**UHCL Counseling and Mental Health Center Quick Referral List**

<table>
<thead>
<tr>
<th>UHCL After Hours Mental Health Emergency</th>
<th>UHCL Police Department</th>
</tr>
</thead>
<tbody>
<tr>
<td>281-283-2580, press 2</td>
<td>281-283-2222</td>
</tr>
</tbody>
</table>

**Mental Health Emergency Resources**
- Ben Taub Triage Line  
  713-873-2446
- Cypress Creek Hospital  
  281-751-6139
- Harris Center for Mental Health  
  713-970-7000
- Houston Police Department, Mental Health Division  
  713-884-3131 (non-emergency, patrol response)
- Mobile Crisis Outreach Team (MCOT)  
  713-970-7520

**24-Hour Crisis Hotlines**
- Crisis Textline  
  Text HOME to 741741
- Gay & Lesbian Switchboard Houston  
  713-529-3211
- National Domestic Violence Hotline  
  800-799-7233
- National Sexual Assault Hotline  
  800-656-4673
- National Suicide Prevention Lifeline  
  988 (press 1 for Veteran specific)

**On Campus Resources**
- UHCL Center for Autism & Developmental Disabilities  
  281-283-3452, Arbor South  
  Additional support for students with autism spectrum disorder
- UHCL Dean of Students Office  
  281-283-2567, SSC Building  
  Advocate and liaison for students; Hawk Food Pantry
- UHCL Accessibility Support Center  
  281-283-2648, SSC Building  
  Accommodations to ensure equal access in the classroom and on campus
- UHCL Health Services  
  281-283-2626, SSC Building  
  General/Preventative, Gynecology, Laboratory, Pharmacy, and Injections
- UHCL Psychological Services  
  281-283-3330, Arbor Building  
  Individual, family/couples, school-based assessments for community members
- UHCL Student Success Center  
  281-283-2450, SSC Building  
  Tutoring, Supplemental Instruction, Academic Coaching, Academic Skills Workshop
- UHCL Title IX  
  281-283-2305, Bayou Building  
  Sexual misconduct reporting and awareness  
  [https://www.uhcl.edu/policies/title-ix/](https://www.uhcl.edu/policies/title-ix/)
- UHCL Veteran Services  
  281-283-3071, SSC Building  
  Additional support for new and returning veterans

**Community Resources—Counseling**
- Bo’s Place  
  713-942-8339  
  Various bereavement support groups and resources  
  Fees: No cost
- Community Health Network  
  281-954-4850  
  Individual and group therapy, psychiatrist on staff  
  Fees: Insurance; sliding scale
- Family Services of Greater Houston  
  713-861-4849  
  Individual and couples counseling  
  Fees: Insurance; sliding scale
- Innovative Alternatives, Inc.  
  713-222-2525  
  Individual, family, and couples  
  Fees: Insurance; sliding scale
- Krist Samaritan Counseling  
  281-480-7554  
  Counseling (all), psychological testing, classes and groups  
  Fees: Insurance; sliding scale
- Legacy Community Health  
  281-628-2040 (Deer Park Location)  
  Assessment, therapy, and psychological testing  
  Fees: Insurance; financial assistance; sliding scale
- The Montrose Center  
  713-529-0037  
  Individual and group counseling and support groups for LGBTQ+ community  
  Fees: Insurance; discounted fees; grant subsidies

Please schedule an appointment with the Community Resource Specialist for additional support finding resources in the community that are not list above.
### Community Resources—Substance Use

<table>
<thead>
<tr>
<th>Resource</th>
<th>Contact</th>
<th>Services</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avenue 360</td>
<td>713-426-0027</td>
<td>Substance use pre-treatment and treatment</td>
<td>Insurance; sliding scale, call to speak with eligibility specialist</td>
</tr>
<tr>
<td>The Council on Recovery</td>
<td>713-942-4100</td>
<td>Substance use individual, family, and/or group counseling, support groups and meetings</td>
<td>Call to discuss options</td>
</tr>
<tr>
<td>Bay Area Council on Drugs and Alcohol</td>
<td>800-510-3111</td>
<td>Substance use counseling and assessments, court mandated classes, and recovery support services</td>
<td>Call to discuss</td>
</tr>
<tr>
<td>New Dimensions Day Treatment Center</td>
<td>1-800-685-9796</td>
<td>Alcoholism and substance use treatment</td>
<td>Insurance; call to inquire about payment plan</td>
</tr>
</tbody>
</table>

