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.
Local Resources for Crisis Intervention

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.

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.

Houston Police Crisis Intervention Team (CIT)
http://www.houstoncit.org/
If there is NOT AN IMMEDIATE THREAT OF DANGER but someone is acting out due to his/her mental state, and you live in the City of Houston, call the Houston Police Department’s non-emergency number at 713-884-3131 and request that a Crisis Intervention Team (CIT) officer be dispatched to the location of the incident.

Harris County Psychiatric Hospital – University of Texas
713-741-5000
2800 S. MacGregor Way, Houston 77021
http://hpcp.uth.tmc.edu/
Inpatient and outpatient hospitalization for acute psychiatric care. Children, adolescent, and adult services. Children’s unit ages 6-12. Adolescent unit ages 13-18. Walk-ins welcome. Accepts indigent patients; private insurance. 7 day average stay. All services for Harris County residents only. Accepts clients, insured and uninsured.
Local Resources for 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.

West Oaks Hospital
www.westoakshospital.com
713-995-0909
6500 Hornwood, Houston 77074
Admissions: 713-778-5250
Inpatient, outpatient, and day treatment for mental health issues, substance abuse, and eating disorders. Children’s services for ages 6-12, and adolescents, ages 13-17. Also adult program.
Outpatient Services:
Chemical Dependency Residential Treatment (RTC)
Partial Hospitalization Program (PHP)
Intensive Outpatient Program (IOP) – The Excel Center of Katy- 281.647.0020
The Excel Center of Friendswood- 281.648.1200

IntraCare Hospital- North
http://www.intracare.org/
24 hour careline: 281-893-7200
1120 Cypress Station, Houston 77090
Inpatient and day patient treatment for children and adolescents ages 6-17. Full range of programs. Family involvement encouraged. Free family support group and aftercare. Dual diagnosis/substance abuse, day treatment and inpatient. Accepts most Medicaid and commercial insurance plans.
Local Resources for Crisis Intervention

Kingwood Pines Hospital
www.kingwoodpines.com
281-404-1001
2001 Ladbrook Dr, Kingwood 77339
Inpatient only for children and adolescents, ages 5-17yrs. Family participation through therapy, parent training, family psychodrama, and recreational therapy/leisure education. Assessment and Referral Specialist is available 24 hours/7 days a week.

Cypress Creek Hospital
http://www.cypresscreekhospital.com
Admissions -281-586-5956
Referral Specialist - 281-586-7600
17750 Cali Drive, Houston 77090
Adolescent unit ages 13-17. Partial intensive aftercare program for adults. Encourage family involvement in group and 12 step groups. Level system, school available. Day treatment program. Intensive outpatient care 3 hours a day, M-F. Medicaid accepted. No fee for assessment.

Behavioral Hospital of Bellaire
http://bhbhospital.com
The Behavioral Hospital of Bellaire offers acute care for adults and adolescents beginning at age twelve who are struggling with mental health or substance abuse issues.

Involuntary Services
Involuntary hospitalization due to potential of harm to self or others, petitioning at one's county courthouse.
• Harris County Mental Health Court - www.co.harris.tx.us/probate/Crt3/MentalHD.aspx
• Montgomery County Court House - www.co.montgomery.tx.us/ccourts

Behavioral and Developmental Referral Center Texas Children’s Hospital
This list of resources does not represent an endorsement of the agencies or providers however, it may assist you in obtaining appropriate services for your child.
Local Resources for Crisis Intervention

Sun Behavioral Houston
www.sunhouston.com
7601 Fannin Street
Houston, Texas 77030
713-796-2273
Child program recently opened please call for details. The adolescent patient program provides inpatient acute treatment for adolescents ages 13-17 struggling with mental health difficulties, substance use, or both.

Harris County Psychiatric Center
www.hcpc.uth.edu/pages/index.htm
2800 South MacGregor Way
Houston, TX 77021
713-741-5000
Child and Adolescent inpatient programs for children ages 3-12 and adolescents ages 13-17, where they and their families have an opportunity to better understand their illness and begin learning skills to better cope with life-issues that may threaten their mental health. Their treatment team focuses on the assessment and stabilization of those in all levels of crisis, within a safe, secure, structured, and small group milieu.

