

Pregnant Women and Children Resources continued

National Maternal Mental Health Hotline

Call or text 1-833-TLC-MAMA (1-833-852-6262). TTY users can use a preferred relay service or dial 711 and then 1-833-852-6262

<https://mchb.hrsa.gov/>

Pregnancy and a new baby can bring a range of emotions. Many new moms feel overwhelmed, sad, anxious, or exhausted at different times during their pregnancy or after the baby is born. Sometimes these feelings go away on their own. But if these feelings last for more than two weeks, and make it hard to carry out daily tasks, like caring for themselves or their family, a mom may have perinatal depression or anxiety. These are common and treatable health conditions during or after pregnancy. And that's why a new mom, or those supporting them, should reach out right away for help. The National Maternal Mental Health Hotline provides 24/7, free, confidential support before, during, and after pregnancy. The Hotline offers callers:

- Phone or text access to professional counselors
- Real-time support and information
- Response within a few minutes, 24 hours a day, 7 days a week
- Resources
- Referrals to local and telehealth providers and support groups
- Interpreter services in 60 languages

Texas Workforce Commission Child Care Services

Dial 2-1-1 or (877) 541-7905

<https://twc.texas.gov/programs/child-care-services-program-overview>

The child care services program subsidizes child care for low-income families, promoting long-term self-sufficiency by enabling parents to work or attend workforce training or education activities. Eligible families of children under the age of 13 may receive child care financial assistance so that parents can work, attend school or participate in training.

Catholic Charities Blessed Beginnings Pregnancy and Parenting Support

713-526-4611

<https://catholiccharities.org/blessedbeginnings/>

Blessed Beginnings serves parents and their children from pregnancy to a child's fifth birthday. Trained individuals walk alongside families to provide support on their parenting journey and connect them with resources. Blessed Beginnings is free and open to all families regardless of their faith. Program participants may be eligible to receive baby items such as diapers, bottles, clothes, cribs, new car seats, and age appropriate learning toys. Catholic Charities serves Harris and surrounding counties.

Humble Area Assistance Ministries Helping Hearts Program

281-446-3663

<https://haaministries.org/>

Helping Hearts provides clothing, food, supplies and other items for new moms and babies in the first year of life. The programs serves northeast Harris and east Montgomery counties.

Pregnant Women and Children Resources

Texas Department of State Health Services, Women, Infants and Children Program (WIC)

800-942-3678

<http://www.dshs.state.tx.us/wichd/>

The Special Supplemental Nutrition Program for Women, Infant and Children, known as WIC, is a nutrition program that helps pregnant women, new mothers, and young children eat well, learn about nutrition, and stay healthy. WIC provides nutrition education and counseling, nutritious foods, breastfeeding information and help accessing health care to low-income women, infants, and children.

Safe Riders Program

800-252-8255

<https://www.dshs.texas.gov/saferiders/default.shtm>

Safe Riders manages a child safety seat distribution and education program. The program provides qualifying families with one free car seat (programs may issue more than one seat when appropriate). Family must be low-income, one of the child's primary caregivers must attend a 1-hour class about child passenger safety, and someone in the household must have a vehicle.

The Diaper Assistance Foundation

713-807-1111

thediaperfoundation.org

The Diaper Foundation offers emergency diaper assistance for children in low-income households. If your financial situation is making it difficult to purchase diapers for your child, and you currently receive Medicaid benefits, you may be eligible for help.

Navigate Life Texas

www.navigatelifetexas.org

Statewide website created for parents of children with disabilities or special health care needs. Designed to offer support, inspiration, resources, and links to services available, there is a helpful library of video stories and discussions on a variety of topics.

CHIP- Children's Health Insurance Program

Dial 2-1-1 or (877) 541-7905

<https://www.hhs.texas.gov/>

A national program designed for families who earn too much money to qualify for Medicaid, yet cannot afford to buy private insurance. CHIP offers many of the same services as Medicaid but does not cover long-term services and supports.

Medicaid Buy-In for Children

Dial 2-1-1 or (877) 541-7905

<https://www.hhs.texas.gov/>

Medicaid Buy-In for Children can help pay medical bills for children with disabilities. This program helps families who need health insurance, but make too much money to get traditional Medicaid. Families "buy in" to Medicaid by making a monthly payment.

VEHICLE CRASH SUPPORT

The Kailee Mills Foundation

The mission of the Kailee Mills Foundation is to prevent fatality and injury by educating the public on seat belt safety through school programs, community outreach, and awareness campaigns. The Kailee Mills Foundation was founded after the tragic loss of 16 year old Kailee Mills who was ejected and killed after removing her seat belt momentarily.

The Foundation also helps to rebuild the lives of families experiencing loss and hardship from fatal or non-fatal vehicle crashes through individualized financial assistance, grief counseling, and emotional support through its Kailee Cares Family Assistance Program.

The Foundation provides support to families affected by **vehicle crashes only**. Due to limited funding, emphasis is placed on vehicle crashes in Texas. If your current situation does not directly relate to the aftermath of a vehicle crash in Texas, you are not eligible for the programs. **The foundation is not able to support incidents related to bicycles, motorcycles, pedestrians, or others that are not related to vehicle crashes.**

Please visit website at www.kaileemillsfoundation.org for more information about the Family Assistance Program and how to apply.

CRIME VICTIM SUPPORT

Texas Crime Victims' Compensation Program

The Attorney General of Texas Crime Victims' Compensation (CVC) Program helps crime victims and their immediate families with the financial costs of crime. CVC covers crime-related costs such as counseling, medical treatment, funerals, and loss of income not paid by other sources. The goal of the program is to encourage greater victim participation in the apprehension and prosecution of criminals. Also, to reimburse innocent victims for certain costs related to the crime.

There are two types of compensation: (1) Crime Victims' Compensation and (2) Emergency Medical Care Compensation - Sexual Assault Exam. You can apply for either compensation with the same application.

How the Program Works

1. Victims of violent crime, their families, or others who have taken on crime-related costs on behalf of a victim, apply for compensation.
2. CVC staff review the application and other information to ensure it meets eligibility criteria.
3. CVC verifies a crime occurred and the crime was reported to law enforcement.
4. CVC asks applicants to provide information about crime-related costs.
5. CVC staff review information to see what crime-related costs can be paid according to program rules.

Please visit website at www.texasattorneygeneral.gov/crime-victims/crime-victims-compensation-program or **call toll free (800) 983-9933** for more information about eligibility criteria, covered cost, and to apply for the Crime Victims' Compensation (CVC) Program.

COUNTY INDIGENT BURIAL ASSISTANCE continued

Montgomery County

Indigent Burial Program

Alan B. Sadler Commissioners' Court Building

501 N. Thompson, Suite 403

Conroe, TX 77301

936-539-7812

www.mctx.org

DESCRIPTION: The family or next of kin must call and initiate the application for indigent services. The next of kin will be given an appointment for a face-to face eligibility screening. Once approved for service, the Judge's office will notify the contracted funeral home for pick and transfer of the deceased.
ELIGIBILITY: To qualify the deceased cannot have any property, pension, vehicles of worth or financial assets in bank account.

