater structure and more intensive treatment is needed.

Additional Services: Addiction, Center for Brain Stimulation, Menninger 360 for Adolescents, and Sleep Medicine

Accepts Aetna, Cigna, Magellan, ComPsych & Managed Health. All other insurances will be considered out of network. Financial assistance available to those who qualify and live in Houston or the surrounding area.

Must call for appointment.

The Menninger Clinic is committed to providing medically necessary care, at no cost, to individuals who qualify for financial assistance according to our <u>Financial Assistance Policy</u>.

New Dimensions

Clear Lake 1345 Space Park Dr. Suite C Houston, TX 1-800-685-9796 (Toll-free line) 1-866-574-0552

Katy 439 Mason Park Blvd., Ste B Katy, TX 77450

The Woodlands 25511 Budde Rd, Ste. 2401, The Woodlands, TX 77380

https://www.nddtreatment.com/

Westpark Springs

6902 South Peek Road Richmond, TX 832-586-8316- Inpatient 832-535-2731 - Adult Outpatient

Children & Adolescent IOP & PHP

7830 West Grand Pkwy S., Ste 100 Richmond, TX **832-945-1840**

Westpark Springs Changes Sugar Land

1111 Highway 6, Suite 115 Sugar Land, TX 77478 Partial day, intensive outpatient, and detox treatment for both adults and adolescents (13+) focusing on behavioral health & substance abuse. Group therapy oriented. DWI education classes also offered in addition to the services below.

Programs Offered:

Adolescents – mental health & substance abuse.

Adults – Mental health, substance abuse, dual diagnosis, inpatient & outpatient detox

Must verify insurance coverage via phone. Self-pay and payment plans are available. Doesn't accept Medicare or Medicaid.

Inpatient (13+), intensive outpatient and partial hospitalization programs for adults struggling with mental health, substance abuse and dual diagnosis issues.

Treat: Depression, Anxiety, Bipolar Disorder, Suicidal Thinking, and Substance Use

Partial hospitalization program and intensive outpatient program for adolescents (11+) struggling with mental health issues.

Tele-Therapy offered for all outpatient programs and Tele-Visitation

346-309-0103 www.Westparksprings.com	Accepts most major insurances, some Medicare, Medicaid & CHIPS. Call for appointment
San Marcos Treatment Center 120 Bert Brown Road San Marcos, TX 78666 800-848-9090 — Admissions 800-251-0059 - Primary https://sanmarcostc.com/	Psychiatric residential treatment programs for children (6-12), Adolescents (13-17) who struggle with behavioral, neurodevelopmental & neuropsychiatric issues. Dual Diagnoses program for both children and Adolescents Substance Abuse program for Adolescents (13-17) IQ 50 + Call for a no-cost assessment Accepts most major insurances, TRICARE, some TX Medicaid & some CHIP.
Devereux Advanced Behavioral Health 1150 Devereux Dr. League City, TX 77573 1-800-373-0011 http://www.devereux.org	IDD and autism program serves adolescents, ages 7 to 17, with the following characteristics: Autism spectrum disorder (ASD). Moderate to severe intellectual disability. Moderate to severe communication and adaptive behavior skill deficits. Behavioral challenges that require intensive supervision and support. Individuals with other disorders considered case-by-case based on adaptive, communication, behavioral and educational needs Call for insurance verification. Accepts most major insurance.
UTMB Health – Galveston Campus 400 Harborside Dr., Ste 103 Galveston, TX 409-772-3695 https://www.utmb.edu/utmbhealth/servicelines/behavioral-mental-health	Pediatric psychologist who works with children and adolescents, ages 2 through 21, and their families. They specializes in working with children with autism spectrum disorders, ADHD, depression and anxiety disorders, suicidal ideation, dual diagnosis, substance abuse programs and a wide range of other disorders. Evaluations and Diagnosis, Medication Management, & Therapy Private insurances, Medicaid, Medicare, CHIP, Individuals with no insurances receive 50% discount but have to pay up front
Texas Children's Hospital 6621 Fannin St. Houston, TX 77030 www.texaschildrens.com Texas Children's Psychiatry Services 8080 N. Stadium Drive, Suite 180 Houston, TX 77030 New Patient: 832-822-1900 https://www.texaschildrens.org/departments/psychiatry	Inpatient and outpatient health services for children struggling with: ADHD, Autism spectrum disorders, Anxiety, Mood Disorders, Tics, Tourette's syndrome, psychiatric and psychological symptoms that occur with other medical conditions, and Bipolar Disorders.

Gulf Coast Center – Children's Services 24 Hour Crisis Line 1-866-729-3848	For children between the ages of 3–17 Who reside in Brazoria or Galveston County and have a mental health diagnosis with evidence of serious emotional, behavioral or mental disturbance,
Intake and Assessment 1-877-226-8780	single diagnosis of pervasive developmental disorder, substance abuse, autism or intellectual disability.
IDD Intake - 1-888-839-3229	Accepts Medicaid and Medicare.
Galveston County Youth Behavioral Health Clinic 3201 FM 2004 Texas City, TX 77591 Brazoria County Youth Behavioral Health Clinic 2352 E. Mulberry Angleton, TX 77515 https://gulfcoastcenter.org/mentalhealth/	Screenings are conducted via phone/video M-F 8am-11pm Offers crisis response, physical care, medication management, drug & alcohol treatment, therapy, case management, peer services, and education & skills training
Brazoria County Alliance for Children Angleton location 139 E. Myrtle Street Angleton, TX 77515 979-849-2500 Pearland location 2947 E. Broadway Pearland, TX 77581 bcac@cac-bc.org	Provides crisis intervention in a child-friendly environment for evaluating child abuse and provides therapy & advocacy services to meet the needs of abused and neglected children in Brazoria County.
Youth & Family Counseling Services 801 Buchta Road Angleton, TX 77515 979-849-7751 https://www.yfcs.org/	Individual and group counseling, educational training for parents and teens, mentoring programs to local at-risk youth, assists runaway and homeless youth, helps victims of crime to begin stabilize their lives after victimization Spanish-speaking case worker on staff for translation and therapy needs. Crimes Victims Counseling Program reaches out to victims and their families by providing crisis intervention, professional counseling and case
Family Service Center of Galveston County 2200 Market Street, Ste. 600 Galveston, TX 77550 281-576-6366 409-938-4814	management at no cost to Brazoria County residents. Victim support services, youth and family services, integrated care, communities of care, social emotional learning, fatherhood program, youth involved with the juvenile justice system. STAR program provides free short-term individual, family and group counseling services to youth under
Texas City Location: 10000 Emmett F Lowry Expressway, Suite 4000-300D Texas City, TX 77591 http://www.fsc-galveston.org/	age 18 who have risk factors for child abuse, delinquency and school dropout in Galveston, Liberty and Chambers County.

<u> </u>	
	Free victim support services including counseling for individuals in Galveston, Liberty & Chambers County. Accepts most insurances including Medicaid. Works on a sliding scale
Head Start Angleton Head Start Campus 651 West Miller, Angleton 979-849-9261 Brazoria Head Start Campus 120 Pleasant Street, Brazoria 979-798-2391 Lake Jackson Head Campus 303 Garland Drive, Lake Jackson 979-297-8018 www.Headstartbc.org	Offers a free or reduced-fee Pre-K program for low-income families. Children receive health, dental and social services. Birth certificate & immunization record is required. Free services for pregnant women, infants, and toddlers through local programs that promote the school readiness and mental, emotional, and social development of children from low-income families. Provides low-income and developmentally delayed preschool children with educational services, child care services, mental health services, disability services family services, counseling services, and preventive education. Provides low-income and developmentally delayed preschool children with educational services, child care services, mental health services, disability services, and family services. Must meet age and
Women, Infants & Children (W.I.C) https://www.gchd.org/about-us/community-health-services/women-infants-and-children-wic	income requirements. Call for required documents. Must be Texas City resident. Supports you and your child from pregnancy to delivery to raising a toddler. Shares ways to stay healthy by offering classes, children's activities, cooking demonstrations, and shopping tips.
Texas City Clinic 9850-B Emmett F. Lowry Expy. Suite B101 Texas City Texas 77591 409.949.3471 409.949.3475 (fax)	Connects you to other families to talk about healthy goals. Answers your questions about good nutrition for your family. Gives you personal attention from WIC breastfeeding experts, and extra benefits like breast pumps and special food packages. Helps you find other health-care services near you. Helps you buy the foods that you and your children need to stay healthy.
Monday: 8 a.m 2 p.m. Tuesday and Thursday: 8 a.m 7 p.m. Wednesday: 8 a.m 5 p.m. Friday: 8 a.m2 p.m. 2nd Saturday: 8 a.m 2 p.m.* *Closed the following Monday.	
Dickinson Clinic 2401 Termini Street Dickinson, TX 77539	

281.337.7606 281.337.7584 (fax)

Monday: 8 a.m.-2 p.m. Wednesday: 8 a.m.-7 p.m. Thursday: 1:30-5 p.m.

Second Saturday: 8 a.m.-2 p.m.*

* Closed the following Monday.

Galveston City Clinic

Island Community Center 4700 Broadway, Suite F-102 Galveston, TX 77551 409.763.7207 409.763.7295 (fax)

Tuesday: 8 a.m. - 7 p.m. Thursday: 8 a.m.-12 p.m. Friday: 8 a.m.-2 p.m.

4th Saturday: 8 a.m. - 2 p.m.*

*Closed the Friday before the 4th Saturday.

Moody Early Childhood Center WIC

1110 21st St. Galveston, TX 77550 409.978.4482 409.978.4483

Tuesday: 8 a.m.-12 p.m. Thursday: 1-5 p.m.

CASA of Galveston County

(Court Appointed Special Advocates) 600 Gulf Freeway Suite 228 Texas City, TX 409-572-2552 www.CASAgalveston.org Provides children in the custody of CPS with a community volunteer to advocate for them in court. CASA volunteers meet with the children regularly to provide support and comfort.

The Children's Center 4428 Ave. N Galveston, TX Corporate Office PO Box 2600 Galveston, TX 77553 409-765-5212 (During Business Hours) Contact: Shirley Harrison 409-621-1228; Email: sharrison@tcc1878.org	Provides shelter, case management, education, independent living skills, basic need items & homeless youth programs to children, adolescents, adults & families residing in Galveston County. Transitional living program also available for young adults ages 18-21.
Hotline for Help: 844-763-8861 www.thechildrenscenterinc.org Crisis help contact form: https://thechildrenscenterinc.org/ Transitional Living Program (TLP) Contact: Hilda Tobias 409-370-7926 htobias@tcc1878.org Galveston Island Family Crisis Center	Homeless shelter in Galveston County for families & individuals.
2127 Ave M Galveston, TX (Same contact info as Children's Center) DePelchin Children's Center	Provides foster care and adoption, pregnant & need
4950 Memorial Drive Houston, TX 77007 713-730-2335 https://www.depelchin.org/todaysharborforchildren/	help, infant adoption program, private adoption support services, school-based programs, counseling programs and parenting programs.
The Harris School 6210 Rookin St. Houston, TX77074 713-526-2046 https://www.theharrisschool.org/	Offers specialized curriculum for children in PreK3 through 6th grade who are typically: Average to above average intellectually Have needs that are not being met in a traditional school setting Not functioning at their full potential due to underlying social or emotional difficulties. 1:5 ration staff to student weekly student groups led by a licensed therapist Call for tuition information.
Odyssey Academy 2412 61st St Galveston, TX 409-750-9289 https://www.odyssey-academy.com/	Free, open enrollment public charter school K-12.

Smart Smart Academy of La Marque 525 Texas Avenue La Marque, TX 409-935-0406 https://startsmartacademyoflamarque.com/	Early education program serving children age 2 weeks up to 12 years, including those with special needs. Call for tuition information.
Resource & Crisis Center of Galveston County 24/7 Crisis Lines: 409-765- SAFE (7233) 888-919-SAFE (7233) (TOLL FREE) Galveston 1204 45th Street Galveston, TX 409-763-1441 League City	Provides shelter services and basic need items for women and their children who are experiencing family violence. Provides support, no-cost counseling & advocacy services for victims of domestic or sexual assault (regardless of sex) and their children in Galveston County. Also offers pro-bono legal assistance in getting a protective order served.
150 N. Gulf Freeway League City, TX 281-554-6983 www.rccgc.org	
Child Advocacy Center 5710 Ave. S 1/2 Galveston, TX 409-741-6000 http://www.galvestoncac.org/	Provides a child-friendly approach and environment for evaluating child abuse in Galveston County. Services include crisis therapy, forensic interviews, medical examinations, resource referrals, crisis follow-up, and community prevention programs.
BACH Rehabilitation Center 120 E Hospital Dr. Angleton, TX 77515 979-849-2447 877-714-1766 (Toll Free) https://www.bachkids.org/contact-us.html	Provides therapeutic, educational and social programs for children with special needs (0-20) who reside in Brazoria County. A multi-disciplinary team consists of licensed dieticians, early intervention specialists, occupational therapists, physical therapists, registered nurses, social workers, and speech-language pathologists
	Accepts Medicaid, CHIPS and most private insurances.
Horses For Life 1506 Bruce Blvd. Angleton, TX 979-997-9293 www.horses4life.com kathygambino@horses4life.com	Equine assisted psychotherapy and learning for ages 5+. Site under construction at the moment
Sherlock Farms 7317 Avenue P Santa Fe, TX 832-221-9066 www.sherlockfarms.net sherlockfarms@gmail.com	Offers riding lesson programs, including a therapeutic riding program. Therapeutic riding uses equine-assisted activities for the purpose of contributing positively to the cognitive, physical, emotional and social wellbeing of people with intellectual, developmental, emotional, behavioral & mental disabilities. \$50 per session, or \$180 for a package of 4

Krist Samaritan Center Counseling & Education 16441 Space Center, Suite C-100 Houston, TX 77058 281-480-7554	Counseling, psychological testing & speech therapy for children. Accepts Medicaid, Medicare & most major insurances. Works on a sliding scale.
www.samaritanhouston.org	
Collaborative for Children 1111 North Loop W., Ste 600 Houston, TX 713-600-1100 https://www.collabforchildren.org/	Working to improve the quality of early care and education through programs for parents, child care professionals and public awareness campaigns. Early Childhood Educator Training, child care resource and referral and parenting/pregnancy services. Serves Brazoria, Galveston, Harris & surrounding counties.
Communities in Schools C.I.S - Bay Area (C.I.S.D & D.I.S.D) 281-486-6698 www.cisba.org/ C.I.S - Brazoria County 979-849-0321	CIS programs promote and facilitate the coordinated delivery of existing health, social, education, community, and other support services on elementary, middle school, and secondary campuses for the benefit of young people and their families. Call for more information on C.I.S in your school district. Drop out prevention.
CI.S - Galveston 4116 Avenue N1/2, Ste 115 Gaveston, TX 77550 409-765-5395 galveston.communitiesinschools.org/	
Mainland Children's Partnerships 2000 Texas Avenue Suite 601 Texas City, TX 409-643-8240 Fax: 409-643-8252 www.mcpartnership.org	Serves Texas City & La Marque school districts. Services include: application assistance for WIC and CHIP, financial assistance, food pantry, and referrals to other agencies. Fostering collaboration in the community and between the providers of medical, social, educational, financial assistance and support services providers. Withing Texas City and La Marque ISD.
Reslove It, Inc 351 Columbia Memorial Pkwy ste E-2 Kemah, TX 281-538-1200 www.resolveit.org Fax: 281-538-1400	Hours: 8:00am – 5:00pm Mon-Fri Offers treatment interventions to kids who are at risk for school failure, and children who have been exposed to child abuse, neglect, family violence and trauma. Services are delivered at selected schools by experienced, licensed therapists who specialize in working with children and families. Serves Dickinson ISD, Texas City ISD & some Galveston ISD schools. *Call for more information on programs offered*
SMART Family Literacy 2728 Avenue Q, Suite 1A Galveston, TX 409-771-4155 Smartfamilyliteracy@gmail.com https://www.smartfamilyliteracy.org/	Bilingual program that focuses on early childhood literacy; educating parents about the need to read, sing, and talk to their babies; and about vegetable and nutrition literacy. Serves Galveston County.

The Center for P.E.A.C.E. Offers court-ordered parenting classes, psychological 1-281-816-4219 assessments and evaluations for both parents and children, and a variety of counseling services and North Houston Location therapeutic programs (including mindfulness, emotion 507 N Sam Houston Parkway regulation, etc.) Suite 590 Houston, Texas 77060 Services available in English, Spanish, Vietnamese, and Urdu. South Houston Location 6201 Bonhomme Road Accepts most private insurances, Medicaid, CHIP. Suite 252N and offers sliding scale services. Houston, Texas 77036 Email: info@thecenterforpeace.org https://thecenterforpeace.org/ **Texas Runaway Hotline** Crisis Counseling 24hr Help: 1-800-RUNAWAY, 1-800-786-2929 Referrals to shelters https://texascasa.org/2019/08/06/texas-youth-hotline-sup Help for Runaway Youth port-for-children-parents/ Call: 800-989-6884 Text: 512-872-5777 https://www.dfps.state.tx.us/youth-helpline/ **Texas Center for the Missing** Offers help, and hope, to the missing and their 2500 Bolsover Street families. Provides prevention education programs Houston, TX and recovery resources for missing children and 713-599-0235 endangered elderly. https://centerforthemissing.org/contact/ Texas DSHS Office of Consumer Services and Rights To promote and protect the health of people, and the **Protection** communities where they live, worship, work, and play, Texas Department of State Health Services Also, to provide reliable resources to better the PO Box 149347 quality of living for all. Austin. Texas 78714-9347 Main: 512-776-7111 Youth Empowerment Services Waiver https://www.dshs.texas.gov/contact.shtm Youth and Family Information Santa Maria Hostel, Inc. Mission is to is to empower women and their families http://www.santamariahostel.org/ to lead healthy, successful, productive and self-fulfilling lives. Offer services to low income women with mental illness and/or drug and alcohol HQ & Santa Maria's Bonita House 2605 Parker Road addictions, trauma history, or history of Houston, TX 77093 homelessness. Also assists women who are 713-691-0900 (Residential Admissions) pregnant or mothering children. Provides numerous 832-655-0790 outpatient services as well as residential programs. (Outpatient Admissions)

Email for Residential & Outpatient admissions admissions@santamariahostel.org

Email: cjones@santamariahostel.org
For Housing and VIEWS Admissions

Santa Maria's Jacquelyn House

2005 Jacquelyn Dr. Houston, Texas 77055 **713-957-2413**

Outpatient Facilities:

Westside

2005 Jacquelyn Dr. Houston, Texas 77055 Telephone: **713-957-2413**

Email:

Idepaoli@santamariahostel@.org

Northside

2605 Parker Rd. Houston, Texas 77093 Telephone: **713-691-0900**

Email: dwhite@santamariahostel.org

Alvin

713 W. Adoue St. Alvin, TX 77511

Telephone: 281-831-7754

Email: dwhite@santamariahostel.org

Pregnancy Help Center of Galveston

1709 23rd St.

Galveston, TX 77550

24/7 Hotline: 800-712-HELP (4357)

Direct line: 409-443-5059

Email: hope@pregnancyhelpcentergalveston.org

https://pregnancyhelpcentergalveston.org

Admissions is open 8:00am-5:00pm Monday through Friday and by appointment Saturday and Sunday. Call for an appointment.

Accepts Medicare. Call to verify coverage for other insurance plans or to learn financial options for uninsured.

Provides mothers practical assistance in terms of diapers, formula, and baby food; pregnancy tests with individual counseling about the choices related to pregnancy; educational classes and practical care throughout pregnancy and early parenthood; and post abortion counseling

Preparations are underway to add a medical aspect to the facility. *All services are FREE and confidential*. Call for more info.

Hours:

Monday | 9am - 5pm Tuesday | 9am - 5pm Wednesday | 9am - 5pm Thursday | 9am - 5pm

Crisis Pregnancy Center

10851 Scarsdale Blvd. Ste 800

Houston, TX **281-484-0005**

Email: CPHelp@Lifelinecpc.org

www.lifelinecpc.org

Provides Christian-based counseling and referral services at no-cost to pregnant woman looking for guidance.

Office Hours:

Monday thru Friday 10 am to 4 pm

Client Pregnancy Test Hours: (Schedule an Appointment Online)

	Monday and Wednesday 10 am to 3 pm Tuesday 10 am to 5 pm Thursday 10 am to 4 pm
	Client Class Hours: Tuesday and Thursday 7 pm to 8:30 pm
Pregnancy Help Center of Lake Jackson	Provides pregnancy testing, maternity apparel, baby apparel, education classes, diapers, adoption
327 Garland Drive	information & pregnancy loss counseling to women in Brazoria County. <i>All services are confidential and</i>
Lake Jackson, TX	FREE of charge. Office hours:
979-297-3622	Monday- Friday 9-5
Email: jackie@pregnancyhelpcenter.org	
https://pregnancyhelpcenter.org	
Anchor Point Hope Family Center 103 Davis Road, Suite B League City, TX 77573 www.anchorpoint.us 832-632-1221 or 24 hr. hotline 800-712-4357 Email: Info@anchorpoint.us Contact: Melissa Gissler, Director of Community	 Hope FC Services Case management & Material assistance Spiritual mentoring Mom mentoring & dad coaching Prenatal classes & parenting classes Discover adoption courses Pathway to Hope camps Sexual Abuse Recovery & Abortion Recovery Groups
Services - marisa@anchorpoint.us &	·
	The Texas Youth Action Network (TYAN) offers

Faith-Based Charities

4700 Broadway, Suite B-101 Galveston, TX 77551 409-762-2064	Galveston	Programs that provide basic needs (food, clothing, emergency assistance, etc.), counseling, parenting education, services for seniors, women, veterans and more. Usually only services Fort Bend, Galveston, & Harris counties Call the office with specific needs
Texas City 712 5th Avenue North Texas City, TX 77590 409-948-0405 www.catholiccharities.org		
Interfaith Caring Ministries Client Services, Administration & Food Pantry 151 Park Ave. League City, TX 77573 281-332-3881 Resale shop 803 E. Nasa Parkway, Suite 118 Webster, TX 77598 281-332-2025		Utilities and rent assistance, gas voucher for medical appointments, homebound seniors, food and prescription drug assistance services available for individuals zoned to CCISD or Friendswood ISD. Call to schedule appointment Monday through Friday 8:30 am – 4:30 pm
http://icmtx.org/		Monday through Saturday 9:00 am – 6:00 pm
HIS Ministries-Santa Fe & Hitchcock 4205 Jackson Santa Fe, TX 409-925-4697 https://www.santafetexaschamber.com/list/member/hries-food-pantry-resale-shop-75	-i-s-minist	Resale Shop & Food Pantry Monday, Wednesday, and Saturday 9:00 am – 1:00 pm By appointment only
Christian Helping Hands 3402 Swensen Drive Pearland, TX 77581 281-485-9776 www.christianhelpinghands.org		Assistance with basic needs and food pantry Monday–Friday 10:00 a.m. – 2:00 p.m.

St. Thomas Center 415 South Erskine Angleton, TX 77515 Contact: Johnny Voss, jvoss@mhtangleton.org 979-849-9458 https://mhtangleton.org/parish-social-ministry-	Food pantry, clothing, shelter, transportation, and utility assistance Food Pantry hours: Monday and Tuesday 9:00 a.m 12:00 p.m. Wednesday and Thursday 7:30am-12:30pm Resale Shop Hours: Wednesday – Friday 10;00 a.m 4:00 p.m. & 1st Saturday 10:00 a.m 3:00 p.m. Call for all other assistance
St. Vincent's Episcopal House 2817 Post Office St. Galveston, TX 77550 409-763-8521 www.stvhope.org	Day clinic with nurse practitioner & dental extractions; Counseling services for individuals and families; Homelessness case management and emergency funding assistance; food services – expanded food pantry, snack packs, homebound grocery delivery; van transportation; spiritual counseling; immigration legal services Call for appointment for services Monday–Friday 9:00 am – 3:00 pm
St. Vincent De Paul 2209 Old Alvin Rd Pearland, TX 77581 281-485-2421 https://www.sthelenchurch.org/home/	Food pantry & utility assistance Inside St. Helens Catholic Church Mon & Thurs: 2:00 – 4:00PM Wed & Fri: 5:00 - 7:00 PM Closed Tuesdays
Mary Queen Catholic Church 606 Cedarwood Drive Friendswood, TX 77546 281-482-1391 http://www.maryqueencatholicchurch.org	Food pantry Mon-Fri. 10:00-2:00 pm Only serves Friendswood, Alvin, and Pearland (only 77581)
Galveston Urban Ministries 3727 Ball St. Galveston, TX, 77550 409-497-2460 www.GalvestonUrbanMinistries.org	Offers the following programs: Job Readiness and Development; Children/Youth Program; GED; Recycling Go Green (jobs) Galveston Office hours: M-F 9:00 a.m 5:00 p.m.

Financial, Nutrition, & Medication Assistance

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Social Security Administration Disability (SSA)	Apply for SSI, disability, and retirement benefits.
800-772-1213 www.ssa.gov/disability/ 8:00 a.m. to 7:00 p.m., Monday through Friday.	Hearings currently being held via telephone or video conference call. Appointments available for those with urgent needs cannot be met by virtual
Galveston County Bay Colony Town Center 2835 Gulf Freeway S. League City, TX 77573 1-866-299-3254 or TTY 1-800-325-0778	means; notify the local office for details.
Brazoria County 2921 N. Valderas Street Angleton, TX 1-866-338-2940 or TTY 1-979-848-2177	
Soroptimist International of Alvin (SIOA) Alvin, TX 281-388-1130 P.O Box 2293 Alvin	Offers grants to aid women with dependents in pursuing their education (GED, undergraduate or vocational training) in Brazoria County.
https://www.facebook.com/SoroptimistOfAlvin/about/?ref=page_internal https://www.soroptimist.org/	Award Criteria information: https://soroptimist.imgix.net/05-for-mem bers/Program Resources/live-your-drea m-awards-club-resources/eligibility-chec klist.pdf
Assurance Wireless 888-898-4888 https://www.assurancewireless.com/lifeline-services/states/texas-lifeline -free-government-phone-service	Free phone and unlimited voice minutes and texts through the Lifeline Assistance Program. Low-income households and most individuals receiving other forms of government assistance may qualify. Check qualifications at website listed to the left.
Allsup Life Reclaimed (888) 786 - 2190 800-279-4357 X 2020 https://www.allsup.com/	Assists with filing SSDI and Medicare-related services Helps with veterans' disability appeals (Cost incurred after the individual successfully receives benefits)
Lifeline Program 866-454-8387 1-800-234- Assistance Hotline 888-782-8477 www.lifelinesupport.org	Low income discount with the monthly cost of basic telephone or internet service for food stamps, Medicaid, SSI, public housing assistance, veterans benefits, tribal programs and SSDI recipients. Limit one per household.

