

A listing of nonprofit mental health supports and services for the greater Houston region offering free and low-cost services

The Wellness Guide



Take an online **Mental Health Screening** and begin your journey to emotional wellness. Visit www.mhahouston.org today.



FREE • CONFIDENTIAL • ANONYMOUS
DEPRESSION • ANXIETY • BIPOLAR • PTSD • ADDICTION
EATING DISORDER • YOUTH SCREENING
POSTPARTUM • PSYCHOSIS • WORK HEALTH
DEPRESSION (NEW AND EXPECTING PARENTS)
PARENT TEST: YOUR CHILD'S MENTAL HEALTH
MENTAL HEALTH NEXT STEPS QUIZ

PRUEBA DE ANSIEDAD • PRUEBA DE DEPRESIÓN

After completing the screen you will be provided with information, resources, and tools to help you understand and improve your mental health. A screen is not a diagnosis. Share your results with a health professional.



B4Stage4



United Way
 United Way of Greater Houston

Houston Area Women's Center
 Domestic Violence Hotline: 713-528-2121
 Rape Crisis Hotline: 713-528-7273

LGBTQIA+ Switchboard Houston
 24 Hour Helpline: 713-529-3211

Disaster Distress Hotline
 1-800-985-5990
 Txt: 66746 to connect with a LCSW

TEEN: 832-416-1199 (CALL)
 TEEN: 281-201-4430 (TEXT)

Operates free, confidential, anonymous crisis and suicide prevention counseling, 24 hours a day, seven days a week.
 832-416-1177

The Harris Center
 24 Hour Crisis Line: 713-970-7000

Crisis Intervention Hotline of Houston

9-8-8
 Beginning July 16, 2022 dial 9-8-8 to reach the suicide prevention hotline.

9-1-1
 For a mental health crisis dial 9-1-1 and tell the operator it is a mental health emergency and ask for a responder with appropriate training.

Crisis Helplines

2-1-1
 Dial 2-1-1 to access a free, confidential helpline operated by the United Way of Greater Houston. Referrals available 24 hours a day, 7 days a week to connect to utility assistance, rent/mortgage assistance, medical services, housing assistance, and more.

Adult and Family Mental Health Services

The Alliance Wellness Clinic
 Phone: 713-554-1890 | Services: Individual, Couple, Family, and Group Counseling, Trauma Recovery

Avenue 360 Health and Wellness*
 Phone: 713-426-0027 | Services: Medical, Behavioral Health, Housing, Case Management, Pharmacy

Catholic Charities*
 Phone: 713-526-4611 | Appointments: 713-791-2496 | Services: Individual, Couples, Family Counseling

Denver Harbor Family Clinic
 Phone: 713-674-3326 | Services: Mental Health/Behavioral Health Therapy

El Centro de Corazon*
 Phone: 713-660-1880 | Services: Case Management, Psychotherapy, Assessments, Psychiatric Evaluation

The Harris Center for Mental Health and IDD*
 Phone: 713-970-7000 | Services: Mental Health Services, Psychiatry

The Harris Center NeuroPsychiatric Center
 Phone: 713-970-7000 | Services: Emergency Psychiatric Treatment, Crisis Services

HOPE Clinic*
 Phone: 713-970-7000 | Services: Therapy, Medication Mgmt, Psychiatric Evaluation, Support Groups

Houston Galveston Institute
 Phone: 713-526-8590 | Services: Individual, Couple, Family, and Group Therapy

Alcohol and Drug Services

Career and Recovery Resources, Inc.
 Phone: 713-754-7000 | Services: Employment Services, Outpatient Substance Abuse Treatment

The Council on Recovery
 Phone: 713-942-4100 | Services: I&R, Education, Counseling, Dual Diagnosis, Substance Abuse Treatment

The Montrose Center
 Phone: 713-529-0037 | Services: LGBTQ+, Substance Abuse Outpatient Treatment, Case Management

Open Door Mission
 Phone: 713-921-7520 | Services (Men Only): Substance Abuse Residential Program

Santa Maria Hostel
 Phone: 713-691-0900 | Services (Women Only): Residential & Outpatient Treatment, Dual Disorder

The Texas House
 Phone: 888-268-0905 | Services: Mental Health, Substance Abuse Residential Treatment

The Women's Home
 Phone: 713-521-3150 | Services (Women in Crisis): Residential Substance Abuse Treatment

*Multiple locations; call for information.

mhahouston.org

B4Stage4



Interested in a mental health training at your work place or for your group?
 Mental Health America of Greater Houston also offers trainings and workshops on a variety of mental health topics for small to large groups.
 To review offerings and submit a request visit our website at mhahouston.org or call 713.523.8963 x245