GRIEF COUNSELING AND SUPPORT

Bo's Place

10050 Buffalo Speedway

Houston, TX 77054

Bo's Place exist to offer support and community to those who have experienced the death of a loved one. Bo's Place is a non-profit, free-of-charge bereavement center that offers multiple grief support services for adults, children and families. Bo's Place operates on the belief that it is helpful and healing for grieving children and adults to share their stories, memories, and experiences, thoughts and feelings with those who can understand their journey. Bo's Place offers the only free on-going grief support program in the greater Houston area. Support can be provided by phone, in person, or online. **Visit online at www.bosplace.org or call 713-942-8339 for more information.**

GriefShare Ministry Grief and Recovery Support Groups

GriefShare is for everyone who is grieving the death of a loved one—whether you've experienced the loss of a spouse, parent, child (infant, young child, teen, adult, unborn), friend, sibling, coworker, or other relative. For most groups the cost ranges from free to around \$20 to cover the cost of your participant guide. **Visit online at <https://www.griefshare.org/> or call 800-395-5755 to find a group in your area.**

Grief Recovery Center

Grief Recovery Center is an online bereavement support group serves as a forum for grieving individuals to engage with others who have had similar experiences. Led by a professional therapist, these virtual gatherings provide emotional support, validation, and a secure space for expressing feelings. Participants learn to manage their grief, understanding that their connection with the deceased persists, even in their absence. A virtual grief support group provides a secure, judgment-free setting where grieving individuals can share their experiences. **Visit online at <https://www.griefrecoveryhouston.com/> or call 832-780-4968 for more information.**

Aging and Disability Assistance continued

Administration For Community Living Disability Information and Access Line

888-677-1199

<https://acl.gov/DIAL>

Finding services or supports to live in the community can feel overwhelming, especially when the need arises unexpectedly, such as after a fall or an accident. Many people do not know what services are available, whom to ask for help, or where to start. The Disability Information and Access Line (DIAL) helps people with disabilities get connected to information about local community resources that support independent living.

Connect with a DIAL information specialist from 8:00 a.m. to 9:00 p.m. ET, Monday–Friday by calling 888-677-1199 or emailing DIAL@usaginganddisability.org. To connect directly to an agent in American Sign Language, call 888-677-1199 from your videophone. You can also chat live with an information specialist from DIAL.

Village Learning Centers

3819 Plum Valley Dr.

Kingwood, TX 77339

281-358-6172

<https://www.thevillagecenters.org/>

Village Centers support the needs of individuals with intellectual and developmental disabilities (IDD). Their programs are designed to help individuals with IDD maintain and expand social and life skills, personal wellness, pre-vocational and vocational skills, and critical thinking skills, while becoming more involved in our community. Activities offered are designed to be innovative, enriching, and to promote opportunities for inclusion and the development of life skills through a safe, highly structured schedule of activities. The Village Centers also offers residential options and a number of services benefitting individuals with developmental disabilities, including transportation, respite, and after-school care. For more information, please visit the website or call 281-358-6172.

COUNTY INDIGENT BURIAL ASSISTANCE

Harris County Office of Social Services

Indigent Burial Program

9418 Jensen Drive

Houston, TX 77093

713-696-7900

<https://csd.harriscountytexas.gov/>

DESCRIPTION: Provides funeral service assistance for indigent citizens. The Texas Health and Safety Code requires counties to bury or cremate the indigent. This program will work either with families to arrange a county funeral service. **ELIGIBILITY:** low-income, permanent legal residency, Harris County resident

Aging and Disability Assistance continued

Texas Health Information, Counseling and Advocacy Program

800-252-9240

<https://www.hhs.texas.gov/services/health/medicare>

If you are eligible for Medicare, the Texas' Health Information, Counseling and Advocacy Program can help you enroll, find information and provide counseling about your options. This partnership between the Texas Health and Human Services system, Texas Legal Services Center and the Area Agencies on Aging trains and oversees certified benefits counselors across the state. The partnership provides the following services:

- Medicare and Medicaid information and education
- Help with original Medicare eligibility, enrollment, benefits, complaints, rights and appeals
- Explain Medicare Supplemental (Medigap) insurance policy benefits and comparisons
- Explain Medicare Advantage (Part C) and provide comparisons and help with enrollment and disenrollment
- Explain Medicare Prescription Drug (Part D) coverage, help compare plans and search for other prescription help
- Information about long-term care insurance

The benefit counselors are specially trained to help you understand all the fine print to find and apply to a plan that works for you. They advocate for you with these programs and help you get the services you need.

Medicare Savings Programs

800-252-9240

<https://www.hhs.texas.gov/services/health/medicare>

Medicare Saving Programs helps pay for all or some of the Medicare monthly payments, co-pays and deductibles (money owed to the doctor if Medicare doesn't cover the entire bill).

The Lighthouse of Houston

713-527-9561

<https://www.houstonlighthouse.org/>

The Lighthouse of Houston is a Community for the Visually Impaired. Programs and services assist individuals who are blind or visually impaired of all stages and all ages, from infants to older adults. The wide variety of programs and services help individuals gain independence, develop individual strengths, and provide emotional, social and educational support. Programs and services include Vision Rehabilitation (Low Vision Clinic), Behavioral Health, Technology Education, Vocational Training, Residential Living, Support Groups, and Adult Day Program.

Deaf Blind with Multiple Disabilities Program

877- 438-5658

<https://www.hhs.texas.gov/>

The Deaf Blind with Multiple Disabilities Program, also known as the DBMD Program, provides home and community-based services to people who are deaf-blind with multiple disabilities as a cost-effective alternative to institutional placement. DBMD services are available to Texas residents not living in an institutional setting who have a diagnosis of deafblindness (or a related condition that will result in deafblindness) as well as an additional diagnosis. Individuals must be eligible for or be receiving Supplemental Security Income (SSI) or Medicaid. Financial eligibility is determined by the Social Security Administration or by the Texas Health and Human Services Commission (HHSC) using SSI-related criteria.

Aging and Disability Assistance continued

Area Agency on Aging Program 3 Month Caregiver Program

936-441-3200

<https://www.h-gac.com/area-agency-on-aging>

If an individual is DENIED for Texas Medicaid Community Attendant Services Program.

The Area Agency on Aging provide services to help people age 60 and older. **This is a once in a lifetime program which means individuals cannot receive services twice.** This program offers attendant services for 3 months only. An individual must make over \$2,000 a month.

Other services provided by the Area Agency on Aging

- Free Emergency Response Button
- Free Grab Bars
- Free Portable Air Conditioners (Beat the Heat Program)
- Benefits counseling
- Care coordination
- Legal assistance
- Nutrition services
- Home Repairs
- Transportation

Interfaith of the Woodlands

4242 Interfaith Way

Spring, TX 77381

281-367-1230

<https://woodlandsinterfaith.org/>

Offers resources and guidance for older adults ages 62 and older and/or caregivers regarding older adult services such as housing, in-home care, benefit options and money saving programs. The agency also provides rides to medical appointments and the grocery store. The agency also hosts workshops and provides resources for those caring for a loved one.

InterFaith of the Woodlands services areas include: Montgomery County parts of zip codes only: 77380, 77381, 77382, 77384, 77385, and 77386; Residents of 77389 and 77375 who are in the Village of Creekside Park; Residents of 77354 who are in Village of Sterling Ridge.