The Sunshine Shop & Hitchcock Family Welfare 6915 2nd St. Hitchcock, TX 409-986-5632 http://hitchcockfamilywelfare.com/?page_id=31	Offers emergency financial assistance (food, utilities, rent) to qualified Hitchcock residents Thursday, Friday, Saturday 9:00 am – 2:00 pm See website for required documentation
Brazoria County Welfare 1524 E Mulberry, Suite 162 Angleton, TX 77515 979-388-1427 (Welfare, Community development, & Housing & Urban Development, Section 8) https://www.rentassistance.us/li/brazoria-county-county-welfare-section-8	Provides emergency assistance with rent and utilities to low-income residents of Brazoria county. Call for an appointment and application details.
Brazoria County Indigent Health Care Department 111 E. Locust St. Angleton, TX 77515 979-849-5711 434 E Mulberry Street Angleton, TX 77515 979-864-3922 (fax) www.brazoriacountytx.gov/departments/health-department/indigent-health-care-program	CIHCP is a county program that provides medically necessary health care benefits to individuals who meet the income, resource, residency, and household criteria; and who are categorically ineligible for the Texas Medicaid Program. Proof of identification and residence required. Must complete indigent application to be considered for services. Individual can obtain an application in person or online.
Catholic Charities Angleton 415 S Erskin Street Angleton, TX 77515 713-874-6664	Programs that provide basic needs (food, clothing, emergency assistance, etc.), counseling, parenting education, services for seniors, women, veterans and more.
Galveston 4700 Broadway, Suite B-101 Galveston, TX 77551 409-762-2064 Texas City 712 5th Avenue North Texas City, TX 77590 409-948-0405	Usually only services Fort Bend, Galveston, & Harris counties Call the office with specific needs
www.catholiccharities.org Salvation Army Galveston 601 51st Street Galveston, TX 77551 409-763-1691 Texas City (by appointment only)	Offers financial assistance to established section 8 individuals 8:00 am – 12:00 pm 1:00 pm – 4:00 pm Must have ID for the shelters
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4801 Emmet F Lowry Expressway

Texas City, TX 77591

409-763-1691

Freeport

1618 N Ave.

Freeport, TX

979-233-5420

Pearland

3260 E Broadway Street

Pearland, TX 77581

281-412-0141

https://www.salvationarmyusa.org/usn/

Women, Infants & Children (W.I.C)

https://www.gchd.org/about-us/community-health-services/women-infants-and

-children-wic

Texas City Clinic

9850-B Emmett F. Lowry Expy.

Suite B101

Texas City Texas 77591

409.949.3471

409.949.3475 (fax)

Monday:

8 a.m.- 2 p.m.

Tuesday and Thursday:

8 a.m.- 7 p.m.

Wednesday:

8 a.m.- 5 p.m.

Friday:

8 a.m.-2 p.m.

2nd Saturday:

8 a.m.- 2 p.m.*

*Closed the following Monday.

Dickinson Clinic

2401 Termini Street

Dickinson, TX 77539

281 337 7606

281.337.7584 (fax)

Monday:

8 a.m.-2 p.m.

Wednesday:

8 a.m.-7 p.m.

Thursday:

1:30-5 p.m.

Second Saturday:

Call individual locations to verify hours and availability.

Offers nutrition assistance via food packages or subsidized healthy foods for pregnant or breastfeeding women, infants, and families with children younger than age 5.

Families on Medicaid, TANF or SNAP and low-income households are eligible. Call 800-942-3678 to check if you qualify.

8 a.m.-2 p.m.*

* Closed the following Monday.

Galveston City Clinic

Island Community Center 4700 Broadway, Suite F-102 Galveston, TX 77551 409.763.7207 409.763.7295 (fax)

Tuesday:

8 a.m. - 7 p.m.

Thursday:

8 a.m.-12 p.m.

Friday:

8 a.m.-2 p.m.

4th Saturday:

8 a.m. - 2 p.m.*

*Closed the Friday before the 4th Saturday.

Moody Early Childhood Center WIC

1110 21st St. Galveston, TX 77550 409.978.4482 409.978.4483

Tuesday: 8 a.m.-12 p.m. Thursday:

1-5 p.m.

Texas Health and Human Services Commission

https://hhs.texas.gov/

Galveston

123 Rosenberg 5th Floor Galveston, TX 77550

409-763-0277

Texas City

9000 Texas Avenue Texas City, TX 77591 409-954-0317

Lake Jackson

489 This Way St. Lake Jackson, TX 77566

979-265-1291

Alvin

3403 Mustang Dr. Alvin, TX 77511 Apply for Medicaid, CHIPS, TANF and food stamps

Monday – Friday 8:00 am – 5:00 pm

281-331-0790

River of Hope

796 S Hwy 288B Clute, TX

979-299-9464

Email: info@riverofhopetx.org http://riverofhopetx.org/need-help/

Wednesdays 9:00 am to 12:00 pm (Closed last Wednesday of each month) Monday 9:00 am to 12:00 pm

Assists with rent and utilities to Brazosport residents who have experienced a financial crisis in the past 4 months. Individual must complete the eligibility application and attend an in-person interview.

All interviews conducted over the phone during COVID-19.

Located in Brazoria County Dream Center

Brazoria County Dream Center

792 South Brazosport Blvd Clute, TX 77531 **979-388-0280**

www.bcdreamcenter.org

Outreach center dedicated to children and adults of Brazoria County who are experiencing hardships - food, clothing and other resources available. Food Pantry open Monday and Wednesday, mobile pantry on Fridays. Pantry for Seniors only on Thursdays.

Office Hours

Monday - Thursday 9 am - 5 pm We are open to answer calls and referrals.

As we transition into the building please be respectful and wear your mask. Hand sanitizer stations are located in key locations throughout the building.

Pantry Hours

Monday: 9 am - 11:30 am & 2 pm - 5:45 pm

Tuesday: Closed below are the other local pantries that are open

(The Food Basket 8 am - 10 am) & (Brazosport Cares from 9 am - 11:30 am)

Wednesday: 9 am - 11:30 am

Thursday: SENIORS 60 yrs & older ONLY

9 am - 11:30 am & 2 pm - 4 pm

Closed Friday, Saturday & Sunday

Rent and utilities assistance through River of Hope (above). Integrated Health Center (under medical care section) serving patients on Medicare, Medicaid, CHIP, or without insurance.

Access Care of Coastal Texas

707 23rd St.

Galveston, TX 77550

409-763-2437

https://www.accttexas.org

Monday - Thursday: 9:00am - 5:00pm

Friday: 9:00am - noon Saturday: closed Sunday: closed Provides compassionate community-based education and services that empower people of all ages to live courageously with HIV/AIDS.

Offers confidential HIV testing (free), prevention counseling, health education/risk reduction, HIV prevention education, clothing assistance, financial

education/emergency assistance, housing assistance, medication assistance, transportation, and volunteer services. Support groups currently available online. Open Monday-Friday. Spanish-speaking staff available. Serves Galveston, Brazoria and Matagorda counties. **Pearland Neighborhood Center** Pearland multiservice center. Must live in 2335 N Texas Ave Brazoria county to be eligible for services. Pearland, TX Services include: 281-485-1987 -Utility, rent, & emergency assistance Fax: 281-485-3381 -Food & Baby pantry Contact Form: info@pnctexas.com -Bread pantry (through Our Daily Bread) -Santa's Helpers & Share Your Holidays www.pnctexas.com (Christmastime support for struggling families, seniors, & children) -School supply vouchers -Financial stability education -Health & medical care (through SEVA clinic) -Disaster relief -GED scholarships **Galveston County Community Action Council (GCCAC)** Serves Galveston, Brazoria, & Fort 4700 Broadway Rm. C100 Bend Counties to provide assistance for Galveston, TX 77550 low-income families 409-762-8418 Services: Fax for documents: 409-762-8953 -Headstart: is a federally-funded https://www.gccac.org/ preschool program for 3-4 year olds of low-income families; benefits include Education Services. Health Services. Mental-Wellness Services, Family Services, Parent Engagement, Nutrition Services and Transportation Services -Utility Assistance: Comprehensive energy assistance program (CEAP) is available for help with electric bills (for those who qualify) Bill assistance available to qualified persons who use one of the following energy companies: Direct Energy, Central Power and Light (CPL). & First Choice Power Persons residing in Wharton county who obtain energy from WCEC (Wharton Coop Energy

Updated 1/11/24 28

Cooperative) are eligible to receive help with one month's electricity bill per calendar year

	-Other Services:
Jesse Tree 6801 Emmett F. Lowry Expressway Texas City, TX 409-762-2233 www.jessetree.net	Connects people with the health care, social services and ministerial resources. Programs include food services, prescription assistance, chronic conditions management, health equipment loans, help applying for state and federal programs, and more. Clients will be asked to fill out an application and a screening form before calling to obtain assistance. You can find those here: http://www.jessetree.net/getting-help.as
Santa Fe Family Service 4205 Jackson St. Santa Fe, TX 409-927-4133 https://www.facebook.com/santafefamilyservice/?rf=279076995967478	Offers emergency financial assistance to Santa Fe school district residents, including help with: • Utility bills (Electric, water, natural gas, & propane) • One-time medical copayments • Birth certificates • Rental assistance • Prescriptions Must call and schedule an appointment. All appointments currently conducted over the phone due to COVID-19.
UTMB Angleton-Danbury Hospital 132 Hospital Drive Angleton, TX 77515 979-849-7721 409-772-6464 (indigent program)	Assistance with medication and service costs through indigent program for UTMB patients who do not have third party insurance and are not eligible for third party programs such as Medicare or Medicaid.
Needy Meds www.needymeds.com 978-281-6666 Helpline: 800-503-6897	Free drug discount cards to help lower medication costs and partly cover healthcare-related transportation costs. Also includes a directory of free/low-cost health clinics and other third-party patient assistance programs.

MyAbbVie Assist https://www.abbvie.com/patients/patient-assistance.html 800-222-6885	Provides free AbbVie medications to patients with limited or no health insurance and demonstrated financial need anywhere in the US.
GoodRx https://www.goodrx.com/	Download app on smart phone or search the website to find the best medication prices near you. Also provides \$30 telehealth visits for a select range of conditions and services. Check website for more information.
Prescription Discount Card www.rxcut.com	Free money-saving discount card for generic and brand-name medications.
AstraZeneca Pharmaceuticals 800-292-6363 1-800-236-9933 (Monday - Friday 8 a.m 8 p.m. ET, excluding holidays). https://www.astrazeneca-us.com/medicines/Affordability.html	Prescription manufacturer savings program for those on Medicare or without insurance. Can also provide reduced copays for patients with private insurance.
Boehringer Ingelheim Pharmaceuticals, Inc. 1-800-243-0127 Fax: 203-791-6234 900 Ridgebury road Ridgefield, CT 06877 https://www.boehringer-ingelheim.us/our-responsibility/patient-assistance-program	Prescription manugacturer savings program fro uninsured or underinsured individuals, provides certain medications free of charge
Bristol–Meyers Squibb Company 800-736-0003 http://www.bmspaf.org/#home	Prescription manufacturer savings program for low-income individuals who do not have insurance coverage for select medications. See website for more details.
Eli Lilly and Company 800-545-6962 https://www.lillycares.com/ Monday—Friday 8 a.m. to 6 p.m. ET Fax: 1-844-431-6650 Address: PO Box 13185 La Jolla, CA 92039	Prescription manufacturer savings program for low-income individuals without insurance or on Medicare Part D for certain medications including many insulins and other diabetes medications. Submit applications for assistance online

Allergan 800-851-0758 https://www.abbvie.com/patients/patient-support/patient-assistance/savings-card.html GlaxoSmithKline 866-728-4368 https://www.gskforyou.com/	Prescription manufacturer savings program for certain medications, eligibility varies by medication. Prescription manufacturer savings program for patients without insurance or on Medicare and needing select medications.
Teva Pharmaceuticals 877-237-4881 Fax 877-438-4404 Hours: Monday-Friday 9:00 am – 8:00 pm EST http://www.tevacares.org/	Prescription manufacturer savings program for low-income patients without prescription drug coverage prescribed various medications including many asthma and COPD medications.
Johnson and Johnson Patient Assistance Program 800-652-6227 https://www.jjpaf.org/	Prescription manufacturer savings program for patients without insurance or only partially covered by Medicare Part D.
Novartis Patient Assistance Foundation 800-277-2254 https://www.pharma.us.novartis.com/our-products/patient-assistance/patient-assistance-foundation-enrollment	Prescription manufacturer savings program for low-income individuals with little or no insurance prescription coverage.
Pfizer Inc. 866-706-2400 https://www.pfizerrxpathways.com/	Prescription manufacturer savings program for patients with little to no insurance coverage for prescriptions.
Medicine Assistance Tool https://medicineassistancetool.org/en	MAT is not its own patient assistance program, but rather a search engine for many of the patient assistance resources that the biopharmaceutical industry offers.

Rx Outreach 1-888-796-1234 https://rxoutreach.org/contact-us/	A fully-licensed nonprofit mail order pharmacy providing lower-cost medications to low-income individuals.
Myriad Genetics GeneSight Customer Support 844-436-6310 www.assurexhealth.com	DNA testing kits to help patients genetically pinpoint which psychiatric medication would be most effective instead of utilizing the trial and error method
MedSavers 866-765-9292 www.medsaverspharmacy.com	Low-price generics. Specific low-price brand-name medications also offered to those without insurance; those on government insurance programs are not eligible.

Food Pantries

Catholic Charities Angleton 415 S Erskin Street Angleton, TX 77515 713-874-6664 Galveston 4700 Broadway, Suite B-101 Galveston, TX 77551 409-762-2064 Texas City 712 5th Avenue North Texas City, TX 77590 409-948-0405 www.catholiccharities.org	Programs that provide basic needs (food, clothing, emergency assistance, etc.), counseling, parenting education, services for seniors, women, veterans and more. Usually only services Fort Bend, Galveston, & Harris counties Call the office with specific needs
St. Mary Catholic Church 1612 E. Walker League City, TX 281-332-3031 www.Saintmcc.org	Food pantry Open Wednesday 10:00 am – 12:00 pm Proof of residency and/or photo ID is required.

Serves the following zip codes: 77518, 77058, 77539, 77565, 77573, 77586, 77598 (No appointment necessary)
Call for an appointment
Utilities and rent assistance, gas voucher for medical appointments, homebound seniors, food and prescription drug assistance services available for individuals zoned to CCISD or Friendswood ISD. Call to schedule appointment
Monday through Friday 8:30 am – 4:30 pm Monday through Saturday 9:00 am – 6:00 pm
Food pantry serving people in Galveston County. Drive thru style 3-5 Tuesday. Call and verify date/time
Open Mondays ONLY 10:00 am – 12:00 pm Can only receive food once a month No appointment required.
Connects people with the health care, social services and ministerial resources. Programs include food services, prescription assistance, chronic conditions management, health equipment loans, help applying for state and federal programs, and more. Clients will be asked to fill out an application and a screening form before calling to obtain assistance. You can find those here: http://www.jessetree.net/getting-help.asp
Food pantry (for those meeting qualifications), utility & rental assistance, medication assistance, GED testing funding, school supplies, grocery delivery for the elderly, I am running a few minutes late; my previous meeting is running over. Requirements https://www.milewisctr.org/_files/ugd/04f0a6_7bdc200b41b14301af33a4f0fa418c82.pdf

Lighthouse Christian Ministries – Food Pantries 800 Grand Ave Bacliff, TX 77518 281-339-3033 www.lighthousecm.org	The food pantry is open to residents in the upper Galveston Bay area that are facing food crisis. LCM's Food Pantry hours: Monday & Tuesday 10-2pm, Wednesday & Thursday 1-4:30pm, Closed Friday
	Mobile food fairs twice a month:
	2 nd Tuesday of the month at Bayshore Park 8am
	4 th Saturday of the month at K.E. Little Elementary 8am
Susan's Market 2000 Texas Ave, Suite 601 Texas City, TX 77590 409-643-8240 https://www.mcpartnership.org/susansmkt.htm	Food assistance for individuals 65 + or disabled, or be enrolled in self-sufficiency activities — school or job training. Open Monday through Friday from 8:30-11:30am and from 1:00-4:00pm on Monday through Thursday. We serve the communities of Texas City, La Marque, Santa Fe and Hitchcock. Appointments are preferred, but walk-ins may be served on a limited basis.
Bread of Life 2019 Crawford St. Houston, TX 281-223-3190 832-939-7477 https://breadoflifeinc.org/	Provides food, housing, and disaster relief services to homeless or underserved populations. open Monday-Friday 8:30 am –11:30 am to 1:00-4:00 pm
Samaritan Woman at the Well 606 Gulf Freeway, Suite C Texas City, TX 409-948-2288 Email: samaritanwomanatthewell@gmail.com https://www.swatw.org/	Shelter, food, & clothing for women in crisis. Mondy – Friday 9:00 am – 4:30 pm
Pearland Neighborhood Center 2335 N Texas Ave Pearland, TX 281-485-1987 Fax: 281-485-3381 Contact Form: info@pnctexas.com www.pnctexas.com	Pearland multiservice center. Must live in Brazoria county to be eligible for services. Services include: -Utility, rent, & emergency assistance -Food & Baby pantry -Bread pantry (through Our Daily Bread) -Santa's Helpers & Share Your Holidays (Christmastime support for struggling families, seniors, & children) -School supply vouchers -Financial stability education -Health & medical care (through SEVA clinic) -Disaster relief -GED scholarships

Galveston County Food Bank

624 4th Ave N. Texas City, TX **409-945-4232**

www.galvestoncountyfoodbank.org

San Leon

San Leon Community Church 805 9th Street San Leon, TX

Crystal Beach

Community Outreach 1750 Hwy. 87 Crystal Beach, TX 77650

Galveston

Interactive Map https://www.galvestoncountyfoodbank.org/find-help/

Contact: Julie Morreale

Tuesday – Thursday 9:00 am – 3:00 pm; Friday 9:00 am – 12:00 pm

Proof of income, residency, photo ID, and utility bill required.

Mobile Food Distribution Program Schedule:

Times and locations vary, visit http://www.galvestoncountyfoodbank.org/ or call 409-945-4232 for program schedule.

St. Vincent's Episcopal House

2817 Post Office St. Galveston, TX 77550 **409-763-8521**

www.stvhope.org

Day clinic with nurse practitioner & dental extractions; Counseling services for individuals and families; Homelessness case management and emergency funding assistance; food services – expanded food pantry, snack packs, homebound grocery delivery; van transportation; spiritual counseling; immigration legal services

Call for appointment for services Monday–Friday 9:00 am – 3:00 pm

St. Vincent De Paul

2209 Old Alvin Rd Pearland, TX 77581 **281-485-2421**

https://www.sthelenchurch.org/home/

Food pantry & utility assistance Inside St. Helens Catholic Church Mon & Thurs: 2:00 – 4:00PM Wed & Fri: 5:00 - 7:00 PM

Closed Tuesdays

Mary Queen Catholic Church 606 Cedarwood Drive Friendswood, TX 77546 281-482-1391 http://www.maryqueencatholicchurch.org	Food pantry Mon-Fri. 10:00-2:00 pm Only serves Friendswood, Alvin, and Pearland (only 77581)
Christian Helping Hands 3402 Swensen Drive Pearland, TX 77581 281-485-9776 www.christianhelpinghands.org	Assistance with basic needs and food pantry Monday–Friday 10:00 a.m. – 2:00 p.m.

Comprehensive Healthcare Centers & Crisis Clinics

Houston MHMR 713-970-4400

Pediatric Occupational Therapy Services - Angleton Danbury Medical Center n/k/a UTMB Outpatient Clinic 146 East Hospital Dr. Angleton, TX 77515 979-848-8854	Specializes in the treatment and management of children and adolescents with various congenital and developmental disorders or diseases that interfere with daily living
Hours of operation: M-F8:00 AM – 5:00 PM https://www.utmbhealth.com/servicelines/primarycare/papc-angleton	Physician referral needed Insurance accepted:
Kindred Hospital 350 Blossom St. Webster, Tx 77598 281-316-7800 Open 24 hours www.khclearlake.com	60 & up Transitional care hospital with a focus on post intensive care disorders

St. Vincent's Hope Clinic 2817 Post Office St. Galveston, TX 77550 409-765-2242 https://www.stvsc.org/	Provides the following services at no charge: • General Medicine (Tuesdays 4:30 – 8:30pm & Saturdays from 10:00am – 12:00pm) • Psychiatry (2 nd & 4 th Thursday of month from 4:30 – 8:30pm) • Rheumatology (2 nd Tuesday of month from 4:30 – 8:30pm) • Dermatology (1st Thursday of month from 5:30 – 8:30pm) • Obstetrics & Gynecology (3 rd Thursday of month from 4:30 – 8:30pm) • Neurology (2 nd Saturday of the month 10:00am - 2:00pm) Contact the clinic to schedule appointment.
Healthy Concepts Clinic	Offering STD, HIV, Syphilis, Hepatitis
Texas City (Open M-F 8am-noon, and 1-4:40pm) 9850-B Emmett F. Lowry Expressway B107 www.gchd.org/STD 409-765-2528 409-765-2594	C, Chlamydia & gonorrhea testing as well as tuberculosis case management and treatment. All services are private & confidential. \$10 administration fee cash & credit card accepted. Treatment is free.
Brazoria County Dept. of Health 2436 S. Grand Blvd., Suite 102	Immunizations Must have an appointment
Pearland, TX 281-485-5344	MUST qualify Children:
260 George Street Alvin, TX 77511 281-585-3024	 Uninsured, insurance doesn't cover immunizations, Medicaid, American Indian, Alaskan native
434 E. Mulberry St. Angleton, TX 77515 979-864-1484	 Bring a copy of shot record Adults: Must be uninsured no shot record needed
Brazoria (Wednesdays only) 979-798-5806	Call clinic to schedule immunization appointment
https://www.brazoriacountytx.gov/departments/health-department/immunizations	Indigent healthcare program available at the Angleton location
The LUKE Society Clinic. Corner of 20 th & Church St. Galveston, TX 77550 https://lukesocietyclinic.wordpress.com/about/ lukesocietytx@gmail.com	Provides free basic medical care to the under-insured. Medications are provided at no charge. Free dental care is also provided.
	Hours: Saturday from 8 am – 9 am (as

	long as the person arrives at 8 am, they will be seen)
Health Resource Center UTMB Health League City Campus Clinics Lobby, Floor 1 2240 Gulf Freeway South League City, TX	Learn about hospital resources, patient services, community resources and groups, and how to participate in the decision making about the patient's care plan.
409-266-7542 800-917-8906 www.utmb.edu/health-resource-center	Contact: Savannah Parks at siparks@utmb.edu
Lighthouse Christian Ministries 800 Grand Avenue Bacliff, TX 281-339-3033 https://lighthousecm.org/ Info@lighthousecm.org	Serves Galveston County residents. Medical Clinic- free medical clinics for uninsured, low-income patients and provides basic healthcare services. Dental Clinic- Open to uninsured, low-income patients for a low fee.
	Call to schedule an appointment
Anchor Point Hope Family Center 103 Davis Road, Suite B League City, TX 77573 www.anchorpoint.us 832-632-1221 or 24 hr. hotline 800-712-4357 Email: Info@anchorpoint.us Contact: Melissa Gissler, Director of Community Services - marisa@anchorpoint.us & 217-433-8682	Hope FC Services Case management & Material assistance Spiritual mentoring Mom mentoring & dad coaching Prenatal classes & parenting classes Discover adoption courses Pathway to Hope camps Sexual Abuse Recovery & Abortion Recovery Groups
Counseling Center 1905 Capri Lane Seabrook TX 77586 832-632-1221	Counseling provides at no cost to pregnant women or to women parenting a child under the age of 3.
Obria Medical Clinic 103 Davis Road Suite K League City, TX 77573 832-632-4555 or 24 hr. hotline 800-712-4357 https://www.obria.org/locations/league-city-tx/	Provides professional medical consultations and well woman care. The services are 100% confidential and include: • STD Testing & Treatment • Pregnancy Testing & Decision Consultations • Ultrasounds • Well Woman Care • Healthy Relationship Coaching Accepts Healthy Texas Women's

	Insurance and sliding scale for those without it.
Crisis Pregnancy Center 10851 Scarsdale Blvd. Ste 800 Houston, TX 281-484-0005 Email: CPHelp@Lifelinecpc.org www.lifelinecpc.org	Provides Christian-based counseling and referral services at no-cost to pregnant woman looking for guidance. Office Hours: Monday thru Friday 10 am to 4 pm
	Client Pregnancy Test Hours: (Schedule an Appointment Online) Monday and Wednesday 10 am to 3 pm Tuesday 10 am to 5 pm Thursday 10 am to 4 pm
	Client Class Hours: Tuesday and Thursday 7 pm to 8:30 pm
Medic Lane Physicians 400 Medic Lane Suite C Alvin, TX 281-331-0082 713-770-0021 (after hours) http://www.mediclane.com/	8–5 M-F Closed Saturday and Sunday Accepts most private insurance plans and Medicare; does NOT accept Medicaid; no payment plans or sliding scales available
St. Hope Foundation 3750 Medical Park Drive, Ste. 150 Dickinson, TX 713-955-4821 https://offeringhope.org/	Offers: dental, vision, medical, pharmacy, pediatrics, HIV specialty care, hepatitis specialty care, psychiatry, and diabetes specialty care services.
	Accepts all insurance plans and self-pay patients. Offers a sliding scale fee. Hours: M-TH 8 a.m 6 p.m. & Friday 9 a.m 2 p.m. Walk-ins welcome
Stephen F. Austin Community Health Center Various locations (see https://www.sfachn.org/locations) Medical, dental, behavioral health 281-824-1480 Fax: 281-220-6442 979-871-9553 (Freeport) Email: wecare@sfachn.org Hours of Operation: varies — call to schedule appointment; walk-ins welcome https://mychn.org/	Medical & Behavioral Health Locations: Alvin (pediatrics, family, gynecology) Bacliff (Community Health Center) Clute (Brazoria County Dream Center Integrated Health Center) Freeport (Community Health Center) League City (pediatrics) Pearland (Family Health Center) Insurance Accepted: private insurance, Medicaid, Medicare, self-pay; offers

