*This sheet was made to help you find mental healthcare close to home. On pages 3-4 clinics are listed by Houston area.*

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| **EMERGENCY SERVICES**  *24 hours a day, 365 days a year* |
| Crisis Intervention: **1 (800) SUICIDE || (713) HOTLINE || (713) 529-TEEN || 713-526-8088 (Español)**  <http://www.crisishotline.org/>  NeuroPsychiatric Center (NPC) Crisis Facility: **Helpline 713-970-7070**   * 1502 Taub Loop, Houston 77030. Next to Ben Taub Hospital. * Adults, adolescents, and children can walk in without an appointment and get help even with no insurance. * No ride during a crisis? Call the NPC Mobile Crisis Outreach Team at 713-970-7520. * <http://www.mhmraharris.org/Crisis-And-Emergency-Services.asp> |

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| **NON-EMERGENCY SERVICES** | |
| **Texas Health and Human Services Commission 2-1-1 Referral Line**   * Visit [www.211texas.org](http://www.211texas.org), enter your zip code and view the resources available in your area. Click on the “Mental Health” link to view mental health resources in your area. * Resources listings are also available by phone through the free, anonymous social services hotline: dial 211 or (877) 541-7905 to speak to a representative.   **Substance Abuse and Mental Health Services Administration (SAMHSA) Treatment Locator**   * <https://findtreatment.samhsa.gov/> * Search by address or zip code for services. Narrow down results based on insurance plan, age and other factors.   **Clinics with multiple locations throughout Houston** (see pages 2-3 for clinics by Houston area) | |
| *Legacy Community Health Clinics*   * Legacy offers behavioral health care services for adults and children. To contact the behavioral health intake line, please call: (713) 351-7360. * Many insurance plans accepted. * Payment can be arranged on a sliding scale for individuals without health insurance. If you think you may qualify for reduced rates, please call Legacy’s main appointment line for information on financial assistance: (832) 548-5000. * <http://www.legacycommunityhealth.org/services/behavioral-health/>   *Harris Health System*   * Mental health services for adults and children. * Financial assistance (“Gold Card”) for the uninsured. Financial Assistance Program: (713) 566-6509. * Patient Appointment Center: (713) 526-4243. * <http://www.hchdonline.com/>   *Catholic Charities*   * Professional counseling services only. * Takes some insurance, payment help if needed. * Call (713) 874-6590 or (866) 649-5862. * <http://www.catholiccharities.org/our-services/strengthening-families/counseling-services/> | *The Harris Center for Mental Health and IDD*   * Mental health provider for the State of Texas. * Call Eligibility Center to find a location and learn more about payment options: (713) 970-7070. * <http://www.mhmraharris.org>   *Family Services of Greater Houston*   * Professional counseling services. * Many insurance plans accepted. * Payment can be arranged on a sliding scale for individuals without health insurance. * Call (713) 861-4849, press option 4 for appointment information. * <http://www.familyservices.org/>   *Interface-Samaritan Counseling Centers*   * Christian faith-based counseling services by licensed therapists. Individuals of all faith backgrounds welcomed. * Many insurance plans accepted. * Payment can be arranged on a sliding scale for individuals without health insurance. * Bilingual therapists currently on staff. * To make an appointment: (832) 779-4357 |

**SUPPORT GROUPS**

**National** **Alliance** **for** **the** **Mentally** **Ill** **(NAMI)**: **NAMI** **Metropolitan** **Houston**

* Support groups for individuals and family members, classes, and assistance with referrals. Call 713-970-4419.
* <http://www.namigreaterhouston.org>

**Depression** **and** **Bipolar** **Support Alliance Formally (DMDA)**

* Please leave a message at 713-600-1131; someone will call you back with information on support groups.
* <http://www.dbsahouston.org/>

**RESOURCES FOR NEW MOMS**

"Taking care of your baby means taking care of yourself. While it may be hard with a newborn, getting enough sleep, eating right and exercising regularly can have a positive impact on your mental health. Know that help is always available if you need it. If you find yourself feeling depressed or overwhelmed by your new role as a mother and it’s interfering with your ability to care for your baby, talk to your physician about a treatment that’s right for you.

For parenting advice on a variety of issues, call our experts at the Texas Children’s Parent Advice Line at **832-824-1777**.

For urgent needs, call the Hope Line at **1-800-PPD-MOMS (1-800-773-6667)**, a free, confidential resource for postpartum depression, or [check out the website for Postpartum Support International (PSI)](http://www.postpartum.net/) for information and help in your area."