Texas Medicare Help Line

800-252-9240

<https://www.hhs.texas.gov/services/health/medicare>

Texas has a free helpline to guide residents through the complexities of Medicare.

Do you need help finding and sorting through all the Medicare options available in Texas?

Are you looking for free benefits counseling from a trusted and unbiased source?

Do you need help paying Medicare premiums, co-pays and prescription medicines?

The Texas Health Information, Counseling and Advocacy Program can help you.

Aging and Disability Assistance continued

Evelyn Rubenstein Jewish Community Center Of Houston (JCC)

Kosher Lunch Program

5601 S Braeswood Blvd

Houston, TX 77096

713-729-3200

<https://www.erjchouston.org/>

Provides kosher meals in southwest Houston, nutrition education, and health screenings to adults 60 and over. Transportation may be provided within the Houston city limits.

Texas Medicaid Community Attendant Services Program

713-692-1635 (enrollment by phone)

<https://www.hhs.texas.gov/>

Texas' Community Attendant Services Program provides non-medical personal care assistance, homemaker services, and transportation assistance to / from medical appointments for Texas residents who, due to health issues, have difficulty independently completing these daily living activities. The goal of this statewide program is to prevent and delay the need for nursing home care, instead allowing seniors and persons with disabilities to live in their home or the home of a loved one. Services cannot be provided for persons living in assisted living residences or adult foster care homes.

Texas' Community Attendant Services Program is unique in that it is a Medicaid-funded state plan option, but is for Texas residents who DO NOT otherwise qualify for Medicaid. To qualify for this program, persons must still meet income and asset limits. However, program beneficiaries are only eligible for personal care assistance, homemaker services, and escort services. They are not eligible for Medicaid-funded medical care. HOMEOWNERS must sign a Medicaid Estate Recovery Program (MERP) form agreeing for the state to take over their property once they are deceased, if a homeowner wants the services above.

Other services provided by program:

- Meals on Wheels: receives 21 microwaveable meals weekly
- StarPlus Program: transportation, dental, incontinence supplies, medical equipment, hearing aids and home modifications
- Life Alert: Free Life Alert Button (Emergency Response Button)

Aging & Disability Resource Center

855-937-2372

<https://www.hhs.texas.gov/services/aging/long-term-care/aging-disability-resource-center>

The Texas Aging and Disability Resource Centers (ADRCs) are highly visible and trusted places where people of all ages, incomes and disabilities can go to get information and one-on-one counseling on the full range of long-term services and supports available in Texas. The ADRCs provide:

- a person-centered, community-based environment that promotes independence and dignity for individuals;
- easy access to information and one-on-one options counseling to assist consumers in exploring a full range of long-term services and supports to meet their needs and/or situations; and
- resources and services that support the needs of family caregivers.
- Can assist with incontinence supplies, bed pads, grab bars, eyeglasses, transportation, and home repairs.

AGING AND DISABILITY ASSISTANCE

Meals on Wheels

1-888-998-6325

<https://www.mealsonwheelsamerica.org/>

Meals on Wheels is a program that delivers meals to individuals (Elderly, Disabled, Hospice) at home who are unable to purchase or prepare their own meals. Persons receiving assistance must be homebound, unable to prepare nutritious meals on their own, and not have a reliable source of help. Age and income are not criteria for receiving meals. There is no charge for eligible clients. **Meals on Wheels** operates in virtually every community in America to address senior hunger and isolation. To find and enroll in a Meals on Wheels program in your area, please visit <https://www.mealsonwheelsamerica.org/> and enter your zip code. The contact number for your local program will also be provided so you can call and get more information.

Some participating local programs include:

- **Meals on Wheels for Greater Houston** 3303 Main St, Houston, TX 77002 [\(713\) 533-4900](tel:7135334900)
- **Meals on Wheels Montgomery County** 111 S. 2nd St., Conroe, TX 77301 [\(936\) 756-5828](tel:9367565828)
- **GRACE Initiative of South Liberty County** PO BOX 10397, Liberty, TX 77575 [\(936\) 641-2846](tel:9366412846)
- **Target Hunger** 2814 Quitman St, Houston, TX 77026 [\(713\) 226-4953](tel:7132264953)
- **Denver Harbor Senior Citizens** 6402 Market St, Houston, TX 77020 [\(713\) 672-6395](tel:7136726395)
- **Acres Home Multi-Service Center** 6719 W Montgomery Rd, Houston, TX 77091 [\(832\) 393-4127](tel:8323934127)
- **Baytown Meals On Wheels** 3900 N Main St, Baytown, TX 77521 [\(281\) 427-2145](tel:2814272145)
- **NW Assistance Ministries Meals on Wheels** 15555 Kuykendahl Rd, Houston, TX 77090 [\(281\) 885-4622](tel:2818854622)
- **City of La Porte Senior Center** 1322 S Broadway St, La Porte, TX 77571 [\(281\) 470-7275](tel:2814707275)
- **Diocese of Galveston-Houston** 2403 Holcombe Blvd, Houston, TX 77021 [\(713\) 741-8234](tel:7137418234)
- **Area Agency on Aging, Houston-Galveston** 3555 Timmons Ln Ste 120, Houston, TX 77027 [\(800\) 437-7396](tel:8004377396)
- **Senior Citizen Project of Chambers County** PO BOX 609, Anahuac, TX 77514 [\(409\) 267-3559](tel:4092673559)
- **Harris County Area Agency on Aging** 8000 N Stadium Dr Fl 3, Houston, TX 77054 [\(832\) 393-4301](tel:8323934301)
- **BakerRipley** 3838 Aberdeen Way, Houston, TX 77025 [\(713\) 956-1888](tel:7139561888)
- **Interfaith Ministries Houston** 3303 Main Street Houston, TX 77002 [\(713\) 533-4978](tel:7135334978)

Houston-Galveston Area Agency on Aging

<https://www.h-gac.com/area-agency-on-aging>

The 28 area agencies on aging (AAA) provide services to help people age 60 and older, their family members and caregivers receive the information and assistance they need in locating and accessing community services. Services are targeted to those with greatest economic and social need. Particular attention is paid to people with low-incomes, older people who belong to minority groups and older people residing in rural areas. In addition, family members and other caregivers may receive information and services on behalf of the older person for whom they are providing care. **To Find your local AAA call the toll-free line (1-800-252-9240).**

Community Based Social Service Organizations

Humble Area Assistance Ministries <https://haaministries.org/>

1302 1st St E, Humble, TX 77338

(281) 446-3663

Humble Area Assistance Ministries (*HAAM*) is an interfaith social service organization that connects individuals and families to community resources. HAAM provide services to northeast Harris and east Montgomery counties. HAAM assist with job skills, food, meals on wheels, financial assistance, clothing, basic needs, education, family services, supportive counseling, behavioral health information and referrals, senior support services, and case management services.