### Community Resources—Shelters

<table>
<thead>
<tr>
<th>Resource</th>
<th>Contact</th>
<th>Services</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bay Area Turning Point</td>
<td>281-286-2525</td>
<td>Survivors of domestic violence and/or sexual assault</td>
<td></td>
</tr>
<tr>
<td>The Bridge Over Troubled Waters</td>
<td>713-473-2801</td>
<td>Survivors of domestic violence and/or sexual assault</td>
<td></td>
</tr>
<tr>
<td>Family Promise of Clear Creek</td>
<td>832-932-3969</td>
<td>Homeless family assistance</td>
<td></td>
</tr>
<tr>
<td>Star of Hope</td>
<td>713-748-0700</td>
<td>Homeless shelter</td>
<td></td>
</tr>
</tbody>
</table>

### Community Resources—Groups

<table>
<thead>
<tr>
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<th>Services</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grief Support Groups</td>
<td></td>
<td>Support for individuals living with depression and/or bipolar disorders</td>
<td></td>
</tr>
<tr>
<td>NAMI Connection Family Support</td>
<td></td>
<td>For family members of loved ones with mental health concerns</td>
<td></td>
</tr>
<tr>
<td>NAMI Connection Support Group</td>
<td></td>
<td>For individuals with mental health concerns</td>
<td></td>
</tr>
<tr>
<td>Re:Mind Depression &amp; Bipolar Support Group</td>
<td>713-600-1131</td>
<td>Support groups for individuals living with depression and/or bipolar disorders</td>
<td></td>
</tr>
</tbody>
</table>

### Inpatient/Outpatient Resources for Eating Disorders

<table>
<thead>
<tr>
<th>Resource</th>
<th>Contact</th>
<th>Services</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Center for Discovery</td>
<td>713-597-3815</td>
<td>Eating disorder treatment</td>
<td>Insurance; self-pay; financing options</td>
</tr>
<tr>
<td>Eating Recovery Center</td>
<td>713-231-9279</td>
<td>Eating disorder treatment</td>
<td>Insurance; financing options</td>
</tr>
<tr>
<td>Eating Recovery Center</td>
<td>713-231-9279</td>
<td>Eating disorder treatment</td>
<td>Insurance; financing options</td>
</tr>
</tbody>
</table>

### Other Community Assistance

<table>
<thead>
<tr>
<th>Resource</th>
<th>Contact</th>
<th>Services</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Houston Bar Association—LegalLine</td>
<td>713-759-1133</td>
<td>Receive simple legal advice, answers to legal questions, and referrals/resources for free</td>
<td></td>
</tr>
<tr>
<td>Houston Food Bank Helpline</td>
<td>832-369-9390</td>
<td>Free 24 hour health line for Harris county and surrounding residents</td>
<td></td>
</tr>
<tr>
<td>Nurse Health Line</td>
<td>713-338-7979</td>
<td>Free 24 hour nurse health line for Harris county and surrounding residents</td>
<td></td>
</tr>
<tr>
<td>United Way Information and Referral</td>
<td>281-282-6000</td>
<td>Includes referrals for mental health, legal, and social services</td>
<td></td>
</tr>
<tr>
<td>Inpatient/Outpatient Resources for Mental Health Concerns</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Harris County Psychiatric Center</td>
<td>713-741-5000</td>
<td>Inpatient/Outpatient psychiatric services</td>
<td></td>
</tr>
<tr>
<td>West Oaks Hospital</td>
<td>713-995-0909</td>
<td>Inpatient/Outpatient psychiatric services</td>
<td></td>
</tr>
</tbody>
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