Westpark Springs Hospital
The adolescent services program at Westpark Springs works with families and their children 12 and older to evaluate and assess the level of care that best meets their needs. Westpark Springs offers a complete continuum of care including partial hospitalization, intensive outpatient programming, along with acute inpatient services, to help families understand and address these behaviors in their children.
www.westparksprings.com
County Mental Health Services

County mental health services available for persons who have a serious and persistent mental illness or have intellectual and developmental disabilities, and may provide substance addiction services.

The Harris Center for Mental Health and IDD
www.mhmraharris.org
713-970-7070
Early Childhood Intervention-(ECI)
Mental Retardation
Comprehensive mental health services are provided for youth ages 3-17.

Texana Behavioral Health Care & Developmental Disabilities Services
http://www.texanacenter.com
281-239-1300
Counties served: Fort Bend, Austin, Waller, Colorado, Wharton, Matagorda

Tri-county Services
http://www.tcmhmrs.org/child-mental-health
Counties served:
Montgomery County – 936-521-6300
Walker County- 936-91-5800
Liberty County
Liberty -936.334.3299
Cleveland-281-432-3000

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County Mental Health Services

MHMR Authority of Brazos Valley
http://www.mhmrabv.org/
Main Line: 979-822-6467
24/7 Crisis Hotline: 888-522-8262
Counties served: Brazos, Burleson, Grimes, Leon, Madison, Robertson, and Washington

Spindletop Center
http://www.stmhmr.org
24/7 Crisis Line: 409-838-1818
Intake Admission Diagnostic Services: 409-839-1002
Mental Health Services: 409-839-1000
Intellectual and Developmental Disabilities Services: 409-784-5481
Counties served: Jefferson, Hardin, Orange, or Chambers,
Intake Centers: Beaumont, Port Arthur, Orange and Silsbee

Gulf Coast Center
www.gulfcoastcenter.org
24/7 Crisis Hotline: 866-729-3848
Child & Adolescent Mental Health Services: 877-226-8780
Intellectual & Developmental Disabilities Services: 888-839-3229
Counties served: Galveston and Brazoria
County Mental Health Services

The Burke Center
www.burke-center.org
Main line: 936-639-1141
Crisis line: 1-800-392-8343
Counties served: Angelina, Houston, Jasper, Nacogdoches, Newton, Polk, Sabine, San Augustine, San Jacinto, Shelby, Trinity, and Tyler.

Gulf Bend Center
www.gulfbend.org
Main line: 361-575-0611
Crisis line: 1-877-723-3422
Counties served: Calhoun, DeWitt, Goliad, Jackson, Refugio, and Victoria

Link to other Texas county MHIDD Community Centers
http://www.txcouncil.com/state_map_of_service_areas.aspx

Behavioral Health Community Resource Links and Information

This list of resources does not represent an endorsement of the agencies or providers however, it may assist you in obtaining appropriate services for your child.
ADHD and Disruptive Behavior

Attention Deficit Disorders Association
http://www.add.org/

Attention Deficit Disorder Association – Southern Region
http://www.adda-sr.org

CHADD
http://www.chadd.org/  Children and Adults with Attention-Deficit/Hyperactivity Disorder is a national non-profit organization providing education, advocacy and support for individuals with ADHD.

American Psychological Association
http://www.apa.org

The American Academy for Child and Adolescent Psychiatry (AACAP)
www.aacap.org/cs/root/facts_foramilies/facts_foramilies  Facts for Families, concise and up-to-date information on issues that affect children, teenagers and their families. These fact sheets are available in English, Spanish, and several other languages.