Catholic Charities <https://catholiccharities.org/>

Catholic Charities of the Archdiocese of Galveston-Houston brings hope, comfort and relief to thousands of people in need, regardless of their faith. Catholic Charities assist with rental and utility assistance, food, clothing, counseling, employment, pregnancy and parenting support, women veteran services, and immigrant and refugee support. **Please see below Catholic Charities locations.**

- **Houston/Harris County (Main Office)**
2900 Louisiana Street, Houston, Texas 77006 713-526-4611
- **W.T. & Louise J. Moran Health Center, John S. Dunn Building**
2615 Fannin Street at McGowen, Houston, Texas 77002 1-866-649-5862 (toll-free)
- **Guadalupe Basic Needs Center**
326 South Jensen Drive, Houston, Texas 77003 713-227-9981
- **St. Frances Cabrini Center**
5599 San Felipe Street, Suite 300, Houston, Texas 77056 713-595-4100
- **Refugee Resettlement**
600 Bering Dr., Houston, Texas 77057 713-526-4611
- **Fort Bend County Mamie George Community Center**
1111 Collins Road, Richmond, Texas 77469 281-202-6200
- **Beacon of Hope Center**
4700 Broadway, Suite B-101, Galveston, Texas 77551 409-762-2064

Northwest Assistance Ministries <https://www.namonline.org/>

15555 Kuykendahl Road, Houston, TX 77090 281-885-4555

Northwest Assistance Ministries (NAM) is a nonprofit, community-based, multi-program social service agency that provides services to northwest Harris and east Montgomery counties. NAM provides assistance in areas including food, clothing, rental assistance, health, education, education, vocational training, senior support services, family violence support, and behavioral health support.

Gulf Coast Community Services <https://www.gccsa.org/>

9320 Kirby Drive, Houston TX 77054 713-393-4700

Gulf Coast Community Services provides food, vocational training & scholarships, adult education & GED services, financial coaching, job readiness coaching, credit & budgeting classes, nutrition workshops, refugee assistance, and transportation vouchers for Harris, Galveston and Brazoria counties.

DOMESTIC VIOLENCE SHELTERS AND RESOURCES *continued*

The Bridge

<https://tbotw.org/>

The Bridge offers domestic violence and sexual violence support. With two offices, one in Pasadena and one in Baytown, The Bridge provides a variety of services including domestic and sexual violence crisis intervention, a 24/7 hotline, emergency shelter (at Pasadena location only), safety planning, housing assessments, community education, primary prevention, case management, hospital accompaniments, court and police accompaniments, licensed on-site daycare, counseling, support groups, parenting classes, money management and life skills.

Pasadena Office

3811 Allen Genoa Rd
Baytown, Texas 77521
281-420-5600

Baytown Office

8203 John Martin Rd.
Pasadena, TX 77504
713-472-0753

Bay Area Turning Point

210 South Walnut Street
Webster, Texas 77598
281-338-7600

<https://www.bayareaturningpoint.org/>

Bay Area Turning Point is a non-profit community based social service agency providing services to individuals impacted by family violence, sexual assault, and dating violence. **For emergency and immediate assistance call the hotline at 281-286-2525**

AVDA

<https://avda.org/>

Provides free legal representation and other services to all victims of domestic violence who live in Harris and Fort Bend counties—regardless of their citizenship status. **AVDA is open Monday-Friday from 8am – 5pm. 713-224-9911**

Daya Houston

<https://www.dayahouston.org/>

Daya provides legal, intervention and financial assistance to victims of domestic violence. While Daya assists any survivor of abuse, services are designed to meet the cultural and language needs of South Asian survivors, residing in the Greater Houston Area. **Daya is open Monday-Friday from 9am - 5pm. 713-981-7645**

HUMAN TRAFFICKING

Human Trafficking Hotline (Línea directa contra la trata de personas)

24/7 Confidential Line: 888-373-7888 TTY: 711 Text: 233733

<https://humantraffickinghotline.org/>

What happens when you call the human trafficking hotline? Trained Anti-Trafficking Hotline Advocates and supervisory staff provide assistance to victims in crisis through safety planning, emotional support and/or immediate connections to emergency services through our network of trained service provider and law enforcement partners.

RENT AND UTILITY ASSISTANCE

Harris County Community Services Dept.
Office of Social Services
9418 Jensen
Houston, TX 77093
(713) 696-7900
<https://csd.harriscountytexas.gov/>

Montgomery County Community Assistance
Basic Needs and Crisis Intervention Services
1022 McCall Ave.
Conroe, TX 77301
(936) 539-9211
<https://cac-mctx.org/>

Texas United Way

Call 211 Texas United Way Helpline or 877-541-7905 for a list of other agencies in your zip code area.
www.unitedwayhouston.org

DOMESTIC VIOLENCE SHELTERS AND RESOURCES

Domestic Violence Hotline:
(713) 528-2121
TDD Line: 713-528-3625
Toll Free: 800-256-0551

Sexual Assault Hotline:
(713) 528-RAPE (7273)
TDD Line: 713-528-3691
Toll Free: 800-256-0661

Houston Area Women's Center
1010 Waugh Drive
Houston, TX 77019
(713) 528-2121
www.hawc.org
24-hour hotline

Services for domestic violence such as immediate assistance, hospital accompaniment, counseling for domestic survivors, shelter, and training.

Montgomery County Women's Center
1401 Airport Rd
Conroe, TX 77301
(936) 441-7273
<https://mcwctx.org/>
24-hour hotline

The Montgomery County Women's Center provides a 24-hour hotline, safe shelter, crisis intervention, counseling, advocacy and legal services to survivors of family violence, sexual assault and stalking.

Family Time Crisis and Counseling Center
1203 South Houston Ave.
Humble, TX 77338
281-446-2615
<https://familytimeccc.org/>
24-hour hotline

Family Time offers a confidential hotline for survivors of domestic violence, sexual assault, human trafficking. Family Time also offers comprehensive individual and family counseling and a safe place for temporary safe housing as well as the start of the healing process for survivors.

Low Cost transportation Services continued

Medicaid Medical Transportation Program

Non-emergency medical transportation services are available for a Medicaid beneficiary or their child. These services include rides to doctor's office, dentist's office, hospital, drug store or any place that provides covered health care services. Each Medicaid provider now has a designator transportation provider. **Contact your Medicaid provider for more information.**

Medicare Medical Transportation Benefit

Many Medicare Advantage Plans include a medical transportation benefit for non-emergency rides to doctor's appointments. This includes rides via public transportation or rideshare services such as Uber and Lyft. Approved locations may include, but are not limited to: physician and dentist offices, prescription pick-ups, dialysis treatment, rehabilitation appointments (occupational, physical and speech therapy), and radiation therapy. **Contact your Medicare Advantage Plan provider for more information. Here are two:**

Wellcare Transportation
KelseyCare Advantage

Call 866-393-2166 for more information or to schedule a ride
Call 855-931-7433 for more information or to schedule a ride.

FOOD PANTRIES

Houston Food Bank

535 Portwall Street
Houston, TX 77029
(713) 223-3700
www.houstonfoodbank.org

Montgomery County Food Bank

1 Prospect Point
Conroe, TX 77385
(936) 271-8800
mcfoobank.org

Humble Area Ministries HAMM

1204 1st Street East
Humble TX 77338
(281) 446-0993
haaministries.org

Catholic Charities Food Distribution Program

326 S Jessen Drive
Houston, TX 77003
(713) 526-4611
<https://catholiccharities.org/food/>

The Mission Northeast

22098 Loop 494
New Caney, TX 77357
281-354-1200
Missionne.org

Foodpantries.org

Visit website to find local pantries, soup kitchens, food shelves, food banks and other food help.