For an appointment at The Women's Place at the Pavilion for Women in the medical center, call **832-826-5281.**

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| **🞎 CENTRAL HOUSTON (INSIDE THE LOOP)** | |
| **Legacy Community Health Center – Montrose**   * 1415 California St, Houston, TX 77006   832-548-5100  **Jewish Family Services (counseling only)**   * 4131 S Braeswood Blvd, Houston, TX 77025   713-667-9336  Open to patients of all ages and backgrounds. Offer services on a flexible fee scale. <http://www.jfshouston.org/counselingservices.php>  **Interface-Samaritan Counseling Centers – Galleria**   * St. Phillip Presbyterian Campus   4803 San Felipe, Houston, TX 77056  832-779-4357 | **Catholic Charities – Moran Health Center**   * 2615 Fannin St, Houston, TX 77002   713-874-6590 or 866-649-5862  **Harris Health**   * Ben Taub Hospital   1504 Taub Loop, Houston, TX 77030  713-873-2000   * Thomas Street Health Center (patients with HIV/AIDS only)   2015 Thomas St, Houston, TX 77009  713-873-4000   * Casa de Amigos Health Center   1615 North Main St, Houston, TX 77009  713-222-2272 |
| **🞎 NORTHWEST HOUSTON**  **Catholic Charities** – 713-874-6590 or 866-649-5862   * St. Ignatius Loyola Catholic Church   7810 Cypresswood Dr, Spring, TX 77379   * St. John Vianney Catholic Church   625 Nottingham Oaks Trail, Houston, TX 77079  **Interface Samaritan Counseling Centers – Spring**   * St. Stephen’s United Methodist   2003 W. 43rd Street, Houston, TX 77018  713-686-8241   * Cypress Creek Christian Campus   6823 Cypresswood Drive, Spring, TX 77379  281-376-8006  **Harris Health**   * Northwest Health Center   1100 West 34th St, Houston, TX 77018  713-861-3939   * Pediatric & Adolescent Health Center – Bear Creek   5870 Highway 6, Ste. 108, Houston, TX 77084  713-873-6860   * Cypress Health Center   12340 Jones Road, Ste. 100, Houston, TX 77070  713-873-5240 | **🞎 NORTHEAST HOUSTON**  **Community Health Center** **– Lyons Clinic**  5602 Lyons Ave, Houston, TX 832-548-540  **Harris Health**   * Aldine Health Center   4755 Aldine Mail Route, Houston, TX 77039-5934  281-985-7600   * E. A. "Squatty" Lyons Health Center   1712 First Street E, Suite M20, Humble, TX 77338  281-446-4139   * Settegast Health Center   9105 North Wayside Drive, Houston, TX 77028  713-633-2020 |
| **🞎 WEST/SOUTHWEST HOUSTON**  **Legacy Community Health Clinics**   * Bissonnet   12667 Bissonnet St, Houston, TX 77099  281-498-6100   * Baker Ripley   6500 Rookin St, Houston, TX 77074  713-351-7350   * Southwest   6441 High Star Dr, Houston, TX 77074 832-548-5000   * Mapleridge   6550 Mapleridge St, Houston, TX 77081 713-779-7200  **Catholic Charities - Ft. Bend County United Way Service Center**   * 10435 Greenbough Blvd, #200, Stafford, TX 77477   713-874-6590 or 866-649-5862  **Interface-Samaritan Counseling Centers – Katy**   * New Hope Presbyterian Campus   1359 N. Mason Road, Katy, TX 77449  713-626-7990   * Grand Lakes Presbyterian Church   60355 S. Fry Road, Katy, TX 77450  713-626-7990  **Harris Health**   * El Franco Lee Health Center   8901 Boone Road, Houston, TX 77099  281-454-0500   * Vallbona Health Center (formerly People's)   6630 DeMoss St, Houston, TX 77074-5004  713-272-2600 | **🞎 EAST/SOUTHEAST HOUSTON**  **Legacy Community Health Clinics**   * San Jacinto   4301 Garth Rd #400, Baytown, TX 77521 281-420-8400   * Baytown   6730 Independence Blvd, Baytown, TX 77521 281-421-4013   * Southpark   4450 Highland Ave, Beaumont, TX 77705  409-242-2525  **Catholic Charities – South Houston Bay Area United Way Service Center**   * 1300 Bay Area Blvd. #229, Houston, TX 77058   713-874-6590 or 866-649-5862  **Harris Health**   * Strawberry Health Center   927 E. Shaw Road, Pasadena, TX 77506-1430  713-982-5900   * Pediatric and Adolescent Health Center - Pasadena   3925 Fairmont Parkway, Pasadena, TX 77504  713-873-6300   * Gulfgate Health Center   7550 Office City Drive, Houston, TX 77012  713-495-3700   * Baytown Health Center   1602 Garth Road, Baytown, TX 77520-2410  281-837-2700   * Martin Luther King Jr. Health Center   3550 Swingle Road, Houston, TX 77047  713-547-1000 |