Center for Pregnancy 347 E Parkwood Avenue, STE B Friendswood, TX 77546 281-482-5683 (Phone)	sliding scale Dental Locations (accepts adults & children > 6 months) Alvin Freeport Pearland Insurance accepted: private insurance (PPO only), Medicaid, self-pay; offers sliding scale Offers parenting classes, counseling services, free pregnancy testing, adoption agency referrals, and basic need items for mothers and their
291-947-2925 (Text) Email: cfpregnancy@sbcglobal.net https://centerforpregnancy.net/	children. Call to schedule appointment
Great Oaks Recovery Center 11210 FM 102 Egypt, Texas 77436 877-793-2044 https://greatoaksrecovery.com/contact-us/	Services include: detoxification, residential treatment, individual and group therapy, humor-based therapy, trauma recovery, partial hospitalization, intensive outpatient care, sober living, 12-step meetings, relapse prevention, and family-inclusive programs.
	Must verify insurance coverage via phone or @ https://greatoaksrecovery.com/insurance-verification-form/ Medicare & Medicaid not accepted.
IDD Crisis Center 4444 W Main St. League City, TX 77573 1-888-839-3229 1-800-643-0967 (IDD is now w/GCC) General IDD services: https://gulfcoastcenter.org/services/intellectual-developmental-disabilities/	IDD Crisis Respite & Stabilization offers short-term, emergency care for persons with Intellectual and Developmental Disabilities/Autism Spectrum Disorder between the ages of 6 and 54. To qualify the person must experience a behavioral crisis that involves law enforcement, emergency departments, or Mobile Crisis Outreach team (MCOT)
IDD Crisis: https://gulfcoastcenter.org/services/intellectual-developmental-disabilities/#Crisis%20Respite Gulfcoast 24 hr. Crisis line 866-729-3848	Transport vehicle available

Teen Health Center, Inc. P.O. Box 925 Galveston, TX 77553 409-766-5750 Ball High - Medical care 409-761-3530 ext. 7 Mental health 409-761-3530 ext. 6 Psychiatry https://www.teenhealthcenter.org/	Medical and mental health services for Galveston youth 0-21 years. Call clinic to schedule appointment. Available locations for medical and mental health: Ball High School Austin Middle School Central Middle School ADHD and Psychiatry Services Weis Middle School Medical Care: Moody Early Childhood Center Mental Health Care: AIM Academy & DAEP
Coastal Health and Wellness Texas City Clinic 9850 Emmett F Lowry Expressway Texas City, TX 77591	Galveston county resident healthcare provided with or without insurance Medical and RX
Galveston Clinic 4700 Broadway F100 (Island Community Center) Galveston, TX 77551 409-938-2234 (contact # for both clinics) www.coastalhw.org (more info on walk-in clinic and after hours)	Appointment required
Live Oak Clinic 102 Yaupon St. Lake Jackson, TX 77566 979-388-0809 www.liveoakclinic.org	Non-urgent healthcare facility serving individuals not qualified for Medicaid or other private insurance *see website for clinic dates Bring the following documentation for appt: Photo Identification Proof of income Proof of residency **see website for qualifying documents** No resources for mental health or pain
LITMP Department of Povehictmy	management
UTMB Department of Psychiatry Clear Lake 400 N Texas Ave. Suite A Webster, TX 77598 281-338-2798	Accepts most insurance, including Medicare and Medicaid ***Must have referral from UTMB physician
Galveston 400 Harborside Dr. Galveston, TX 77550	

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www.utmb.edu/psychiatry/	
Brazosport Medical Center (Stephen F. Austin Center) 905 N Gulf Blvd. Freeport, TX 1-281-824-1480 979-871-9553 (clinic contact #) https://mychn.org/locations/freeport-community-health-center/	Accepts Medicare and Medicaid, some insurance Medical, Dental, OB/GYN, Psychiatry *see website for hours OATH Prescription Assistance available for low-income individuals without insurance in Brazoria county
Bayshore Medical – Geriatric Behavioral Health 4000 Spencer Hwy Pasadena, TX 713-359-2000 (Main) 844-241-7650 (Behavioral Health Transfer Center) https://hcahoustonhealthcare.com/locations/southeast/	The Geriatric Behavioral Health program at the Bayshore Medical Center is a dedicated geriatric behavioral unit within the Bayshore Medical Center. It works to maximize the mental and physical health of seniors age 65 and older by identifying whether mental health issues are signs of aging, stress, or correctable medical problems. Accepts Medicare/Medicaid
Crystal Crafters 86 Plantation Court (inside The Christ Lutheran) Lake Jackson, TX 979-297-2013 (church office) https://www.e-clubhouse.org/sites/lakejackson/page-7.php http://www.christlutheran-lj.org/calendarinfo.html	Eye care serving individuals not qualified for Medicaid or other insurance Tuesdays 2:30 pm – 5:00 pm Eligibility interviews begin at 2:30 pm on Tuesdays & must be completed before services are rendered Call to schedule appointment
Downtown Counseling Services 105 N. Gordon Suite 202 Alvin, TX 281-585-0000 https://downtowncounseling.com/	Accepts Medicaid and most major insurance providers
UTMB Clinics - Galveston 409-772-2222 800-917-8906	Call or check online for locations 24/7 Access Line
UTMB-Pearland 2750 E Broadway Pearland, TX 77581 409-266-1888 www.utmbhealth.org	Prenatal, healthy woman exams and pediatric immunizations. Tuesday – Friday 8am – 5pm Monday 8am – 7pm

San Jose Clinic 2615 Fannin St Houston, TX 77002 713-228-9411 Eligibility question: 713-490-2610 www.sanjoseclinic.org Helping Hands and Hearts Hospice 456 Plantation Dr. Lake Jackson, TX 979-267-4579	Intake eligibility 8am – 5pm Saturday and Sunday closed Serves Harris and surrounding counties Medical, dental & pharmacy services, no surgeries Hospice services, bereavement classes, and support groups Thrift shop available
Entrust Hospice 3033 Chimney Rock Road Suite 111 Houston, TX 713-322-7832	Hospice services & caregiver support.
House Calls Home Health 218 W. Coombs St. Alvin, TX .281-331-1516 www.housecallshomehealth.com	Skilled nursing, home health aides, PT, OT, medical supplies, in-home X-rays, and sitter service Also private provider services
Houston Behavioral Healthcare Hospital 2801 Gessner Rd Houston, TX 77080 832-834-7710 https://www.houstonbehavioralhealth.com/	Adult and adolescent services Inpatient, partial hospital programs (PHP), Intensive outpatient programs (IOP)
Seva Clinic @ Pearland Neighborhood Center 2335 N. Texas Ave. Pearland, TX 77581 281-942-7382 https://pnctexas.com/	Open Thurs 5pm-7pm Walk-in clinic for non-emergency cases. No cost to patient but a \$10 donation is encouraged.
The Montrose Center 401 Branard Street Houston, Texas 77006 713-529-0037 – Main 713-529-3211 – LGBT Switchboard 24hr Helpline http://www.montrosecenter.org/	Empowers our community, primarily lesbian, gay, bisexual, transgender, and queer individuals and their families, to enjoy healthier and more fulfilling lives. Has an integrated care model with one-stop access to behavioral health and support services, adult primary care and psychiatry, and free wellness programs. Accepts all insurance, including Medicare/Medicaid. Discounted fees are offered if you have no insurance and/or limited means. You may also qualify for grant subsidies to cover all or a portion of fees and co-payments based on your income. You do NOT have to be LGBTQ+ to obtain services.

AIDS Foundation Houston Provides programs and services to 6260 Westpark Dr., Suite 100 men, women, and children infected Houston, TX 77057 by HIV/AIDS. Services include: 713-623-6796 Contact form: housing, case management, free HIV https://www.afhouston.org/ testing and other supportive care (e.g., food assistance, assistance program sign up, and counseling.) Criteria for housing: HIV+ homeless youth ages Individuals or couples experiencing housing and financial instability where one or both are HIV+ • Families with one or more HIV+ members that are experiencing housing and financial instability. Homeless HIV+ women who face additional barriers (trauma, economic instability, prior incarceration) Chronically homeless HIV+ individuals who also have disabilities Call to schedule testing appointment Healthcare center dedicated to Avenue 360 (Main Campus) 2150 West 18th Street helping underserved populations. Houston, TX, 77008 Offers medical care, behavioral 713-426-0027- Intake health services, housing, and 832-384-1390 - Housing (Other TX locations available) supportive care services. Accepts https://avenue360.org/ both insured and uninsured clients: see company website for materials needed at intake appointment. **Legacy Community Health** Offers medical and behavioral (Offers 10 Houston-Area locations, 2 Beaumont locations, locations in healthcare to community members Baytown and Deer Park). as well as specialty services for 832-548-5000 Info line LGBTQ+ individuals. See website for Accountability line (832) 548 5018 additional services. Accepts most health insurance plans including: See website for specific location information & services offered at each HMO/PPOs. Medicaid. Medicare and location CHIP and a sliding scale is available https://www.legacycommunityhealth.org/contact-us/ for uninsured.

Michael E. DeBakey VA Medical Center 2002 Holcombe Blvd, Houston, TX 77030 713-791-1414 Crisis line: 988 and select 1 Or text 838255	Promotes the health, welfare, and dignity of all veterans. Offers comprehensive health services, and specializes in assisting female, LGBTQ+, and homeless veterans, as well as families and caregivers.
Main site: https://www.houston.va.gov/locations/directions.asp LGBTQ+ veteran information: https://www.patientcare.va.gov/lgbt/	
Homeless veteran information: https://www.va.gov/homeless/ Women veteran information: https://www.va.gov/womenvet/ Caregiver information: https://www.houston.va.uston.va.gov/services/lgbt/index.asp	
Michael E. Debakey VA Medical Center Outpatient Clinics Lake Jackson Clinic 208 South Oak Drive Suite 700 Lake Jackson, TX 77566-5789 979-230-4852 https://www.houston.va.gov/locations/Lake_Jackson_VA_Outpatient_Clinic.asp Galveston Clinic: 3828 Avenue N Galveston, TX 77550-6614 409-761-3200 Texas City Clinic: 9300 Emmett F. Lowery Expressway Suite 206 Texas City, TX 77591-2134 409-986-2900 (See main site for additional outpatient clinics in Texas)	Provides comprehensive healthcare for all veterans. View respective website to make an appointment and to view hours of operation.
Encourage Trauma Center 4545 Post Oak Dr. #349 Houston, TX 77027 832-582-5844 Email: info@encouragetraumacenter.com	Trauma Healing Center Outpatient Program Focus on co-occurring diagnoses such as PTSD, Mood Disorders, Anxiety, and other mental health issues relating to underlying trauma Adult Services Group and Individual Services Does not accept insurance
Victory Lakes Family Care (Community Health Network) 2360 Gulf Fwy S #100-C League City, TX 77573 Mon – Fri: 8 AM – 5 PM 281-824-1480	Mental Health, Pediatric, and Women services both in-person and virtually Also offer COVID-19 vaccinations and financial services Plan to expand to include dental services

	All children, women,
Community Health Network Mychn.org 281-824-1480 Email: wecare@mychn.org Locations: Pearland – Alvin – Clute – Angleton – Bacliff Lake Jackson – Freeport – League City – Houston	Medical Services: Primary Care, OB/GYN, Pediatrics, Eligibility Services Dental Services and Behavioral Health Accepts Medicaid, Medicare, Chip, and Major Insurances Adult and Teen in-person and/or virtual support groups — various
IBN Sina Foundation: Avicenna Clinics Ibnsinafoundation.org 281-848-7979 – multiple Houston Locations Email: info@ibnsinafoundation.org Locations: Clearlake Medical & Dental Clinic – 281-990-7462 15132 Old Galveston Rd. Webster, TX 77598	Non-profit community organization serving the low income, uninsured Texans for their preventative primary medical, dental, diagnostic, and specialty care needs. Medical / Mental Wellness / Telehealth / Specialty / Diagnostic/b Dental Annual Membership Programs: Healthcare Discount Program, Dental Discount, Mental Wellness Program

Legal Assistance

Dorene J. Philpot 275 Bristol Lane Livingston, TX 77351 281-989-2010 http://www.dphilpotlaw.com/	Special Education Law Attorney who represents children with special needs and their parents in Texas and Indiana.
Child Support Office Brazoria County 979-864-1227 https://www.brazoriacountytx.gov/departments/district-clerk/depart ments/attorney-general Galveston County 409-986-7688 http://www.galvestoncountytx.gov/dc/Pages/Family.aspx	Assists with the processing child support claims.
1-800-252-8014 (Child Support Services Hotline)	
Robert Hagar 1802 Waugh Dr Houston, TX 77006 713-222-9911 http://www.disabilitvhouston.com/	Assists consumers with getting SSI social security benefits (works with both initial application and appeals stage of process.)
TX Dept. for State Health Services for Client Rights 888-973-0022 https://www.texashealth.org/About-Texas-Health/Patient-Resources/Pati	Client services and rights regarding any MHMR Center and substance abuse

ent-Rights-and-Responsibilities	
Catholic Charities (Galveston) 713-526-4611	Offers free or discounted legal counsel to Immigrants.
https://catholiccharities.org/contact-us/	Call for details
Crime Victim's Compensation (Office of Attorney General) 1-800-983-9933 https://www.texasattorneygeneral.gov/crime-victims/crime-victimscompensation	Can apply for CVC if you or your immediate family have financial costs because of a crime. Learn how to apply on the website.
LASSA (Legal Aid for Survivors of Sexual Assault) 844-303- SAFE (7233) https://www.tlsc.org/lassa	Free legal advice for survivors of sexual assault, 7 days a week.
<u> </u>	
Texas Advocacy Project 1-800-374-HOPE https://www.texasadvocacyproject.org/	Free legal advice for survivors of domestic violence.
Lone Star Legal Aid Galveston Office 123 25 th Street Suite 4020 Galveston, TX 77550 409-763-0381 Clute Office 102 Oak Park Dr., Suite 102 Clute, TX 77531 979-849-6464	Provides free civil legal assistance to low-income individuals and families who have immediate needs. Also assists with removing charges from record and sealing criminal records. *See website for hours Does not take criminal cases
Central Intake line 800-733-8394	
www.lonestarlegal.org Disability Rights Texas 1500 McGowen St. Suite100 Houston, TX 800-880-0821 (Intake line) 713-974-7691 https://www.disabilityrightstx.org	Assist people with disabilities in case of discrimination in areas of housing, employment, accessibility, civil rights, education, and transportation. Contact if any psychiatric facility is in violation of client rights or the law. Application can be done online
Department of Family & Protective Services Texas Abuse Hotline 800-252-5400 https://www.txabusehotline.org/Login/Default.aspx	To report abuse of children, elderly, and those with disabilities (physical & mental)
Marc Whitehead & Associates Attorneys at Law, LLP 403 Heights Blvd Houston, TX 77007 713-929-2967 www.disabilitydenials.com	Social Security Disability, Veterans Disability and long-term disability claims
Archer Care Consulting Group 1235 N Loop West, Suite 907 Houston, TX 77008 713-572-1717 Email: steve@archercare.com	Estate planning for the disabled

https://archerconsulting.com/	
Sandy P. Ard 4211 Video Street Dickinson, TX 77539 713-230-8974 www.ArdLawFirm.com	Attorney specializing in: Estate Planning, Medicaid Qualifications, and VA assistance
Houston Bar Association (713)759-1133 For more information visit: https://www.hba.org/	Free legal advice clinics for U.S Veterans throughout 2019
Hayes & Wilson, PLLC 1235 North Loop West, Suite 907 Houston, TX 77008 713-880-3939 www.hayeswilsonlaw.com	Attorneys specializing in: Special Needs Trusts, Estate Planning and Probate Law
Houston Volunteer Lawyers 1111 Bagby Street, Suite FLB 300 Houston, TX 77002 713-228-0735 Info@hvlp.org www.makejusticehappen.org	Provides volunteer, pro-bono legal aid to low income individuals and families, a service of the Houston BAR Association Does not take criminal cases
Philip H. Roberts 711 6 th St. N Texas City, TX 77590 409-948-4466 http://rjc-law.net/	Estate and Probate Attorney affiliated with Mabry, Herbeck & Roberts
Houston LGBT Family Law Lawyers (Katine & Nechman, L.L.P) 1834 Southmore Blvd Houston, Texas 77004 713-808-1000 866-569-6487 (Toll Free Line & Se Habla Español) https://lawknm.com (Contact form on website)	Are committed to helping lesbian, gay, bisexual and transgender couples achieve their shortand long-term goals for their family. Are well-prepared to help clients establish domestic partnerships or adopt a child and seek to preserve clients' rights in the dissolution of domestic partnerships.
Houston Legal Line (Houston Bar Association) 713-759-1133 https://www.hba.org/?pg=LegalLine	Offers free legal advice from licensed lawyers to residents of Harris county and surrounding areas during select dates and times (view schedule on website)
Resource & Crisis Center of Galveston County 24/7 Crisis Lines: 409-765- SAFE (7233) 888-919-SAFE (7233) (TOLL FREE) Galveston 1802 Broadway Avenue J #122 Galveston, TX 409-762-1520	Provides shelter services and basic need items for women and their children who are experiencing family violence. Provides support, no-cost counseling & advocacy services for victims of domestic or sexual assault (regardless of sex) and their children in Galveston County. Also offers pro-bono legal assistance in getting a protective order served.

League City 150 N. Gulf Freeway League City, TX 281-554-6983		
League City, TX		
281-554-6983		
www.rccgc.org		

Mental Health Deputies & MCOT Services

Mental Health Deputies & MCOT Services	
Galveston County Sheriff's Department Lieutenant: Fred Sweeney 409-766-2323 or try 409-766-2300 http://sheriff.galvestoncountytx.gov/MHMR.html	Must be an immediate danger to self or others
Brazoria County Sheriff's Department Lieutenant: Bo Stallman (Main #) 979-849-5711 979-265-9310 281-331-9000 https://www.brazoriacountytx.gov/departments/sheriff-s-office	Must be an immediate danger to self or others
Gulf Coast Center Crisis 24-Hour Helpline Response & Mobile Crisis Outreach Team (MCOT) For Galveston & Brazoria Counties https://gulfcoastcenter.org/ 1-866-729-3848 (24/7 Crisis Line)	Must be an immediate danger to self or others
Harris County Mobile Crisis Unit (MCOT) - The Harris Center 713-970-7000 (24/7 Crisis Line) 713-970-7070 9401 Southwest Fwy Houston, TX 77074 8am-5pm	Must be an immediate danger to self or others
League City Police Department Guardian Program 555 W. Walker League City, TX 77573 281-332-2566 https://www.leaguecity.com/2547/Guardian-Program	Crisis intervention program designed to store pertinent medical information on participants of programs. Officers have access to this information during times of crisis allowing for greater awareness and quicker family reunification. Intended for children or individuals living with an IDD, not a mental illness. Only for League City Residents.

Psychiatric Hospitals/Psychiatric Services

St. Joseph's Medical Hospital	Mental health hospitalization for adults 18+
1401 St. Joseph Pkwy	
Houston, TX 77002	Patient must have no medical complexity
713-757-1000	Accepts Medicare, traditional, most private insurances
Intake 713-757-7512 (24/7)	Will accept uninsured patients in a mental health crisis. For
https://www.sjmctx.org/	billing questions, call 713-756-8247.

	Must call before to make sure a bed is available
Houston Behavioral Healthcare Hospital 2801 Gessner Rd Houston, TX 77080 832-834-7710 https://www.houstonbehavioralhealth.com/	Adult and adolescent services Inpatient, partial hospital programs (PHP), Intensive outpatient programs (IOP)
Bay Area Recovery Center (Private Inpatient Facility for Men) 1807 FM 517 Rd E Dickinson, TX 77539 281-957-9201 Open 24/7 https://www.bayarearecovery.com/dickinson-tx-mens-facility/	Offers inpatient addiction treatment for men at 30, 60, and 90-day program lengths. Accepts most private insurance.
Bay Area Recovery Center (Private Inpatient Facility for Women) 3111 Yupon St Dickinson, TX 77539 281-524-3796 Open 24/7 https://www.bayarearecovery.com/dickinson-tx-womens-facility/	Offers inpatient addiction treatment for women in the form of intensive residential treatment (IRT), supportive residential treatment (SRT), and partial day rehab. Accepts most private insurance.
Bay Area Recovery Center – East Houston/Clear Lake Rehab Facility 1100 Hercules Ave #130 Houston, Texas 77058 281-557-6340 Open 24/7 https://www.bayarearecovery.com/east-houston-drug-rehab-center/	Offers intensive and supportive outpatient treatment and counseling for men and women addicts. Also offers detoxification programs. Service area includes Clear Lake, Kemah, Seabrook, Webster, and League City. Accepts most private insurance. Options for online group and individual therapy available.
Bay Area Recovery Center – Pearland 2915 S Sam Houston Pkwy E #300 Houston, Texas 77047 281-915-1592 Open 24/7 https://www.bayarearecovery.com/houston-outpatient-drug-rehab-center/	Offers a wide range of intensive outpatient programs for addicts as well as court-ordered classes and relapse prevention strategies. Accepts United Healthcare, Private Healthcare Systems, ComPsych, Aetna, BCBS, and Cigna.
Bay Area Recovery Center – Pasadena 6427 Fairmont Pkwy #104 Pasadena, Texas 77505 281-947-3616 Open 24/7 https://www.bayarearecovery.com/pasadena-drug-rehab-center/	Offers a wide range of intensive outpatient programs for addicts as well as family counseling. Accepts most private insurance. Call for verification of your insurance.

The Montrose Center Empowers our community, primarily lesbian, gay, bisexual, 401 Branard Street transgender, and queer individuals and their families, to enjoy Houston, Texas 77006 healthier and more fulfilling lives. 713-529-0037 - Main Has an integrated care model with one-stop access to 713-529-3211 - LGBT Switchboard 24hr behavioral health and support services, adult primary care and psychiatry, and free wellness programs. Helpline http://www.montrosecenter.org/ Accepts all insurance, including Medicare/Medicaid. Discounted fees are offered if you have no insurance and/or limited means. You may also qualify for grant subsidies to cover all or a portion of fees and co-payments based on your income. You do NOT have to be LGBTQ+ to obtain services. Ben Taub Hospital Mental health hospitalization for adults 18+ Accepts Medicare, traditional, most private insurances 1504 Taub Loop Houston, Texas 77030 Will accept uninsured patients in a mental health crisis. Must call before to make sure a bed is available 713-873-2000 Intake- 713-873-4925 713-634-1110 (24 hours help line) https://www.harrishealth.org/locations-hh/Pages/b en-taub.aspx **UTHealth Harris County Psychiatric Center** Inpatient mental health care for children (3+), adolescents & 2800 S MacGregor Way Houston, TX Inpatient dual diagnosis unit for adults struggling with 713-741-5000 co-occurring disorders. During a psychiatric crisis, an individual may be brought to **713-741-3883** – Admissions (24/7) HCPC on a walk-in basis. He or she will undergo screening by https://hcpc.uth.edu/ an on-site physician, to determine if he or she meets the criteria for hospitalization and needs to be admitted. Standard charges are the same for all patients, regardless of Outpatient Clinics: ability to pay or coverage by Medicare, Medicaid, or other All Outpatient Clinics are at located at the third-party insurance plan; UTHealth offers financial aid on Behavioral and Biomedical Sciences Building on sliding scale. 1941 East Road, Houston, TX 77054 Standard charges will be discussed prior to rendering of Second Opinion Clinic: 713-486-2700 services. Call 713-741-3860 to speak to a financial counselor. Adult Outpatient Clinic: 713-486-2700 Child and Adolescent Outpatient Clinic: 713-486-2700 Center for Neurobehavioral Research on Addiction: 713-486-2800 C.L.A.S.S. (Connecting Learning Assures Successful Students) Clinic: 713-486-2666 UTHealth Center of Excellence on Mood Disorders: 713-486-2627 https://med.uth.edu/psychiatry/research/centers/ mood-disorders/ **Behavioral Hospital of Bellaire** Private freestanding psychiatric hospital specializing in the treatment of mental illness, substance abuse, and dual diagnoses. 5314 Dashwood Drive Ste 300 Services include:

Houston, TX 1-800-423-0017 (24/7 Toll Free Line) mental health crisis call 988 1-713-600-9500 (Local admissions) https://bhbhospital.com/	 Adult outpatient services (initiate recovery and change incentive program) Exclusively women's wellness programs Adolescent outpatient services for ages 12-17. 24 hour monitoring Inpatient hospital services (behavioral health, dual diagnosis, detox, addiction, and psychiatric intensive care) Outpatient Services (intensive outpatient, partial hospitalization) Geriatric Inpatient Psychiatry program for those 55+ Accepts most commercial insurance plans including Medicare, Managed Medicaid, and TRICARE. Please call the local admissions line to confirm coverage.
Cypress Creek Hospital 17750 Cali Drive Houston, TX 281-586-7600 — Admissions https://www.cypresscreekhospital.com	Inpatient care, intensive outpatient, partial hospitalization, & chemical dependency programs for adolescents (12-17) & adults struggling with mental health issues, dual diagnosis & substance abuse. Accepts most private insurances, Medicare, Medicaid and TRICARE. Will help determine financial resources for uninsured. Electroconvulsive therapy (ECT) available for adults suffering from severe depression, mania or schizophrenia. Call for appointment & to verify insurance information.
Intracare North Behavioral Hospital 1120 Cypress Station Drive Houston, TX 77090 281-893-7200 (24/7 Line) http://www.intracare.org/	Inpatient Treatment and Crisis Stabilization programs Inpatient Treatment, Detox and Crisis Stabilization, and Partial Hospitalization (PHP) programs for Children (6- 12), adolescents and adults Day and Inpatient programs Accepts Medicaid, Medicare & most private insurances.
Kemah Palms Recovery 1013 Delesandri Lane Kemah, TX 77565 (24/7) 855-568-0218	Inpatient, intensive outpatient, residential treatment, partial hospitalization & medical detox program for adults struggling with dual diagnosis, substance abuse & chronic pain issues. Virtual tour: www.youtube.com/watch?v=ko9smCt0isY

www.Kemahpalms.com	Accepts most major insurances & private pay (No Medicare/Medicaid) Must call for appointment first Verify insurance by phone or @ https://www.kemahpalms.com/addiction-treatment-admissions/insurance-verification/
Westpark Springs 6902 South Peek Road Richmond, TX 832-586-8316 Westpark Springs Changes (Outpatient Child &Adolescent Program) 7830 West Grand Pkwy S. ste 100 Richmond, TX 832-945-1840 Westpark Springs Changes-Sugar Land 1111 Highway 6, Ste 115 Sugar Land TX 77478 346-309-0103 www.Westparksprings.com	Inpatient (13+), intensive outpatient and partial hospitalization programs for adults struggling with mental health, substance abuse and dual diagnosis issues. Partial hospitalization program and intensive outpatient program for children & adolescents (5-17) struggling with mental health issues. Accepts most major insurances, some Medicare, Medicaid & CHIPS. Call for appointment
West Oaks Hospital 6500 Hornwood Houston, TX 713-995-0909 West Oaks – The Excel Center of Katy 2900 Commercial Center Blvd, Suite 102 Katy, TX 77494 281-647-0020 Hornwood Clinic 6612 Hornwood Drive Houston, TX 77074 281-648-1200 www.Westoakshospital.com	treatment programs to children, adolescents and adults who suffer from a mental health disorder, chemical dependency issues or dual diagnosis. Levels of programming include inpatient, partial hospitalization, intensive outpatient and a residential treatment center for chemical dependency rehab. Accepts Medicare, Medicaid, CHIPS and most private insurances. Outpatient program for adolescents (13+) and adults struggling with mental health and/or chemical dependency issues. Accepts Medicare, Medicaid & most private insurances. Transportation provided within a 20-mile radius of outpatient locations. Day program for children 6+ with mental health issues. Outpatient program for adolescents (13+) and adults struggling with mental health and/or chemical dependency issues. Second Chance Program available to teach social, coping, and pre-vocational skills to individuals with severe mental illness (trainings available bi-annually for family members). Accepts Medicare, Medicaid, CHIPS & most private insurances. Transportation provided within a 20-mile radius of outpatient location.
The Excel Center of Friendswood 111 E. Edgewood Drive Friendswood, TX 281-648-1200	Intensive outpatient program & partial hospitalization program for adolescents (13+) and adults struggling with mental health

www.Westoakshospital.com	and/or chemical dependency issues. Second Chance Program available to teach social, coping, and pre-vocational skills to individuals with severe mental illness (trainings available bi-annually for family members). Accepts Medicare, Medicaid, CHIPS & most private insurances. Transportation provided within a 20-mile radius of outpatient location.
Sun Behavioral Houston 7601 Fannin Houston, TX 713-659-0555 (24/7) https://sunhouston.com	Inpatient care for children (6+), adolescents & adults struggling with mental health issues or dual diagnosis. Intensive outpatient program and partial hospitalization program for adolescents & adults with mental health issues or dual diagnosis. Free telehealth consultations for placement available Monday-Friday 8am to 8pm; partial and intensive outpatient programs can be conducted virtually. Detox and acute rehabilitation also available. Accepts most insurance including: Medicare, Medicaid, CHIPS & private. Call to verify coverage, Accepts walk-ins.
DAPA- Dual Diagnosis Treatment Centers 5500 Guhn Road, Ste 100 Houston, TX 77040 713-783-8889 http://intervention.org/resources/dapa	Provides acute inpatient, partial hospitalization, and intensive outpatient program for adults and seniors with mental illness and substance abuse disorders. Accepts traditional Medicare & most private insurances. Call for appointment & to verify insurance coverage.