Feedingamerica.org

Visit website to find a local food banks and food pantries.

Texas United Way

Call 211 Texas United Way Helpline or 877-541-7905 for a list of food banks and food pantries in your zip code area. www.unitedwayhouston.org

LOW COST TRANSPORTATION SERVICES

METROLift

METROLift is a shared-ride public transit service in accordance with the Americans with Disabilities Act (ADA).
Call 713-225-0119 for more information.

www.ridemetro.org

Harris County Rides

RIDES is a curb-to-curb subsidized program that allows eligible customers to purchase transportation services at a significant discount. Call 713-368-7433 for more information.

www.rides.harriscountytexas.gov

Brazos Transit District

Provides affordable transportation between Liberty and Dayton communities for reduced fares.

Call 979-778-0607 for more information.

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

ADA Paratransit Service

Provides ADA Complementary Paratransit service in conjunction with the fixed-route Town Center Trolley in the Woodlands, TX.

Call 800-272-0039 for fixed fare information.

Approval time is 21 days.

<https://thewoodlandstowship-tx.gov/1361/ADA-Paratransit-Service>

Senior Rides and More

Senior Rides and More is a faith-based nonprofit whose mission is to promote senior independent living, health, and safety by providing free transportation and other services. Through a network of volunteers, Senior Rides and More provides free one-on-one assistance to seniors in Southwest and Northwest Houston with services including: Transportation to doctors and clinics, pick up prescriptions, go grocery shopping, other life sustaining errands, remaining with a care receiver throughout a medical appointment if necessary, minor household repairs, and telephone wellness check calls. Call 713-772-8181 for more information and to request assistance.

<https://seniorridesandmore.org/>

Meals on Wheels Montgomery County

Meals on Wheels offer curb to curb transportation services to seniors who are 60+ years of age and with proof of disability. Applicant must be a resident of Montgomery County. Call 936-756-5855 for more information and to request assistance.

<https://www.mowmc.org/>

Interfaith Of The Woodlands

Provides rides to medical appointments and the grocery store for older adults ages 62 and older residing in the zip code service area. Services areas include: Montgomery County parts of zip codes only: 77380, 77381, 77382, 77384, 77385, and 77386; Residents of 77389 and 77375 who are in the Village of Creekside Park; Residents of 77354 who are in Village of Sterling Ridge. Call 281-367-1230 for more information.

<https://woodlandsinterfaith.org/>

HUD and Permanent Housing continued

Local Public Housing Agencies (PHAs) list continued:

The Montgomery County Housing Authority <https://montgomerycountyha.org/>
1500 N Frazier St
Conroe, TX 77301
(936) 539-4984

The Montgomery County Housing Authority is the low-income housing and public housing authority of Montgomery County, Texas. It serves areas within Montgomery County. The agency provides assistance to low-income families and individuals to secure housing from participating landlords in single-family homes, townhouses and apartments.

The Liberty County Housing Authority www.co.liberty.tx.us/page/liberty.housing
2103 Cos St. Room 103
Liberty, TX 77575
(936) 336-4558, ext. 5

The Liberty County Housing Authority is the low-income housing and public housing authority of Liberty County, Texas. It serves areas within Liberty County. The agency provides assistance to low-income families and individuals to secure housing.

Heartwarming Living Solutions

Phone: (832) 250-4542
Website: <https://www.aplaceforspecialneeds.com/>

Heartwarming Living Solutions is a compassionate non-profit dedicated to helping seniors and adults with disabilities find safe housing, whether they seek independent living or supervised care options. Services are provided at no cost to clients. Heartwarming Living Solutions mission is to provide individuals with diverse living environments that foster independence, dignity, and well-being. Through a comprehensive range of housing services and personalized care options, we are committed to empowering clients to live fulfilling, healthy lives in their communities. **For more information, please visit website.**

Houston Habitat for Humanity

Phone: (713) 671-9993
Website: <https://www.houstonhabitat.org/>

Houston Habitat for Humanity is a U.S. non-governmental, and tax-exempt 501(C)(3) Christian nonprofit organization which seeks to build affordable housing. Habitat for Humanity works to help build and improve homes for families of low-income or disadvantaged backgrounds. Homes are built using volunteer labor, including that of Habitat homeowners through the practice of sweat equity, as well as paid contractors for certain construction or infrastructure activities as needed. **Please visit website for more information about eligibility criteria and how to apply for the Homeownership Program.**

HUD AND PERMANENT HOUSING

U.S. Department of Housing and Urban Development (HUD) Housing Programs

The U.S. Department of Housing and Urban Development is the Federal agency responsible for national policy and programs that address America's housing needs. HUD administers federal aid to local public housing agencies (PHAs) that manage the housing for low-income residents at rents they can afford. HUD housing refers to housing programs and assistance administered by the U.S. Department of Housing and Urban Development. HUD's housing programs include:

Public Housing - Public housing is federally-subsidized housing designed to provide decent and safe rental housing for eligible low-income families, the elderly, veterans, and persons with disabilities. Public housing can come in all sizes and types, from scattered single-family houses to highrise apartments for the elderly.

Housing Choice Voucher Program (HCVP) - HCVP is one of the federal government's largest programs that provide safe, quality, and affordable housing to low-income families, those with disabilities, veterans, and the elderly for rental units chosen by the tenant in the private market. It provides tenant-based assistance in the form of vouchers and provides payment directly to participating property owners to offset the cost difference between tenant payments and unit rent.

Project-Based Vouchers (PBV) - PBVs are part of the Housing Choice Voucher Program (HCVP). Housing authorities use tenant-based voucher funding to allocate project-based units to a certain community.

Eligibility for a HUD housing assistance is determined by Public Housing Agencies (PHAs) based on the total annual gross income and family size and is limited to US citizens and specified categories of non-citizens who have eligible immigration status. **PHAs do not provide emergency housing and shelter.**

If you need public housing assistance or would like specific information about public housing programs, please contact your local PHA. You can find your local PHA via the HUD website <https://www.hud.gov/> or by calling (800-955-2232).

Below is a list of a few local Public Housing Agencies (PHAs):

The Houston Housing Authority <https://housingforhouston.com/>
2640 Fountain View Dr.
Houston, TX 77057
(713) 260-0500

The mission of the Houston Housing Authority (HHA) is to improve lives by providing quality, affordable housing options and promoting education and economic self-sufficiency. HHA provides affordable homes and services to low-income Houstonians through the Housing Choice Voucher Program, public housing and tax credit developments, and project-based voucher developments around the city.

The Harris County Housing Authority <https://hchatexas.org/>
Hussion St
Houston, TX 77003
(713) 578-2100

The Harris County Housing Authority is the low-income housing and public housing authority of Harris County, Texas in Greater Houston. It serves areas outside of the city of Houston and throughout the county.

