



Share your results with a health professional.

mental health. A screen is not a diagnosis.

tools to help you understand and improve your

After completing the screen you will be

provided with information, resources, and

DEPRESSION (NEW AND EXPECTING PARENTS)

POSTPARTUM • PSYCHOSIS • WORK HEALTH

EATING DISORDER • YOUTH SCREENING

DEPRESSION • ANXIETY • BIPOLAR • PTSD • ADDICTION

FREE • CONFIDENTIAL • ANONYMOUS



Visit [www.mhahouston.org](http://www.mhahouston.org) today.

begin your journey to emotional wellness.

Take an online **Mental Health Screening** and

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



# The Wellness Guide



[mhahouston.org](http://mhahouston.org)

\*Multiple locations; call for information.

Adult and Family Mental Health Services	
The Alliance Wellness Clinic Phone: 713-554-1890   Services: Individual, Couple, Family, and Group Counseling, Trauma Recovery	6440 Hillcroft Ave Suite 304, 77081
Avenue 360 Health and Wellness* Phone: 713-426-0027   Services: Medical, Behavioral Health, Housing, Case Management, Pharmacy	2150 W. 18th, Suite 300, 77008
Catholic Charities* Phone: 713-526-4611   Appointments: 713-791-2496   Services: Individual, Couples, Family Counseling	2615 Fannin St., 77002
Denver Harbor Family Clinic Phone: 713-674-3326   Services: Mental Health/Behavioral Health Therapy	424 Hahlo St., 77020
El Centro de Corazon* Phone: 713-660-1880   Services: Case Management, Psychotherapy, Assessments, Psychiatric Evaluation	412 Telephone Rd., 77023
The Harris Center for Mental Health and IDD* Phone: 713-970-7000   Services: Mental Health Services, Psychiatry	9401 Southwest Freeway, 77074
The Harris Center NeuroPsychiatric Center Phone: 713-970-7000   Services: Emergency Psychiatric Treatment, Crisis Services	1502 Taub Loop, 77030
HOPE Clinic* Phone: 713-970-7000   Services: Therapy, Medication Mgmt, Psychiatric Evaluation, Support Groups	7001 Corporate Dr., Suite 120, 77036
Houston Galveston Institute Phone: 713-526-8390   Services: Individual, Couple, Family, and Group Therapy	2990 Richmond Ave., Suite 530, 77098
Alcohol and Drug Services	
Career and Recovery Resources, Inc. Phone: 713-754-7000   Services: Employment Services, Outpatient Substance Abuse Treatment	2525 San Jacinto St., 77002
The Council on Recovery Phone: 713-942-4100   Services: I&R, Education, Counseling, Dual Diagnosis, Substance Abuse Treatment	303 Jackson Hill St., 77007
The Montrose Center Phone: 713-529-0037   Services: LGBTQ+, Substance Abuse Outpatient Treatment, Case Management	401 Branard St., 2nd Floor, 77006
Open Door Mission Phone: 713-921-7520   Services (Men Only): Substance Abuse Residential Program	5803 Harrisburg Blvd., 77011
Santa Maria Hostel Phone: 713-691-0900   Services (Women Only): Residential & Outpatient Treatment, Dual Disorder	2605 Parker Rd., 77093
The Texas House Phone: 888-268-0905   Services: Mental Health, Substance Abuse Residential Treatment	2208 West 34th St., 77018
The Women's Home Phone: 713-521-3150   Services (Women in Crisis): Residential Substance Abuse Treatment	607 Westheimer Rd., 77006

## Crisis Helplines

### 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.

### 9-8-8

Call or text the suicide and crisis lifeline for 24/7, free and confidential help by a trained crisis counselor to reduce emotional distress and access crisis resources.

### 2-1-1

Dial 2-1-1 to access a free helpline operated by the United Way of Greater Houston. 211 connects to utility assistance, rent/mortgage assistance, medical services, and housing assistance.

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

Crisis Intervention Hotline of Houston  
Operates free, confidential, anonymous crisis and suicide prevention counseling, 24 hours a day, seven days a week.  
832-416-1177  
TEEN: 832-416-1199 (CALL)  
TEEN: 281-201-4430 (TEXT)

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

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

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



**B4Stage4**



For additional mental health and wellness resources visit  
[mhahouston.org](http://mhahouston.org)  
2211 Norfolk St., Ste. 810, Houston, TX 77098  
713.523.8963  
[info@mhahouston.org](mailto:info@mhahouston.org)

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Ver. 11/2022



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--Welllderly Program	303 Jackson Hill St., 77007
Phone: 713-942-4100   Services: Substance Abuse Treatment, Education, Counseling	
Harris County Long-Term Care Ombudsman Program*	6901 Bertner 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	



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 McKinney 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 / 346-330-3859 (Appointments)   Services: Therapy, Case Management	
Grace After Fire	2929 McKinney 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: 713-794-7561   Services: Mental and Behavioral Health, Addiction and Substance Use	



Child and Adolescent Behavioral Health Services

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

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 Alfabetizacion	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 Psiquiatria	Teléfono: 713-798-4857
Council on Recovery	Teléfono: 713-942-4100
Ejercito 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