



COMMUNITY RESOURCE GUIDE – Houston



COMMUNITY HEALTH, BEHAVIORAL, SOCIAL SERVICES RESOURCE GUIDE

Behavioral Health Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Mental Wellness Services	Our concierge services are geared towards those professionals whose status, public image, and demanding lifestyles preclude seeking traditional psychotherapy services when they are experiencing personal or professional crises. Traditional services are often time-limited and subject to the schedule and availability of the service provider. We are able to provide teleservices or face-to-face services within 24 hours or less at a time and place that is convenient for the client.	507 N Sam Houston Pkwy E Ste 204, Houston, TX 77060 (281) 447-9355
The Harris Center for Mental Health and IDD	The Harris Center for Mental Health and IDD strives to provide high quality, efficient, and cost effective services so that persons with mental disabilities may live with dignity as fully functioning, participating, and contributing members of our community. We do not deny services based on a patient's inability to pay, nor for any reason including race, color, sex, national origin, disability, religion, age, sexual orientation, or gender identity. Discounts are available based on family size and income, and a sliding scale rate schedule is available.	9401 Southwest Fwy, Houston, TX 77074 (713) 970-7000
Tri-county Services	Tri-County offers Child and Youth Mental Health services for children and youth between the ages of 3-17 with a diagnosable mental health disorder and experiencing serious functional impairment. Specific admission criteria is determined by a licensed clinical staff.	http://www.tcmhmrs.org/child-mental-health Counties served: Montgomery County – 936-521-6300 Walker County- 936-91-5800 Liberty County Liberty -936.334.3299 Cleveland-281-432-3000
The Adolescent Center Mental Health Services	The services offered by the Center include individual, family, and couples therapy; psychological testing, psychosocial assessments, diagnostic assessments, support groups, case management, medication consultation, and long-term mental health treatment plans.	3730 Kirby Dr Ste 904, Houston, TX 77098 (832) 484-2635

Child/Youth Services

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Yes to Youth	Individual, Group and family mental health counseling, crisis intervention, suicide prevention. All services provided at no cost.	Hotline: 888-756-8682 105 W. Lewis St. Conroe, TX 77301 936-756-8682
Youth Advocate Program	We promote divesting in facilities and investing in communities to create continuums of care capable of providing exactly what each person needs. YAP provides young people, adults, and their families with intensive support right from where they live, learn, work and play through our YAPWrap model.	4120 Director's Row Suite D Houston, TX 77092 P: 713.741.4121
Big Brothers Big Sisters	The purpose of our program is for each enrolled child to achieve higher aspirations, greater confidence, better relationships, avoidance of risky behaviors and educational success. National research has shown that being in a positive relationship with a volunteer mentor (we refer to them as "Bigs") has a direct and measurable benefit in a child's life (we refer to the children in our program as "Littles"). Littles in our program: <ul style="list-style-type: none"> · Are more confident · Are more likely to stay away from drugs and alcohol · Do better in school · Get along better with family and friends · Feel better about themselves 	1003 Washington Ave, Houston, TX 77002 Phone: (888) 887-2447

Crisis Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
MCOT (Mobile Crisis Outreach Team)	Crisis intervention for those unable to access hospital facility and who are at risk for hospitalization. The MCOT team will come to the patient in psychiatric crisis to assess the situation and help determine whether hospitalization or other treatment is appropriate	713- 970- 7520
Crisis Intervention of Houston	Crisis intervention, counseling, and referral information. Suicide Prevention includes a crisis response team, community education, and a Survivor of Suicide support group. Open 24/7.	http://www.crisishotline.org Hotline: 713-HOTLINE/713-468-5463 Spanish hotline: 713-526-8088 Teen: 713-529-TEEN /713-529-8336