HOMELESS SERVICES/SHELTERS

Casa Juan Diego (undocumented immigrants, inmigrantes indocumentados)
4818 Rose Houston, TX 77007 713-869-7376

Covenant House Texas (ages 18- 24, including teens with children)
3412 Beulah St. Houston, TX 77004 713-523-2231; after 3pm call 713-630-5601

Harmony House (working, homeless nen)
602 Girard Houston, TX 77007 713-221-6216

Mission of Yahweh (women and children)
10247 Algiers Road Houston, TX 77041 713-466-4785

Open Door Mission (men's shelter/substance abuse recovery)
5803 Harrisburg Blvd. Houston 77011 main 713-921-7520; intake 832-962-4256

Salvation Army Conroe (Please call first. Open from 4pm to 8am.)
304 Avenue E Conroe, TX 77301 936-760-2440

Salvation Army Houston (women and families)
1603 McGowen Houston, TX 77004 713-650-6530

Salvation Army Center of Hope (male veterans only)
1717 Congress St 77002 713-752-0677

Santa Maria Hostel (women and children shelter/substance abuse recovery)
2605 Parker Rd Houston, TX 77093 713-691-0900

Star of Hope Men's Center
1811 Ruiz Houston, TX 77002 713-226-5414

Star of Hope Women and Family Development Center
2575 Reed Road Houston, Texas 77051 713-748-0700

Family Promise of Lake Houston (shelter program for children and families in Humble area)
281-441-3754 intake line

Life House of Houston offers a safe, dignified space for a woman to reside while pregnant, providing independent living within a community of women at various stages of their motherhood journeys. Call 713-623-2120 or visit <https://lifehousehouston.org/> for more information.

SEARCH Homeless Services specializes in skilled case management to help those who are homeless move from the streets into jobs and safe, stable housing. SEARCH's programs help through services that Engage & Stabilize, House, Employ, and Educate. Call 713-739-7752 or visit www.searchhomeless.org for more information. SEARCH is open Mon – Fri, 9 am – 4 pm and closed on Saturday and Sunday.

The Beacon is a non-profit organization that serves individuals by providing daily services, civil legal aid, counseling, mentoring, meals, and housing case management. Call 713-220-9737 or visit website www.beaconhomeless.org for more information. Open daily from 7 am – 2 pm.

VETERANS ASSISTANCE

Houston VA Regional Benefits Office

8900 Almeda Road
Houston, TX 77030
800-827-1000

Michael E. Debakey VA Medical Center

2002 Holcombe Boulevard
Houston, TX 77030
713-791-1414

Conroe VA Health Clinic

690 South Loop 336 West
Suite 300
Conroe, TX 77304
936-522-4000

Houston Southwest Vet Center

10103 Fondren Road
Houston, TX 77096
713-523-0884

Tomball VA Clinic

1200 West Main Street
Tomball, TX 77357
281-516-1505

Humble VA Outpatient Clinic

1485 FM 1960 Bypass Rd E
Suite 340
Humble, TX 77338
281-540-5018

Veterans Crisis Hotline

If you're a Veteran in crisis or concerned about one, the Veterans Crisis Line is a free, confidential resource that connects you to a real person specially trained to support Veterans. The Veterans Crisis Line serves Veterans, service members, National Guard and Reserve members, and those who support them (their families and friends). You don't have to be enrolled in VA benefits or health care to connect.

- Dial **1-800-273-8255** and **Press 1** to talk to someone.
- Your call is free and confidential. You decide how much information to share.
- You can send a text message to **838255** to connect with a VA responder.
- VA responder can connect you resources and support systems to help.
- You can start a confidential online chat session at [VeteransCrisisLine.net/Chat](https://www.veteranscrisisline.net/Chat).
- Take a self-check quiz at [VeteransCrisisLine.net/Quiz](https://www.veteranscrisisline.net/Quiz) to learn whether stress and depression might be affecting you.
- You can also visit [MilitaryCrisisLine.net](https://www.militarycrisisline.net) if you are an active duty service member, guardsman, or reservist.

Veterans National Resource Directory

Job Search Assistance Website
<https://nrd.gov/>

The Harris County Veterans Services Office

The Harris County Veterans Services Office is an advocate for veterans and their dependents in Harris County. We provide assistance to veterans and their dependents regarding compensation, pension, medical, educational, insurance, and death benefits. We also assist veterans and their dependents in obtaining important documentation needed to apply for benefits. **Phone: 281-876-6600**
<https://www.texvet.org/resources/vcso-harris-county-veterans-services>

Montgomery County Veterans Service

The mission of Montgomery County Veterans Services is to provide the most beneficial service to the veterans and their dependents in Montgomery County in a compassionate manner with the desire to obtain the most advantageous benefits available to them, through continual education of VA regulations and application procedures affecting the veteran population. **Phone: 936-539-7842**
https://www.mctx.org/departments/departments_q_-_z/veterans_services/index.php

HIV AND AIDS SUPPORT

Avenue 360 Health and Wellness

2150 W. 18th Street
Houston, Texas 77008
713-426-0027
After hours: 713-426-0027
<https://avenue360.org/>

The Center for AIDS Information & Advocacy

1415 California Street
Houston, TX 77006
713-527-8219

Thomas Street Health Center

2015 Thomas Street
Houston, TX 77009
713-873-4000
www.harrishealth.org

St. Hope Foundation – Medical/Dental

Northwest Community Health
20320 Northwest Frwy
Houston, TX 77065
832-365-3380
www.offeringhope.org

Legacy Community Health Montrose Clinic

1415 California Street
832-548-5100
www.legacycommunityhealth.org

St. Hope Foundation – Medical/Dental

Conroe Community Health
1414 S. Frazier, Suite 105
Conroe, TX 77031
936-441-2440
www.offeringhope.org

St. Hope Foundation – Medical/Dental

Greenspoint Community Health
255 Northpoint, Suite 200
Houston, TX 77060
832-300-8040

Texas Department of Health and Human Services HIV Support Programs:

Housing Opportunities for Persons with AIDS (HOPWA)

The Housing Opportunities for Persons with AIDS (HOPWA) Program helps eligible persons living with HIV and their households establish or maintain affordable and stable housing, reduce their risk of homelessness, and improve their access to health care and supportive services.

To learn more about the HOPWA and find out if you are eligible, please call toll free at 1-888-963-7111 or visit website at <https://www.dshs.texas.gov/hivstd/hopwa>.

The Texas HIV Medication Program (THMP)

The THMP provides medications for the treatment of HIV and its related complications for low-income Texans. To qualify for medications, potential clients who meet eligibility criteria complete an application for assistance. Once approved, a client receives medications at an assigned pharmacy in their community. To learn more about the THMP and find out if you are eligible, please call toll free at 1-800-255-1090 or visit website at <https://www.dshs.texas.gov/hivstd/meds>.

PRESCRIPTION ASSISTANCE

GoodRx

855-213-1275

www.goodrx.com

GoodRx gathers current prices and discounts to help you find the lowest cost pharmacy for your prescriptions. GoodRx is 100% free. No registration required. GoodRx coupons will help you pay less than the cash price for your prescription. They're free to use and are accepted at virtually every U.S. pharmacy. Your pharmacist will know how to enter the codes on the coupon to pull up the lowest discount available.

Needy Meds

800-503-6897

www.needymeds.org

Needy Meds offer a free drug discount card that may help you obtain a substantially lower price on your medications. For more information and to download card for free visit: <https://www.needymeds.org/drug-discount-card>.

