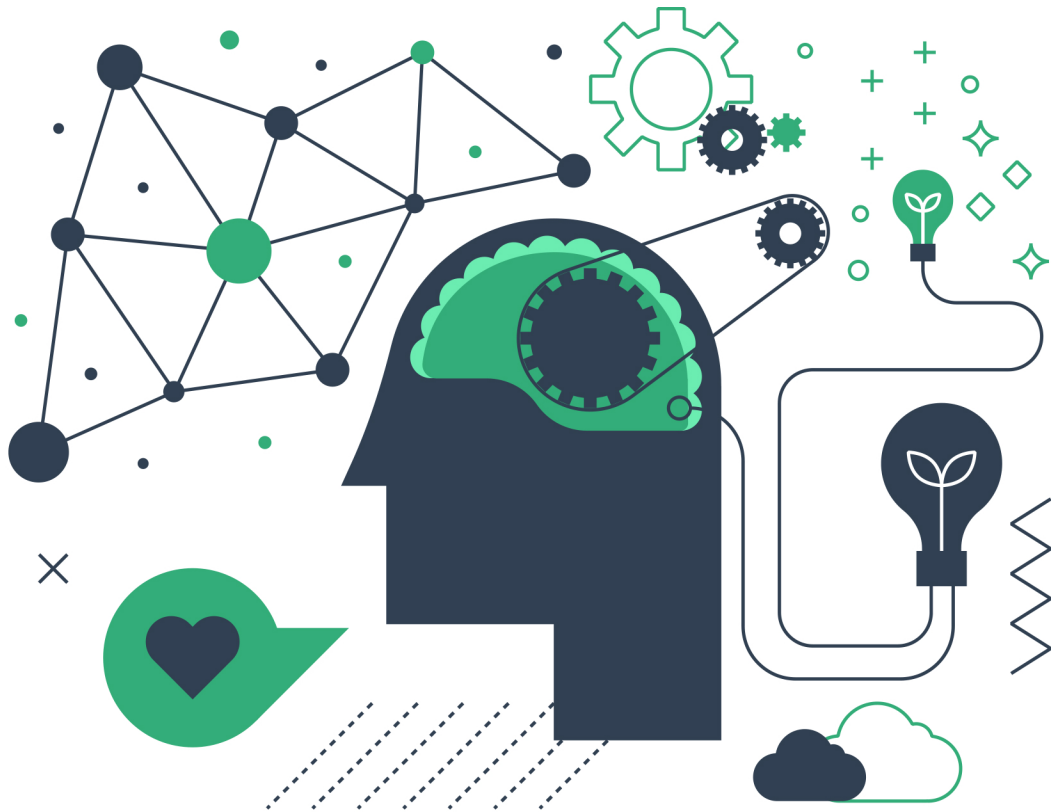


Mental Health **RESOURCES**

in the Greater Houston Area



You Matter!



Martha Castex-Tatum
Vice Mayor Pro Tem
District K



MARTHA CASTEX-TATUM
Houston City Council Member, District K

Greetings Houstonians. It is my hope that you are healthy and safe. May is Mental Health Awareness Month and an opportunity to raise awareness, fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families. Now, more than ever we need to find ways to stay connected with our family, friends, neighbors and community.

Disasters are unfortunately an inevitable truth of life; thus, we must prepare to meet the challenges that come with these complex situations. Disaster management must be a continuous and integrated process of planning, organizing, coordinating and implementing measures to prevent and manage times of uncertainty effectively.

Whether a natural disaster like Hurricane Harvey or a global pandemic, any sudden unpredictable life event can affect our capacity to cope. We all need help at some point in minimizing any feelings of overwhelm and lack of control. Caring for our mental health will look different for each person. Mental health awareness should be a concern all year long, just as we continually care for our physical health.

I have compiled a list of resources to address the spectrum of concerns during and post disaster as we tend to our physical, mental, emotional, financial and organizational health. Let's all make our mental wellness and self-care a priority for ourselves and our community. You are not alone!

Sincerely,

Martha Castex-Tatum

Martha Castex-Tatum
Vice Mayor Pro Tem
Houston City Council Member, District K

Avenue 360 Health & Wellness**Southwest Location**

14095 S Main St, Houston, TX 77035

Monday – Friday: 8 AM – 5 PM

avenue360.org/services/behavioral-health

COVID-19 Mental Health Support Line

Available 24 hours/7 Days a Week

(832) 251-7544

Crisis Intervention Hotline

Dial 9-1-1 and ask for a Crisis Intervention Team or CIT Officer

(832) 416-1177

Teen Call Line: (832) 416-1199

Teen Text Line: (281) 201-4430

crisishotline.org

DePelchin Children's Center

Available Monday- Friday, 9:00 AM - 5:00 PM

(713) 730-2335

depelchin.org/covid-19-resources

Disaster Distress Hotline

Available 24 hours/7 Days a Week

1-800-985-5990 Text TalkWithUs to 66746

samhsa.gov/find-help/disaster-distress-helpline

Gateway to Care Navigators

Assists in locating a Federally Qualified Health Center

(713) 783-4146

The Harris Center for Mental Health and Intellectual and Developmental Disabilities

9401 Southwest Freeway, Houston, TX 77074

Available 24 Hours

(713) 970-7000, Option 1

theharriscenter.org

Harris Health Behavioral Health Program

Multiple Locations

(713) 566-6509, for Eligibility; (713) 526-4243 for Appointments

harrishealth.org

Houston Galveston Institute

Main Line: (713) 526-8390 or (346) 291-0969

talkhgi.org

Institute for Spirituality and Health Virtual Groups and Workshops

spiritualityandhealth.org/mindbodygroups

Jewish Family Services

4131 S. Braeswood Blvd., Houston, TX 77025

(713) 667-9336

jfshouston.org

Free Zoom Internet Support Services

For Individual or group therapy counseling sessions, [complete online form](#).