The Menninger Clinic 12301 Main St. Houston, TX 77035 713-275-5400	Inpatient care for children (12+), adolescents & adults struggling with mental health issues or dual diagnosis. Outpatient programs for children (5+), adolescents & adults struggling with mental health issues, dual diagnosis & substance abuse. Accepts ComPsych & Managed Health. All other insurances will be considered out of network. Financial assistance available to those who qualify. Must call for appointment first
New Dimensions Clear Lake 1345 Space Park Dr. Suite C Houston, TX 1-800-685-9796 (Toll-free line)	Partial day, intensive outpatient, and detox treatment for both adults and adolescents (13+) focusing on behavioral health & substance abuse. Group therapy oriented. DWI education classes also offered in addition to the services below.
Katy 439 Mason Park Blvd., Ste B Katy, TX 77450	Programs Offered: Adolescents – mental health & substance abuse.
The Woodlands 25511 Budde Rd, Ste. 2401,	Adults – Mental health, substance abuse, dual diagnosis, inpatient & outpatient detox
The Woodlands, TX 77380 https://www.nddtreatment.com/	Must verify insurance coverage via phone. Self-pay and payment plans are available. Doesn't accept Medicare or Medicaid.
Baylor Psychiatric Clinic 1977 Butler Blvd Suite E4.400 Houston, TX 77030 713-798-4857	Outpatient program for adolescents (13+) and adults struggling with mental health or dual diagnosis issues. Accepts Medicare and most private insurances.

https://www.bcm.edu/healthcare/care-centers/psychia	
Devereux Advanced Behavioral Health 1150 Devereux Dr. League City, TX 77573 1-800-373-0011 http://www.devereux.org.	IDD and autism program serves adolescents, ages 7 to 17, with the following characteristics: Autism spectrum disorder (ASD). Moderate to severe intellectual disability. Moderate to severe communication and adaptive behavior skill deficits. Behavioral challenges that require intensive supervision and support. Individuals with other disorders considered case-by-case based on adaptive, communication, behavioral and educational needs Call for insurance verification. Accepts most major insurance.
San Marcos Treatment Center 120 Bert Brown Road San Marcos, TX 78666 800-848-9090 — Admissions 800-251-0059 - Primary https://sanmarcostc.com/	Psychiatric residential treatment programs for children (6-12), Adolescents (13-17) who struggle with behavioral, neurodevelopmental & neuropsychiatric issues. Dual Diagnoses program for both children and Adolescents Substance Abuse program for Adolescents (13-17) IQ 50 + Call for a no-cost assessment Accepts most major insurances, TRICARE, some TX Medicaid & some CHIP.
HCA Houston Medical Center West– Senior Program for Behavioral Health 12141 Richmond Avenue Houston, TX 77082 281-558-3444 https://hcahoustonhealthcare.com/locations/west/ Matagorda Regional Medical Center 104 7 th St. Bay City, TX	Outpatient & partial hospitalization program for seniors struggling with mental health issues. Accepts Medicare & most private insurances. Call for more information. Geriatric inpatient facility for individuals 55+ Accepts Medicare & other private insurances
979-245-6383 https://www.matagordaregional.org/ Baptist Hospitals of Southeast Texas- Behavioral Health Services 3080 College Street Beaumont, TX 409-212-7000– 24/7 Line 409-212-5000- Direct Line	Adult: IOP, PHP, chemical dependency program, inpatient program, electroconvulsive therapy (ECT) and senior mental health program Children & Adolescent: child & teen behavioral and emotional health
https://www.bhset.net/our-services/behavioral-health/ Medical Behavioral Hospital of Clear Lake 16850 Buccaneer Lane Houston, TX 77058 281-606-3517 https://www.pphealthplan.com/facilities/medical-behaviora l-hospital-of-clear-lake-llc/	Call to inquire about coverage and payment options. 92 bed inpatient psychiatric facility catering to patients with psychiatric and medical conditions. Accepts patients aged 18 and older from all across Texas. No doctor's referral necessary. Not able to treat patients who require dialysis more than once per week. Currently accepts Medicare and Medicaid only.

Eating Recovery Center 7515 Main St., ste 400 Houston, TX 77030 713-750-9607 https://www.eatingrecoverycenter.com/recovery-centers/houston	Serves children, adolescents, and adults. Treats Anorexia Nervosa, bulimia Nervosa, Binge-Eating Disorder, and compulsive eating. Offers Residential, Partial Hospitalization, and Intensive Outpatient Accepts private insurance and self pay Call for a free level of care assessment
Center for Discovery 8588 Katy Freeway, STE 440 Houston, TX 77024 1-866-412-2691 M-F 12pm-7pm https://centerfordiscovery.com/locations/houston-outpatient/	Serves children, adolescents, and adults. Treats Anorexia Nervosa, bulimia Nervosa, Binge-Eating Disorder, and compulsive eating. Offers Partial Hospitalization, and Intensive Outpatient at the Houston location. Accepts private insurance and self pay Call for a free level of care assessment
Cedar Crest 3500 Interstate 35 Frontage Rd. Belton, TX 76513 254-939-4021 Cedarcresthospital.com	Children, adolescents, and adults of all genders who struggle with various mental health and co-occurring addiction Inpatient: Children, adolescents, and adults Residential treatment: adolescents Partial hospitalization program (PHP): adolescents and adults Intensive outpatient program (IOP): adults Traditional outpatient therapy: children, adolescents, & adults Schedule an appointment for free assessment, walk-ins, & provide remote assessments via Zoom

Housing, Shelters, & Group Homes

Seasons Personal Care Home 6714 Delaney Rd. Hitchcock, TX 409-316-0130 Contact: Tina Moore, 832-860-7389 https://www.abcarehomes.com	Galveston county Contact: Tina Moore Licensed B care home for up to 11 adults, men and women, with Alzheimer's, Dementia or assistance with ADL's. Call to schedule assessment. Private pay
Country Village Care 721 W. Mulberry Angleton, TX 979-849-8281	Nursing Home care for men and women Medicaid & Medicare accepted
Plantation Villas 202 Oak Drive South Lake Jackson, TX 979-297-9584 http://gretherseniorliving.com/	
The Meehl Foundation	Cares for individuals with Bipolar, Borderline

P.O. Box 2089	Personality Disorder, Anxiety, and Depression
Brazoria, TX 77422	
979-798-7972	
https://www.meehlfoundation.org/	
email: meehlfou@meehlfoundation.org	
3	
Westover Cove	Contact: Terry Oliver
2200 Mustang Rd.	Offers low-cost HUD and semi-independent
Alvin, TX	living options to individuals (18+) living with a
281-756-8877	mental illness.
(No website)	A sliding scale is available.
Right at Home	Personal care assistance for seniors and
1409 39 th st.	disabled adults.
Galveston, TX	Accepts Medicaid & Medicare
409-740-7400	'
https://www.rightathome.net/galveston?utm_source=google&	
utm_medium=local&utm_campaign=localmaps&utm_content	
=1139	
Costa Verde Apartments	Assists low income families
101 Verde Drive	
Clute, TX 77531	
844-987-4228	
<u>www.costaverdeapts.com</u>	
Gulf Breeze Housing Department	Affordable apartment complex provided to
1211 21st Street	eligible low-income families & person
Galveston, TX	w/disabilities.
409-683-8939	
http://www.ghatx.org/abtus_overview.html	
Holland House	Affordable apartment complex provided to
2810 61 st Street	eligible low-income families & person
Galveston, TX	w/disabilities.
409-744-1144	w/disabilities.
http://www.ghatx.org/pub house housing overview.html	
http://www.griatx.org/pub house housing overview.html	
Hono Villago	Neighborhood style assisted living housing for
Hope Village 15403 Hope Village Road	
Friendswood, Texas 77546	mentally disabled adults.
281-482-7926	
http://www.hope-village.com/	
Tittp://www.nope-village.com/	
The Independence Village	Residential assisted living facility for mentally
905 Hwy. 3 N	and physically challenged adults.
Texas City, TX 77591	Accepts ages 19 +
409-935-4335	1
https://www.ivillagetexascitv.org/	
Alvin Memorial Garden	Housing for people with disabilities and
916 S Gordon St.	Seniors (62+)
2.2 2 23,400, 04	1 / /

Alvin, TX	Section 8-202* and HUD housing assistance
281-331-1214	
(No website)	
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Brazoria County Welfare	Assists with housing and utilities to Reliant
1524 E Mulberry, Suite 162	customers that are in Brazoria County.
Angleton, TX 77515	Call for an annaintment
979-388-1427 (Welfare, Community development, & Housing & Urban Development, Section 8)	Call for an appointment
https://www.welfareinfo.org/brazoria.tx	
Tittps://www.wejiareiiiio.org/brazoria.tx	
Galveston County Housing Authority	Manages Gulf Breeze & Holland House
Galveston Housing Authority	low-cost apartments.
4700 Broadway	Tow doct apartments.
Galveston, Texas 77551	
(409) 765-1900	
http://www.ghatx.org/abtus contact.html	
The Gibraltar Senior Apartment Homes	55 & older. Fully equipped kitchen, 9' foot
201 Verde Dr.	ceilings, handicapped units available,
Clute, TX 77531	clubhouse w/ swimming pool, fitness center
844-584-0463	and business center
https://www.thegibraltarseniorapts.com/	
Resource & Crisis Center of Galveston County	Provides shelter services and basic need
24/7 Crisis Lines:	items for women and their children who are
409-765- SAFE (7233)	experiencing family violence.
888-919-SAFE (7233) (TOLL FREE)	Provides support, no-cost counseling &
	advocacy services for victims of domestic or
Galveston	sexual assault (regardless of sex) and their
1802 Broadway Avenue J #122	children in Galveston County.
Galveston, TX	Also offers pro-bono legal assistance in getting
409-762-1520	a protective order served.
League City	
150 N. Gulf Freeway	
League City, TX	
281-554-6983	
www.rccgc.org	
Women's Center of Brazoria County	Assists and shelters women who have been
	victims of domestic violence or sexual assault.
Administrative Office	Also offers court-mandated parenting
715 N Valderas, Angleton TX 77515	programs.
979-849-9553	
Ohalkana Odhu Oriaia Hallina	
Shelters - 24hr Crisis Hotline	
1-800-243-5788	
1-281-585-0902	
For interpreters call 1-800-528-5888	
 Morning Glory Resale Shop	
1100A East Mulberry,	
Angleton TX 77515	
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979-848-1445	
Alvin Office 629 Sunset, Alvin TX 77511 281-585-0904 (M-F)	
Angleton Office 715 N Valderas Angleton, TX 77511 979-849-9553 (M-F)	
Freeport Office 200 W. 2nd St., Suite 220, Freeport TX 77541 979-233-7174	
West Columbia Office 510 E. Brazos West Columbia, TX 77486 979-345-5014 (By Appointment)	
https://www.womenscenterbc.com/	
Bay Area Turning Point PO BOX 58537 Webster, TX 77598 281-338-7600 http://www.bayareaturningpoint.org/	Domestic Violence and Sexual Assault counseling, Legal Advocacy, Emergency Shelter
The Bridge Over Troubled Waters 3811 Allen Genoa Rd. Pasadena, TX 713-473-2801 (24hr) 713-472-0753 www.tbotw.org	Provides services such as: case management, crisis intervention, a 24 hour hotline, domestic violence and sexual assault prevention presentations, emergency shelter and transitional living to those in Harris County. Residential & long-term living arrangements for women & their children; rent is subsidized on sliding scale
Covenant House 1111 Lovett Blvd. Houston, TX 713-523-2231 https://www.covenanthouse.org/homeless-shelters/houston-texas	Shelter for persons 18 – 24; children up to age 5 also welcome. No ID needed, will assist with getting state ID
Star of Hope – Women & Family Development Center 2575 Reed Road Houston, TX 77051 713-222-2220 https://www.sohmission.org/our-services/women-and-family-development-center/	Housing & recovery services for women and their children.
Star of Hope - Doris and Carloss Morris Men's Development Center 1811 Ruiz Houston, TX 77002	Men's homeless shelter & recovery services.

Administrative Offices
Homeless shelter in Galveston County for families & individuals
Helps identify resources and housing opportunities for homeless persons in Harris County.
Faith and evidence-based recovery program for men who have suffered from mental illness, substance abuse, and homelessness.
Provides food, housing, and disaster relief services to homeless or underserved populations. open Monday-Friday 8:30 am –11:30 am to 1:00-4:00 pm
Free Christian-based men's home for men recovering from an addiction

Salvation Army *multiple locations 713-223-8889 https://southernusa.salvationarmy.org/uss/location-search	The Center of Hope, formally Sally's House, is designed to provide food and emergency or transitional housing to people in need. Underlying this program is a motivation to identify the causes of homelessness and work to alleviate or eliminate homelessness at its source.
Bay Area Homeless Service 3406 Wisconsin Street Baytown, TX 281-837-1654 https://bahs-shelter.org/	BAHS provides emergency homeless shelter services for low-income clients in the East Harris County, Baytown, Liberty County and Chambers County area.
CHRISTUS - Our Daily Bread 2615 Fannin at McGowen Houston TX 77002 713-652-3100 https://christusfoundation.org/programs/christus-our-daily-bread/	Services include: daytime shelter for homeless, meals, clothing, first aid, hygiene items, counseling & referrals. M-F: 8am – 4:00pm
Family Promise of Clear Creek PO BOX 2723 League City 832-932-3963	Provides a safe & caring environment to homeless children and their families, including shelter, meals, hospitality and transportation.
https://www.ccfamilypromise.org/home	 Must meet following criteria: An adult with at least 1 child under 18 (or pregnant mom). Pass a Criminal Background Check. Pass Drug screening. Commit to self-sufficiency and independence. Be willing to participate in communal living with supervision. Be a resident of Clear Creek School District, Pearland, Alvin, Friendswood, Dickinson or Baycliff.
Samaritan Woman at the Well 606 Gulf Freeway, Suite C Texas City, TX 409-948-2288 Email: samaritanwomanatthewell@gmail.com https://www.swatw.org/	Shelter, food, & clothing for women in crisis. Mondy – Friday • 9:00 am – 4:30 pm
Access Care of Coastal Texas 707 23rd St. Galveston, TX 77550 409-763-2437 https://www.accttexas.org	Provides compassionate community-based education and services that empower people of all ages to live courageously with HIV/AIDS. Offers confidential HIV testing (free), prevention
Monday - Thursday: 9:00am - 5:00pm Friday: 9:00am - noon	counseling, health education/risk reduction, HIV prevention education, clothing assistance, financial education/emergency assistance,

Saturday: closed Sunday: closed	housing assistance, medication assistance, transportation, and volunteer services. Support groups currently available online. Open Monday-Friday. Spanish-speaking staff available.
	Serves Galveston, Brazoria and Matagorda counties.
AIDS Foundation Houston 6260 Westpark Dr., Suite 100 Houston, TX 77057 713-623-6796 Contact form: https://www.afhouston.org/	Provides programs and services to men, women, and children infected by HIV/AIDS. Services include: housing, case management, free HIV testing and other supportive care (e.g., food assistance, assistance program sign up, and counseling.) Criteria for housing: • HIV+ homeless youth ages 18-24 • Individuals or couples experiencing housing and financial instability where one or both are HIV+ • Families with one or more HIV+ members that are experiencing housing and financial instability. • Homeless HIV+ women who face additional barriers (trauma, economic instability, prior incarceration) • Chronically homeless HIV+ individuals who also have disabilities Call to schedule testing appointment
Avenue 360 (Main Campus) 2150 West 18th Street Houston, TX, 77008 713-426-0027- Intake 832-384-1390 — Housing (Other TX locations available) https://avenue360.org/	Healthcare center dedicated to helping underserved populations. Offers medical care, behavioral health services, housing, and supportive care services. Accepts both insured and uninsured clients; see company website for materials needed at intake appointment.
Santa Maria Hostel, Inc. http://www.santamariahostel.org/ HQ & Santa Maria's Bonita House 2605 Parker Road Houston, TX 77093 713-691-0900 (Residential Admissions) 832-655-0790 (Outpatient Admissions) Email for Residential & Outpatient admissions admissions@santamariahostel.org	Mission is to is to empower women and their families to lead healthy, successful, productive and self-fulfilling lives. Offer services to low income women with mental illness and/or drug and alcohol addictions, trauma history, or history of homelessness. Also assists women who are pregnant or mothering children. Provides numerous outpatient services as well as residential programs.

Email: cjones@santamariahostel.org
For Housing and VIEWS Admissions

Admissions is open 8:00am-5:00pm Monday through Friday and by appointment Saturday and Sunday. Call for an appointment.

Santa Maria's Jacquelyn House

2005 Jacquelyn Dr. Houston, Texas 77055 **713-957-2413** Accepts Medicare. Call to verify coverage for other insurance plans or to learn financial options for uninsured.

Outpatient Facilities:

Westside

2005 Jacquelyn Dr. Houston, Texas 77055 Telephone: **713-957-2413**

Email:

Idepaoli@santamariahostel@.org

Northside

2605 Parker Rd. Houston, Texas 77093 Telephone: **713-691-0900**

Email: dwhite@santamariahostel.org

Alvin

713 W. Adoue St. Alvin, TX 77511

Telephone: 281-831-7754

Houston, Texas, 77002

713-754-7000

Email: dwhite@santamariahostel.org

Career & Recovery Services, Inc. Main Campus, in Midtown Houston:

2525 San Jacinto St. @ McGowen

https://www.careerandrecovery.org

Serves the Greater Houston and surrounding counties, including, but not limited to, Harris, Ft. Bend, Waller, Brazos, Galveston, Liberty, and Montgomery counties.

- Services:
 - <u>Intensive employment services</u> (e.g. job search, employment readiness training)
 - <u>Veteran assistance</u> (e.g. housing, emergency financial assistance, skill training)
 - <u>Deaf & hard of hearing services</u> (e.g. literacy training, job search, free ASL training)

Alternative substance abuse treatment (free outpatient drug and alcohol abuse treatment and support groups available at Houston, Hempstead, and Brookshire locations)

Dress for Success Houston

3310 Eastside Street Houston, Texas 77098 **713-957-3779**

Email: houston@dressforsuccess.org

https://dfshouston.org/

Empowers women to achieve economic independence by providing a network of support, professional attire and development tools to help them thrive in work and life. Services:

	 Employment services (e.g. job search, skill-building, mock interviews, etc.) Veterans program Financial & legal literacy Other career services
www.homelessshelterdirectory.org	Aids in finding shelters

Other National Mental Health Organizations & Sources of MH Education

Depression and Bipolar Support Alliance	800- 826-3632
BROAD LAWE ID AND A	www.dbsalliance.org
DBSA Balanced Mind Parent Network	
Amazina Barakiakia Amazintian	www.thebalancedmind.org
American Psychiatric Association	202-559-3900
American Psychological Association	www.psych.org 800-374-2721
American Psychological Association	202-336-5500
	https://www.apa.org/
International Foundation for Research & Education	Email: info@depression.org
on Depression	www.depression.org
American Academy of Child & Adolescent	202-966-7300
Psychiatry	https://www.aacap.org/
SAMHSA Disaster Distress Helpline	1-877-726-4727
	https://www.samhsa.gov/find-help/disaster-distress-helpli
	ne
National Education Alliance for Borderline	Education for those with borderline personality disorder
Personality Disorder	and family members
	info@neabpd.org
	www.borderlinepersonalitydisorder.com
National Human Trafficking Resource Center	1-888-373-7888 (24 hours)
	Text "HELP" to BeFree (233733) 24/7
National Suicide Prevention Lifeline	Dial 988
	www.suicidepreventionlifeline.org/
Texas Suicide Prevention Council	www.texassuicideprevention.org
	1-800-273-8255
NAMI 24/7 Crisis Text Line	Text "HOME" to 741741
Trevor Lifeline	212-695-8650
	24/7 Crisis intervention & suicide prevention lifeline for
	LBGTQ individuals under age 25
	Text "START" to 678678
	www.thetrevorproject.org
Mental Health America of Texas	https://mentalhealthtx.org/
American Association of Suicidology	www.suicidology.org
The National Suicide Prevention Resource Center	www.sprc.org

American Foundation for Suicide Prevention	www.afsp.org
Texas Workforce Commission https://twc.texas.gov/	Assists with employment and career education/counseling
State of Texas: Worksource www.wrksolutions.com 1-888-469-JOBS (career office locator)	Assists with employment and career education/counseling

Substance Abuse Services

Gulf Coast Center Substance Abuse Programs

Gulf Coast Center Substance Abuse Pro	
Crisis Line: 866-729-3848 Main: 1-800-643-0967	Participation requests for ALL substance abuse programs are received through each location's respective intake number. GCC operates on sliding scale
Main office: 4444 West Main St League City, TX 77573	Please review link to GCC's substance abuse services page for further detail.
Galveston Island Community Service Center: 4700 Broadway, Ste F103 Galveston, TX 77551 800-710-4322	Galveston Center- Adult mental health clinic, integrated healthcare, outreach, screening & referral, recovery clinic
Mainland Community Service Center 7510 FM 1765Texas City, TX 77591 1-800-643-0967 *see website for additional services and locations https://gulfcoastcenter.org/services/substance-use-recovery-services/	Mainland Clinic-adult mental health clinic services, assertive community treatment team, crisis services-movile crisis outreach team, TCOOMMI-forensic services, mental health PASRR, outreach, screening & referral, recovery clinic
Recovery Program	A comprehensive outpatient program for individuals who are working towards achieving sobriety and a long-term recovery. Counselors provide both individual and group counseling, working with the client to formulate an individualized treatment plan that is reflective of the client's needs. Admission Criteria: 18 years of age or older; and Able to commit to a treatment program which may include at least nine hours a week DSM 5 Substance Use Disorder diagnosis
	> Clients will be referred to intensive outpatient and/or supportive outpatient as appropriate Peer Recovery Support Programs are open to the public: Angleton location: Tuesday and Thursday 7:00pm- 8:00pm Wednesday and Thursday 12:15pm-1:15pm

	Galveston location: Monday (Opioid Use Support) 6pm-7pm; Tuesday 12pm- 1:15pm Wednesday (Women's Group) 9:30am- 10:45am; Thursday 8am-9am AND 5pm-6pm Intensive Outpatient Group schedule: Angleton location: Monday, Wednesday and Thursdays (daytime: 9am-12pm; evening 6pm-9pm); individuals are by appointment only. Galveston location: Monday, Tuesday and Thursday (daytime 9am-12pm; evening 6pm-9pm); individuals are by appointment only.
Supportive Continuing Care Program	Provides a 3-hour education and group counseling session once a week, with individual counseling a minimum of once per month. In addition to the scheduled sessions, other services can be provided by substance abuse staff as determined by individual client need and their treatment plan Admission Criteria: 18 years of age or older Client must not be in need of medically supervised detoxification Not in need of intensive primary care, based on clinical evaluation; Are in early stages of disease process and require only short-term treatment and education Have received other services (such as inpatient or intensive outpatient) and in need of continuing care to maintain recovery Would benefit from short term motivational counseling and referral into more intensive treatment
Signals of Sobriety Residential Treatment	30-day residential treatment to individuals without insurance or the ability to pay. Services are provided through subcontracted residential providers in Brazoria and Galveston counties Admission Criteria: OSAR screening with referral to an inpatient level of care For clients seeking medical Detox from prescribed Methadone, levels need to be tapered down to 30mg Financial Eligibility indicating financial need and no insurance coverage for substance use treatment

Specialized Female Care Program	Specialized Female Treatment contains all the components of the other intensive program in addition to specialized parenting and treatment issues specific to women. The client's treatment plan is designed to treat the family as a unit. Education on drug awareness and prevention of drug use is provided for all the family members with special attention to the needs of the children Admission Criteria: 18 years of age or older; and Of childbearing age; or Women with dependent children; or Adult, 18 years of age or older with a DSM V diagnosis of chemical abuse or dependency
Co-occurring Psychiatric & Substance Abuse	Provides inter-agency coordination of services for
Disorder (COPSD) Program	those individuals with co-occurring substance use and mental health diagnosis and holistic approach to treatment. Services include outreach, crisis intervention, early intervention, medication management, inpatient/residential referrals, outpatient day or evening treatment, family and peer support, case coordination, and relapse prevention. Admission Criteria: Adult, at least 18 ages or over; DSM V Substance Use Disorder; and Mental Health Diagnosis
HIV Early Intervention Case Management	Provide medication education, inpatient/residential
,	referrals, outpatient day or evening treatment, family and peer support, child care referral, transportation, case coordination, early intervention and relapse prevention. All services are free and confidential. Admission Criteria: HIV+ adults; and Have a past or present history of alcohol/drug abuse or prescription abuse
HIV Outreach-Project RESPECT	Project RESPECT is a community-based street outreach prevention, education, and intervention program for individuals at high risk for bloodborne pathogens and their sexual partners. Outreach Workers: Convey information concerning HIV transmission and risk reduction; Assist clients in risk assessment; Provide continuing reinforcement to sustain behavior change and to encourage the adoption of increasingly effective risk reduction measures over time; and Encourage intravenous drug abusing individuals needing treatment to seek such services. Admission Criteria:
	Admission Criteria:

