



CRISIS SERVICES

National Sexual Assault Hotline

Provides safe and confidential services for survivors of sexual assault.

 **1-800-656-4673**

National Domestic Violence Hotline

Provides free confidential services for survivors of domestic violence.

 **1-800-799-7233**

Crisis Text Line

Provides a live trained Crisis Counselor and responds, all from a confidential nationwide secure online platform.

 Text **HOME** to **741741**

Lesbian, Gay, Bisexual, and Transgender National Hotline

Provides telephone, online private one-to-one chat, and email peer-support, as well as information and local resources for cities and towns across the United States. All services are free and confidential.

 **1-888-843-4564**

The Trevor Project

The Trevor Project is a national organization providing crisis intervention and suicide prevention services to lesbian, gay, transgender, bisexual, queer, and questioning (LGBTQ) young people.

 **thetrevorproject.org**

 24-hour Help Line: **866-488-7386**

Suicide Hotline/Talk Line

Provides suicide prevention and assessment to individuals in crisis.

 **mytahome.com/mobile-crisis**

 Suicide Hotline/Talk Line:
1-800-273-TALK (8255)

National Alliance for Mental Illness (NAMI) Greater Houston

Provides support, education, self-help, and advocacy for persons affected by mental illness in the Houston area.

 **namigreaterhouston.org**

 **713-970-4419**



MENTAL HEALTH SUPPORT SERVICES

Legacy Community Health

As a full-service, Federally Qualified Health Center, Legacy identifies unmet needs and gaps in health-related services and develops client-centered programs to address those needs.

 legacycommunityhealth.org

 **832-548-5000**

The Harris Center for Mental Health and IDD


Provides outpatient and forensic mental health services in addition to comprehensive psychiatric evaluations.

 theharriscenter.org

 **713-970-7000**

TRIAD Mental Health

This program assists youth (ages 10 - 17) and their families with serious mental health issues, emotional difficulty and behavior problems. Services include bilingual assessments and therapy and are centered around the family and aim to help youth remain in their homes.

 hcps.harriscountytexas.gov/Our-Services/Services-for-At-Risk-Youth/TRIAD-Prevention-Program/TRIAD-Mental-Health

 **713-295-2600**

Depelchin Children's Center

DePelchin provides high-quality counseling services to children ages 3-18 and their families. Clinicians are trained in a variety of counseling modalities including play therapy techniques and Trauma-Focused Cognitive Behavioral Therapy.

 depelchin.org/counseling

 **713-730-2335**

Houston Area Women's Center

The Houston Area Women's Center provides comprehensive services geared towards ending domestic and sexual violence for ALL.

 hawc.org

 Domestic Violence Hotline:
713-528-2121

TDD Line: **713-528-3625**

Toll Free: **800-256-0551**

Sexual Assault Hotline

 Sexual Assault Hotline:
713-528-RAPE (7273)

TDD Line: **713-528-3691**

Toll Free: **800-256-0661**