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<p>Harris County Psychiatric Hospital – University of Texas</p>	<p>Inpatient and outpatient hospitalization for acute psychiatric care. Children, adolescent, and adult services. Children’s unit ages 6-12. Adolescent unit ages 13-18. Walk-ins welcome. Accepts indigent patients, private insurance. 7 day average stay. All services for Harris County residents only. Accepts clients, insured and uninsured.</p>	<p>713-741-5000 2800 S. MacGregor Way, Houston 77021 http://hcpc.uth.tmc.edu/</p>
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Dental Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
<p>Harris County Public Health Humble Clinic</p>	<p>We accept CHIP and Medicaid. Many uninsured patients are seen at our clinics at no cost or at a minimal cost to the families because they qualify for the Title V grant. New patients are encouraged to call for an appointment.</p>	<p>1730 Humble Pl Dr Humble, TX 77338 Phone: 832.927.1300</p> <p>Clinic Hours: Monday - Friday 8 AM - 5 PM</p>
<p>Harris County Public Health Southeast Clinic</p>	<p>Dental examinations X-rays Cleanings Fluoride treatments Tooth sealants Diet and oral hygiene counseling Fillings Pulpotomy Stainless Steel Crowns Extractions</p>	<p>3737 Red Bluff Road Pasadena, Texas 77503 Phone: 713.274.9430</p> <p>Clinic Hours: Monday - Friday 8 AM - 5 PM</p>

Emergency Shelters

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
<p>Kinder Emergency Shelter</p>	<p>The Kinder Emergency Shelter is a coed 24-hour Harris County program licensed by the Texas Department of Family and Protective Services to provide emergency child-care services to youth from the ages of 12-17. Services include shelter and supervision, healthy nutrition, clothing, socialization and interpersonal skills, guided personal health and hygiene, education, crisis intervention and service planning.</p>	<p>2525 Murworth, Houston, TX 77054 713-394-4000</p>
<p>Salvation Army Emergency Shelter</p>	<p>For those with no place to go or in need of emergency shelter, local Salvation Army homeless shelters provide a warm, safe place for men, women, and – whenever possible – families to stay. In cities where we do not operate homeless shelters, we offer financial assistance to cover emergency overnight housing costs or refer those facing housing and food</p>	<p>1603 McGowen (713) 650-6530</p>



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	insecurity to partner programs with emergency shelter services.	
Star of Hope Mission- Woman and Family Emergency Shelter	Women emergency shelter, family emergency shelter, medical clinic, nursery and pre-school area.	4848 Loop Central Dr., Suite 500 Houston, TX 77081 713-748-0700
Covenant House	Provides emergency shelter for youth under 21 years old. The shelter consists of 80 beds and is open 24 hours a day. 30 day max.	1111 Lovett Blvd. Houston, TX 77006 713-523-2231

Financial Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Salvation Army of Houston	Offers several services including Mortgage and Rent Payment Assistance, Water and Utility Bill Payment Assistance, and free food.	936-760-2440
My Brother's Keeper	Individuals or families is provided for a documented crisis, primarily for rent and utilities. Clients that are seeking employment may sign up to use our computer room for internet access. Also, they are given information on any jobs that we may have information on at the time of their visit.	Primary Number: (281) 498-9933 Mailing Address: P.O. Box 722385 Houston, TX 77272-2385 Physical Address: 12621 Bissonnet Street Houston, TX 77099 Email: info@mybkoutreach.org
United Way of Houston	Providing safety net programs that help people take care of their basic and immediate needs, like food, shelter, clothing and transportation	713-685-2300 50 Waugh Drive Houston, Texas 77007

Food Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Houston Food Bank	We distribute fresh produce, meat and nonperishables and prepare nutritious hot meals for kids in our state-of-the-art Keegan Kitchen.	535 Portwall Street Houston, TX - 77029 Phone: (832) 369-9390



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	The Houston Food Bank has programs to help feed our neighbors in need and helps people in need of a second chance get job training.	
My Brother’s Keeper Outreach Center	The Food Pantry supplies food to individuals and families who have established a need through Client Services. The MBK Pantry depends on food drives, individual donations and financial contributions to provide its services. During the Thanksgiving and Christmas holidays special packages are prepared and distributed.	12621 Bissonnet Street Houston, TX - 77099 Phone: (281) 498-9933 Fax Number: (281) 498-9944
Loaves & Fishes	Loaves & Fishes provides a week’s worth of nutritionally balanced groceries to individuals and families experiencing a short-term crisis through a network of 41 emergency food pantries located throughout Mecklenburg County.	2009 Congress St East End - Houston, TX 77002 (713) 224-1373