	1
	 Individuals at high risk, including but not limited to, injecting drug users and their partners
Outreach Screening & Referral (OSAR) Program	Provides screening and referral at no cost for anyone who needs to be screened to determine an appropriate level of care for substance abuse services. OSAR services Region 6, which provides screenings to Austin, Brazoria, Chambers, Colorado, Fort Bend, Galveston, Matagorda, Waller and Wharton counties. Clients are able to obtain a screening either at three locations for "walk in screening," or can schedule a screening within a community setting, with an OSAR counselor by appointment @ www.gulfcoastcenter.org Walk-In Clinic Schedule: Monday 8-11AM @ 123 Rosenberg, 4th Floor Galveston, TX 77550 Tuesday 8-11AM @ 101 Tigner, Angleton, TX 77515 Wednesday 8-11AM @ 7510 FM 1765, Texas City, TX 77591
Permanent Supportive Housing Program	Permanent supportive housing is an intervention that combines locating affordable housing or assistance with voluntary support services to address the needs of chronically homeless people. The services are designed to build independent living and tenancy skills and connect people with community-based health care, treatment and supportive service. Admission Criteria Adults 18 or older; At high risk of becoming homeless Eligible for services by the local mental health authority
Project for Assistance in Transition from Homelessness (PATH)	Helps people with mental illness and/or substance use disorder and their families if they are homeless or at risk of becoming homeless. PATH works to find housing, help people find jobs, provide education support and connect people to primary healthcare. Admission Criteria: Individuals must be 18 or older; families are welcomed and accommodated Resident of Galveston or Brazoria Counties At imminent risk of or literally homeless; Diagnosis of serious and persistent mental illness may also have co-occurring substance use disorder Cannot be currently receiving mental health services from Gulf Coast Center or any outside source

Substance Abuse Prevention Strengthening	Evidence-based Family Skills Training Program that
Families Program	has been shown to decrease problem behaviors,
211 W Sealy St	delinquency, and alcohol and drug abuse in children
Alvin, TX 77511	and families
979-849-2311	
409-944-4337	

Other Substance Abuse Programs	
Bay Area Council on Drugs and Alcohol (BACODA) 1-800-510-3111 HQ Pearland Office 2947 E. Broadway St., Suite 400 Pearland, TX 77581 Clear Lake Office (Counseling & Classes) Inside the United Way Building 1300A Bay Area Blvd., Suite 239	Provides information about alcohol and drug use, abuse and substance addiction through education classes; offers individual assessments and counseling, and recovery services at Clear Lake office. Accepts crisis calls and counseling for individuals in immediate distress. Individual counseling services are currently being outsourced to Patrice M. Houston, LPC; Accepts some insurances (call to verify) and cash/check for
Houston, TX 77058	set fees
Galveston County Community Coalition 519 25 th St Galveston, TX 77550	
Brazoria County Community Coalition Angleton, TX 77515 1-800-510-3111	
https://www.bacoda.org/	
Patrice M. Houston, LPC 16821 Buccaneer Lane Suite 119 Houston, Texas 77058 281-937-8798 https://www.psychologytoday.com/us/therapists/patrice-m-houston-houston-tx/384046	
Bay Area Recovery Center (Private Inpatient Facility for Men) 1807 FM 517 Rd E Dickinson, TX 77539 281-957-9201 Open 24/7 https://www.bayarearecovery.com/	Offers inpatient addiction treatment for men at 30, 60, and 90-day program lengths. Accepts most private insurance.
Bay Area Recovery Center (Private Inpatient Facility for Women) 3111 Yupon St Dickinson, TX 77539 281-337-3322 Open 24/7 https://www.bayarearecovery.com/	Offers inpatient addiction treatment for women in the form of intensive residential treatment (IST), supportive residential treatment (SRT), and partial day rehab. Accepts most private insurance

Bay Area Recovery Center – East Houston/Clear Lake Rehab Facility 1100 Hercules Ave #130 Houston, Texas 77058 281-508-1352 Open 24/7 https://www.bayarearecovery.com/	Offers intensive outpatient treatment and counseling for addicts. Accepts most private insurance.
Bay Area Recovery Center – Pearland 2915 S Sam Houston Pkwy E #300 Houston, Texas 77047 832-742-9899 Open 24/7 https://www.bayarearecovery.com/	Offers a wide range of intensive outpatient programs for addicts as well as court-ordered classes and relapse prevention strategies. Accepts most private insurance.
Bay Area Recovery Center – Pasadena 6427 Fairmont Pkwy #104 Pasadena, Texas 77505 281-617-7854 Open 24/7 https://www.bayarearecovery.com/	Offers a wide range of intensive outpatient programs for addicts as well as family counseling. Accepts most private insurance.

West Oaks Hospital

6500 Hornwood Houston, TX **713-995-0909**

West Oaks – The Excel Center of Katy 2900 Commercial Center Blvd, Suite 102 Katy, TX 77494 281-647-0020

Hornwood Clinic

6612 Hornwood Drive Houston, TX 77074 **281-648-1200**

www.Westoakshospital.com

The Excel Center of Friendswood

111 E. Edgewood Drive Friendswood, TX 281-648-1200

www.Westoakshospital.com

Inpatient mental health care for children, adolescents & adults. Medical detox, dual diagnosis & chemical dependency services for adults. Electroconvulsive therapy (ECT) also offered. Accepts Medicare, Medicaid, CHIPS and most private insurances.

Outpatient program for adolescents (13+) and adults struggling with mental health and/or chemical dependency issues. Accepts Medicare, Medicaid & most private insurances. Transportation provided within a 20-mile radius of outpatient locations.

Day program for children 6+ with mental health issues. Outpatient program for adolescents (13+) and adults struggling with mental health and/or chemical dependency issues. Second Chance Program available to teach social, coping, and pre-vocational skills to individuals with severe mental illness (trainings available bi-annually for family members). Accepts Medicare, Medicaid, CHIPS & most private insurances. Transportation provided within a 20-mile radius of outpatient location.

Intensive outpatient program & partial hospitalization program for adolescents (13+) and adults struggling with mental health and/or chemical dependency issues. Second Chance Program available to teach social, coping, and pre-vocational skills to individuals with severe mental illness (trainings available bi-annually for family members). Accepts Medicare, Medicaid, CHIPS & most private insurances. Transportation provided within a 20-mile radius of outpatient location.

Kemah Palms Recovery 1013 Delesandri Lane Kemah, TX 77565 (24/7) 855-568-0218 www.Kemahpalms.com	Inpatient, intensive outpatient, residential treatment, partial hospitalization & medical detox program for adults struggling with dual diagnosis, substance abuse & chronic pain issues. Virtual tour: www.youtube.com/watch?v=ko9smCt0isY Accepts most major insurances & private pay (No Medicare/Medicaid) Must call for appointment first
	Verify insurance by phone or @ https://www.kemahpalms.com/addiction-treatment-admissions/insurance-verification/
Westpark Springs 6902 South Peek Road Richmond, TX 832-586-8316	Inpatient (13+), intensive outpatient and partial hospitalization programs for adults struggling with mental health, substance abuse and dual diagnosis issues.
Westpark Springs Changes (Outpatient Child &Adolescent Program) 7830 West Grand Pkwy S. ste 100 Richmond, TX 832-945-1840	Partial hospitalization program and intensive outpatient program for children & adolescents (5-17) struggling with mental health issues. Accepts most major insurances, some Medicare, Medicaid & CHIPS. Call for appointment
Westpark Springs Changes-Sugar Land 1111 Highway 6, Ste 115 Sugar Land TX 77478 346-309-0103 www.Westparksprings.com	
DAPA- Dual Diagnosis Treatment Centers 5500 Guhn Road, Ste 100 Houston, TX 77040 713-783-8889 http://intervention.org/resources/dapa	Provides acute inpatient, partial hospitalization, and intensive outpatient program for adults and seniors with mental illness and substance abuse disorders. Accepts traditional Medicare & most private insurances. Call for appointment & to verify insurance coverage.
Cypress Creek Hospital 17750 Cali Drive Houston, TX 281-586-7600 – Admissions https://www.cypresscreekhospital.com	Inpatient care, intensive outpatient, partial hospitalization, & chemical dependency programs for adolescents (12-17) & adults struggling with mental health issues, dual diagnosis & substance abuse. Accepts most private insurances, Medicare, Medicaid and TRICARE. Will help determine financial resources for uninsured. Electroconvulsive therapy (ECT) available for adults suffering from severe depression, mania or schizophrenia. Call for appointment & to verify insurance information.

Memorial Herman Hospital Intervention, Prevention, and Recovery Center (PaRC)	Medical detox, inpatient care, partial-day & intensive outpatient program for adolescents (13-17), young adults (18-25), and adults struggling with substance abuse issues.	
Pearland IOP	Accept most private insurances (does NOT accept Medicare, Medicaid, STAR/CHIP, TRICARE, or Amerigroup); Call Houston office	

2245 N Main, Suite 2 Pearland, TX 281-485-8356

Clear Lake IOP 1300-B Bay Area Blvd. Ste B-145 Houston, TX 77058 281-486-7026

Baytown IOP 3722 North Main Street Suite 100 Baytown, TX 77521 281-837-7373

Houston IOP & Inpatient Facility 3043 Gessner Houston, TX 77080 713-939-7272

Sugar Land IOP 1111 Highway 6 Suite 170 Sugar Land, TX 77478 281-242-7272 to verify insurance or @

http://parc.memorialhermann.org/get-started/rehab-payment-houston/

http://parc.memorialhermann.org/ UTHealth Harris County Psychiatric Center

2800 S MacGregor Way Houston, TX **713-741-5000 713-741-3883** – Admissions (24/7)

https://hcpc.uth.edu/

Outpatient Clinics:

All Outpatient Clinics are at located at the Behavioral and Biomedical Sciences Building on 1941 East Road, Houston, TX 77054

Second Opinion Clinic: **713-486-2700**Adult Outpatient Clinic: **713-486-2700**Child and Adolescent Outpatient

Clinic: 713-486-2700

Center for Neurobehavioral Research on Addiction: **713-486-2800** C.L.A.S.S. (Connecting Learning Assures Successful Students) Clinic:

713-486-2666

UTHealth Center of Excellence on Mood Disorders: **713-486-2627**

https://med.uth.edu/psychiatry/researc

h/centers/mood-disorders/

Inpatient mental health care for children (3+), adolescents & adults. Inpatient dual diagnosis unit for adults struggling with co-occurring disorders.

During a psychiatric crisis, an individual may be brought to HCPC on a walk-in basis. He or she will undergo screening by an on-site physician, to determine if he or she meets the criteria for hospitalization and needs to be admitted.

Standard charges are the same for all patients, regardless of ability to pay or coverage by Medicare, Medicaid, or other third-party insurance plan; UTHealth offers financial aid on sliding scale.

Standard charges will be discussed prior to rendering of services. Call **713-741-3860** to speak to a financial counselor.

Roads to Recovery Assists families in dealing with the substance 699 S. Friendswood Dr. abuse and treatment needs of teenagers. Aids Friendswood, TX 77546 in locating long-term rehabilitation centers 832-481-2520 around the city, state, and even country, depending on the needs of the adolescent Email: info@roads2recovery.com The bulk of their services provide the very Homepage: www.roads2recovery.com important process of safely transporting your Contact form: http://www.roads2recovery.com/contact-us/ teenager to the treatment facility of your choosing Services: Treatment Placement and Referral Youth/Teen Transport Services to Treatment Facilities throughout the city, state, and country Adult Transport Services to Treatment Facilities throughout the city, state, and country Individual Substance Abuse Counseling **Group Substance Abuse Counseling** Alcohol and Drug Offender/Education Classes Youth/Teen Interventions Adult Interventions Must fill out form @ http://www.roads2recovery.com/group-counselin Sun Behavioral Houston Inpatient care for children (6+), adolescents & 7601 Fannin adults struggling with mental health issues or Houston, TX dual diagnosis. 713-659-0555 (24/7) Intensive outpatient program and partial https://sunhouston.com hospitalization program for adolescents & adults with mental health issues or dual diagnosis. Free telehealth consultations for placement available Monday-Friday 8am to 8pm; partial and intensive outpatient programs can be conducted virtually. Detox and acute rehabilitation also available. Accepts most insurance including: Medicare, Medicaid, CHIPS & private. Call to verify coverage, Accepts walk-ins. The Menninger Clinic Inpatient care for children (12+), adolescents & 12301 Main St. adults struggling with mental health issues or Houston, TX 77035 dual diagnosis. 713-275-5400 Outpatient programs for children (5+). adolescents & adults struggling with mental health issues, dual diagnosis & substance abuse. Accepts ComPsych & Managed Health. All other insurances will be considered out of

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	network. Financial assistance available to those who qualify. Must call for appointment first
Alcoholics Anonymous (Intergroup Assn., Inc.) 4140 Directors Row, Suites D & E Houston, TX Hotline: 713-686-6300 Español HL: 713-661-6833 https://aahouston.org/about-aa/for-the-newcomer/	24-Hour Hotline, AA Support Group Referrals (Android & Apple app available online for full support group schedules) Hispanohablantes disponibles.
Al-Anon Family Group Service 9800 Northwest Freeway, Suite 201 Houston, TX 77092 713-683-7227 (24/7 line) Español 713-681-1296 (24/7 línea) Office email: alanon@houstonalanon.org Español correo electrónico de oficina: intergrupohispanohouston@gmail.com http://www.houstonalanon.org/contact.html www.Alanonhispano.org District 4 Representative: d4rep@houstonalanon.org District 5 Representative: d5rep@houstonalanon.org	Referrals to Al-Anon Meetings Hispanohablantes disponibles.
Narcotics Anonymous Hotline: 713-661-4200 Español: 888-600-6229 www.hascona.com	24-Hour Hotline, Referral to NA Groups
Pathway to Recovery Drug & Alcohol Rehab Men's Facility 2119 S. Oak St. La Marque, TX 409-938-7736 409-933-4366 Women's Facility 1224 Linton Dr. La Marque, TX 409-933-1437 409-933-4772	Adult Residential, Partial Hospitalization, Intensive Outpatient & Supportive Outpatient care Accepts most private insurance (call to verify coverage); does NOT accept Medicare, Medicaid, Tri-care, or HMOs. Works with the Gulf Coast Center to provide funding for uninsured.
24/7 Line: 888-300-3697 http://www.pathwaytorecovery.com/	
Strong Tower Ministries 7801 Burns Street Hitchcock, TX 855-823-4546 (Intake for both men & women) https://www.urmystrongtower.com/	Provides 12-month residential rehabilitation assistance in a Christian environment. Phone interview is required for entry into the program. A fee of \$1000 per student is requested,

	however Strong Tower Ministries is open to working with those who can't pay.
Cenikor Treatment Centers Adolescent Residential Treatment Facility For ages 13-17 5629 Grapevine Street Houston, TX Adult Inpatient & Outpatient Detox; Short & Long-term Residential Treatment Facility 4525 Glenwood Avenue Deer Park, TX 77536 (Other TX facilities available) 888-236-4567 (Toll-free info line) Email: info@cenikor.org https://www.cenikor.org Great Oaks Recovery Center 11210 FM 102 Egypt, Texas 77436 877-793-2044	Offers co-ed adolescent residential treatment, adult outpatient & inpatient detox, and adult short & long-term residential treatment. Accepts most commercial insurances as well as traditional Medicaid. Sliding scale available. Call to verify coverage. Hispanohablantes disponibles. Services include: detoxification, residential treatment, individual and group therapy, humor-based therapy, trauma recovery, partial hospitalization, intensive outpatient care, sober
Tuff Love Recovery House 217 South 17th Street	living, 12-step meetings, relapse prevention, and family-inclusive programs. Must verify insurance coverage via phone or @ https://greatoaksrecovery.com/insurance-verific ation-form/ Medicare & Medicaid not accepted. Offers a safe solution for recovery addicts who are making the transition back into the
West Columbia, TX 979-345-3284 https://tuffloves.com	community. House is protected by rules & guidelines that supports residents in sobriety. NA Meetings every Monday night at 8:30pm.
Unlimited Visions Aftercare Admissions & Administrative 1126 Hub Street Houston, TX 77023 713-921-2276	Inpatient, outpatient & residential services Recovery programs for adolescents struggling with substance abuse or substance abuse and additional mental illnesses. Only offer residential treatments for boys ages 13 to 17
Houston location, UVA Recovery & Wellness Center 5527 Lawndale Houston, TX 77023 713-921-2276	Adult OP SA & MH contact: Mr Collins- frontdesk_admissions@unlimitedvisions.org Accepts Medicaid
General Questions 713-921-2276 http://www.unlimitedvisions.org/ Emergency help after hours call 281-652-7635	Treat: Addiction, Depression and Bipolar Disorder, Panic and Anxiety Disorders, OCD Therapy, Pregnancy and Postpartum Depression and Anxiety, Post-Traumatic Stress Disorder, Major Depressive Disorder, Mood Disorder, Dual Diagnosis

Alcohol & Drug Abuse Women's Center (ADA) Specialized residential services for women 201 1st St. dealing with substance abuse issues & dual Galveston, TX diagnosis. 409-763-5516 Email: Offers self-fund options, access to recovery@adawomenscenter.orgwww.adawomenscenter.org income-eligible public funding options (for uninsured) and private insurance options **New Dimensions** Partial day, intensive outpatient, and detox treatment for both adults and adolescents (13+) Clear Lake 1345 Space Park Dr. Suite C focusing on behavioral health & substance Houston, TX abuse. Group therapy oriented. DWI education 1-800-685-9796 (Toll-free line) classes also offered in addition to the services below. Katy 439 Mason Park Blvd., Ste B **Programs Offered:** Katy, TX 77450 Adolescents - mental health & substance abuse. The Woodlands 25511 Budde Rd, Ste. 2401. Adults – Mental health, substance abuse, dual The Woodlands, TX 77380 diagnosis, inpatient & outpatient detox https://www.nddtreatment.com/ Must verify insurance coverage via phone. Self-pay and payment plans are available. Doesn't accept Medicare or Medicaid. **Brazos Place Behavioral Health Center** Assists women who are battling mental illness 1103 North Ave. H and/or substance abuse. Freeport, TX Services: alcohol recovery, drug rehab services, intensive residential services (minimum 30-day 979-233-3826 1-855-862-3278 (Information line) stay), individual, group, & family counseling, https://www.brazosplace.org/ and substance abuse prevention, relapse prevention, and crisis stabilization. Admission Criteria: Adults 18 years of age or older Screened by staff Medically Stable Desires treatment Accepts most major insurance providers. Call to verify coverage. Serenity Light Recovery, LLC Offers treatment to men and women for alcohol 1820 County Rd. 36 and substance abuse and comorbid mental Angleton, TX 77515 illness. 855-658-6109 Services include: Email: info@serenitvlightrecovery.com A multitude of addiction treatment Contact form: programs & approaches (e.g. dual https://www.serenitylightrecovery.com/contact-serenity-light-r diagnosis, 12-STEP, equine therapy, ecovery/ cognitive-behavioral therapy, etc.) Homepage: www.serenitylightrecovery.com Inpatient & outpatient rehab Intensive outpatient (IOP) Veteran substance abuse 30, 60, and 90-day extended care Faith-based recovery

	 Family program Discharge planning & aftercare Relapse prevention Alumni outreach Holistic treatment (mind-body approach) Must call to verify insurance coverage. Self-pay and medical financing options are available to uninsured clients.
Behavioral Hospital of Bellaire 5314 Dashwood Drive Ste 300 Houston, TX 1-800-423-0017 (24/7 Toll Free Line) mental health crisis call 988 1-713-600-9500 (Local admissions) https://bhbhospital.com/	Private freestanding psychiatric hospital specializing in the treatment of mental illness, substance abuse, and dual diagnoses. Services include: Adult outpatient services (initiate recovery and change incentive program) Exclusively women's wellness programs Adolescent outpatient services for ages 12-17. 24 hour monitoring Inpatient hospital services (behavioral health, dual diagnosis, detox, addiction, and psychiatric intensive care) Outpatient Services (intensive outpatient, partial hospitalization)
	Geriatric Inpatient Psychiatry program for those 55+ Accepts most commercial insurance plans including Medicare, Managed Medicaid, and TRICARE. Please call the local admissions line to confirm coverage.
ADAPT Program 1-855-862-3278 (Toll-free) Alvin 23889 W Highway 6 STE E	Substance abuse treatment for men, women, and adolescents. All active locations offer IOP, SOP, and adolescent outpatient services as well as drug

Alvin, TX 77511

Angleton

2512 N. Velasco #300 Analeton, TX

979-480-3327

Freeport

210 W 1st Suite B Freeport, TX 855-862-3278

Main Office 1103 North Avenue H Freeport TX 77541 1-855-862-3278

Home page:

https://www.adaptprograms.com/

Contact form: https://www.adaptprograms.com/contact-us/

drug and alcohol education classes. The Alvin location is planned to offer these services also.

and alcohol detox, mental health programs, and

Accepts most commercial insurance plans including ALL Managed Care and Medicaid plans. Must call to confirm coverage. Self-pay options available. MAY have sliding scale.

Santa Maria Hostel, Inc.

http://www.santamariahostel.org/

HQ & Santa Maria's Bonita House

2605 Parker Road Houston, TX 77093

713-691-0900 (Residential Admissions)

832-655-0790

(Outpatient Admissions)

Email for Residential & Outpatient admissions

admissions@santamariahostel.org

Email: cjones@santamariahostel.org For Housing and VIEWS Admissions

Santa Maria's Jacquelyn House

2005 Jacquelyn Dr. Houston, Texas 77055 713-957-2413

Outpatient Facilities:

Westside

2005 Jacquelyn Dr. Houston, Texas 77055 Telephone: 713-957-2413

Email:

Idepaoli@santamariahostel@.org

Northside

2605 Parker Rd.

Houston, Texas 77093 Telephone: 713-691-0900

Email: dwhite@santamariahostel.org

Mission is to is to empower women and their families to lead healthy, successful, productive and self-fulfilling lives. Offer services to low income women with mental illness and/or drug and alcohol addictions, trauma history, or history of homelessness. Also assists women who are pregnant or mothering children. Provides numerous outpatient services as well as residential programs.

Admissions is open 8:00am-5:00pm Monday through Friday and by appointment Saturday and Sunday. Call for an appointment.

Accepts Medicare. Call to verify coverage for other insurance plans or to learn financial options for uninsured.

Alvin 713 W. Adoue St. Alvin, TX 77511 Telephone: 281-831-7754 Email: dwhite@santamariahostel.org	
LAMBDA Center Houston 1201 W. Clay Houston, TX 77019 713-521-1243 https://lambdahouston.com/	Offers AA, AI Anon, Crystal Meth Anonymous (CMA), and Adult Children of Alcoholics meetings in LGBTQ safe spaces. See website to view meeting times and to sign up.
Career & Recovery Services, Inc. Main Campus, in Midtown Houston: 2525 San Jacinto St. @ McGowen Houston, Texas, 77002 713-754-7000 https://www.careerandrecovery.org	Serves the Greater Houston and surrounding counties, including, but not limited to, Harris, Ft. Bend, Waller, Brazos, Galveston, Liberty, and Montgomery counties. Services: Intensive employment services (e.g. job search, employment readiness training) Veteran assistance (e.g. housing, emergency financial assistance, skill training) Deaf & hard of hearing services (e.g. literacy training, job search, free ASL training) Alternative substance abuse treatment (free outpatient drug and alcohol abuse treatment and support groups available at Houston, Hempstead, and Brookshire locations)
Baptist Hospitals of Southeast Texas- Behavioral Health Services 3080 College Street Beaumont, TX 409-212-7000– 24/7 Line 409-212-5000- Direct Line https://www.bhset.net/our-services/behavioral-health/	Adult: IOP, PHP, chemical dependency program, inpatient program, electroconvulsive therapy (ECT) and senior mental health program Children & Adolescent: child & teen behavioral and emotional health Call to inquire about coverage and payment options.
MAR Recovery Housing • Houses of Extra Measures – Women • Houston Area • 832-651-9945 • 832-524-7697 • Houses of Extra Measures – Men (Houston) • 713-299-4976 • 832-741-1949 • Recovery Alliance of El Paso • 915-775-0505 (men) • 915-465-0488 (Women) • Alcohol & Drug Abuse Council for the Concho Valley (San Angelo)	These are recovery residences for people with an opioid use disorder and a prescription for medication assisted recovery.

 325-439-3738 (women, including those who are pregnant or have children <1) 325-439-3738 (Men) Thriving United (Midland) 432-701-0672 (men) Austin Serenity 512-763-0440 (men & women) 	
Places to learn more about substance abuse & locate other treatment facilities:	Drug Rehab Connections (Locate facilities) Home page: https://www.drugrehabconnections.com Contact form: https://www.drugrehabconnections.com/contact/ Rehab Center (Locate dual diagnosis treatment) 888-979-9592 https://www.rehabcenter.net/dual-diagnosis-reh ab-centers/texas-dual-diagnosis-rehab-centers/ Drug Rehab Centers (Locate treatment centers based on location, treatment type, insurance accepted, genders accepted, languages spoken, accommodations for hearing/visually impaired, etc.) www.drugrehabcenters.org

Support Groups (other than NAMI GC)

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Bo's Place 10050 Buffalo Speedway Houston, TX 77054 713-942-8339 https://www.bosplace.org/en/	Grief support groups; no cost Family, Adult, Young Adults, Pregnancy Loss, School-based, and Special Programs Referral center INFORMATION & REFERRAL LINE Call 713-942-8339 8:30am-5:30pm Monday-Thursday 8:30am-4:30pm Friday
Teen Girls Process Group 1560 W. Bay Area Blvd., Suite 303 Friendswood, TX 77546 713-597-8909 Email: heather@heathermurphylpc.com Site: https://meetmonarch.com/therapist/heather-murphy-licensed-profe ssional-counselor-supervisor-friendswood-tx?mld=18671859cb444 d-02afca2ef51dd2-49183200-13c680-18671859cb54e5	Meets weekly. The group will consist of teen girls that are working on similar issues. Some of the goals of the group will address: anxiety & depression, perfectionism, coping skills, stress management, self-esteem & identity issues & boundaries. Each group costs \$25-\$50 and a 12week commitment is required.

