

## **CRISIS RESOURCES**

### **National Alliance and Mental Illness (NAMI)**

- **CRISIS AND SUICIDE**

- IF YOU ARE IN CRISIS AND NEED IMMEDIATE HELP → If you are thinking about harming yourself or attempting suicide, tell someone who can help right away: → Call your doctor's office. → Call 911 for emergency services. → Go to the nearest hospital emergency room. → Call the toll-free, 24-hour National Suicide Prevention Lifeline at 1- 800-273-TALK (1-800-273-8255); TTY: 1-800-799-4TTY (4889) → Ask a family member or friend to help you make these calls or take you to the hospital.

- **MCOT (Mobile Crisis Outreach Team) 713-970-7520**

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.

- National Suicide Prevention Lifeline

(800) 273-TALK (8255) or (800) SUICIDE

- Harris Center Crisis Line

(866) 970-4770

- Veteran Crisis Line

(800) 273-8255 Then Press 1

- **Crisis- Teens**

- Crisis Intervention of Houston <http://www.crisishotline.org> Hotline: 713-HOTLINE/713-468-5463 Spanish hotline: 713-526-8088 Teen: 713-529-TEEN /713-529-8336 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.

- Girls & Boys Town National Hotline  
(800) 448-3000
- National Hopeline Network  
(800) SUICIDE
- National Youth Crisis Hotline  
(800) 442-HOPE (4673)
- **CRISIS COUNSELING**
- SAMHSA 1-800-985-5990 or text TalkWithUs to 66746.- Crisis Counselors
- **DOMESTIC VIOLENCE**
- National Domestic Violence Hotline
- (800) 799-7233
- National US Child Abuse Hotline
- (800) 422-4453
- 713-528-2121

#### **SEXUAL ASSAULT HOTLINE**

- 713-528-RAPE (7273)

#### **ALCOHOL**

- **Alcohol Hotline**  
(800) 331-2900
- Al-Anon for Families of Alcoholics  
(800) 344-2666
- Alcohol and Drug Helpline  
(800) 821-4357

- **Alcohol Treatment Referral Hotline**  
(800) 252-6465
- Alcohol & Drug Abuse Hotline  
(800) 729-6686
- Families Anonymous  
(800) 736-9805
- National Council on Alcoholism and Drug Dependence Hopeline  
(800) 622-2255
- Poison Control  
(800) 222-1222
- National Institute on Drug Abuse Hotline  
(800) 662-4357
- Cocaine Anonymous  
(800) 347-8998
- National Help Line for Substance Abuse  
(800) 262-2463

**Memorial Hermann Mental Health Crisis Clinic – Outpatient**

**Walk- In No Appointments Needed**

- **NORTHEAST**  
18838 S Memorial Ste 106,  
Humble, TX 77338 [\(713\) 338-6422](tel:7133386422)
- **MYERLAND**  
4850 W. Bellfort Street, 77035
- **SPRING BRANCH**  
10780 Westview Ste C, 77043

- **Behavioral Health Community Resource provided by Texas Children's Hospital**
- <https://www.texaschildrens.org/sites/default/files/PP%20Community%20Resources%20TCHweb%20rev10%2016.pdf>

- **LOCAL RESOURCES/ CRISIS INTERVENTION**

### **The Harris Center for Mental Health and IDD help line**

- Helps direct calls relating to the administration of services; •provides information about services; •conducts crisis intervention, suicide assessments and intervention; •provides community referrals when appropriate; •and gives telephone support to callers. 713-970-7000 or 1-866-970-4770 Help is available 24 hours a day 7 days a week

### **Legacy Community Health Clinic 832-548-5000**

<https://www.legacycommunityhealth.org/services/behavioral-health/>

Legacy's Behavior Health Services offer assessment, medication management, therapy, and psychological testing for all patients. They're comprehensive and caring, and reflect our vision of connecting our communities to health every day, in every way.

### **If You Are Currently Uninsured, Legacy Can Help You Access Health Care**

Accessing health care can be frustrating, confusing, and even intimidating. If you are currently uninsured, Legacy's Eligibility specialists can help you navigate the health care landscape and help you find the right combination of grants, government assistance, and sliding fee scale to make your health care more affordable. Eligibility specialists are available to anyone who walks through our doors and are available at all of our clinic locations.

### **Sliding Fee Scale**

Patients who do not qualify for assistance programs, can receive a medical visit for a lower rate based on income and family size. Sliding Fee Scale is determined through a meeting with a Legacy Eligibility specialist.

## **Baylor College of Medicine - Healthcare for the Homeless**

**<https://www.harrishealth.org/services-hh/outreach/Pages/healthcare-homeless.aspx>**

The Harris Health System [Healthcare for the Homeless](#) program is an outreach entity of the Harris Health System's Community Health Program. In existence for over 35 years, it is one of the largest homeless programs in the nation, providing healthcare to homeless individuals in 10 homeless shelters clinics. Our mobile health unit provides health care to day centers and areas of congregation within Harris County.

**Healthcare for the Homeless Program services can be accessed through the following shelters:**

### **Harmony House**

602 Girard St.  
Houston, TX 77007  
713-218-6219

### **Lord of the Streets**

3401 Fannin St.  
Houston, TX 77004  
713-929-4601

### **Open Door Mission**

5803 Harrisburg Blvd.  
Houston, TX 77011  
713-253-6291

### **The Salvation Army Adult Rehabilitation Center**

2118 Washington Ave.  
Houston, TX 77007  
713-929-4607

### **The Salvation Army Family Center**

1603 McGowen St.  
Houston, TX 77004  
713-929-4606

**Star of Hope Cornerstone Community**

2575 Reed Rd.  
Houston, TX 77051  
713-467-0931

**Star of Hope Men's Development Center**

1811 Ruiz St.  
Houston, TX 77003  
713-929-4606

In addition to the above listed locations, Harris Health eligibility services can be accessed through the following locations:

**Compass**

1212 Prairie St.  
Houston, TX 77002  
713-229-8319

**Crossroads**

3827 Broadway St.  
Houston, TX 77017  
713-252-3604

**SEARCH**

2015 Congress St.  
Houston, TX 77002  
713-739-7752

**Thomas Street Health Center**

2015 Thomas St.  
Houston, TX 77009  
713-873-4000

**Healthcare for the Homeless Phone Numbers:**

**Main:** 346-426-0500

**Eligibility Services:** 346-426-0702

**Outreach Services:** 281-906-8205

**Mobile Medical Unit and services:** 832-547-4381

**Mobile Dental Unit and dental services:** 832-986-0358

**HIV Prevention Services and HIV pre-exposure prophylaxis (PrEP) Program:** 281-

906-0138

**Mental Health and Substance Use Services: 832-457-1992**