Housing and Rent Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Texas Rent Relief Fund	COVID-19 has affected Texans across the state. We have emergency funds available to help Texas renters pay current and past due rent and utility bills	833-989-7368 TexasRentRelief.com
Humble Area Assistance Ministries	Assist those facing evictions or the currently homeless. The charity can aid rapidly re-house persons in Harris County who are homeless as well. The agency provides utility bill and rental assistance, loans for security deposits, free legal services, case/care management, and credit repair or debt reduction classes to those who are struggling.	1302 First Street in Humble Texas. Call (281) 446-3663
Harris County Housing and Community Resource Center	Staff from Harris County Housing and Community Resource Center help clients find low cost, safe rental housing to live in. The organization has an online database that allows families to search for available affordable housing at any time.	832-927-4955 HRC@csd.hctx.net https://housingandcommunityresources.net/

Legal Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Lone Star Legal Aid	Program was created to equalizing access to justice for low-income persons who otherwise would not be able to afford an attorney to protect their rights and help meet basic needs.	1415 Fannin Street Houston, TX 77002 Phone: (713) 652-0077



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		https://www.lonestarlegal.org/
Houston Volunteer Lawyers	Houston Volunteer Lawyers (HVL) is the largest provider of pro bono legal services in Harris County and the surrounding areas. Thousands of private attorneys volunteer their time and expertise each year to provide free legal assistance on civil legal matters to eligible, low-income area residents.	1111 Bagby St, Houston, TX 77002 713-228-0735 http://www.makejusticehappen.org/
Justice for Children	Justice for Children works closely with adults who are trying to protect an abused or neglected child. Individuals seek our assistance and guidance through a system that is often overwhelming, especially due to the emotional and traumatic events that are taking place in such a child's life. Often, protective parents have nowhere else to turn for guidance and assistance through the maze of bureaucratic agencies and a legal system that is too often stacked against the child. There are no fees to the client for our services.	6750 W Loop S Suite 120, Bellaire, TX 77401 (713) 225-4357 justiceforchildren.org

Medical Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Harris County Public Health Humble Clinic	Harris County Public Health provides a variety of low-cost, clinical and preventive health services to meet your essential healthcare needs. The services listed below are offered at clinics across Harris County.	1730 Humble Pl Dr Humble, TX 77338 Phone: 832.927.1300 Clinic Hours: Monday – Friday 8 AM - 5 PM
Harris County Public Health Southeast Clinic	Harris County Public Health offers clinical and preventive health services on a sliding fee scale. Co-pays are calculated based on household size and family income.	3737 Red Bluff Road Pasadena, Texas 77503 Phone: 713.274.9430 Clinic Hours: Monday – Friday 8 AM - 5 PM
Lone Star Family Health Center	Family services, pharmacy, child and newborn services, geriatric care, women's healthcare, x-ray and lab services, sports physicals, mental health Sliding fee pay scale	440 Rayford Rd, Ste 150 Spring, Texas 77386 936-539-4004 Monday - Friday: 8am - 5pm Closed 12pm - 1pm daily



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Northwest Health Center	Harris Health System's Northwest Health Center provides essential adult and pediatric medical care to residents in northwest Houston.	1100 West 34th Street Houston, Texas 77018 713-861-3939
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Misc. Basic Needs Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
My Brother's Keeper	As the new school year approaches students need to be equipped with the required items to help ensure that they are successful learners. Each year MBK receives donations of school supplies and purchases grade appropriate school supplies for the students registered in the Inspiring Minds School Supply Program.	<p>Primary Number: (281) 498-9933</p> <p>Mailing Address: P.O. Box 722385 Houston, TX 77272-2385</p> <p>Physical Address: 12621 Bissonnet Street Houston, TX 77099</p> <p>Email: info@mybkoutreach.org</p>
Houston Salvation Army	This center administers various social service programs and emergency aid for the needy. Included are free school supplies, baby clothes, food, thrift stores, and financial help for bills. A low cost, Family Store is on site too.	Center is at 1603 McGowen Street Houston, Texas Call (713) 650-6530
Northwest Assistance Ministries - NAM Resale Shop	Donations are accepted of furniture, clothing, books, and household items. Items are then provided to the low-income using vouchers. Vouchers for gasoline and other basic needs are available as well, if resources allow. Sells gently used clothing, household goods, and more to the public.	<p>3645 FM 1960 West, Suite C, Houston, TX 77068 Dial (281) 583-5600 for information</p> <p>10505 Jones Road, Houston, Texas 77064, call (281) 583-5600 as well as 15555 Kuykendahl Road, Houston, TX 77090, Call (281) 583-5600 for information.</p>