Rx Outreach

888-796-1234

www.rxoutreach.org

Rx Outreach is a fully licensed nonprofit mail order pharmacy. Rx Outreach offers more than 1,000 medication strengths that cover most chronic diseases. Since RX Outreach is a mail order pharmacy, they are able to ship medications directly to the provider's office or our patients' homes. They can ship medication for 30, 60, 90 or 180 days at a time.

Rx Outreach is available to qualifying individuals and families. They serve people whose income is at or below 400% of the Federal Poverty Level. You can check your eligibility online. Patients can be on Medicare, Medicaid, or other health insurance and still qualify for Rx Outreach.

Social Security Extra Help Program

800-772-1213

<https://www.ssa.gov/medicare/part-d-extra-help>

The Extra Help program helps people with limited income and resources lower or cut Part D costs. Medicare Part D provides drug coverage. The Extra Help program helps with the cost of your prescription drugs, like deductibles and copays. You can apply for Extra Help any time before or after you enroll in Part D.

Walmart \$4 Prescription Program

<https://www.walmart.com/cp/4-prescriptions/1078664>

The Prescription Program includes up to a 30-day supply for \$4 and a 90-day supply for \$10 of some covered generic drugs at commonly prescribed dosages. Higher dosages may cost more. A list of medications covered by program is available online.

MENTAL HEALTH - Suicide Risk Factor and Warning Signs

What leads to suicide?

There is no single cause for suicide. Suicide most often occurs when stressors and health issues converge to create an experience of hopelessness and despair. Depression is the most common condition associated with suicide, and it is often undiagnosed or untreated. Conditions like depression, anxiety and substance problems, especially when unaddressed, increase risk for suicide. Yet it is important to note that most people who actively manage their mental health conditions go on to engage in life.

Know the Warning Signs:

Having suicidal thoughts should be taken seriously. The two most important steps in prevention are recognizing the warning signs and getting help.

Here is what you need to know:

Any one of these symptoms does not necessarily mean the person will commit suicide, but several of them may signal a strong need for help.

- Talking or writing about suicide, death, or the afterlife, including verbal hints, such as, "You'd be better off without me"
- Seeking access to firearms, pills, or other means to end his or her life
- Expressing hopelessness, guilt, worthlessness (no reason for living)
- Dramatic mood swings or personality changes
- Depression; lack of interest in usual activity or future plans
- Increased drug or alcohol use
- Feeling trapped, no way out
- Isolating from family, friends and society
- Giving away prized possessions

What to Do If You Think Someone is Suicidal?

If anyone you know mentions suicide, encourage them to get professional help.

Consider counseling for yourself if you observe warning signs, especially if the person is resistant to getting help. Depression is a major risk factor for suicide. Getting help early is important. If you or a loved one feels persistent sadness, hopelessness, or struggles with other mental health problems, call the Suicide Prevention Hotline. Trained experts can give you free, confidential support, resources, and if needed referrals. **In a crisis, the Suicide Prevention Lifeline is available 24/7: 988 or 1-800-273-TALK (8255). You can also chat online at 988lifeline.org.**

Also, **The Substance Abuse and Mental Health Services Administration's (SAMHSA) National Helpline, 1-800-662-HELP (4357) or TTY: 1-800-487-4889** is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

En una crisis, la Línea de vida para la prevención del suicidio también está disponible 24/7: 988 o 1-800-273-TALK (8255). También puedes chatear en línea en 988lifeline.org.

La línea de ayuda nacional de SAMHSA, 1-800-662-HELP (4357) o TTY: 1-800-487-4889 es confidencial, gratis, las 24 horas del día, 365, servicio de información, en inglés y español.

MENTAL HEALTH CLINICS AND SUPPORT

Harris Center for Mental Health

9401 Southwest Freeway
Houston, TX 77074
Patient Access Line: 713-970-7212
www.theharriscenter.org

Ben Taub Mental Health – Psychiatric

Emergency Program
1504 Ben Taub Loop
Houston, TX 77030
713-970-4640
<https://www.harrishealth.org/>
24 Hour Crisis Line 866-970-4770

Tri County Behavioral Health

Crisis Line 800-659-6994
www.tricountyservices.org
Montgomery County 936-521-6200
Cleveland 281-432-3000
Liberty County 936-223-3299
Walker County 936-291-5800

Alliance for Multicultural Community Services -The Alliance Wellness Center

Accepts uninsured, sliding fee scale.
Languages spoken on site:
Spanish, Vietnamese, Urdu, Hindi, Nipali
6440 Hillcroft Street, Suite 411
Houston, TX 77081
713-776-4700
<https://thealliancetxt.org/wellness-center>

Open Path Psychotherapy Collective

Open Path is a nonprofit organization that provide affordable in-office and online psychotherapy sessions from a vetted mental health professional. Cost of sessions range from \$40 - \$70. Sessions with student interns are \$30. Open Path serves clients who lack health insurance or whose health insurance doesn't provide adequate mental health benefits. Open Path help our members access their choice of affordable in-person or online care from a vetted mental health professional. Visit website for more information and to find a therapist in your area. <https://openpathcollective.org/city/houston/>

Burke Center for Mental Health

300 Bypass Lane, Suite 208B
Livingston, TX 77351
To make an appointment for adults or
children: 936-634-5010
www.myburke.org

National Alliance on Mental Illness (NAMI) Greater Houston

713-970-4483 – Online Support Groups
Main number is 713-970-4419
9401 Southwest Freeway
Suite 1234
Houston, TX 77074
Email: namigh@namigreaterhouston.org

How to Get Help - Mental Health

Learn about services for people with a
mental health issue.

Help Line: 1-866-378-8440

DENTAL CLINICS

UT Dental College
7500 Cambridge St
Houston, TX 77054
Phone: 486-4000
www.dentistry.uth.edu
13 years of age and up

Bering Dental Clinic
1427 Hawthorne Street
Houston, TX 77006
Phone: 713-524-7933
Low-income assistance, special programs for HIV+ clients.

San Jose Dental Clinic
2615 Fannin Street
Houston, TX – 77252
Phone: 713-228-9411
www.sanjoseclinic.org

Legacy Dental Clinic
3811 Lyons Ave
Houston, TX 77020
Phone: 832-548-5400
www.legacycommunityhealth.org

Riverside Dental Clinic
3315 Delano St
Houston, TX 77004
Phone: 713-333-1337
www.centralcarechc.org

Harris Health Dental Center
5230 Griggs Road
Houston, TX 77021
Phone: 713-757-0572
www.harrishealth.org

SUBSTANCE ABUSE

How to Get Help - Substance Abuse: Learn about services for people who need help with drug or alcohol abuse issues. **Substance Abuse Help Line: 1-866-378-8440 (toll-free)**

Alcoholic Anonymous
4140 Director's Row, Suite D
Houston, TX 77092
24-hour phone line 713-686-6300

Cenikor (Adolescent and Adult Programs)
5629 Grapevine
Houston, TX 77085
888-236-4567

The Council on Recovery
303 Jackson Hill Street
Houston, TX 77077
713-942-4100

The Montrose Center
401 Branard Street
Houston, TX 77006
713-529-0037
713-529-3211 (LGBT Helpline)