Women's Process Group 1560 W. Bay Area Blvd., Suite 303 Friendswood, TX 77546 713-597-8909 Email: heather@heathermurphylpc.com Site: https://meetmonarch.com/therapist/heather-murphy-licensed-profe ssional-counselor-supervisor-friendswood-tx?mld=18671859cb444 d-02afca2ef51dd2-49183200-13c680-18671859cb54e5	Group will consist of adult women that are working on similar issues such as: anxiety & depression, stress management, motherhood & parenting, sexuality, boundaries & self-esteem. Each group costs \$25-\$50 and a 12week commitment is required.
DBSA Greater Houston (Depression and Bipolar Support Alliance) 24Hr: 713-970-7000 http://www.dbsahouston.org/list-of-houston-support-groups/www.dbsahouston.org	Support for people with Bipolar or Depression Various locations and times. See calendar for details: https://www.remindsupport.org/community-program/
Gateway Community Church's Journey Group 760 Clear Lake City Blvd. Webster, TX 77598 281-286-1515 Email: lindalparr@gmail.com Site: https://gateway.cc	Offers support groups for various needs. See specific group webpage for information on scheduling and fees
SARDAA Schizophrenics Anonymous Toll-free: 800-493-2094 Email: info@sardaa.org Site: https://sczaction.org/find-a-peer-support-group/	Support groups for Individuals Diagnosed with Schizophrenia. Provides advocacy and support for family and friends Montrose Center Schizophrenia Alliance 401 Branard Street Houston, TX 77006 Tuesdays from 5:45 to 6:45 p.m. CT Montrose Center Families for Care 401 Branard St. Houston, TX 77006 Thursdays from 5:45 to 6:45 pm CT
Attention Deficit Disorders Association 12345 Jones Rd. # 287 Houston, TX 77070 281-894-4932 https://add.org/adda-virtual-programs/	Provides support groups (virtual), and education
Alzheimer's Association 24/7 HelpLine: 800-272-3900 Alzheimer's Support Group Houston & Southeast Texas Support Group	Brazoria County: ■ The Younger-Onset Care Partners Group Brazoria County First Christian Church: 503 Oyster Creek Drive, Lake Jackson, TX 77566 1 st Thursday, 6:00 p.m 7:30 p.m. Contact Dale Libby, 979-345-5401

http://ol-tox.org/Fohm.org/0/2000400/00000/00li-ti	
http://alztex.org/February%202016%20SG%20listing.pdf	 Galveston County: Mainland Medical Center 6800 Emmett F. Lowry, Texas City, TX 77591, Institute for Senior Care, Senior Outpatient Services Room (at the back of Mainland Medical Center) 2 nd Monday at 5:30 p.m. Alice Wilkerson 409-938-5719 Cottages of Clear Lake 450 Landing Blvd. League City, TX 77573 3 rd Wednesday at 2:00 p.m. Susan Hill 713-828-0465 San Jacinto Manor 206 W P St. Deer Park, TX 77536 2 nd Thursday at 6:00 p.m. Melodee Alexander 281- 479-8471 Island Community Center Alz. Support Group 4700 Broadway, Galveston, Texas 77551 Ste. B101, Sand Dollar Rm 1 st Wednesday at 12:15 p. m. Alice Williams 409-763-5604 msierpin@utmb.edu
GAP Support Services The First United Methodist Church of Angleton 219 N. Arcola Angleton, TX 281-595-2506 https://angletonfumc.org/	Contact: Gail Mizell GAP Coordinator Grandparents as Parents support group includes grandparents and the grandchildren they are caring for Group meets: 2nd Wednesday of the month at 6pm
Dona Marie Clubhouse 1802 Forest Oaks Dr. Houston, TX 77017 713-242-0046 Email: legacyclubhouse@magnificathouses.net Site: http://www.stjosephhouse.org/our-community	Clubhouse model, evidence-based practice Membership is free to anyone over the age of 18 with a Mental Health Diagnosis Open Monday-Friday 8:00 AM – 4:00 pm
PFLAG Houston 713-467-3524 — Helpline Email: HelplinePFLAGhouston@gmail.com www.Pflaghouston.org	Offers support meetings for parents and extended family/friends of LGBTQ individuals. See website for meeting locations and dates.
Celebrate Recovery Crosspoint Church 1134 Old Alvin Rd. Pearland, TX 77581 281-485-1848 https://crosspointchurch.tv/care-and-support/	Christ-Centered 12-step program for anyone struggling with a hurt, habit, or hang-up and seeking support. Monday evenings at 7pm

The Gathering Place Interfaith Ministries 979-665-5359

Email:

office@gatheringplacebrazoria.org

Homepage:

https://gatheringplacebrazoria.org/home

Socials Schedule:

Angleton

1st Thurs. - First United Methodist Church 219 N. Arcola

Contact: Pat Williams, 979-239-8646

4th Thurs. - First Presbyterian Church

130 S. Arcola

Contact: Janet Mallard &13-303-3323

Lake Jackson

2nd Thurs. - Chapelwood United Methodist Church

300 Willow

Contact: Sherri Archer, 979-297-9984

Clute

3rd Thurs... - St. Jerome Catholic Church

107 N. Lazy Lane

Contact: Alice Hernandez 979-415-4792

Alvin

1st Wed. - Alvin Lutheran Church

1800 FM 1462

Contact: Janet Riddle 281-507-8227

2nd Wed. - First Presbyterian Church

302 S. Johnson

Janet DeLeon, 281-585-3406

3rd Wed. - First Christian Church

1212 S. Durant

Co-hosts: Breath of Life, Grace Episcopal

Contact: Peggy Krampota, 713-468-0088

4th Wed. - St. John the Baptist Catholic Church

110 E. South

Contact: Nancy Cuello, 713-256-7973

<u>5th Wed</u>.- Heights Baptist Church- 1591 CR 144

Charen Teague 832-385-6296

Offers free gathering place socials for caretakers of persons with memory impairments. Participants enjoy reminiscing, exercise, music, dance, arts and crafts, games, and a hot lunch.

There is no charge to attend the socials, but the caregiver must complete a registration form and provide a letter from a doctor specifying the type of memory impairment.

Also runs an Alzheimer's Awareness Project to provide information about dementia and to encourage early detection.

Each fall, the group partners with the Brazoria County Library System and senior independent facilities to provide memory screenings

Support Groups:

Are offered in addition to socials for caregivers

-1st Thursday

Younger Onset Group

6pm to 7:30 pm

Gathering Place Office

200 E. Mulberry, Angleton

-1st Friday

Lunch, Adult Day Care

Noon to 2 pm

First Christian Church

1212 S. Durant, Alvin

Contact Dale Libby @ 979-236-5393 for more info

Other Services:

-Brain Camp: a unique program that teaches adults how to increase their 'cognitive reserve' by creating new brain neurons which may provide a defense against neurodegenerative disease;

Contact Erika Long, Education Coordinator @

979-235-9195 for more info

-Meta Camp: for individuals with metabolic syndrome; seeks to reduce the chance of Alzheimer's caused by this disease; Contact Brenda Maust @ 979-849-5051 for more info

-Brain Fair: offers community members the opportunity to learn about the components leading to optimal brain health; Contact Dale Libby

@ 979-236-5393 for more info

Transition—Plus at Bay Harbour United Methodist Church

3459 Deke Slayton Hwy. League City, TX 77573

Contact Jerry Clark @ 281-923-8468

Email: jdclark2@verizon.net www.transitionplus.org

Weekly support meetings for veterans and their families Contact Jerry Clark for dates and times. Website contains information about local veteran resources

HOPE Fort Bend Clubhouse

912 S. 6th ST. Richmond, TX 77469

281-605-9212

Email: info@hopefortbendclubhouse.org

Clubhouse Model of psychosocial rehabilitation. The goal is to help individuals with mental health conditions achieve their highest potential. Job opportunities, events, and education No cost for membership

Therapists & Counseling Services

Family Resource Center of Lake Jackson

Beverly Bernzen, LCSW 115 N Dixie Dr. Suite 500 Lake Jackson, TX

979-285-3533

https://familyresourcecenterli.com/

Children and adults

Suicide prevention and intervention, general counseling for emotional or behavioral issues. Christian-based counseling available.

Accepts most insurance. No Medicare or Medicaid. Self-pay options available.

Serving Lake Jackson, Clute, Freeport, Angleton, Brazoria, and the Greater Houston Area.

Curtis & Associates Counseling Services

9896 Bissonnet Suite 133 Houston, Texas 77036 (Other TX locations available)

832-386-8469

Contact: Tamitra Curtis, LPC/NCC/M.Ed. Email: curtis.associates@vahoo.com

Is a HCBS-AMH provider.

The Home and Community Based Services-Adult Mental Health is a state wide program that provides home and community-based services to adults with serious mental illness. Services are designed to support long-term recovery from mental illness.

http://www.curtis-associates-agency.com/

Services include: Host Home/Companion care, Supported Home Living, Supervised Living, Assisted Living, Psychosocial Rehabilitation Services, Employment Services, Minor Home Modifications, Home Delivered Meals, Transition Assistance, Adaptive Aids, Community Psychiatric Services, Peer Support, Substance Use Disorder Services, Nursing Services, Flexible Funds and Recovery Management Services, Case Management for children and pregnant women, individual, group, couples. and family counseling.

Services are free for those who qualify for the program; call to determine eligibility.

Serves Harris County, Fort-Bend County, Galveston County, Brazos County, and Robertson County.

Take FLIGHT Family Counseling Services

Patrice M. Houston, LPC 16821 Buccaneer Lane Suite 119 Houston, Texas 77058

281630-4825

https://www.vitadox.com/practice/houston-tx-7 7058/take-flight/BzwkdPcjhQwUHKpMMNTvDE Works with individuals ages 14-65+ and specializes in addiction/substance abuse disorders; is currently affiliated with BACODA.

Individual, Family, and Couples counseling available. Video and phone sessions available. Accepts cash/check for set rates and the following insurances: Ambetter, BlueCross and BlueShield, Cigna, ComPsych, Magellan, Medicaid, Optum, Superior HealthPlan, UnitedHealthcare.

Heather Murphy, MA, LPC

1560 W. Bay Area Blvd.,

Suite 303

Friendswood, TX 77546

713-597-8909

Email: info@thefeelingshealers.com

:

https://meetmonarch.com/therapist/heather-murphy-licensed-professional-counselor-supervisor-friendswood-tx?mld=18671859cb444d-02afca2ef51dd2-49183200-13c680-18671859cb54e5

Works with individuals (adolescents & adults), Couples & Families. Saturday, evening, and online appointments available.

Specializes in a Positive Psychology approach (Mindfulness, ACT, DBT, etc.) as well as treatment of anxiety & depression, trauma & PTSD, EMDR and body image & eating disorders

Self-pay \$156 per 50 minute session. Out-of-network coverage may be available.

The Family Relationship Center Counseling & Mediation Services

549 N. Egret Bay Blvd. Suite #300 League City, TX **832-720-4330**

https://www.thefamilyrelationshipcenter.com/

Provides counseling, therapy and mediation services. Provides couple counseling, pre-marital counseling, divorce counseling, adolescent counseling, and much more. See page for details:

https://www.thefamilyrelationshipcenter.com/TherapyServices.en.html

Serves the South Shore, Clear Lake, Webster, El Lago, Seabrook, Kemah, Dickinson, Houston, Clear Lake Shores, Nassau Bay, Texas City, Sante Fe, Friendswood, Manvel, Pearland, and surrounding NASA areas.

Teletherapy video and text chat options available. Self-pay only (discounts available to seniors & veterans). Normal rates between \$80 and \$145.

Transitional Life Counseling & Consultation

Texas City Location 6518 Memorial Dr. Suite 6504 Texas City, TX. 77591

http://transitionallifecounselingandconsultation.com/texas-city-office/

Houston Location 2626 S Loop W Suite 650E Houston, TX 77054

http://transitionallifecounselingandconsultation.com/houston-office/

Outpatient program

Adult & children services. Individual, group and family therapy. Specializes in: Depression, anxiety, abuse issues, marriage issues, sexual abuse, personality disorders.

Accepts Aetna, Blue Cross Blue Shield of Texas, Community Health Choice, Medicare, Medicaid and Chip, Molina, United Healthcare. Avg cost \$60-\$100 per session, sliding scale available.

Serves Dallas County, Harris County, Galveston County and Brazoria County (Angleton, Pearland, Alvin).

409-359-3355

Center for Counseling & Personal Development 1506 Winding Way, Building 110 Suite 606 Friendswood, TX 77546

281-816-6460

https://www.windingwaytherapy.com/our-doctors-1

Offers individual, couples, and family counseling for all ages on an outpatient basis

Out-of-network rates \$175 per session, accepts Blue Cross Blue Shield, Aetna, and Cigna. Call to verify coverage.

Family Service Center of Galveston County

2200 Market Street, Ste. 600 Galveston, TX 77550 **409-762-8636**

http://www.fsc-galveston.org/

Victim support services, youth and family services, integrated care, communities of care, social emotional learning, fatherhood program, youth involved with the juvenile justice system.

STAR program provides free short-term individual, family and group counseling services to youth under age 18 who

	have risk factors for child abuse, delinquency and school dropout in Galveston, Liberty and Chambers County. Free victim support services including counseling for individuals in Galveston, Liberty & Chambers County. Accepts most insurances including Medicaid. Works on a sliding scale
Coastal Health and Wellness Texas City Clinic 9850 Emmett F Lowry Expressway Texas City, TX 77591	Galveston county resident healthcare provided with or without insurance Medical and RX
Galveston Clinic 4700 Broadway F100 (Island Community Center) Galveston, TX 77551 409-938-2234 (contact # for both clinics) www.coastalhw.org (more info on walk-in clinic and after hours)	Appointment required
Behavior Plus Texas 902 South Friendswood Dr. Suite G Friendswood, TX 77546 281-482-7587	Offers Social thinking groups to assist individuals struggling to understand social norms Also hosts workshops and training for professionals
http://www.behaviorplus.com/Index.php Kingwood Pines 2001 Ladbrook Dr. Kingwood, TX 77339 281-404-1001 https://kingwoodpines.com/treatment-services/outpatien t-programs/	working with individuals with social difficulties Outpatient therapy services to adolescents and adults. Also offers evening chemical dependency outpatient programs. Call for insurance verification
Innovative Alternatives, Inc. 1335 Regents Park Drive Suite 240 Houston, TX 713-222-2525 www.innovativealternatives.org	Provides family, individual & group counseling. Works on a sliding scale, accepts Medicaid & private insurance. Free services to survivors of or witnesses to a crime from Austin, Brazoria, Chambers, Colorado, Fort Bend, Galveston, Harris, Liberty, Matagorda, Montgomery, Walker, Waller, or Wharton counties. All services via Telehealth except for Play therapy during COVID-19.
UH Psychology Research & Services Center 3695 Cullen Boulevard Room 126 Houston, TX 77204 713-743-9682 https://www.uh.edu/class/psychology/clinics/	Behavioral health for children, adults, and families. Specializes in clinical services and assessment of adolescent mental health, anxiety, sleep problems, forensic psychology, substance abuse, and couples therapy. Payment based on sliding scale.
Friendswood Counseling Center 3526 E FM 528 Rd. Suite 207 Friendswood, TX 281-819-7004 https://www.friendswoodcc.com/	Counselors work with children, young adults, and adults to address mental health issues such as: ADHD, alcohol & drug abuse, anxiety, depression, OCD, grief/loss, divorce & more.

	Accepts Aetna, Blue Cross Blue Shield, Cigna, MultiPlan, PHCS (Group and Pension Administrators, American National and Health Plans, Inc), PHCS Savility, and United Behavioral Healthcare (Optum, UMR, Memorial Hermann) as in-network. All others out-of-network or self-pay.
	Exclusively offering Telehealth sessions during COVID-19.
Victor Hirsch, PhD 549 Egret Bay Blvd League City, TX 281-332-3852	Comperehensive mental healthcare and positive psychology-based counseling for all ages. Specializes in ADHD, Anxiety disorders, Bipolar Disorder and depression.
https://www.drvictorhirsch.com/	Accepts Blue Cross/Blue Shield, United Healthcare (UBH), Optum, Aetna, Humana, Cigna, CHIPS - CHC and United HC, Tricare, Medicaid - CHC and United HC, Medicare, Cigna and HealthSprings. Call to verify others.
Becky Moorefield, LMSW, ACP 104 West Myrtle Ste 202	Counseling services for persons aged 6+, individuals or families.
Angleton, TX 979-235-7896 https://beckymoorefield.com/ (site under construction)	Specializes in depression, anxiety, PTSD, couples and family therapy, grief support, and conflict resolution.
	Does not accept insurance. Private pay only, cost \$100-\$150 per session.
Counseling Connections for Change 2549 Roy Road Pearland, TX 77581 281-485-9280	Christian Counseling Center the following services: Individual, group, marriage & family therapy, Play therapy
https://www.counselingconnections.org/	Age Range: Adult, adolescent, and children
	Accepts Insurance and offers a sliding scale. Free and reduced rates available.
	Offering Telehealth counseling.
Center for Relationship Wellness 2101 4th Avenue Suite 870	Couples therapy and programs. Call for fee information.
Seattle WA 98121 281-480-0200 https://centerforrelationshipwellness.com/	Video sessions available during COVID-19, contact don@gottman.com for information.
Dr. Jennifer Rothfleisch 2225 County Road 90, Suite 221	Adolescents (12 +) and adults, both individuals and couples therapy.
Pearland, TX 77584 713-338-9121 https://www.psychologytoday.com/us/therapists/jennifer-rothfleisch-pearland-tx/50465	Specializes in Anxiety, Depression, Bipolar Disorder and OCD among other conditions. Private pay only.
Southwest Counseling Services 1725 E. Main Street League City, TX 281-332-3300	Provides counseling services to children, adolescents, adults & families. Insurance accepted: private insurance & Medicaid Offers a sliding scale.

(No website)	
University of Houston Clear Lake Psychological Services Clinic 2700 Bay Area Blvd. Houston, TX 77058 281-283-3330 https://www.uhcl.edu/psychological-services-clinic/	Psychological services for children (6+), adolescents & adults. Testing & counseling by Master's-Level trainees. Serves individuals, families, and couples. Hours: M-TH 8am – 8pm, F 8am- 5pm Includes a Center for Autism and Developmental Disabilities.
	Works on a sliding scale (based off annual household income).
Premier Psychological Services 3730 Kirby Dr., Suite 800 Houston, TX 77098 713-521-7575 http://www.premierpsychservices.com/	Provides psychological evaluations, therapy for all ages, and forensic services. Christian counseling options available. Cost between \$175 and \$225. No insurances within network, contact insurance for out-of-network coverage options.
Youth and Family Counseling (site under construction) Pearland Office 2335 N Texas St. Pearland, TX 281-485-7447 Angleton Office 801 N. Buchta Road Angleton, TX 979-849-7751 Wharton office 1506 N. Alabama Street, Suite H Wharton, TX 77488 979-282-2266 https://yfcs.org/site/	Individual and group counseling available, all ages. Special programs provide safety planning for runaway or at-risk youth, court advocacy for children victims of neglect or abuse, therapy for victims of crime, and safe parenting classes. Sliding scale or free (no insurance accepted). Typical cost \$10-\$20 per session or based on income. By appointment only.
Texas Family Solutions Josie Mueller, LMFT LPC 109 Circle Way Street Lake Jackson, TX 979-297-4335 https://www.txfamilysolutions.net/	Accepts ages 5+. Christian counseling options available. Accepts most insurance, Medicaid and Medicare. Call to verify coverage. Will refer to outside agencies if necessary. All sessions currently via Telehealth due to COVID-19.
Liz Sardelich, LPC, LMFT 305 E Mulberry Angleton, TX 979-848-0766 www.sardelichcounseling.com	All ages. Facilitates court or work mandated anger management classes (once a month). Accepts private insurance & Traditional Medicaid.

Beth Calhoun, LPC 7833 Oakmont Blvd #110 Fort Worth, TX 76132 817-243-8195 (No website)	Certified Christian Counselor Private pay only
Angela Gaston, LMSW–ACP 209 E. Mullberry Suite 400 Angleton, TX 979-299-6600 (No website)	13 years & up Accepts most insurance, private pay & Medicare. Monday – Thursday 8:00 am – 5:00 pm
Downtown Counseling Services 105 N Gordon Street, Suite 202 Alvin, TX 281-585-0000 https://www.downtowncounseling.com/	Various independent Counselors – see the website for counselor specific details. Individual, couples, group, family, and play therapy. Accepts most insurance, no Medicare. Teletherapy options available.
Gift of Recovery, LLC 3429 Keis Rd. Pearland, TX	Adolescent transport services and adult interventions. Private Pay only; offers a sliding scale.
Contact: Robert Martinez 281-850-4708	Currently working via Telehealth. Call for more information.
Resource & Crisis Center of Galveston County 24/7 Crisis Lines: 409-765- SAFE (7233) 888-919-SAFE (7233) (TOLL FREE) Galveston 1802 Broadway Avenue J #122 Galveston, TX 409-762-1520	Provides shelter services and basic need items for women and their children who are experiencing family violence. Provides support, no-cost counseling & advocacy services for victims of domestic or sexual assault (regardless of sex) and their children in Galveston County. Also offers pro-bono legal assistance in getting a protective order served.
League City 150 N. Gulf Freeway League City, TX 281-554-6983 www.rccgc.org	
Clear Lake Psychotherapy 957 NASA Pkwy Ste 511 Houston, TX 281-488-0615 https://www.clearlakepsychotherapy.com/	All ages. Specializes in stress management. Accepts private insurance, Medicaid & Medicare. All sessions currently virtual due to COVID-19. Contact 707-726-2573 to schedule a virtual appointment.
Krist Samaritan Center Counseling & Education 16441 Space Center, Suite C-100 Houston, TX 77058 281-480-7554	Counseling, psychological testing & speech therapy for children. Accepts Medicaid, Medicare & most major insurances. Works on a sliding scale.
www.samaritanhouston.org	

Tenley Fukui, MA, LPC 620 W Main St., Ste 101 League City, TX 713-408-2468 http://www.tenleyfukui.net/	Adults . Specializes in anxiety disorders, chronic pain management, insomnia, IBS, stress management, addictions, and other habit disorders.
	Private pay only. \$200 per 90 minute session. Telehealth available during COVID-19 or inclement weather.
Lowell Adams, PhD 104 Circle Way Lake Jackson, TX	Professional counseling for all ages. Accepts most insurance.
Office manager contact: 979-297-8565 (No website)	
Brian Kearns, PhD 309 W. Edgewood Dr. Suite G Friendswood, TX 281-993-1999 (No website)	Licensed Psychologist Children & Adults.
Clearhope Counseling & Wellness 6021 Fairmont Pkwy Ste. 200 Pasadena, TX	Children (3+), Adolescents & Adults Individual & Family Counselling, Christian counseling available. Trilingual (English, Spanish, and Hindi)
Sugar Land Office 1111 Highway 6 Suite 120 Sugar Land, TX 281-769-2238 https://www.clearhopewellness.com/	Accepts many private insurances and traditional Medicare and Medicaid. Reduced fee services available on a case-by-case basis. Rates between \$125 and \$175 per session.
mttps://www.clearnopeweimess.com/	Telehealth options available.
Yarinika Miller, MA, LPC-S, RPT-S, LSOTP Through Your Eyes Counseling Services, PLLC 1407 Crescent Oak Drive Missouri City, TX 713-705-0216 (No website)	Individual, couple, group, and family therapy for mental and emotional issues as well as relationship conflicts. Serves: Southwest Houston, Fort Bend, Pearland, and Southeast Houston
Denise Bennett, LCSW 1100 Nasa Parkway Suite 302 Houston, TX 832-221-5255 denisebennettlcsw@yahoo.com (No website)	Licensed Clinical Social Worker
Rhonda M George, MS 2990 Richmond Ave Suite 209 Houston, TX 713-766-5737 https://www.psychologytoday.com/us/therapists/rh onda-m-george-houston-tx/203246	Licensed Marriage and Family Therapist, Licensed Professional Counselor, Life Coach. Specializes in anxiety, depression, and relationship issues.

Horses For Life 1506 Bruce Blvd. Angleton, TX 979-997-9293 www.horses4life.com kathygambino@horses4life.com	Equine assisted psychotherapy and learning for ages 5+. Site under construction at the moment
The Center for P.E.A.C.E. 1-281-816-4219 North Houston Location 507 N Sam Houston Parkway Suite 590 Houston, Texas 77060 South Houston Location 6201 Bonhomme Road Suite 252N Houston, Texas 77036 Email: info@thecenterforpeace.org/	Offers court-ordered parenting classes, psychological assessments and evaluations for both parents and children, and a variety of counseling services and therapeutic programs (including mindfulness, emotion regulation, etc.) Services available in English, Spanish, Vietnamese, and Urdu. Accepts most private insurances, Medicaid, CHIP, and offers sliding scale services.
https://www.psychologytoday.com/us	Website designed to aid in finding a therapist or psychiatrist
www.wellness.com	Website designed to aid in finding a psychiatrist
www.strengthofus.org	An online community developed by NAMI and young adults
Santa Fe Resiliency Center 4233 F.M. 1764 Ste. 4e Santa Fe, TX 409-218-7129 or 713-222-2525 https://www.ci.santa-fe.tx.us/resiliency-center	Center in Santa Fe offers individual, family and group counseling both in person and through telehealth. Offers family reconciliation and mediation services. Provides a variety of psychoeducational presentations/classes. Hours: M-TH 8am-8pm; F 8am -5pm; Sat 9am-1pm

Psychiatrists

LifeStance Health 308 S Friendswood Dr., Suite 110 Friendswood, TX (844) 824-8775	Board Certified Psychologists treating OCD, Substance use disorders, ADHD, PTSD, Anxiety and Mood disorders, Bipolar Disorder, and mental health issues related to medical conditions, pregnancy, and the workplace in all ages, groups and individuals
3355 West Alabama Suite 195 Houston, TX (844) 824-8775	Accepts Private Insurance. Call to verify coverage; sliding scale available for those not covered.