Substance Use Disorder Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Abundance Living	Abundance Living is an addiction treatment center located at 8512 Wheatley Street in the 77088 zip code in Houston, TX. It is operated by a private non-profit organization. Some of the treatment approaches used by Abundance Living include CBT, motivational interviewing and relapse prevention treatment. Abundance Living provides residential rehab, regular outpatient treatment and residential addiction treatment. It also provides treatment for substance use and transitional and sober living.	<p>8512 Wheatley St, Houston, TX 77088</p> <p>855- 489- 3619</p>
The Council of Recovery	Houston's leading non-profit provider of prevention, education, and	303 Jackson Hill Street



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	<p>outpatient treatment services for alcoholism, addiction, and co-occurring mental health disorders.</p>	<p>Houston, TX, 77007 Mail: P.O.Box 2768, Houston, TX 77252-2768</p> <p>To reach The Council's Center for Recovering Families call 713.914.0556 or email CRF@councilonrecovery.org.</p>
<p>STAR (success through addiction recovery) Program</p>	<p>Our Alternative Program expertise, achievements, and services: We exceed the state averages for clients achieving abstinence, successful treatment completion and client post-treatment sobriety maintenance at follow-up. We provide four types of evidenced-based interventions to help clients address specific recovery problem areas unique to their needs. We offer free ongoing peer and recovery support groups. We utilize four community-based, easily accessible treatment locations and provide both evening and Saturday hours for counseling services. We are sensitive to and provide male- and female-specific counseling service settings that insure a safe and effective treatment environment for both genders.</p>	<p>2525 San Jacinto, Houston, TX 77002</p> <p>For questions about Substance Abuse and Alcohol Disorder Treatment Services or to schedule an Intake Appointment call the Intake Coordinator at 713-754-7010, or 713-754-7000.</p>

Transportation Assistance

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Harris Country Rides	The goal of Harris County Transit Services is to provide residents outside of the Metro service area with transportation alternatives. Through the spirit of cooperation and coordination with other area agencies, Harris County Transit Services promotes equitable, efficient and dependable transportation that will offer increased mobility, economic opportunity, minimize traffic congestion and improve air quality through reduced vehicle emissions.	Bus Routes https://transit.harriscountytexas.gov/pages/busroutes.aspx 832-927-4953
NON-EMERGENCY MEDICAL TRANSPORTATION PROGRAM	Transportation services are available for any non-emergency medical appointment within the service area at no cost to the rider. This service is only for medical necessity trips such as dialysis, chemotherapy, radiation treatments, and other medical appointments. This program is separate from any ADA Paratransit Service which is available in conjunction with our fixed route bus service.	713-696-1991

Volunteer and Faith-Based Services

ORGANIZATION NAME	ABOUT	CONTACT INFORMATION
Interfaith of The Woodlands	All programs are developed out of community need, and Interfaith's staff provides outstanding service to our neighbors in need. Those include: Family Hand me up shop Food Pantry Senior Services Veggie Village	281-367-1230 4242 Interfaith Way The Woodlands, TX 77381 Mon-Fri 9am to 4pm
Just Serve	Look for something in your area that interests you. Volunteering for the project will take you through a free, one-time registration process. You will receive confirmation about the event. The day of the event, just show up and just serve! At JustServe, we believe that nothing should get in the way of organizations and volunteers coming together to do good things for the community, so we help make this happen for free.	https://www.justserve.org/