Quick Resource Guide

GENERAL COUNSELING

1. **North Shore Counseling Center** **713-637-6000**
   Individual and family therapy, psychology assessment and evaluations
2. **Family Services of Greater Houston** **713-861-4849**
   Counseling services at the sliding scale fee
3. **The Harris Center for Mental Health and IDD** **713-970-7000**
   Psychological & psychiatric evaluations, treatment, intensive family intervention, home- based therapy, hospitalization at HPC, and school-based services
4. **Southside Behavioral Health Clinic** **713-497-0946**
   Mental health services for children
   ***To schedule an appointment** **713-873-5437**
5. **Abiding Christian Therapy** **713-453-2300**
   Cell # 281-536-7561 after hours and weekends
   12655 Woodforest Blvd. Suite 700, Houston, TX 77015
6. **Brightside Counseling Center** **713-453-6358**
7. **Clear Hope Counseling** **281 760-8454**
8. **Houston Area Women's Center** **713 528-6798**

PSYCHIATRIC HOSPITALS

1. **Neuro Psychiatric Center- 24 Hour Crisis Facility** **713-970-7070**
   Help Desk **713-970-7000**
   1504 Ben Taub Loop, Houston, TX 77030
2. **West Oak Hospital- 24 Hour Assessment Hotline** **713-995-0909**
   Mental Health
3. **IntraCare Behavioral Health** **713-333-3771**
   Suicide and risk assessments; mental health and substance abuse
4. **Cypress Creek Hospital** **281-586-7600**
5. **UT Harris County Psychiatric Center** **713-741-5000**
6. **Sun Behavioral Houston** **713-796-2273**
   7601 Fannin St. Houston, TX 77054

SUBSTANCE ABUSE

1. **AAMA (Association for the Advancement of Mexican Americans)** **713-967-6700**
   Ask for the MAP program to schedule a screening
2. **Unlimited Visions** **713-534-8191**
   Inpatient, Outpatient Prevention Services. A free screening for boys only, ages 13-21 as long as they are enrolled in school
3. **Palmer Drug Abuse Program (PDAP)** **281-589-4832**
   Free 12-step substance abuse recovery program for teens
4. **Odyssey House- Adolescent Inpatient** **888-236-4567**
5. **Council on Recovery** **713 942-4100**

GRIEF COUNSELING/ BURIAL ASSISTANCE

1. **Bo's Place** **713-942-8339**
   Also provides information and referral for area support groups
2. **Harris County Department of Social Services** **713-696-7900**
   Assists in arranging a county burial for the indigent, mainly servicing homeless or those without family; to be used as a last resort
3. **3"A" Bereavement Foundation** **713-649-3232**
   A non-profit organization that assists low-income families, arranges a dignified funeral and/or burial; helps process crime victim's funds application

BASIC NEEDS/HEALTH CARE

1. **Gulf Coast Community Services** **713-393-4700**
   Assists with food, mortgage, rent, and clothing
2. **Harris County Department of Social Services** **713-696-7900**
   Emergency assistance with rent, utilities, food, clothes, emergency shelter, and indigent burial.
3. **North Channel Assistance Ministries** **713-453-8028**
   Call for hours. Assists with food and clothes.
4. **Galena Park Food Pantry** **713-678-3118**
5. **Salvation Army** **713-658-9205**
   Assistance with food, rent utilities, and mortgages
6. **Harris County Housing Resources** **832-927-4955**
7. **United Way Helpline** **211**
8. **Catholic Charities** **713-526- 4611**
   Basic needs, immigration. Legal assistance

SCHOOL-BASED CLINICS

1. **Almatha Clark Taylor (ACT) Clinic @ North Shore Area** **713-330-8904**
   13940 Bonham, Houston, TX 77015
2. **Southside School-based Clinic @ Galena Park** **713) 671-2461**
   1721 16th Street, Galena Park, TX 77547
   ***To schedule appointment** ***713-873-5437**
3. **CHIP (Children's Health Insurance Program)** **1-800-647-6558**
   Low cost health insurance

HOMELESS SHELTERS

1. **Star of Hope Mission** **713-277-8900**
   1811 Ruiz Street, Houston, TX 77002 www.sohmission.org
2. **SEARCH Homeless Services** **713-739-7752**
   2505 Fannin, Houston, TX 77001 www.searchhomeless.org
3. **Salvation Army Family Shelter** **713-650-6530**
   1603 McGowen, Houston, TX 77004 www.salvationarmyhouston.org
4. **Covenant House** **832-570-8818**
5. **Change Happens** **713 426-2637**

LEGAL ASSISTANCE

1. **Lone Star Legal Aid** **713 652-0077**
2. **Houston Volunteer Lawyers** **713 228-0735**