8588 Katy Freeway Suite 350 Houston, TX 844) 824-8775 https://www.progressivebehavioralhealth.com/	
Family Psychiatry 2360 Gulf Fwy S #100B, League City, TX 77573 281-554-0123 http://www.family-psychiatry.co/	All ages. Offers assessments, psychotherapy, medication managements, and other therapy methods. Both individual and group/couples therapy. Accepts: most insurance providers, including Medicare
The Psyc Clinic Dr. Mohamed Ahmed 330 East Medical Center Blvd. Webster, TX 77598 281-837-6463	Children and Adults. Specializes in the following psychiatric disorders: Anxiety, Depression, ADHD, Autism, Sleep Disorders, & Bipolar Disorder. Offers TMS.
1300 Rollingbrook Drive, Suite 508 Baytown, TX 281-837-6463	Accepts most private insurance plans. Does not accept Medicare. Currently offering exclusively telehealth visits except for first-time clients
2400 Mid Lane Suite 210 Houston, TX 281-837-6463 http://www.thepsyclinic.com/	
Pearland Psychiatry Dr. Selma Raheem	Child, Adolescents & Adults
3129 Kingsley Drive Pearland, TX 77584 832-947-3562 Email: frontdesk@pearlandpsychiatry.com http://www.pearlandpsychiatry.com/	Accepts private insurance (Aetna, Cigna, BCBS & UBH) and Medicare or self-pay. Telehealth visits available.
UT Psychiatry Clinic Behavioral and Biomedical Sciences Building 1941 East Road, Suite 2100 Houston, TX 77054 713-486-2700 https://www.utphysicians.com/clinic/ut-physicians-psychiatry-outpatient-clinic-bbsb/	Provides Psychiatric services to all ages Offers TMS Accepts Private Insurance, Medicaid & Medicare
Memorial Park Psychiatry Angleton 209 E. Mulberry Street, Suite 400 Angleton, TX 77515 979-331-3121	Accepts all ages. Offers Forensic services, individual anf family psychotherapy, medication management, and psychiatric diagnostic evaluations. Accepts Private Insurance
Houston 550 Westcott, Suite 520 Houston, TX 77007	

713-864-6694 Email: contact@memorialparkpsychiatry.com http://www.memorialparkpsychiatry.com/	
UTMB Psychiatry 400 Harborside Dr #118, Galveston, TX 77550 409-772-0770 https://www.utmb.edu/psychiatry	Psychiatry services for children and adults Accepts Private Insurance, Medicaid & Medicare
St. Vincent's Hope Clinic 2817 Post Office St. Galveston, TX 409-765-2209 (appointment scheduling) Email: support@stvsc.org https://www.stvsc.org/	Psychiatric Clinic provides care for adult patients with a broad range of mental and mood disorders at no charge. Psychiatric Clinic offered 2 nd & 4 th Thursday of each month from 4:30 – 8:30 pm Other services: General Medicine (Tuesdays 4:30 – 8:30pm & Saturdays from 10:00am – 2:00pm) Rheumatology (2 nd Tuesday of month from 4:30 – 8:30pm) Dermatology (1st Thursday of month from 5:30 – 8:30pm) Obstetrics & Gynecology (3 rd Thursday of month from 4:30 – 8:30pm) Neurology (2 nd Saturday of the month 10:00am – 2:00pm)
	Contact the clinic to schedule appointment Must schedule appointment

Transportation

Transportation	
WWW.MTM-INC.NET 855-687-4786	For non-emergency medical transportation in Harris and surrounding counties. Must be in either the Texas Medicaid or Children with Special Health Care Needs program to qualify for rides.
Medical Transportation Program 877-633-8747 https://www.hhs.texas.gov/services/health/medic aid-chip/medicaid-chip-members/medical-transp ortation-program	To schedule a ride – call at least 2 days in advance Hours of operation: Monday-Friday 8:00 am – 5:00 pm
Emergency Medical Transport 409-938-2424 https://www.gchd.org/ambulance-services/emergency-medical-services	Provides emergency and non-emergency ambulance services to Dickinson, La Marque, Texas City, San Leon, Bacliff, Hitchcock, & Galveston

Local United Way Organizations

United Way of Brazoria County 4005 Technology Dr #1020, Angleton, TX 77515 979-849-9402 1-800-971-6677 https://www.uwbc.org/	Serves Southern Brazoria county UWBC collaborates with community partners to mobilize resources and find sustainable solutions that lead to a higher quality of life.
United Way Galveston County-Mainland 2800 Texas Ave Texas City, TX 77590 409-948-4211 https://www.uwqcm.org/	Serves Galveston county mainland residents. UWGCM improves lives by mobilizing the caring power of its communities to advance the common good
United Way of Galveston County (Island) 123 25th St #2030, Galveston, TX 77550 409-762-4357 http://uwgalv.org/	UWG connects community partners and mobilizes resources to strengthen the community
Discover your local UW:	https://www.unitedway.org/local/united-states/ OR Dial 2-1-1 to locate resources near you.

Other Non-Profits

Goodwill Industries	Call for donations; donations are tax deductible.
Galveston	9am-9pm M-S, 10am-6:00pm Sun
4525 Ave. U	Sam Spin in S, realit sloopin sam
Galveston, TX 77552	Additional retail locations & drop off zones can be located
409-763-1161	with Goodwill's online search feature.
League City	
229 W. Main	
League City, TX 77573	
713-970-1794	
Victory Lakes	
2840 Gulf Freeway South	
League City, TX 77573	
281-614-0941	
https://www.goodwill.org/	
Pearland Neighborhood Center	Pearland multiservice center. Must live in Brazoria county
2335 N Texas Ave	to be eligible for services.
Pearland, TX	Services include:
281-485-1987	-Utility, rent, & emergency assistance
Contact Form: info@pnctexas.com	-Food & Baby pantry
www.pnctexas.com	-Bread pantry (through Our Daily Bread)
	-Santa's Helpers & Share Your Holidays (Christmastime
	support for struggling families, seniors, & children)
	-School supply vouchers
	-Financial stability education
	-Health & medical care (through SEVA clinic)
	-Disaster relief
	-GED scholarships
The Gathering Place Interfaith Ministries	Offers free gathering place socials for caretakers of
979-665-5359	persons with memory impairments. Participants enjoy
Email:	reminiscing, exercise, music, dance, arts and crafts,

info@gatheringplacebrazoria.org

Homepage:

https://gatheringplacebrazoria.org/home

Socials Schedule:

Angleton

1st Thurs. - First United Methodist Church 219 N. Arcola

Contact: Janet Mallard 713-303-3323 4th Thurs. - First Presbyterian Church 130 S. Arcola

Contact: Cindy Stowers 979-418-1835

Lake Jackson

<u>2nd Thurs.</u> - Chapelwood United Methodist Church - 300 Willow

Charch - 300 villow

Contact: Sherri Archer, 979-297-9984

Clute

<u>3rd Thurs.</u> - St. Jerome Catholic Church - 107 N.

Contact- Alice Hernandez 979-415-4792

Alvin

1st Wed. - Alvin Lutheran Church - 1800 FM 1462 Contact- Janet Riddle 281-507-8227

<u>2nd Wed</u>. - First Presbyterian Church - 302 S. Johnson

Contact- Janet DeLeon 281-585-3406

<u>3rd Wed</u>. - First Christian Church - 1212 S. Durant

Co-hosts: Breath of Life, Grace Episcopal Contact: Peggy Krampota 281-468-0088

4th Wed. - St. John the Baptist Catholic Church - 110 E. South

Contact: Nancy Cuello 713-256-7973

5th Wed. - Heights Baptist Church - 1591 CR 144 Contacts- Charen Teague 832-385-6296

Becky St. Nicholasy 281-795-3309

games, and a hot lunch.

There is no charge to attend the socials, but the caregiver must complete a registration form and provide a letter from a doctor specifying the type of memory impairment.

Also runs an Alzheimer's Awareness Project to provide information about dementia and to encourage early detection.

Each fall, the group partners with the Brazoria County Library System and senior independent facilities *to provide memory screenings*

Support Groups:

Are offered in addition to socials for caregivers

-1st Thursday

Younger Onset Group

6pm to 7:30 pm

Gathering Place Office

200 E. Mulberry, Angleton

-1st Friday

Lunch, Adult Day Care

Noon to 2 pm

First Christian Church

1212 S. Durant, Alvin

Contact Dale Libby @ 979-236-5393 for more info

Other Services:

-Brain Camp: a unique program that teaches adults how to increase their 'cognitive reserve' by creating new brain neurons which may provide a defense against neurodegenerative disease; Contact Erika Long, Education Coordinator @ 979-235-9195 for more info

-Meta Camp: for individuals with metabolic syndrome; seeks to reduce the chance of Alzheimer's caused by this disease; Contact Brenda Maust @ 979-849-5051 for more info

-<u>Brain Fair:</u> offers community members the opportunity to learn about the components leading to optimal brain health; Contact Dale Libby @ 979-236-5393 for more info

Goodwill Job Connection Houston

Galveston

4525 Avenue U

Galveston, TX 77551

713-970-1646

(Houston locations also available; see website)

https://www.goodwillhouston.org/services/job-connection-centers/

Helps Houstonians Find Jobs Through:

- -Individual Development Plan and Evaluation
- -Resume Preparation and Interview Skills
- -Job Search Assistance
- -Use of Computer Lab and Phones For Job Search
- -Workplace Success Skills Training
- -Networking and Job Placement Services
- -Personal Financial Skills and Coaching
- -Referral to Services (Including Housing, Clothing, Child Care)

Galveston Community Action Council (GCCAC) 4700 Broadway Rm. C100 Galveston, TX 77550 (409) 765-7878 https://www.gccac.org/	For Galveston Location: Monday-Friday hours: 8 AM – 4:30 PM Saturday-Sunday hours: Closed Serving all military veterans residing in Galveston County Serves Galveston, Brazoria, & Fort Bend Counties Services: Rental and Utility Assistance- provide these services for families who are underserved or experiencing financial hardship Vocational Training and Educational Assistance Homebuying Seminars Case Management and Employment Support Services Crime Victims' Services (CVS) COVID 19 Education
Career & Recovery Services, Inc. Main Campus, in Midtown Houston: 2525 San Jacinto St. @ McGowen Houston, Texas, 77002 713-754-7000 https://www.careerandrecovery.org/	Serves the Greater Houston and surrounding counties, including, but not limited to, Harris, Ft. Bend, Waller, Brazos, Galveston, Liberty, and Montgomery counties. Services: • Intensive employment services (e.g. job search, employment readiness training) • Veteran assistance (e.g. housing, emergency financial assistance, skill training) • Deaf & hard of hearing services (e.g. literacy training, job search, free ASL training) • Alternative substance abuse treatment (free outpatient drug and alcohol abuse treatment and support groups available at Houston, Hempstead, and Brookshire locations) • 713-754-7080 (Administrative & Facility Management Services) • 713-754-7023 (Rapid Rehousing Homeless Program) • 713-754-7002 (Employment & Supportive Services) • 713-754-7010 (Alternative, Substance Abuse) • 713-754-7065 (Marketing & Development, Donations, and Event Sponsorships) • 713-754-7083 (Youth Empowerment Outreach) • 713-754-7083 (Volunteer Enrollment and Placement) • 832-431-3785 Video Phone (Deaf and Hard of Hearing)
Dress for Success Houston 3310 Eastside Street Houston, Texas 77098 713-957-3779 Email: houston@dressforsuccess.org https://dfshouston.org/	Empowers women to achieve economic independence by providing a network of support, professional attire and development tools to help them thrive in work and life. Services: Suiting program (offers business attire to women looking for a job or who holds a current job) Employment services (e.g. job search, skill-building, mock interviews, etc.)

	Votorans program
	Veterans programOther career services
Galveston Island Meals on Wheels 2803 53 rd St. Galveston, TX 409-744-2668	Provides hot meals each weekday to qualifying homebound & elderly citizens of Galveston. Call or e-mail for information on how to apply.
http://gimow.org/become-a-client	On 100 M 5 0 0
Mounting Horizons 17302 House & Hahl Rd #222, Cypress, TX 77433 (713) 510-8755 www.mountinghorizons.org	Open: M-F 8-6 Provides services to individuals with disabilities & seniors. Services include: Advocacy, peer support, transportation, youth transition services, independent living skills classes, employment assistance, social and recreational activities, information and referrals and disability awareness.
Houston Area Women's Center (HAWC) Domestic Violence Hotline: 713-528-2121 Rape & Crisis Hotline: 713-528-7273 www.hawc.org	Services include: 24-hour Domestic Violence Hotline & 24-hour Rape Crisis Hotline.120 bed domestic violence shelter & support services. Individual & group counseling and advocacy for adults & children, children's court services for child victims.
The ARC of the Gulf Coast P.O. Box 1484, Alvin, TX 77512 Email: info@arcgulfcoast.org (281) 245-3918 https://arcgulfcoast.org/	Supports, educates, and assists people with intellectual & developmental disabilities; services include assistance with obtaining disability, Medicaid, accessibility, etc.
Jesse Tree 6801 Emmett F. Lowry Expressway Texas City, TX 409-762-2233 www.jessetree.net	Connects people with the health care, social services and ministerial resources. Programs include food services, prescription assistance, chronic conditions management, health equipment loans, help applying for state and federal programs, and more.
Forgotten Angels Foundation 3216 E Broadway St. Pearland, TX Resale Shop: 10 AM - 6 PM Mon - Sat; CLOSED ON SUNDAY Coffee Shop & Bakery: 10 AM - 6 PM Mon - Sat; Donation Center: 10 AM - 4 PM Mon - Sat; CLOSED ON SUNDAY 832-243-6463 https://www.forgottenangels.org/	Provides specially designed homes, facilities, recreational, educational and vocational opportunities for individuals with special needs.
Hope Village 15403 Hope Village Road Friendswood, TX 77546 281-482-7926 http://www.hope-village.com/	Non-profit residential homes and day program in the Houston area for individuals with intellectual and developmental disabilities
Sunshine Center Inc. 1726 21st Street Galveston, TX 409-763-5029 www.sunshinecenterinc.org	Offers community support, day habilitation, family outreach, supportive employment and case management services for individuals with developmental disabilities.
M.I. Lewis Social Service Center 215 FM 517 E. Dickinson, TX 281-534-2043	Food pantry (for those meeting qualifications), utility & rental assistance, medication assistance, GED testing funding, school supplies, grocery delivery for the elderly,

Santa Fe Family Service 4205 Jackson St. Santa Fe, TX 409-927-4133	Food Fair Schedule & Information: M. I. Lewis hosts a Mobile Food Distribution on the third Saturday of every month. Bring Photo I.D. Bring your own bags or boxes. Must be 18 years or older to receive food. Must reside within Dickinson ISD Offers emergency financial assistance to Santa Fe residents, including help with: Utility bills (Electric, water, natural gas, & propane) One-time medical copayments
https://www.facebook.com/santafefamilyservice/?rf=279076995967478	 Birth certificates Rental assistance Prescriptions Must call and schedule an appointment.
Brazoria County Center For Independent Living (Coalition for Free Barrier Living) 1104 D. East Mulberry Angleton, TX 979-849-7060 https://hcil.cc/index.php/bccil	Non-residential service center serving those with an IDD, genetic condition, or mental health disorder. Services: I&R Peer support Individual & systems advocacy Independent living skills training Service coordination
Adult Education Cooperative of Galveston County College of the Mainland Adult Education Learning Resource Center Suite C 1200 Amburn Rd. Texas City, TX 77591 409-933-8294 Email: adulted@com.edu https://www.com.edu/adulted	Offers ESL, adult basic education & GED services
Ronald McDonald House 301 14th St. Galveston, TX 409-762-8770 www.rmhg.org	Temporary housing for families of children seeking medical treatment or evaluation; services families through referrals from UTMB or Shriner's Hospital for Children and Transitional Learning Community only.
Galveston Diaper Bank PO Box 193 Galveston, TX Email: galvestondiaperbank@gmail.comContact form: http://galvestondiaperbank.org/contact-2/ Homepage: www.Galvestondiaperbank.org	Provides diapers for their parenting classes, job training, and education programs. The Diaper Bank provides diapers to parents participating in parent education classes.
Family Service Center of Galveston County 2200 Market Street, Suite 600 Galveston, TX 409-762-8636	Offers counseling to individuals, families, couples, and groups. Individual & Family Counseling – accepts insurance, Medicaid, Medicare, sliding-scale for non-insured

Dickinson 2401 Termini Street, Suite C Dickinson, TX 281-576-6366 http://www.fsc-galveston.org/	Free Services offered:
Adult Reading Center 2246 N Washington Ave. Pearland, TX 77581 281-485-1000 281-485-3473 Contact form: https://www.adulteducationcentertexas.org/contact. html Homepage: www.adultreadingcenter.org	Provides services to limited English-speaking adults through literacy training courses aimed at helping succeed as parents, workers, and members of society
GED Preparation Program By The Adult Reading Center	GED preparation course provided free of charge by the adult reading center to help adults take and pass the official GED
Innovative Alternatives Main Office 1335 Regents Park Dr. STE 240 Houston, TX 77058 (713) 222-2525	Offers mediation, counseling, and marital training (via family preservation program) based on a Christian counseling perspective. Also offers victim assistance (victim may qualify for up to 6-months of free services).
(Offsite locations available in Galveston, Santa Fe, and other surrounding locations; see website for details) http://innovativealternatives.org/	Sliding scale, set rates, and cost-free services available depending on individual qualifications.
Access Care of Coastal Texas 707 23rd St. Galveston, TX 409-763-2437 Email: acct@accttexas.org https://www.accttexas.org/	Serves Galveston, Brazoria, Matagorda counties. Clientele include the general public and people that are HIV-positive. Offers confidential HIV testing (free), prevention counseling, health education/risk reduction, HIV prevention education, clothing assistance, financial education/emergency assistance, housing assistance, medication assistance program, transportation, and volunteer services.
The Bridge Across for Single Parents and Stepfamilies 2429 Bissonnet St #255, Houston, TX 77005 832-779-2120 www.thebridgeacross.com	Provides practical strategies, tools, and programs specifically designed for single parents and stepfamilies. Provides services to adults of all ages, children age 2 and up, teens, young adults, couples and families.
Office of Counseling and Career Services Texas A&M University – Galveston Seibel Student Services Center Suite 104 3030 Texas Clipper Rd. Galveston, TX 77554 409-740-4739 http://www.tamug.edu/counsel/services.html	Offers brief psychotherapy and career services to TAMUG students. Call for cost details.

Pregnancy Help Center of Galveston 1709 23rd St, Galveston, TX 77550 Direct line: 409-443-5059 https://pregnancyhelpcentergalveston.org/	Provides mothers practical assistance in terms of diapers, formula, and baby food; pregnancy tests with individual counseling about the choices related to pregnancy; educational classes and practical care throughout pregnancy and early parenthood; and post abortion counseling Preparations are underway to add a medical aspect to the facility. <i>All services are FREE and confidential</i> . Call for more info. <i>Hours:</i> Monday- Thursday 9 AM-5 PM
Crisis Pregnancy Center 10851 Scarsdale Blvd. Ste 800 Houston, TX 281-484-0005 Email: LifelineCPC@att.net www.lifelinecpc.org	Provides Christian-based counseling and referral services at no-cost to pregnant woman looking for guidance. Office Hours: Monday thru Friday 10 am to 4 pm Client Pregnancy Test Hours: (Schedule an Appointment Online) Monday and Wednesday 10 am to 3 pm Tuesday 10 am to 5 pm Thursday 10 am to 4 pm Client Class Hours: Tuesday and Thursday 7 pm to 8:30 pm
Pregnancy Help Center of Lake Jackson 327 Garland Drive Lake Jackson, TX 979-297-3622 Email: help@pregnancyhelpcenter.org https://pregnancyhelpcenter.org/	Provides pregnancy testing, maternity apparel, baby apparel, education classes, diapers, adoption information & pregnancy loss counseling to women in Brazoria County. <i>All services are confidential and free of charge.</i> Office hours: Mon - Fri 9-5
Alvin South Coast Ministries 414 Stone Dr. Alvin, TX Contact: Mike Gomez 281-585-9136 https://ascministries.tripod.com/	Free Christian-based men's home for men recovering from an addiction

Mental Health America of Greater Houston 2211 Norfolk, Suite 810 Houston, TX 77098 713-523-8963 https://mhahouston.org/	Offers advocacy, education, outreach, and health care initiatives (specializing in women's mental health, veteran mental health, and student mental health) to Harris County residents.
Resource & Crisis Center of Galveston County 24/7 Crisis Lines: 409-765- SAFE (7233) 888-919-SAFE (7233) (TOLL FREE) Galveston 1204 45th Street, Galveston, TX 77550	Provides shelter services and basic need items for women and their children who are experiencing family violence. Provides support, no-cost counseling & advocacy services for victims of domestic or sexual assault (regardless of sex) and their children in Galveston County. Also offers pro-bono legal assistance in getting a protective order served.
409-762-1520 League City 814 W Main Street League City, TX 77573 281-554-6983 www.rccgc.org	
Habitat For Humanity Southern Brazoria County 12 Circle Way Lake Jackson, TX 979-665-1471 979-285-2800 http://habitatsbc.org/	Is dedicated to eliminating substandard housing locally and worldwide through constructing, rehabilitating and preserving homes; by advocating for fair and just housing policies; and by providing training and access to resources to help families improve their shelter conditions. Apply for a Habitat Home online. Accepts furniture donations. See website for details.
The Sunshine Shop and Hitchcock Family Welfare 6915 2 nd Street Hitchcock, TX 77563 409-986-5632_www.hitchcockfamilywelfare.com	Offers EFAs for food, rental & utility assistance, as well as referrals. Also has a resale shop.
Alzheimer's Association of Houston & Southeast Texas 6055 South Loop East Houston, TX 77030 800-272-3900 (24/7 HelpLine) 713-314-1313 https://www.alz.org/texas	Community assistance for individuals and loved ones suffering from Alzheimer's disease. Services include: Helpline, Safe Return Program, Care Consult, Support Group, Advocacy
Nessler Center Senior Program 2010 5 th Ave. N. Texas City, TX 409-643-5877 https://texascitytx.gov/586/Senior-Programs	Offers a diverse programs and services including: dominoes, bingo, pokeno, arts & crafts, line dancing, inspirational class, Sit-N-Be Fit, monthly presentations, monthly health screenings, and special holiday/event celebrations. Before a participant can take part in the program, a completed registration form and transportation waiver must be completed.
	Must be 55 years or older, physically/mentally able to care for oneself and be a Texas City or La Marque resident to participate.

<u> </u>	
	Transportation provided to program members. Program includes various actives and services designed to help seniors maintain their independence and quality of life. Lunch services available to persons 60 and older. Program hours: 8 a.m5 p.m. M-F
Open Gate 1440 Harold St. Houston, TX 77006 713-526-1017 https://beringopengate.org/	Provides dinners, infant and hygiene packs, clothing, and empowerment services in a safe and welcoming place for homeless young adults ages 18-30. The program in particular caters to LGBTQ young adults who generally have a very difficult time at shelters and agencies.
	Open Gate's programs take place every Sunday at 12:30pm in the Fellowship Hall of Bering Memorial United Methodist Church.
Tony's Place 1429 Hawthorne St, Houston, TX 77006 713-678-0733 Email: info@tonysplace.com https://www.tonysplace.org/	Drop-in center in Montrose for LGBTW+ youth 13 - 24 who are unstably housed, couch surfing or experiencing homelessness and offers a safe place to hang out and access services (such as hot meals, showers, laundry etc.) free of charge

Veteran Services

veterali services	
Brazoria County Veterans Services Angleton Location 451 North Velasco Suite 120 Angleton, TX 77515	Services include but are not limited to: enrolling in VA Medical Center, transportation to/from VA Medical Center, provide briefings to make veterans and spouses aware of what benefits may be available to them, etc.
Pearland Location (By appointment only) 2341 North Galveston Ave. Pearland, TX 77581	See https://brazoriacountytx.gov/departments/veterans-service/what-do-we-do for complete list of services offered
Contacts: Sonya Broadway, Veteran Service Officer - 979-864-1289 Kimberly Westbrook, Administrative Asst 281-756-1289 Jackie Johnston, Asst. Veteran Service Officer - 979-388-1289 https://brazoriacountytx.gov/departments/veterans-s-service	
Galveston County Veterans Services 9850 Emmett F. Lowry Expressway Suite B – 100 Texas City, TX 77591 409-766-2448	Offers resources to Veterans residing in Galveston county. See http://www.galvestoncountytx.gov/vs/Pages/Veterans-Resources.aspx for additional resources
Contacts: - Jeff Gottlob (USMC Ret 1980-2001), Veterans Service Officer Email: Jeffrey.Gottlob@co.galveston.tx.us	
- Tracey Campbell (USAF Veteran), Asst. Veterans Service Officer	

Email: Tracey.Campbell@co.galveston.tx.us - Terri Phillips, Administrative Assistant Email: Terri.Phillips@co.galveston.tx.us Hours: Monday-Friday, 7:30 a.m. to 4:30 p.m. (by appointment only) Michael E. DeBakey VA Medical Center Promotes the health, welfare, and dignity of all veterans. 2002 Holcombe Blvd, Houston, TX 77030 Offers comprehensive health services, and specializes in 713-791-1414 assisting female, LGBTQ+, and homeless veterans, as well as families and caregivers. LGBTQ+ Advocate Contacts: Elizabeth Steen, LCSW LGBT Veteran Care Coordinator 713-791-1414, ext. 24421 Email: Elizabeth.steen@va.gov Hiram Rivera-Mercado, PsyD LGBT Veteran Care Coordinator 281-217-9028 Email: hiram.rivera-mercado@va.gov Main site: https://www.houston.va.gov/locations/directions.a LGBTQ+ veteran information: https://www.patientcare.va.gov/lgbt/ Homeless veteran information: https://www.va.gov/homeless/ Women veteran information: https://www.va.gov/womenvet/ Caregiver information: https://www.houston.va.uston.va.gov/services/lgbt /index.asp Michael E. DeBakey VA Medical Center Provides comprehensive healthcare for all veterans. View **Outpatient Clinics** respective website to make an appointment and to view Lake Jackson Clinic 208 South Oak Drive Suite 700 Lake Jackson. TX 77566-5789 979-230-4852 https://www.va.gov/houston-health-care/locations/ lake-jackson-va-clinic/ Galveston Clinic: 3828 Avenue N Galveston, TX 77550-6614 409-761-3200 https://www.va.gov/houston-health-care/locations/ galveston-county-va-clinic/ Texas City Clinic:

9300 Emmett F. Lowery Expressway	
Suite 206	
Texas City, TX 77591-2134	
409-986-2900	
https://www.va.gov/houston-health-care/locations/	
texas-city-va-clinic/	
(See main site for additional outpatient clinics in	
Texas)	
US Dept. of VA Hotline for Women	Answers questions on VA Health Care and Benefits for
1-855-VA-WOMEN (1-855-829-6636)	Women Veterans
https://www.womenshealth.va.gov/programovervi	
ew/wvcc.asp	
Transition-Plus at Bay Harbour United Methodist	Weekly support meetings for veterans and their families
Church	held every Thursday from 6:30pm – 8:00pm. Website
3459 Deke Slayton Hwy.	contains information about local veteran resources.
League City, TX 77573	
Contact Jerry Clark, 281-923-8468	
Email: <u>Dan.Sedej@transitionplus.org</u> or	
Jdclark2@verizon.net	
www.transitionplus.org	
Lee College: College Credit for Heroes (Veteran	Assists veterans in planning for college and finding the
Services)	financial resources they need to gain a college education.
P.O. Box 818	
Baytown, TX 77522	
832-556-4302	
Contact:	
Tiffany Winchester, Certifying Official	
- <u>Twinchester@lee.edu</u>	
Homepage: http://www.lee.edu/veterans/	
Paws for Heroes - Houston Chapter	Offers professionally trained pet matching services for
(832) 844-6466	veterans suffering from PTSD or anxiety disorders who
Email: info@pawsforheroes.com	live in Harris, Montgomery,Fort Bend, Brazoria, Galveston
https://www.pawsforheroes.com/	County
Women Veterans Services (The Lotus Project &	Offers emergency financial assistance for rent, mortgage,
Veterans Assistance Program) at Catholic	food, employment and education guidance for Women
Charities of Galveston	Veterans in crisis. Also helps homeless female veterans in
713-351-6915	finding stability.
https://catholiccharities.org/our-services/promotin	Services mainly Fort Bend, Galveston, and Harris
g-independence-for-seniors-veterans-others/	counties, but surrounding areas may be supported also.
	counties, but surrounding areas may be supported also. Call for more information and to view your local service center.

