# UHCL Quick Referral Sheet—Alcohol Resources

<table>
<thead>
<tr>
<th>UHCL Counseling Services</th>
<th>UHCL Police Department</th>
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<tbody>
<tr>
<td>281-283-2580</td>
<td>281-283-2222</td>
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<tr>
<th>UHCL Health Services</th>
<th>Emergency</th>
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<tr>
<td>281-283-2626</td>
<td>911 or nearest ER</td>
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## 24-Hour Lines:
- **Alcoholics Anonymous | Houston, TX**
  713-686-6300 (24 hour meeting locator line)

- **Al-Anon Family Groups | Houston, TX**
  713-683-7227 (24 hour meeting locator line)

- **Substance Abuse and Mental Health Services Administration (SAMHSA)**
  National Helpline
  1-800-622-4357
  They provide referrals to local treatment facilities, support groups, and community-based organizations

## Treatment Centers:
- **Bay Area Council on Drugs and Alcohol (BACODA)**
  1-800-510-3111
  Individual Substance Use Counseling, Individual Assessments, Crisis Calls/Counseling, Recovery Support Services, and Court Referred Education Classes
  Payment: Call to inquire about pricing

- **Bay Area Recovery Center—Alcohol and Drug Rehab**
  281-377-4307
  Inpatient, Outpatient, and Detox
  Payment: Most insurances accepted, call to inquire

- **Into Action Recovery Centers**
  [https://www.intoactionrecovery.com/](https://www.intoactionrecovery.com/)
  844-303-3969
  On-Site Medical Detox, Residential Treatment, Intensive Outpatient, and Extended Care
  Payment: In-network with most insurance companies, call to inquire about self-pay plans

- **New Dimensions Day Treatment Centers**
  1-800-685-9796
  Substance Use Counseling, Detox, DWI Education, and Intensive Outpatient
  Payment: Call to inquire about payments

- **Prevention and Recovery Center (PaRC)**
  [https://parcbh.com/](https://parcbh.com/)
  (713) 939-7272
  On-Site Medical Detox, Residential Treatment, Intensive Outpatient, and Extended Care
  Payment: In-network with most insurance companies, call to inquire about self-pay plans

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**Disclaimer:** UHCL Counseling Services and Health Services cannot assume responsibility for the treatment or service you receive from any of the resources listed above. While we attempt to identify reputable community resources, we cannot guarantee your satisfaction.