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

|  |
| --- |
| **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>
 |

|  |
| --- |
| **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.**

|  |
| --- |
| **🞎 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

713-667-9336Open 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 77056832-779-4357 | **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 77030713-873-2000* Thomas Street Health Center (patients with HIV/AIDS only)

2015 Thomas St, Houston, TX 77009713-873-4000* Casa de Amigos Health Center

1615 North Main St, Houston, TX 77009713-222-2272 |
| **🞎 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 77018713-686-8241* Cypress Creek Christian Campus

6823 Cypresswood Drive, Spring, TX 77379281-376-8006**Harris Health** * Northwest Health Center

1100 West 34th St, Houston, TX 77018713-861-3939* Pediatric & Adolescent Health Center – Bear Creek

5870 Highway 6, Ste. 108, Houston, TX 77084713-873-6860* Cypress Health Center

12340 Jones Road, Ste. 100, Houston, TX 77070713-873-5240 | **🞎 NORTHEAST HOUSTON****Community Health Center** **– Lyons Clinic**5602 Lyons Ave, Houston, TX832-548-540**Harris Health** * Aldine Health Center

4755 Aldine Mail Route, Houston, TX 77039-5934281-985-7600* E. A. "Squatty" Lyons Health Center

1712 First Street E, Suite M20, Humble, TX 77338281-446-4139* Settegast Health Center

9105 North Wayside Drive, Houston, TX 77028713-633-2020 |
| **🞎 WEST/SOUTHWEST HOUSTON****Legacy Community Health Clinics** * Bissonnet

12667 Bissonnet St, Houston, TX 77099281-498-6100* Baker Ripley

6500 Rookin St, Houston, TX 77074713-351-7350* Southwest

6441 High Star Dr, Houston, TX 77074832-548-5000* Mapleridge

6550 Mapleridge St, Houston, TX 77081713-779-7200**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 77449713-626-7990* Grand Lakes Presbyterian Church

60355 S. Fry Road, Katy, TX 77450713-626-7990**Harris Health** * El Franco Lee Health Center

8901 Boone Road, Houston, TX 77099281-454-0500* Vallbona Health Center (formerly People's)

6630 DeMoss St, Houston, TX 77074-5004713-272-2600 | **🞎 EAST/SOUTHEAST HOUSTON****Legacy Community Health Clinics** * San Jacinto

4301 Garth Rd #400, Baytown, TX 77521281-420-8400* Baytown

6730 Independence Blvd, Baytown, TX 77521281-421-4013* Southpark

4450 Highland Ave, Beaumont, TX 77705409-242-2525**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 77506-1430713-982-5900* Pediatric and Adolescent Health Center - Pasadena

3925 Fairmont Parkway, Pasadena, TX 77504713-873-6300* Gulfgate Health Center

7550 Office City Drive, Houston, TX 77012713-495-3700* Baytown Health Center

1602 Garth Road, Baytown, TX 77520-2410281-837-2700* Martin Luther King Jr. Health Center

3550 Swingle Road, Houston, TX 77047713-547-1000 |