Goodwill Job Connection Houston Galveston 4525 Avenue U Galveston, TX 77551 713-970-1646 (Houston locations also available; see website) https://www.goodwillhouston.org/services/job-connection-centers/	Helps Houstonians Find Jobs Through: -Individual Development Plan and Evaluation -Resume Preparation and Interview Skills -Job Search Assistance -Use of Computer Lab and Phones For Job Search -Workplace Success Skills Training -Networking and Job Placement Services -Personal Financial Skills and Coaching -Referral to Services (Including Housing, Clothing, Child Care) For Galveston Location: Monday-Friday hours: 8 AM – 4:30 PM
	Saturday-Sunday hours: Closed
Veteran Support Services at The Gulf Coast Center 101 Brennen Ln, Alvin Alvin, Texas 77511 Contact: Glen McGraw, MVPN Peer Services Coordinator - 409-944-4437 glenm@gulfcoastcenter.org https://gulfcoastcenter.org/services/veteran-support-services/	Serving all military veterans residing in Galveston County This GCC program provides peer to peer support through veteran peer groups and individual mentoring. Community veteran reintegration services are also offered by partnering with local veteran programs to make appropriate referrals. Additionally, GCC provides access to mental health professionals who have Military Cultural Competency through their military service experience or training.
Connect Transit Veteran Transport at the Gulf Coast Center 1-800-266-2320 https://directory.tclmchamber.com/list/member/gulf-coast-transit-district-7983	Offers transportation to the VA Hospital Houston through Galveston and Brazoria County Minimal fee for each trip.
Military Veteran Peer Network www.milvetpeer.net	This network assists veterans and their family members in connecting to their peers and veteran service providers locally and statewide
24/7 Veteran Crisis Hotline, Online Chat, & Text Hotline: 1-800-273-8255, ext. 1 Text: VETALK (838255) http://www.veteranscrisisline.net/	Access caring, qualified responders from the Dept. Of VA.
Veteran Self-Check Quiz (American Foundation for Suicide Prevention – Dept. of VA Affairs) https://www.vetselfcheck.org	Veterans can take this 10-minute quiz. An experienced counselor will review it and respond within a few minutes send a response on this secure website with options for follow-up if it is felt to be helpful.
Career & Recovery Services, Inc. Main Campus, in Midtown Houston: 2525 San Jacinto St. @ McGowen Houston, Texas, 77002 713-754-7000 https://www.careerandrecovery	Serves the Greater Houston and surrounding counties, including, but not limited to, Harris, Ft. Bend, Waller, Brazos, Galveston, Liberty, and Montgomery counties. Services: Intensive employment services (e.g. job search, employment readiness training) Veteran assistance (e.g. housing, emergency financial assistance, skill training)

 Deaf & hard of hearing services (e.g. literacy training, job search, free ASL training) Alternative substance abuse treatment (free outpatient drug and alcohol abuse treatment and support groups available at Houston, Hempstead, and Brookshire locations)

Important VA Telephone Numbers Veterans Crisis LineToll-free 1-800-273-TALK (8255)

Galveston VA Outpatient Clinic Katy VA Outpatient Clinic Lake Jackson VA Outpatient Clinic Lufkin - Charles Wilson VA Outpatient Clinic Richmond VA Outpatient Clinic Texas City VA Outpatient Clinic Pharmacy Automated Medication Refills Caregiver Support Hotline Toll-Appointment Center VA Eligibility & Enrollment Office Health Care for Homeless Veterans Program McGovern Homeless Veterans Drop-In Center (1418 P Hotline for Homeless Veterans Toll-free Hotline for Women Veterans Toll-free Post-Deployment Clinic 713-794-76 Houston West Vet Center (701 N. Post Oak Road, Ste.	713-794-8985; Toll-free 1-800-639-5137409-981-8550; Toll-free 1-800-833-7734936-522-4000; Toll-free 1-800-553-2278, ext. 10900409-761-3200; Toll-free 1-800-553-2278, ext. 11000281-578-4600; Toll-free 1-800-553-2278 ext. 11500979-230-4852; Toll-free 1-800-553-2278 ext. 11350936-671-4300; Toll-free 1-800-209-3120832-595-7700; Toll-free 1-800-553-2278, ext. 10000409-986-2900; Toll-free 1-800-553-2278, ext. 10500713-794-8985 or www.myhealth.va.gov 8-794-7648; Toll-free 1-800-454-1062 free 1-855-260-3274 I-free 1-800-639-5137
Post-Deployment Clinic713-794-70	034/8825/7928 102)713-682-2288 110)713-578-4002 e. 470)713-523-0884

Patient Advocates:

r alient Auvocates.	
Houston	713-794-7884
Lake Jackson	979-230-4852
Beaumont	
Conroe	936-522-4000 Ext. 10910
Galveston	409-986-2900
Texas City	409-986-2900
Katy	281-578-4600 Ext. 11608
Lufkin	936-671-4362
Richmond	

Locate other numbers within the Michael E. DeBakey VA Med. Ctr. using the directory here: https://www.houston.va.gov/contact/phone_directory.asp#P

Resources for Persons Identifying as LGBTQ+ National

The Gay and Lesbian Medical Association's Provider Directory https://glmaimpak.networkats.com/members_online_new/members/dir_provider.asp	Helps locate lesbian, gay, bisexual, transgender or queer-friendly healthcare providers in one's local area
The Trevor Project 1-866-488-7386 (24/7) Text "START" to 678678 for text chat or visit the website for online chat https://www.thetrevorproject.org/	Acts as a support network for LGBTQ youth providing crisis intervention and suicide prevention.
LGBTQ NATIONAL HELP CENTER 1-888-843-4564 (Toll-free line) Email: Help@LGBThotline.org http://www.glbtnationalhelpcenter.org/	Offers confidential peer support connections for LGBT youth, adults and seniors including phone, text and online chat Claims to maintain the largest LGBTQ resource database in the world
National Center for Transgender Equality 202-642-4542 Email: ncte@transequality.org https://transequality.org/	Hotline is open M-F 3pm – 11pm; Sat 11am-4pm Offers resources for transgender individuals, including information on updating legal documents and the right to access healthcare
The Association of LGBTQ Psychiatrists Email: info@aqlp.orq https://www.aqlp.orq/	Offers numerous resources for LGBT individuals experiencing mental health conditions and psychiatric professionals with LGBT clients
The American Psychological Association (APA) https://www.apa.org/pi/lqbt/resources/lqbt-health	Provides countless educational and support resources on a range of LGBTQ topics
GLAAD Homepage: https://www.glaad.org/ Resource list: https://www.glaad.org/resourcelist	Seeks to shape media representation of LGBTQ individuals and achieve social equality for sexual minorities. Has a list of resources categorized by need (legal, military, etc.).

Local

Local	
Galveston Island LGBT+ https://www.facebook.com/groups/GILGBT/	Facebook group for LGBT+ individuals to receive community support and make connections
The Montrose Center 401 Branard Street Houston, Texas 77006 713-529-0037 – Main 713-529-3211 – LGBT Switchboard 24hr Helpline http://www.montrosecenter.org/	Empowers our community, primarily lesbian, gay, bisexual, transgender, and queer individuals and their families, to enjoy healthier and more fulfilling lives. Has an integrated care model with one-stop access to behavioral health and support services, adult primary care and psychiatry, and free wellness programs. Accepts most insurance, including Medicare/Medicaid. Discounted fees are offered if you have no insurance and/or limited means. There is a sliding scale offered to adjust to your income level. You may also qualify for grant subsidies to cover all or a portion of fees and co-payments based on your income. You do NOT have to be LGBTQ+ to obtain services.

Assisthers (at the Montrose Center) 401 Branard, 2 nd floor Houston, TX 77006 713-529-0037 http://www.assisthers.org/ Email: lgbtqhealth@montrosecenter.org	Supports LGBTQ+ women and nonbinary folks with chronic illnesses and disabilities by: 1) Providing a network of support to lesbian women struggling with debilitating or life-threatening illnesses in order for them to live as normally as possible 2) Educating lesbian women and others about important health issues, with special emphasis on lesbian-related health concerns 3) Eradicating discrimination and breaking down barriers which lesbians face when accessing health
Lesbian Health Initiative (at the Montrose Center) 401 Branard 2nd floor Houston, TX 77006 (713) 529-0037 Email: info@LHIHouston.org http://www.lhihouston.org/ (Contact form at bottom of page)	and social service systems Helps LGBTQ+ members obtain access to healthcare services also engages in community education and advocacy efforts to promote social equality for sexual and gender minorities.
Access Care of Coastal Texas 707 23rd St. Galveston, TX 409-763-2437 Email: acct@accttexas.org https://www.accttexas.org/	Serves Galveston, Brazoria, Matagorda counties. Clientele include the general public and people that are HIV-positive. Offers confidential HIV testing (free), prevention counseling, health education/risk reduction, HIV prevention education, nutrition assistance, housing assistance, medication assistance program, transportation, and volunteer services. Hispanohablantes disponibles.
AIDS Foundation Houston 6260 Westpark Dr., Suite 100 Houston, TX 77057 713-623-6796 Contact form: https://www.aidshelp.org/index.cfm?fuseaction=do norDrive.contactUs Homepage: https://www.afhouston.org/	Provides programs and services to men, women, and children infected by HIV/AIDS. Services include housing, case management, free HIV testing and other supportive care such as food assistance, assistance program sign up, and counseling. Criteria for housing: HIV+ homeless youth ages 18-24 Individuals or couples experiencing housing and financial instability where one or both are HIV+ Families with one or more HIV+ members that are experiencing housing and financial instability. Homeless HIV+ women who face additional barriers (trauma, economic instability, prior incarceration) Chronically homeless HIV+ individuals who also have disabilities HIV & Syphilis testing days (walk-ins welcome):

	Mon. 11 am - 5 pm Tue. 1 pm - 5 pm Thu. 10 am - 2 pm 4th Thu. of month 10 am - 9 pm 3rd Sat. of month 10 am - 2 pm
Gender Infinity https://genderinfinity.org/	Hosts an annual conference that acts as an affirming space for families, learners, advocates, and providers to advance relationships, knowledge, and resources that empower gender diverse individuals. See webpage for conference dates, location, and sign-up info.
Legacy Community Health (Offers 10 Houston-Area locations, 2 Beaumont locations, locations in Baytown and Deer Park). 832-548-5000 Info line See website for specific location information &	Offers medical and behavioral healthcare to community members as well as specialty services for LGBTQ+ individuals. Accepts most health insurance plans including HMO/PPOs, Medicaid, Medicare and CHIP and offers sliding scale for the uninsured.
services offered at each location. https://www.legacycommunityhealth.org/contact-u s/	
LAMBDA Center Houston 1201 W. Clay Houston, TX 77019 713-521-1243 https://lambdahouston.com/	Offers AA, Al Anon, Crystal Meth Anonymous (CMA), and Adult Children of Alcoholics meetings in LGBTQ safe spaces. See website to view meeting times and to sign up.
PFLAG Houston 401 Branard St, Houston, TX 77006 713-467-3524 – Helpline Email: HelplinePFLAGhouston@gmail.com www.Pflaghouston.org	Offers support meetings for parents and extended family/friends of LGBTQ individuals. See website for meeting locations and dates.
CenterLink Directory https://www.lgbtcenters.org/LGBTCenters	Helps users find LGBT-friendly centers in their local area
Michael E. DeBakey VA Medical Center 2002 Holcombe Blvd, Houston, TX 77030 713-791-1414 LGBTQ+ Advocate Contacts:	Promotes the health, welfare, and dignity of all veterans. Offers comprehensive health services, and specializes in assisting female, LGBTQ+, and homeless veterans, as well as families and caregivers.
Elizabeth Steen, LCSW LGBT Veteran Care Coordinator 713-791-1414, ext. 24421 Email: Elizabeth.steen@va.gov	
Hiram Rivera-Mercado, PsyD LGBT Veteran Care Coordinator 281-217-9028 Email: hiram.rivera-mercado@va.gov	
Main site:	

https://www.houston.va.gov/locations/directions.asp LGBTQ+ veteran information: https://www.patientcare.va.gov/lgbt/ Homeless veteran information: https://www.va.gov/homeless/ Women veteran information: https://www.va.gov/womenvet/ Caregiver information: https://www.houston.va.gov/services/caregiver/index.asp	
Open Gate 1440 Harold St. Houston, TX 77006 713-526-1017 https://beringopengate.org/	Provides dinners, infant and hygiene packs, clothing, and empowerment services in a safe and welcoming place for homeless young adults ages 18-30. The program in particular caters to LGBTQ young adults who generally have a very difficult time at shelters and agencies. Open Gate's programs take place every Sunday at 12:30pm in the Fellowship Hall of Bering Memorial United Methodist Church.
Tony's Place 1429 Hawthorne St Houston, Texas 77006 713-678-0733 Email: info@tonysplace.com https://www.tonysplace.org/	Drop-in center in Montrose for LGBTW+ youth 13 - 24 who are unstably housed, couch surfing or experiencing homelessness and offers a safe place to hang out and access services (such as hot meals, showers, laundry etc.) free of charge
Houston LGBT Family Law Lawyers (Katine & Nechman, L.L.P) 1834 Southmore Blvd Houston, Texas 77004 713-808-1000 (Toll free line) 866-569-6487 Se Habla Español www.lawkn.com (Contact form on website)	Are committed to helping lesbian, gay, bisexual and transgender couples achieve their short- and long-term goals for their family. Are well-prepared to help clients establish domestic partnerships or adopt a child and seek to preserve clients' rights in the dissolution of domestic partnerships.

Warning Signs of a Mental Health Problem

Any of the following signs may indicate that a serious mental health problem exists. An assessment or evaluation conducted by a qualified mental health professional may be needed:

- · Unexplained changes in personality.
- Unable to cope with problems and daily activities.
- Strange, grandiose, or paranoid ideas.
- Excessive anxiety or worries.
- Depression that persists for several days.
- Changes in eating or sleeping patterns.
- Thinking or talking about suicide.
- Thinking or talking about hurting someone.
- · Mood swings with extreme highs and lows.
- Excessive or uncontrolled feelings of anger or hostility.
- Crying spells.
- Suicidal, violent behaviors, or self-harm.
- Excessive risk taking.
- Abuse of drugs or alcohol.
- Sudden changes in peer groups.
- Cruelty to pets or animals.
- Isolating from family or friends.
- Absenteeism from school, work, or family activities.
- Involvement with gangs or criminal activities.
- Violent or depressing artwork.
- Persistent disregard for following the rules.
- Secretive behavior.
- Running away or threats

Finding Help

There are many ways to get help once you know whom to call. Any of the persons listed below can help you identify a mental health professional or program:

- A Physician
- A Psychotherapist
- A Church Counselor
- A School Counselor
- A Medical Hospital
- An Emergency Room
- A Psychiatric Hospital
- An Insurance Company
- An Employee Assistance Program
- A Mental Health Association like Mental Health America or NAMI Gulf Coast

Deciding Which Type of Professional to Call

Determining which type of mental health professional to call is important. There are many different types of mental health professionals. Each type has specific credentials that identify their training and area of expertise. Be sure to ask the mental health professional what areas of mental health are his or her expertise, even those who have the same licensure. Listed below are the most common mental health credentials.

A Psychiatrist or MD is a Medical Doctor who specializes in mental functioning. They have the legal authority to prescribe medications for their clients. They can treat clients for any type of mental health problem.

A Psychologist or Ph.D. is a Doctor of Psychology. They can provide counseling or psychotherapy for any type of mental health problem. They often train or teach other therapists and conduct evaluations or psychological testing on clients to help identify / clarify thinking, emotional or educational problems.

A Licensed Marriage and Family Therapist or LMFT is licensed by the state to conduct marriage and family therapy. They work with individuals and families in order to overcome family problems.

A Licensed Master Social Worker or LMSW is licensed by the state to provide therapy for individuals with mental health problems. They work with individuals and families to overcome their problems. They also assist clients in accessing other services that may help return the client to the best possible mental health.

A Licensed Professional Counselor or LPC is licensed by the state to counsel individuals or families. They help clients overcome any mental health related problem.

A Licensed Chemical Dependency Counselor or LCDC is licensed by the state to work with individuals and families to overcome problems with drugs and alcohol. Their expertise is limited to substance abuse and the problems that often accompany substance abuse.

Learn all you can about the disorder and medications – and keep learning.

Choose (or steer your loved one to) doctors and therapists who are willing to work with the family.

Speak calmly, in an organized manner, focusing on the two or three most immediate issues. When talking to mental health professionals about your concerns, do not vent. This is about helping the consumer, not about expressing your feelings and anxieties. Keep it as simple as possible.

Stay focused on the issues. Keep it simple, focused and factual.

Talk to the doctor/therapist - by fax or email if necessary. If the individual is over 18, the doctor/therapist won't be able to talk with you unless you have guardianship or your consumer gives permission. However, you can still talk <u>to</u> the doctor/therapist – it may be a one-sided conversation, but you can give them the information they need. You can do it by fax or email if you can't do it in person.

Send a privacy information form, if your consumer will sign one, to all doctors/therapists and the insurance company. NAMI GC has a consent form if you need a copy. Keep a copy for your crisis file.

Keep a file of information about the individual: dates of diagnoses, hospitalizations, names of doctors and medications, insurance/Medicare information. Keep a telephone/contact log when dealing with caseworkers, doctors, therapists, etc. Be sure to get names. This will be helpful during the inevitable follow-up.

Medicine and Mental Health Professionals

Medications are a starting point that may allow other therapeutic strategies to work. Medications can strongly affect behavior. They can bring enough calm to allow other therapeutic work to be done. Positive effects will continually need to be weighed against the negative. **Know the medications:** what they do, side effects, interactions with food or other medications, how sensitive the medication is to non-compliance.

Some suggestions are: weekly pill dispensing boxes, alarm clocks and wristwatch alarms. Be aware that some consumers need closer supervision. **Lock up extra medications**, especially if you have 90-day supplies and particularly if your loved one suffers from depression or has a history of substance abuse.

Monitor how well the medication is working and any side effects. It is especially important to keep notes when there is a change in medication or dosage. You can help the Doctor in treating symptoms by logging behaviors and medication.

Use hospital provided caseworkers. If going through a hospitalization, ask about caseworkers or social workers available through the hospital. Be sure to get their names and

contact information. They can listen to you and help with finding doctors, therapists and living facilities for after hospitalization. If your loved one is hospitalized and they have no source of income, they may be eligible for follow-ups with their local MHMR. Call NAMI GC for more information.

Taking Care of Yourself

Stay hopeful. Don't be discouraged. There is help through support and education (like the Partnerships education class and support chapter meetings from NAMI Gulf Coast).

Acknowledge your own feelings of confusion, anger and depression. Recovery is a slow process. It takes a long time.

Guilt is a common response. We may try to hide the situation from neighbors and friends because of shame and embarrassment. We can let go of this when we understand that the bizarre behavior is due to a biochemical imbalance in the brain.

Allow yourself to grieve the loss of your expectations for the individual with mental illness. Acceptance entails recognition that mental illness is a chronic disorder – that previous expectations may not be achievable. Allow yourself to grieve the loss of those possibilities. Focus on what is realistically possible now.

Set limits on what you expect of yourself. Live one day at a time. Set realistic limits on what you as an individual can actually control or accomplish.

Positive self-talk is effective. Replace negative self-talk with positive. If you can't change the circumstance, consider changing the way you think about it. "If life hands you lemons, turn it into lemonade."

Try to live as balanced a life as possible. Avoid letting your consumer's problems take over your life. Don't make all your conversations about the consumer. So often, we give up all or much of our regular life and live with this person as the focus of our everyday existence. This may be necessary during a crisis, but when there is some stability, try to return to some balance and pursue your regular activities as much as possible.

Make sure you get respite. As a caregiver, you need a rest. Give yourself daily time away from the consumer. Do something you need or want to do. Making this part of your daily life will help you continue to care for the individual.

Be grateful for the wisdom you gain. In the process of coping with this illness, you will have discovered much more about yourself and about the vagaries of the human condition than you could ever have imagined.

Don't sacrifice relationships with other family

Be grateful for the wisdom you gain. In the process of coping with this illness, you will have

discovered much more about yourself and about the vagaries of the human condition than you could ever have imagined.

Remember, this is a "long haul" event - pace yourself.

Accept that there will be bad times and better times, but that a quick one-time-for-all treatment is most likely not possible.

Learn to be flexible. Flexibility and adjustments in dealing with these issues can help you to cope.

Keep yourself healthy. Eat right, get enough sleep, and try to fit in some exercise. Respond to the aches and pains of your body, mind and soul. Encourage others in your family to do the same. Care-giving is intensive, over-whelming work, especially during crises. Just as the consumer needs a long recovery time, so do you.

Paying For Help

<u>Self-Pay</u> clients pay the provider directly for their help. Many of these providers receive funds from various government agencies and have sliding scale fees.

<u>Private insurance</u> companies will often cover mental health care. However, there are usually restrictions and limitations to what they will pay for.

<u>Managed Care Companies</u> act as middlemen between clients and the insurance companies. They determine what medical care the insurance company will pay for or not pay for based on "medical necessity".

Mental Health and Intellectual Disability Clinics offer mental health care on a sliding scale fee system and accepts Medicaid, Medicare, or health insurance.

Medicare is a federally funded health insurance program for senior citizens, and the disabled.

<u>Medicaid</u> is a state funded health insurance program for low-income families.

<u>The Children's Health Insurance Plan</u> or <u>CHIP</u> is a federal and state funded health insurance program for children who do not qualify for Medicaid but do not have any other type of insurance coverage.

Planning for Your Family Member's Future

Help your consumer obtain Social Security benefits. He or she may be eligible for SSI or SSDI.

You may want to consider creating a Special Needs Trust to support your consumer long-term. There are financial planners and lawyers who are experienced in this area.

Keep your will up-to-date.

Learn about housing options. Your consumer does not necessarily need to live with you, and, at some point, won't be able to. Explore personal care facilities, government supported housing for the disabled, group homes and the like.

Consider current guardianship. If your consumer needs a guardian, you may wish to divide the job between a financial guardian and a personal guardian.

Plan for long-term care-giving and guardianship. Your consumer cannot depend on you indefinitely. Talk with family members to educate them on how to deal with someone with mental illness and discuss future care-giving possibilities. Again, responsibilities can be divided among two or more people. People outside the family can be engaged to carry out these responsibilities. Don't put this off; no one knows what tomorrow will bring.

Rights for Individuals with Mental Illness

The Advisory Commission on Protection and Quality in the Health Care industry has identified the following expectations for health care providers:

- Individuals have the right to emergency health care services when needed regardless of the ability to pay.
- Individuals have the right to accurate and easily understood information in order to fully participate in their health care decisions.
- Individuals have the right to have all information kept confidential as required by law.

Coping with a Crisis

Don't try to reason with the individual when he/she is in the turmoil of a crisis.

Talk in a calm, quiet voice, focusing on practical, workable, short-term solutions.

During a crisis, it is natural for us to become agitated, worried and upset – and to talk a lot in an effort to stabilize things, telling the consumer what to do. However, this can escalate the problem. Take a minute to calm yourself – and to let the individual calm a bit. Take a deep breath and focus on the major immediate issue. Keep your voice calm and look for practical, short-term solutions.

Take action immediately if you feel you might be in physical danger from an out-of-control consumer. At the first sign, call for help. Protect yourself. You cannot help anyone if you are hurt.

Trust your judgment about when it is time to intervene. You learn to recognize when some kind of intervention is necessary.

Make a crisis plan now. It is helpful to have a one-page summary of basic information about the consumer. Make copies to give, by fax or in person, when needed. You may wish to include: the consumer's name, address, telephone number, driver's license number, social security number, diagnoses, where and when hospitalized, recent medications (whether adhered to or not), any suicide attempts or violence, and the name, telephone and fax numbers of the most recent doctor. Include the name and telephone number of the family caregiver. (See sample crisis sheet at the end of this section.) Keep this summary with you or put it in a quickly accessible place.

Make a list in advance of the hospitals that have emergency treatment, and those which will take the consumer's insurance/Medicaid/Medicare. If the consumer doesn't have insurance, know the name and phone number of the county hospital. One option is to call the insurance company beforehand – they will often walk you through the admission process.

Assess whether your consumer is a danger to himself or others. When trying to hospitalize your consumer for psychiatric care, you will be asked, "Is this person a danger to himself or others?" Answering "yes" to this with specific reasons is the key to getting the consumer hospitalized. Don't lie, but documentation can be helpful. Consider all aspects of the situation. One father recognized that his son was so out of touch with reality that he was likely to walk into a busy street without regard to safety, and thus was a danger to himself.

If police intervention is needed, identify the emergency as mental health-related and ask for a Crisis Intervention Team or a Mental Health Deputy. Keep this phone number in your wallet. These numbers are listed in previous pages of this manual.

WARNING SIGNS OF SUICIDE

- IRRITABLE, ANGRY, OR DEPRESSED MOOD
- POOR SLEEP
- SUDDEN CHANGES IN BEHAVIOR
- LOSS OF A FRIEND/ RELATIONSHIP

• FEELING HOPELESS ABOUT THE FUTURE
• REMARKS ABOUT DYING OR SUICIDE
• PREVIOUS SUICIDAL THOUGHTS OR ATTEMPTS
• ALCOHOL OR SUBSTANCE ABUSE
• ACCESS TO GUNS AND OTHER LETHAL MEANS OF HARM

• DECLINE IN SCHOOL/WORK PERFORMANCE

• SUICIDAL THREATS