Legacy Community Health

Multiple Locations

(713) 351-7360

legacycommunityhealth.org/services/behavioral-health

Medcare.gov

medicare.gov/coverage/mental-health-care-outpatient

medicare.gov/coverage/telehealth

Mental Health America of Greater Houston

2211 Norfolk, Suite 810, Houston, TX 77098

(713) 523-8963

mhahouston.org/covid19help

MHMRA Neuropsychiatric Center (NPC)**Open 24 hours**

1502 Taub Loop, Houston, TX 77030

(713) 970-7070

theharriscenter.org

National Alliance of Mental Illness (NAMI)

1-800-950-NAMI (6264),

Monday-Friday: 10AM- 6PM ET

nami.org/Support-Education/NAMI-HelpLine/COVID-19-Information-and-Resources

National Domestic Violence Hotline

1-800-799-7233 and TTY 1-800-787-3224

thehotline.org

National Suicide Prevention Hotline

1-800-273-8255

Texas Department of State Health Services**Mental Health Support**

HHSC COVID-19 Mental Health Support Line: (833) 986-1919

dshs.state.tx.us/coronavirus/mental-health

The Trevor Project

Crisis prevention for LGBTQ persons under 25 years of age

Trevor Lifeline: 1-866-488-7386 or

Text START to 678678

thetrevorproject.org

Veterans Crisis Hotline

1-800-273- 8255, Press 1

TTY 1-800-799-4889 Text 838255

veteranscrisisline.net

Fort Bend County Resources**Embassy Church**

Available for Calls 4:00 PM- 7:00 PM

Text: Available 24 Hours (281) 633-6477

Pastor Deborah Prihoda's Prayer Line

**Fort Bend ISD Counseling and Crisis Resource:
HOPE TALKLINE**

Available 24 hours/7 Days a Week

Text SPEAK to 741741 or call (281) 240-8255

Students, parents, and staff can connect with a crisis counselor 24 hours a day, 7 days a week

Katy First United Methodist Church

Pastor Mark Kimbrough's Prayer Line:

katyfirst.org/prayer

**Lamar Consolidated ISD Counseling and Crisis
Resource: HOPE TALKLINE**

(832) 223-4673; Text: 741741 (Text available 24/7)

Students, parents, and staff can connect with a crisis counselor 24 hours a day, 7 days a week

My Own Space Therapy

myownspacetherapy.com/contact

Pour In Houston

pourintohouston.org/counseling-services

Texana Center

Sugar Land Office: (281) 276-4400

Rosenberg Office: (281) 342-6384

Crisis Helpline at 1-800-633-5686

texanacenter.com

Texas Health and Human Services

COVID-19 Mental Health Support Line

If you or someone you know is feeling overwhelmed by the COVID-19 pandemic, **help is available.**

Speak with a mental health professional for help dealing with anxiety, depression, stress, grief or worry 24/7.

Call the toll-free COVID-19 Mental Health Support Line at **833-986-1919.**



TEXAS
Health and Human
Services

COVID-19 MENTAL HEALTH RESOURCES

COVID19 Mental Health Support Line (available 24/7):
833-251-7544

Disaster Distress Helpline: 1-800-985-5990

National Domestic Violence Hotline: 1-800-799-7233
and TTY 1-800-787-3224

National Suicide Prevention Hotline: 1-800-273-8255

Harris Center for Mental Health and Intellectual and Developmental Disabilities Crisis Line (available 24/7): 713-970-7000, option 1

Institute for Spirituality and Health Virtual Groups and Workshops

<https://www.spiritualityandhealth.org/mindbodygroups>

Mental Health America List of Resources

<https://mhahouston.org/covid19help/>



THE METROPOLITAN ORGANIZATION



GULF COAST
LEADERSHIP COUNCIL

Texas Health and Human Services

No-Cost Virtual Support Groups for Frontline Workers in Texas

Frontline workers are experiencing an unprecedented amount of stress due to their response to the COVID-19 pandemic.

Reach out to our COVID-19 Mental Health Support Line to speak to a caring responder 24/7.

If you identify yourself as a frontline worker, you can be referred to a virtual support group designed specifically for frontline workers. The virtual groups are facilitated by experienced mental health professionals from The Harris Center for Mental Health and IDD.

Call the COVID-19 Mental Health Support Line for more information:

1-833-986-1919



TEXAS
Health and Human
Services

Salud y Servicios Humanos de Texas

Línea de apoyo a la salud mental por el COVID-19

Si usted o alguien que conoce se sienten abrumados por la pandemia del COVID-19, **pueden recibir ayuda.**

Comuníquese con un profesional de la salud mental para pedir ayuda con la ansiedad, la depresión, el estrés, la pena o la preocupación las 24 horas del día, los 7 días de la semana.

Llame gratis a la línea de apoyo a la salud mental por el COVID-19 al

833-986-1919.



TEXAS
Health and Human
Services