

# CRISIS - Immediate Action

## ❖ 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.

# 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://hcpc.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

## **MHMRA 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](http://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](http://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.

## **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](http://www.co.harris.tx.us/probate/Crt3/MentalHD.aspx)
- Montgomery County Court House - [www.co.montgomery.tx.us/ccourts](http://www.co.montgomery.tx.us/ccourts)

# 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.

## **Mental Health/Mental Retardation Authority of Harris County**

[www.mhmraharris.org](http://www.mhmraharris.org)

713-970-7070

Early Childhood Intervention-(ECI)

Mental Retardation

Comprehensive mental health services are provided for youth ages 3-17.

## **Texana Mental Health Mental Retardation Center**

<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

# 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.stmhm.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](http://www.gulfcoastcenter.org)

24/7 Crisis Hotline: 866-729-3848

Child & Adolescent Mental Health Services: 877-226-8780

Mental Retardation Services: 888 839-3229

Counties served: Galveston and Brazoria

# County Mental Health Services

## **The Burke Center**

[www.burke-center.org](http://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 MHMR Center**

[www.gulfbend.org](http://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 MHMR Community Centers**

[http://www.txcouncil.com/state\\_map\\_of\\_service\\_areas.aspx](http://www.txcouncil.com/state_map_of_service_areas.aspx)

# 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\\_for\\_families/facts\\_for\\_families](http://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](http://www.aap.org)

## **Russell A. Barkley, Ph.D.**

[www.russellbarkley.org](http://www.russellbarkley.org) Dedicated to Education and Research for ADHD

## **ADD Resources**

[www.addresources.org](http://www.addresources.org)



# 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>

**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)

# 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:

<http://www.dars.state.tx.us/ecis/searchalpha.asp?letter=a>

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

## **Texas Children's Hospital Autism Center**

[www.texaschildrens.org/autism-center/](http://www.texaschildrens.org/autism-center/)

## **Autism Society of America**

<http://www.autism-society.org>

## **Autism Speaks**

<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**

<http://aspieinfo.com/>

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

[http://www.txaba.org/files/pdfs/TxABA\\_SIG\\_Provider\\_Directory.pdf](http://www.txaba.org/files/pdfs/TxABA_SIG_Provider_Directory.pdf)

# 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**

<http://www.texaschildrens.org/Locate/Departments-and-Services/Developmental-Pediatrics/Down-Syndrome/>

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

[www.eastersealshouston.org](http://www.eastersealshouston.org)

**Down Syndrome Association of Houston**

[www.dsah.net](http://www.dsah.net)

**Social Security Disability Resource Center**

[www.ssdrc.com](http://www.ssdrc.com)

**National Institute of Mental Health**

[www.nimh.nih.gov](http://www.nimh.nih.gov)

**Spina Bifida Association**

[www.spinabifidaassociation.org](http://www.spinabifidaassociation.org)

**American Academy of Pediatrics**

[www.aap.org](http://www.aap.org)

**Texas Project FIRST**

<http://www.texasprojectfirst.org/>

# 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](http://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](http://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](http://www.pacer.org)

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

**Texas Project FIRST**  
<http://www.texasprojectfirst.org/>

# Bullying

**Texas Anti-Bullying Laws & Policies**

[www.stopbullying.gov/laws/texas](http://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](http://www.positivethinkingworks.org)

**American Psychological Association-** Bullying facts

<http://www.apa.org/topics/bullying/index.aspx>

**Center for Disease Control and Prevention-** bullying research and resources

[www.cdc.gov/violenceprevention/youthviolence/bullyingresearch/index.html](http://www.cdc.gov/violenceprevention/youthviolence/bullyingresearch/index.html)

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

[www.psychologytoday.com](http://www.psychologytoday.com)

**DePelchin Children's Center-** [www.depelchin.org/prevention-services/](http://www.depelchin.org/prevention-services/)

# 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](http://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](http://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](http://www.aap.org)**

# Nonsuicidal Self-Injury

**International Society for the Study of Self-Injury**

<http://itriples.org/iss-fastfacts.html>

**The Cutting Edge: Non-Suicidal Self-Injury in Adolescents**

[http://www.actforyouth.net/resources/rf/rf\\_nssi\\_1209.cfm](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](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.](http://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](http://www.psychologytoday.com)



# 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](http://www.teenandfamilyservices.org)

**Bay Area Counsel on Drugs and Alcohol, Inc.**

[www.bayareacouncilondrugsandalcohol.com](http://www.bayareacouncilondrugsandalcohol.com)

**Lifeway International**

[www.lifewayinternational.org](http://www.lifewayinternational.org)

**Memorial Hermann Prevention and Recovery Center (PaRC)**

<http://parc.memorialhermann.org>

**Palmer Drug Abuse Program**

[www.pdaphouston.org](http://www.pdaphouston.org)

**Al-Anon Family Group Service**

[www.houstonalanon.org](http://www.houstonalanon.org)

**Narcotics Anonymous (Hotline) – 713-661-4200**

[www.hascona.com](http://www.hascona.com)

# Parenting

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](http://www.learntoparent.org)

**Children at Risk – “Triple P” Power of Positive Parenting Classes**

[www.childrenatrisk.org](http://www.childrenatrisk.org)

**Legacy Community Health Services**

[www.LegacyCommunityHealth.org](http://www.LegacyCommunityHealth.org)

**DePelchin Children’s Center**

[www.depelchin.org](http://www.depelchin.org)

**Family Services of Greater Houston**

<http://www.familyservices.org>

**Collaborative For Children-Parent Education Class Referral Services**

[www.collabforchildren.org](http://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](http://www.communityfamilycenters.org)

# Family Services and Resources

**Asian American Family Services**

<http://www.aafstexas.org>

**Chinese Community Center**

<http://www.ccchouston.org>

**Family Services of Greater Houston**

<http://www.familyservices.org>

**DePelchin Children's Center**

[www.depelchin.org](http://www.depelchin.org)

**Family Time Crisis & Counseling Center**

<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)

**Children's Grief Education Center**

[www.childgrief.org](http://www.childgrief.org)

**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)

# Family Services and Resources

**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)

**Texas Project FIRST**

<http://www.texasprojectfirst.org/>

# 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](http://www.unitedwayhouston.org)

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

[www.psychologytoday.com](http://www.psychologytoday.com)

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

[http://www.mhahouston.org/media/files/files/624b3916/The\\_Guide\\_2014-15\\_Final.pdf](http://www.mhahouston.org/media/files/files/624b3916/The_Guide_2014-15_Final.pdf)

**Community Youth Services Resource Directory for Harris County**

[http://www.hc-ps.org/CYS\\_Resource\\_Directory.pdf](http://www.hc-ps.org/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.

[www.galvestoncountytexas.gov/cs/Documents/2013%20GC%20Children%20and%20Youth%20Services%20Directory.pdf](http://www.galvestoncountytexas.gov/cs/Documents/2013%20GC%20Children%20and%20Youth%20Services%20Directory.pdf)

**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/>