B4Stage4



For additional mental health and wellness resources visit mhahouston.org
 2211 Norfolk St., Ste. 810, Houston, TX 77098
 713.523.8963
info@mhahouston.org

Follow us on social media: @ f in

Ver. 11/2022

Behavioral Health Services for the Elderly

Alzheimer's Association Phone: 713-314-1313 / 1-800-272-3900 Services: Helpline, Education, Care Consult, Support Group	6055 South Loop East, 77087
Catholic Charities* Phone: 713-874-6588 4611 Services: Assessment, Referrals, Mental Health Support	2615 Fannin St., 77002
The Council on Recovery--Well Elderly Program Phone: 713-942-4100 Services: Substance Abuse Treatment, Education, Counseling	303 Jackson Hill St., 77007
Harris County Long-Term Care Ombudsman Program* Phone: 713-500-9931 Services: Advocacy, Education and Outreach (Residents' Rights)	6901 Bertner Ave., Suite. 624, 77030
Jewish Family Service Phone: 713-667-9336 Services: Counseling, Intensive Outpatient Program	4131 South Braeswood Blvd., 77025
The Montrose Center--SPRY 60+ Phone: 713-529-0037 Services: LGBTQ, Counseling, Case Management, Education	401 Branard St., 2nd Floor, 77006



Veteran and Military Services

City of Houston Office of Veteran Affairs Phone: 832-393-0992 Services: Veterans Affairs – Referral Services	901 Bagby St., 1st Floor, 77002
Combined Arms Phone: 1-888-737-3112 Services: Information and Referral	2929 McKinney St., 77003
Easter Seals of Greater Houston Phone: 713-838-9050 / 346-330-3859 (Appointments) Services: Therapy, Case Management	4888 Loop Center Dr., Suite 200, 77081
Grace After Fire Phone: 210-864-2959 Services (Women Only): Peer-to-Peer Support Group, Referrals	2929 McKinney St., 77003
Michael E. DeBakey Department of Veterans Affairs Medical Center Phone: 713-794-7561 Services: Mental and Behavioral Health, Addiction and Substance Use	2002 Holcombe Blvd., 77030

Child and Adolescent Behavioral Health Services

Airline Children's Clinic Phone: 713-695-4013 Services: Counseling	5805 Airline Dr., 77076
The Alliance Phone: 713-554-1890 Services: Counseling, Trauma Informed Therapy	4660 Hillcroft, Suite 411, 77081
Association for the Advancement of Mexican Americans Phone: 713-926-6700 Services: Substance Abuse Treatment, Education, Support, Peer Recovery Coaching	6001 Gulf Fwy, 77023
Baylor College of Medicine Teen Health Clinic Phone: 713-999-6980 Services (Ages 13-24): Health Care, Therapy, Case Management, Counseling	1504 Taub Loop, 77030
Bo's Place Phone: 713-942-8339 Services: Grief Support Groups (Adult, Children, Families), Grief Education	10050 Buffalo Speedway, 77054
Catholic Charities* Phone: 713-526-4611 Appointments: 713-791-2496 Services: Individual, Couples, Family Counseling	2615 Fannin St., 77002
The Center for Success and Independence Phone: 713-426-4545 Services (Ages 12-17): Substance Abuse Treatment, Mental Health Treatment	3722 Pinemont Dr., 77018
The Council on Recovery Phone: 713-942-4100 Services: Counseling, Dual Disorders, Substance Abuse Treatment	303 Jackson Hill St., 77007
DePelchin Children's Center Phone: 713-730-2335 Services: Therapy, Emergency Clinic	4950 Memorial Dr., 77007
Family Houston Phone: 713-861-4849 Services: Child & Adolescent Counseling	4625 Lillian St., 77007
Fuller Life Family Therapy Institute Phone: 855-245-5433 Services: Child & Adolescent Counseling	4545 Bissonnet, Suite 289, 77401
Houston Galveston Institute Phone: 713-526-8390 Services: Individual, Couple, Family, and Group Therapy	2990 Richmond Ave, Suite 530, 77098
The Harris Center for Mental Health and IDD* Phone: 713-970-7000 Services: Assessments, Mental Health, Psychiatric Services	9401 Southwest Freeway, 77074
Jewish Family Service Phone: 713-667-9336 Services: Counseling, Intensive Outpatient Program	4131 South Braeswood Blvd., 77025
Lucine Center for Trauma and Grief Phone: 832-244-9502 Services: Treatments for post-traumatic stress, grief, and distress	
The Montrose Center Phone: 713-529-0037 / 713-529-3211 (Hotline) Services: LGBTQ Teen Support Group (Ages 13-20)	401 Branard St., 2nd Floor, 77006
re:MIND Phone: 713-600-1131 Services: Peer Support Groups for Depression and Bipolar Disorders or Symptoms	PO Box 27607, 77227
Texas Youth Hotline Hotline: 800-989-6884 / 512-872-5777 (Text) Services: Crisis Counseling, Referrals to Shelters	
UT Harris County Psychiatric Center Phone: 713-741-5000 Services: Inpatient Psychiatric Hospital	2800 South MacGregor Way, 77021

