

UHCL Counseling and Mental Health Center Quick Referral List

UHCL After Hours Mental Health Emergency 281-283-2580, press 2	UHCL Police Department 281-283-2222
Mental Health Emergency Resources <u>Ben Taub Triage Line</u> 713-873-2446	24-Hour Crisis Hotlines <u>Crisis Textline</u> Text HOME to 741741
<u>Cypress Creek Hospital</u> 281-751-6139	<u>Gay & Lesbian Switchboard Houston</u> 713-529-3211
<u>Harris Center for Mental Health</u> 713-970-7000	<u>National Domestic Violence Hotline</u> 800-799-7233
<u>Houston Police Department, Mental Health Division</u> 713-884-3131 (non-emergency, patrol response)	<u>National Sexual Assault Hotline</u> 800-656-4673
<u>Mobile Crisis Outreach Team (MCOT)</u> 713-970-7520	<u>National Suicide Prevention Lifeline</u> 988 (press 1 for Veteran specific)
On Campus Resources	Community Resources—Counseling
<u>UHCL Center for Autism & Developmental Disabilities</u> 281-283-3452, Arbor South Additional support for students with autism spectrum disorder	<u>Bo's Place</u> 713-942-8339 Various bereavement support groups and resources Fees: No cost
<u>UHCL Dean of Students Office</u> 281-283-2567, SSC Building Advocate and liaison for students; Hawk Food Pantry	<u>Community Health Network</u> 281-954-4850 Individual and group therapy, psychiatrist on staff Fees: Insurance; sliding scale
<u>UHCL Accessibility Support Center</u> 281-283-2648, SSC Building Accommodations to ensure equal access in the classroom and on campus	<u>Family Services of Greater Houston</u> 713-861-4849 Individual and couples counseling Fees: Insurance; sliding scale
<u>UHCL Health Services</u> 281-283-2626, SSC Building General/Preventative, Gynecology, Laboratory, Pharmacy, and Injections	<u>Innovative Alternatives, Inc.</u> 713-222-2525 Individual, family, and couples Fees: Insurance; sliding scale
<u>UHCL Psychological Services</u> 281-283-3330, Arbor Building Individual, family/couples, school-based assessments for community members	<u>Krist Samaritan Counseling</u> 281-480-7554 Counseling (all), psychological testing, classes and groups Fees: Insurance; sliding scale
<u>UHCL Student Success Center</u> 281-283-2450, SSC Building Tutoring, Supplemental Instruction, Academic Coaching, Academic Skills Workshop	<u>Legacy Community Health</u> 281-628-2040 (Deer Park Location) Assessment, therapy, and psychological testing Fees: Insurance; financial assistance; sliding scale
<u>UHCL Title IX</u> 281-283-2305, Bayou Building Sexual misconduct reporting and awareness https://www.uhcl.edu/policies/title-ix/	<u>The Montrose Center</u> 713-529-0037 Individual and group counseling and support groups for the LGTBQ+ community Fees: Insurance; discounted fees; grant subsidies
<u>UHCL Veteran Services</u> 281-283-3071, SSC Building Additional support for new and returning veterans	

<p>Community Resources—Substance Use</p> <p><u>Avenue 360</u> 713-426-0027 Substance use pre-treatment and treatment Fees: Insurance; sliding scale, call to speak with eligibility specialist</p> <hr/> <p><u>The Council on Recovery</u> 713-942-4100 Substance use individual, family, and/or group counseling, support groups and meetings Fees: Call to discuss options</p> <hr/> <p><u>Bay Area Council on Drugs and Alcohol</u> 800-510-3111 Substance use counseling and assessments, court mandated classes, and recovery support services Fees: Call to discuss</p> <hr/> <p><u>New Dimensions Day Treatment Center</u> 1-800-685-9796 Alcoholism and substance use treatment Fees: Insurance; call to inquire about payment plan</p>	<p>Community Resources—Shelters</p> <p><u>Bay Area Turning Point</u> 281-286-2525 (24 hour hotline) Survivors of domestic violence and/or sexual assault</p> <hr/> <p><u>The Bridge Over Troubled Waters</u> 713-473-2801(24 hour hotline) Survivors of domestic violence and/or sexual assault</p> <hr/> <p><u>Family Promise of Clear Creek</u> 832-932-3969 Homeless family assistance</p> <hr/> <p><u>Star of Hope</u> 713-748-0700 Homeless shelter</p>
<p>Community Resources—Groups</p> <p><u>Grief Support Groups</u> www.griefshare.org</p> <hr/> <p><u>NAMI Connection Family Support</u> https://namigreaterhouston.org/support-groups-2/family-support/ For family members of loved ones with mental health concerns</p> <hr/> <p><u>NAMI Connection Support Group</u> https://namigreaterhouston.org/support-groups-2/nami-connection/ For individuals with mental health concerns</p> <hr/> <p><u>Re:Mind Depression & Bipolar Support Group</u> 713-600-1131 https://www.remindsupport.org/ Support groups for individuals living with depression and/or bipolar disorders</p>	<p>Other Community Assistance</p> <p><u>Houston Bar Association—LegalLine</u> 713-759-1133 Mon-Fri during business hours https://www.hba.org/index.cfm?pg=about-legalline Receive simple legal advice, answers to legal questions, and referrals/resources for free</p> <hr/> <p><u>Houston Food Bank Helpline</u> 832-369-9390 https://www.houstonfoodbank.org/find-help/agency-locator/</p> <hr/> <p><u>Nurse Health Line</u> 713-338-7979 Free 24 hour nurse health line for Harris county and surrounding residents</p> <hr/> <p><u>United Way Information and Referral</u> 281-282-6000 (Mon-Fri) or 211 (24 hours) Includes referrals for mental health, legal, and social services</p>
<p>Inpatient/Outpatient Resources for Eating Disorders</p> <p><u>Center for Discovery</u> 713-597-3815 Eating disorder treatment Fees: Insurance; self-pay; financing options</p> <hr/> <p><u>Eating Recovery Center</u> 713-231-9279 Eating disorder treatment Fees: Insurance; financing options</p>	<p>Inpatient/Outpatient Resources for Mental Health Concerns</p> <p><u>Harris County Psychiatric Center</u> 713-741-5000 Inpatient/Outpatient psychiatric services Fees: Insurance; financial counseling available</p> <hr/> <p><u>West Oaks Hospital</u> 713-995-0909 Inpatient/Outpatient psychiatric services Fees: Insurance, including Medicaid/Medicare</p>