American Academy of Pediatrics
www.aap.org

Russell A. Barkley, Ph.D.
www.russellbarkley.org  Dedicated to Education and Research for ADHD

ADD Resources
www.addresources.org

This list of resources does not represent an endorsement of the agencies or providers however, it may assist you in obtaining appropriate services for your child.
ADHD and Disruptive Behavior

**ADDvance**  Answers to questions about ADHD  
[www.addvance.com](http://www.addvance.com)

**National Institute of Mental Health**  
[www.nimh.nih.gov](http://www.nimh.nih.gov)

**Houston and Surrounding area Parent Management/Education Classes**

**ESCAPE Family Resource Center** – Parenting Classes  
[http://www.learntoparent.org](http://www.learntoparent.org)

**Children at Risk**  
[www.childrenatrisk.org](http://www.childrenatrisk.org)  
“Triple P” Power of Positive Parenting Classes

**Legacy Community Health Services**  
[www.LegacyCommunityHealth.org](http://www.LegacyCommunityHealth.org)

**DePelchin Children’s Center**  
[www.depelchin.org](http://www.depelchin.org)

**Collaborative for Children**  
[www.collabforchildren.org](http://www.collabforchildren.org)

**Family Services of Greater Houston**  
[www.familyservices.org](http://www.familyservices.org)

**Family Outreach Center**  
[www.familyoutreachlba.org](http://www.familyoutreachlba.org)

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Autism and Developmental Concerns

**Early Childhood Intervention (ECI)**
ECI is a statewide program for families with children, birth to three, with disabilities and developmental delays. ECI supports families to help their children reach their potential through developmental services. Services are provided by a variety of local agencies and organizations across Texas. Link to ECI Program Search Alphabetically, by county: 

**ECI Care Line 1-800-628-5115** to find the services in your zip code area.

**Texas Children’s Hospital Autism Center**

**Autism Society of America**

**Autism Speaks**
[http://www.autismspeaks.org/](http://www.autismspeaks.org/)

**Families for Effective Autism Treatment – Houston (FEAT)**
[www.feathouston.org](http://www.feathouston.org) A non-profit corporation organized by a group of parents who embarked on intensive home treatment programs for their autistic children.

**ASPIE of Houston – Asperger Syndrome Parent-Professional Information Exchange**

**Texas Association for Behavior Analysis (ABA)**

This list of resources does not represent an endorsement of the agencies or providers however, it may assist you in obtaining appropriate services for your child.
Autism and Developmental Concerns

Texas Children’s Hospital Developmental Pediatrics – Meyer Center
http://www.texaschildrens.org/Locate/Departments-and-Services/Developmental-Pediatrics/

Texas Children’s Hospital Down Syndrome Clinic

Easter Seals Greater Houston - various programs for children and adults with physical and mental disabilities.
www.eastersealshouston.org

Down Syndrome Association of Houston, National Association for Down Syndrome
www.nads.org  www.dsah.org

Social Security Disability Resource Center
www.ssdrc.com

National Institute of Mental Health
www.nimh.nih.gov

Spina Bifida Association
www.spinabifidaassociation.org

American Academy of Pediatrics
www.aap.org

Texas Project FIRST
http://www.texasprojectfirst.org/

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Learning Disability and Educational Resources

ARC of Greater Houston – Right to Learn (educational advocacy, support)  http://www.aogh.org

The Arc of Ft. Bend County http://www.arcoffortbend.org/Services/ServicesOverview.aspx

The Arc of Montgomery County http://thearcmontgomerycounty.org/children.html

The ARC of Texas – Navigate to the Resource tab and download IDEA The Manual for Parents and Students about Special Education Services in Texas.  www.thearcoftexas.org

Family to Family Network - information and referral services, education and support through networking  http://familytofamilynetwork.org/

International Dyslexia Association (IDA)  http://www.interdys.org

Houston Branch of The International Dyslexia Association  www.houstonida.org

Learning Disabilities Association of Texas (LDAT)  http://www.ldat.org

Learning Disabilities Association of America (LDA)  http://www.ldanatl.org

Texas Education Agency  http://www.tea.state.tx.us/
Learning Disability and Educational Resources

Neuhaus Education Center - Non-profit educational foundation dedicated to the prevention of reading failure and other learning differences. http://www.neuhaus.org

Academic Language Therapy Association (ALTA)  
http://www.altaread.org

Parent Advocacy Coalition for Educational Rights (PACER) Center  
www.pacer.org

National Institute of Mental Health  
www.nimh.nih.gov

American Psychological Association  
http://www.apa.org

The American Academy for Child and Adolescent Psychiatry (AACAP)  
www.aacap.org/cs/root/facts_for_families/facts_for_families  Facts for Families, concise and up-to-date information on issues that affect children, teenagers and their families. These fact sheets are available in English, Spanish, and several other languages.

