Housing can be a cause of stress for many people. Some of these groups have help if you have issues with your landlord. Some of these places help provide housing for you so that you can get back on your feet. You can also call 2-1-1 for more information. Please feel free to ask your doctor if you have any questions.

**Legal Sources**

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| Legal Hotline for Texans | Provides free legal help to those above 60 years in age. | N/A | 1-800-622-2520 |
| Lone Star Legal Aid | Provide services for housing related and other issues. | 1415 Fannin Street Houston, TX, 77002 | (713)-652-0077 (800)-733-8394 |

**Young Adults**

|  |  |  |  |
| --- | --- | --- | --- |
| Covenant House | Provide emergency shelter for pregnant teens and young adults (ages 18-20) | 1111 Lovett Blvd Houston, TX 77006 (Central Houston) | (713)-523-2231 |

**Women**

|  |  |  |  |
| --- | --- | --- | --- |
| Myriam’s | Can stay up to 3 days (might be able to get extension if letter from referring agency) | 2009 Congress, Houston, TX, 77002(Central Houston) | (713)-224-1373 |
| Sally’s Emergency Shelter | Helps single women with history of drug use. Can stay up to 12 months but must be in school or work. | 1717 Congress, Houston, TX, 77002(Central Houston) | (713)-223-8889 |
| Star of Hope – Women and Family Residence | Must bring some form of ID. Often full, call before you go. Will take children under age 18. | 419 Dowling, Houston, TX, 77003(Central Houston) | (713)-222-2220 |
| The Bridge over Troubled Waters | For women and children facing domestic abuse. | 3811 Allen-Genoa Rd Pasadena, TX 77504 (Southeast Houston) | 24-hour hotline: 713-473-2801 |

**Men**

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| Star of Hope Men’s | Intake is from 8 AM to 11 AM and 1 PM to 3 PM with ID. Can get full, and may turn you away if late. | 1811 Ruiz, Houston, TX, 77002(Central Houston) | (713)-227-8900 |
| Salvation Army Men’s | Must bring state-issued ID. May stay 8 days for free, then $10 per day after. | 2407 N Main St, Houston, TX, 77009 | (713)-224-2875 |

**Mixed**

|  |  |  |  |
| --- | --- | --- | --- |
| Modest Family Health Center | Shelter for homeless single men and women who may have a mental disability. | 1008 Danube St Houston, TX, 77051(South Houston) | (713)-733-2458 |

**Elderly**

|  |  |  |  |
| --- | --- | --- | --- |
| Turning Point Center | For elderly homeless, 50 or older. Provide meals, clothing, and counseling. | 1701 Jacquelyn Dr, Houston, TX, 77055 (West Houston) | (713) 957-0099 |