The Wellness Guide

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

DEPRESSION • ANXIETY • BIPOLAR • PTSD • ADDICTION • EATING DISORDER • YOUTH SCREENING • POSTPARTUM • PSYCHOSIS • WORK HEALTH

After completing the screening 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.

Adult and Family Mental Health Services

The Alliance Wellness Clinic
6440 Hillcroft Ave Suite 304, 77081
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: 713-738-2496 | Services: Individual, Couples, Family Counseling

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

E Centro de Conocer Phone: 713-674-0019 | Services: Mental Health/Counseling Services

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

Community Health of Southeast Texas Phone: 713-556-9900 | Services: Individual, Family, and Group Therapy

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: HR, Education Counseling, Dual Diagnosis, Substance Abuse Treatment

The Montrose Center Phone: 713-529-0017 | Services: LGBT+, Substance Abuse Outpatient Treatment, Case Management

Open Door Mission Phone: 713-923-7500 | Services: Women Only, Substance Abuse Residential Program

Santa Maria Hostel Phone: 713-638-9000 | Services: Women Only, Residential & Outpatient Treatment, Dual Disorder

The Texas House Phone: 713-523-8963 | Services: Mental Health, Substance Abuse Residential Treatment

The Women's Home Phone: 713-524-3150 | Services: Women in Crisis, Residential Substance Abuse Treatment

Alcohol and Drug Services

mhahouston.org
Behavioral Health Services for the Elderly

Alzheimer's Association
6055 South Loop East, 77087
Phone: 713-314-1313 | 1-800-272-3900 | Services: HelpLine, Education, Care Consult, Support Group

Catholic Charities*
2615 Fannin St., 77002
Phone: 713-874-6588 4611 | Services: Assessment, Referrals, Mental Health Support

The Council on Recovery-Welderly Program
303 Jackson Hill St., 77007
Phone: 713-942-4100 | Services: Substance Abuse Treatment, Education, Counseling

Harris County Long-Term Care Ombudsman Program*
6901 Berthaw Ave., Suite. 624, 77030
Phone: 713-500-9931 | Services: Advocacy, Education and Outreach (Residents Rights)

Jewish Family Service
4131 South Braeswood Blvd., 77025
Phone: 713-667-9336 | Services: Counseling, Intensive Outpatient Program

The Montrose Center—SPRY 60+
401 Branard St., 2nd Floor, 77006
Phone: 713-529-0037 | Services: LGBTQ, Counseling, Case Management, Education

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.

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

Services 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

Centrales Católicas
Teléfono: 713-526-4611

Casa de Esperanza de los Niños
Teléfono: 713-526-0639

Centro de Montrose
Teléfono: 713-526-0037

Centro Psiquiátrico del Condado Harris UT
Teléfono: 713-741-5000

Centros Médicos Michael E. DeBakey para Veteranos
Teléfono: 713-791-1414

Clínica Baylor de Psiquiatría
Teléfono: 713-798-4857

Clínica de Servicios de Niños
Teléfono: 713-792-4519

El Centro de Coordinación
Teléfono: 713-690-4880

Harris Center
Teléfono: 713-526-7000

Instituto Houston Galveston
Teléfono: 713-526-8390

Servicios para Familias de Houston
Teléfono: 713-794-7777

Vecino Clínica
Teléfono: 713-674-3326

Surrounding Counties:

Austin, Fort Bend, and Waller Counties:
Texana Center
Phone: 281-239-1300

Rosenberg, TX
247 Crisis Line: 800-633-5686

Brazoria and Galveston Counties:
Gulf Coast Center
Phone: 800-643-0967

247 Crisis Line: 866-729-3848

Chambers County:
Spindletop Center
Phone: 409-784-5400

247 Crisis Line: 800-937-8097

Liberty and Montgomery Counties:
Tri-County Behavioral Healthcare
Phone: 936-521-6100

247 Crisis Line: 800-659-6994

Veteran and Military Services

City of Houston Office of Veteran Affairs
901 Bagby St., 1st Floor, 77002
Phone: 832-393-0992 | Services: Veterans Affairs – Referral Services

Combined Arms
2929 McKinstry St., 77003
Phone: 1-888-737-3112 | Services: Information and Referral

Easter Seals of Greater Houston
4888 Loop Center Dr., Suite 200, 77081
Phone: 713-838-9050 / 346-350-3859 (Appointments) | Services: Therapy, Case Management

Gracia After Fire
2929 McKinstry St., 77003
Phone: 210-864-2959 | Services (Women Only): Peer-to-Peer Support Group, Referrals

Michael E. DeBakey Department of Veterans Affairs Medical Center
2002 Holcombe Blvd., 77030
Phone: 713-794-7761 | Services: Mental and Behavioral Health, Addiction and Substance Use

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