American Academy of Pediatrics  
www.aap.org

Texas Project FIRST  
http://www.texasprojectfirst.org/

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Bullying

Texas Anti-Bullying Laws & Policies
www.stopbullying.gov/laws/texas

Positive Works- a nonprofit organization that reframes the issue of bullying as a social process featuring family and school programs. www.positivethinkingworks.org

American Psychological Association- Bullying facts

Center for Disease Control and Prevention- bullying research and resources
www.cdc.gov/violenceprevention/youthviolence/bullyingresearch/index.html

Psychology Today- national online directory with professional listings for Psychologists, Psychiatrists, Therapists, Counselors. www.psychologytoday.com

DePelchin Children’s Center- www.depelchin.org/prevention-services/ - call for details regarding program availability

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Behavioral Health Community Resource Links and Information

Anxiety and Depression

Depression and Bipolar Support Alliance (DBSA)  
http://www.dbsalliance.org

Anxiety and Depression Association of America (ADAA)  
http://www.adaa.org/

Obsessive Compulsive Foundation  
http://www.ocfoundation.org/

Postpartum Support International (PSI)  
http://www.postpartum.net/

National Eating Disorders Association (NEDA)  
http://www.edap.org

National Institute of Mental Health  
www.nimh.nih.gov

American Psychological Association  
http://www.apa.org

The American Academy for Child and Adolescent Psychiatry (AACAP)  
www.aacap.org/cs/root/facts_for_families/facts_for_families  Facts for Families, concise and up-to-date information on issues that affect children, teenagers and their families. These fact sheets are available in English, Spanish, and several other languages.

American Academy of Pediatrics  www.aap.org

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Nonsuicidal Self-Injury

International Society for the Study of Self-Injury
http://itriples.org/isss-fastfacts.html

The Cutting Edge: Non-Suicidal Self-Injury in Adolescents
http://www.actforyouth.net/resources/rf/rf_nssi_1209.cfm

American Association for Marriage and Family Therapy – Adolescent Self-Harm
http://www.aamft.org/iMIS15/AAMFT/Content/Consumer_Updates/Adolescent_Self_Harm.aspx

American Academy of Child and Adolescent Psychiatry- Facts for Families Self Injury in Adolescents
www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Self_Injury_In_Adolescents_73.

Mayo Clinic Self injury/cutting
http://www.mayoclinic.org/diseases-conditions/self-injury/basics/definition/con-20025897

Self-Injury Outreach and Support-information and treatment recommendations related to self-injury.
http://sioutreach.org/learn/if-you-self-injure

Psychology Today- national online directory with professional listings for Psychologists, Psychiatrists, Therapists, Counselors.
www.psychologytoday.com

Behavioral and Developmental Referral Center Texas Children’s Hospital
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Substance Abuse

Substance Abuse and Mental Health Services Administration (SAMHSA)
http://www.samhsa.gov/

The Council on Alcohol and Drugs - Houston
http://www.council-houston.org

Teen and Family Services – Houston, The Woodlands, Austin
www.teenandfamilyservices.org

Bay Area Counsel on Drugs and Alcohol, Inc.
www.bayareacouncilondrugsandalcohol.com

Lifeway International
www.lifewayinternational.org

Memorial Hermann Prevention and Recovery Center (PaRC)
http://parc.memorialhermann.org

Palmer Drug Abuse Program
www.pdaphouston.org

Al-Anon Family Group Service
www.houstonalanon.org

Narcotics Anonymous (Hotline) – 713-661-4200
www.hascona.com

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Parent management training programs provide parents with new strategies to help their children succeed behaviorally at home and at school. Typically, this is done with parents and children working together with a behavior therapist.

