

NAVIGATING THE MENTAL HEALTHCARE SYSTEM: HOUSTON

FOR ADULTS LIVING WITH SERIOUS MENTAL ILLNESS

WHEN TO SEEK CARE

Feelings and situations you may experience

- In treatment, maintaining levels of independence or seeking self-care help or community support
- In treatment, participating in mental health care or transitioning to care after hospitalization
- Breakthrough or emerging signs and symptoms
- Thoughts or actions—harm to self or others, medical emergency, severe withdrawal



WHERE TO GO

Levels of care

STABILIZATION AND SUPPORTIVE CARE

TRANSITION SERVICES

ACUTE CARE SERVICES

EMERGENCY SERVICES

MCOT HARRIS CENTER
 24/7 CRISIS LINE
 713-970-7000

HOUSTON SUICIDE PREVENTION HOTLINE
 713-228-1565

NAMI HOUSTON WARM LINE
 713-970-4483

WHOM TO ENGAGE

Services that may help

- 911, Crisis diversion program, Law enforcement with Crisis Intervention Team (CIT)
- 988, Law enforcement with CIT, Psychiatric emergency room, Hospitalization
- Intensive outpatient program, Partial hospitalization program, Substance abuse stabilization, Residential treatment facilities
- Therapy, Medication management, Social work, Self-help groups (community-run mental health groups), Advocacy (eg, National Alliance on Mental Illness, Mental Health America), Faith-based organizations (eg, churches)



The role of a support team:

- If you are experiencing a mental health-related situation, call someone you trust—friend, family member, caregiver—someone you love
- If you are caring for someone with lived experience, call 211 or 988

 NAMI GH Programs	 NAMI GH Support Groups	 MHA Houston Screener	
 Fort Bend Resources	 Houston Behavioral Healthcare	 Discovery Program	
 IOP Locations Houston		 The Council Recovery	
 Fort Bend Resources	 NAMI Crisis Guide	 Hope and Healing Center	 United Way Helpline
 Crisis Intervention	 The Harris Center	 Houston CIT	

Community Health Equity Alliance



COMMUNITY
HEALTHQUITY
ALLIANCE