Refugee and Immigrant Mental Health

The Alliance Wellness Clinic
Phone: 713-554-1890
Services available in Spanish, Urdu, Hindi, Nepali. Can accommodate other languages with prior arrangement

Servicios en Español

Jewish Family Service	Teléfono: 713-667-9336
Texas Children's Hospital- Salud Mental	Teléfono: 832-828-1430
Avance de Alfabetización	Teléfono: 713-812-0033
Caridades Católicas	Teléfono: 713-526-4611
Casa de Esperanza de los Niños	Teléfono: 713-529-0639
Centro de Montrose	Teléfono: 713-529-0037
Centro Psiquiátrico del Condado Harris UT	Teléfono: 713-741-5000
Centros Medicos Michael E. DeBakey para Veteranos	Teléfono: 713-791-1414
Clínica Baylor de Psiquiatría	Teléfono: 713-798-4857
Council on Recovery	Teléfono: 713-942-4100
Ejército de Salvación	Teléfono: 713-752-0677
El Centro de Corazón	Teléfono: 713-660-1880
Harris Center	Teléfono: 713-970-7000
Instituto Houston Galveston	Teléfono: 713-526-8390
Servicios para Familias de Houston	(línea gratis) Teléfono: 800-720-7777
Vecino Clínica	Teléfono: 713-674-3326

5 Steps to Take to Boost your Mental Health

1. Take time to laugh. Laughter helps reduce anxiety.

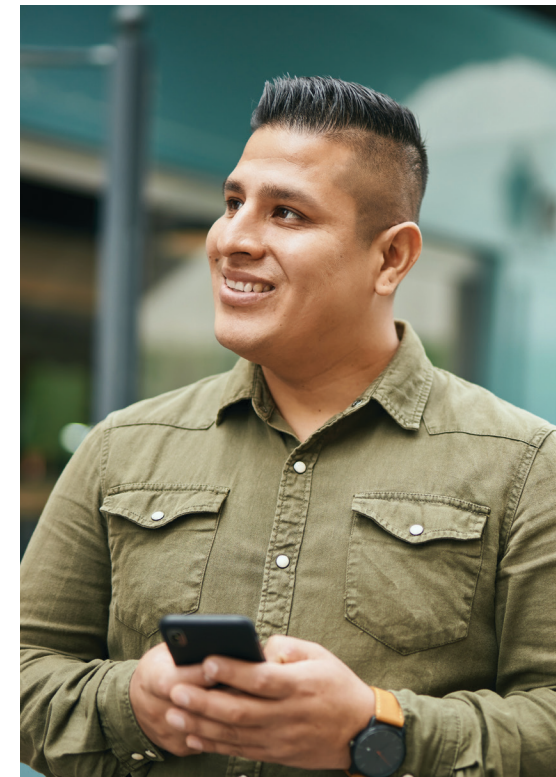
2. Experiment with a new recipe, write a poem, or paint. Creative expression and overall well-being are linked.

3. Go ahead and yawn. Studies suggest that yawning helps cool the brain and improves alertness and mental efficiency.



4. Treat yourself to a couple pieces of dark chocolate every few days. The flavanoids, caffeine, and theobromine in chocolate are thought to work together to improve alertness and mental skills.

5. Practice forgiveness—self and others. People who forgive have better mental health and report being more satisfied with their lives.



Surrounding Counties:

Austin, Fort Bend, and Waller Counties:
Texana Center Phone: 281-239-1300
Rosenberg, TX 24/7 Crisis Line: 800-633-5686

Brazoria and Galveston Counties:
Gulf Coast Center Phone: 800-643-0967
24/7 Crisis Line: 866-729-3848

Chambers County:
Spindletop Center Phone: 409-784-5400
24/7 Crisis Line: 800-937-8097

Liberty and Montgomery Counties:
Tri-County Behavioral Healthcare
Phone: 936-521-6100
24/7 Crisis Line: 800-659-6994