ESCAPE Family Resource Center  
www.learntoparent.org

Children at Risk – “Triple P” Power of Positive Parenting Classes  
www.childrenatrisk.org

Legacy Community Health Services  
www.LegacyCommunityHealth.org

DePelchin Children’s Center  
www.depelchin.org

Family Services of Greater Houston  
http://www.familyservices.org

Collaborative For Children-Parent Education Class Referral Services  
www.collabforchildren.org

Community Family Centers- a community-based social service and education agency able to provide a complete range of services to low-income families in the Houston’s East End.  
www.communityfamilycenters.org

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Family Services and Resources

Hope Clinic
[hopecchc.org](http://hopecchc.org)
replaced Asian Family Services

Chinese Community Center
[http://www.ccchouston.org](http://www.ccchouston.org)

Family Services of Greater Houston
[http://www.familyservices.org](http://www.familyservices.org)

DePelchin Children’s Center
[www.depelchin.org](http://www.depelchin.org)

Family Time Crisis & Counseling Center
[http://www.familytimeccc.org](http://www.familytimeccc.org)

Bo’s Place - A non-profit organization offering free grief support services for children and their families who have experienced the death of a parent or sibling.
[www.bosplace.org](http://www.bosplace.org)

Trauma and Grief Center for Youth University of Texas Health - provides evidence-based risk screening, assessment, and interventions for youth aged 7 to 17 who have experienced traumas and/or losses, including the death of loved ones.
[www.med.uth.edu/psychiatry/research/tag/](http://www.med.uth.edu/psychiatry/research/tag/)

Children's Grief Education Center
[www.childgrief.org](http://www.childgrief.org)

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Houston Areas Women’s Center - Helps individuals affected by domestic and sexual violence by providing shelter, counseling and advocacy. [www.hawc.org](http://www.hawc.org)

Victims Assistance Center – provides a wide array of services to meet the emotional, physical, informational and financial needs of victims of violent crime. [www.victimassistancecentre.com](http://www.victimassistancecentre.com)

Children’s Assessment Center provides information on child sexual abuse, treatment of child sexual abuse and a safe have for children and families. [www.cachouston.org](http://www.cachouston.org)

Legacy Community Health Services [www.LegacyCommunityHealth.org](http://www.LegacyCommunityHealth.org)

National Alliance for the Mentally Ill- Greater Houston - free educational classes, peer-facilitated support groups and grassroots advocacy initiatives. [www.namimetrohouston.org](http://www.namimetrohouston.org)

Children of Divorce and Adjustment [www.psychpage.com/family/childrenadjust](http://www.psychpage.com/family/childrenadjust)

Divorce Facts For Families [www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Children_and_Divorce_01.aspx](http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Children_and_Divorce_01.aspx)

Easter Seals Greater Houston – offers a variety of services for children and adults with physical and mental disabilities. [www.eastersealshouston.org](http://www.eastersealshouston.org)


This list of resources does not represent an endorsement of the agencies or providers however, it may assist you in obtaining appropriate services for your child.
Family Services and Resources

United Way Information and Referral Services Helpline: 713-957-4357 or 211
Information and social services for adults and children of Harris Co.
Bay Area: 281-282-6000 Stafford: 281-207-2300 Waller: 281-822-4200
www.unitedwayhouston.org

Psychology Today - national online directory with professional listings for Psychologists, Psychiatrists, Therapists, Counselors.
www.psychologytoday.com

The Guide – a listing of non-profit mental health services in Harris County including services available in Spanish.

Community Youth Services Resource Directory for Harris County
http://www.hc-ps.org/Content/cys_resource_directory.pdf

Galveston Child Youth Services Directory - Community Outreach Services directed toward the Care and Welfare of the Children of Galveston County with special emphasis on Foster Care.

Casa de Esperanza is a safe place for children in crisis due to abuse, neglect or the effects of HIV provides residential care, and coordinates medical and psychological services according to the needs of each child. http://casahope.org/

Behavioral and Developmental Referral Center Texas Children’s Hospital
This list of resources does not represent an endorsement of the agencies or providers however, it may assist you in obtaining appropriate services for your child.