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

ACUTE CARE SERVICES

EMERGENCY SERVICES

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

The Council Recovery
IOP Locations Houston
Houston Behavioral Health
United Way Helpline
Hope and Healing Center
NAMI Crisis Guide
Fort Bend Resources
The Harris Center
NAMI GH Programs
NAMI GH Support Groups
MHA Houston Screener
Discovery Program
Fort Bend Resources
Hope for Three
HOUSTON SUICIDE PREVENTION HOTLINE 713-228-1565
NAMI HOUSTON WARM LINE 713-970-4483
MCOT HARRIS CENTER 24/7 CRISIS LINE 713-970-7000

COMMUNITY HEALTH EQUITY ALLIANCE