**Ben Taub Mental Health –
Intensive Outpatient Program**
1502 Taub Loop 2nd Floor
Houston, TX 77030
713-873-4901

**The Association for the Advancement of
Mexican Americans
AAMA Learning Center**
La Asociación para el Avance de los
mexicoamericanos
Centro de aprendizaje AAMA
6001 Gulf Freeway, Building E
Houston, TX 77023
713-967-6700

Right Step Houston Central
902 West Alabama Street
Houston, TX 77006
832-917-0310

MEDICAL CLINICS

Avenue 360 Health and Wellness
9816 Memorial Blvd., Suite 120
Humble, TX 77338
Phone: 281-570-2525
www.avenue360.org

Legacy Community Health
5598-A1 North Freeway
Northtown Plaza
Houston, TX 77076
Phone: 281-628-2030
www.legacycommunityhealth.org

Legacy Community Health
3811 Lyons Ave
Houston, TX 77020
Phone: 832-548-5400
www.legacycommunityhealth.org

Conroe Community Health Center
1414 S. Frazier, STE 105/106
Conroe, TX 77301
Phone: 936-441-2440
www.offeringhope.org

Greenspoint Community Health Center
255 Northpoint, Ste 200
Houston, TX 77060
Phone: 832-300-8040
www.offeringhope.org

Well Life Clinic
207 S. Bonham Ave
Cleveland, TX 77327
Phone: 832-318-9800
<https://welllife-clinic.org/>
Affordable Self-Pay prices

Kingwood Internal Medicine Specialists
22751 Professional Dr., Suite 120 Kingwood, TX 77339

Kingwood Internal Medicine Specialists is a general internal medicine practice. The practice is comprised of a multidisciplinary team of physicians, nurses, and support staff that treat a wide array of conditions, perform routine and annual health examinations, manage acute and chronic conditions, as well as provide disease education and preventative care, and help coordinate your care with specialists if the need arises. **To book an appointment or learn more, call 281-312-4838 or visit kingwoodinternalmedicinespecialists.com**

Health Center of Southeast Texas - Cleveland
307 William Barnett Avenue.
Cleveland, TX 77327
Monday – Friday 8am – 8pm
Phone: 281-592-2224
www.hcset.com

Health Center of Southeast Texas - Livingston
204 West Park Drive Suite 200
Livingston, TX 77351
Phone 281-592-2224
www.hcset.com

Health Center of Southeast Texas - Liberty
1202 N. Travis Street
Liberty, TX 77575
Phone: 281-592-2224
www.hcset.com

Health Center of Southeast Texas - Shepherd
11 Woodland Park Drive
Shepherd, TX 77371
Livingston, TX 77351
Phone: 281-592-2224
www.hcset.com

Squatty Lyons Health Center
1712 First Street E, Suite M20
Humble, TX 77338-5238
281-446-4139
www.harrishealth.org

HEALTH INSURANCE MARKET PLACE®

Health Insurance Marketplace®

For more information go to [healthcare.gov](https://www.healthcare.gov) or dial 800-318-2596 / TTY- 855-889-4325.
Available 24 hours a day, 7 days a week (except holidays)

If you don't have health insurance through a job, Medicare, Medicaid, the Children's Health Insurance Program (CHIP), or another source that provides qualifying health coverage, you can find coverage through the Marketplace.

The Health Insurance Marketplace® is a service that helps people shop for and enroll in health insurance. The federal government operates the Health Insurance Marketplace®, available at [HealthCare.gov](https://www.healthcare.gov), for most states.

The Health Insurance Marketplace® (also known as the “Marketplace” or “Exchange”) provides health plan shopping and enrollment services through websites, call centers, and in-person help.

Small businesses can use the Small Business Health Options Program (SHOP) Marketplace to provide health insurance for their employees.

When you apply for individual and family coverage through the Health Insurance Marketplace®, you'll provide income and household information. You'll find out if you qualify for:

- Premium tax credits and other savings that make insurance more affordable
- Coverage through the Medicaid and Children's Health Insurance Program (CHIP) in your state

Annual Open Enrollment is November 1 through January 15. However, you can qualify for a Special Enrollment (a time outside of Annual Open Enrollment) if you've had certain life events, including losing health coverage, moving, getting married, having a baby, adopting a child, or if your household income is below a certain amount.

Health Insurance Marketplace®- Important Dates

- **November 1:** Open Enrollment starts for health coverage for the next plan year — first day you can enroll in, re-enroll in, or change health plans through the Health Insurance Marketplace®. Coverage can start as soon as January 1.
- **December 15:** Last day to enroll in or change plans for coverage to start January 1.
- **January 1:** Coverage starts for those who enroll in or change plans by December 15 and pay their first premium.
- **January 15:** Open Enrollment ends — last day to enroll in or change health plans for the year. After this date, you can enroll in or change plans only if you qualify for a Special Enrollment Period
- **February 1:** Coverage starts for those who enroll in or change plans December 16 through January 15 and pay their first premium.

You can go to [healthcare.gov](https://www.healthcare.gov) or call 800-318-25-96 for more information, to see if you qualify, and to apply.

FEDERAL BENEFITS

For information about federal benefits go to <https://www.ssa.gov/benefits/> or dial 1-800-772-1213
TTY 1-800-325-0778.

Federal Benefits include:

- Retirement Benefits
- Medicare
- Social Security Disability (SDI):
- Supplemental Security Income (SSI):
- Survivors Benefits:

Retirements Benefits:

Whether you need help deciding when to retire or are ready to start the next chapter in your life, the Social Security Administration has the tools you need to get started. No need to visit an office. You can estimate your benefits, apply for retirement, and check your application status online.

Medicare:

Medicare is our country's health insurance program for people 65 or older. Certain people younger than age 65 can qualify for Medicare too, including those with disabilities and those with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a transplant). Social Security works with the Centers for Medicare and Medicaid Services to ensure individuals receives the assistance they need.

Medicare is the federal health insurance program for people who are 65 or older, certain younger people with disabilities, and people with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a transplant, sometimes called ESRD). Different parts of Medicare help cover specific services:

- **Medicare Part A** (Hospital Insurance)
Part A covers inpatient hospital stays, care in a skilled nursing facility, hospice care, and some home health care.
- **Medicare Part B** (Medical Insurance)
Part B covers certain doctors' services, outpatient care, medical supplies, and preventive services.
- **Medicare Part D** (prescription drug coverage)
Helps cover the cost of prescription drugs (including many recommended shots or vaccines).

Social Security Disability (SDI):

The SSDI program pays benefits to you and certain family members if you are "insured." This means that you worked long enough – and recently enough - and paid Social Security taxes on your earnings.

Supplemental Security Income (SSI):

SSI program provides support to disabled adults and children who have limited income and resources, as well as people age 65 and older who are not disabled but have limited income and resources.

Survivors Benefits:

If you lose a loved one, Social Security can help you get through the difficult time. This program pay survivors benefits to widows, widowers, and to the dependents of eligible workers.

STATE BENEFITS

For information about state benefits go to yourtexasbenefits.com or dial 2-1-1, select your language, then choose **Option 2**. If 2-1-1 does not work from your phone, you can call 1-877-541-7905. All state benefit programs have income guidelines and other eligibility requirements.

State Benefits include:

- Texas Medicaid
- Children's Health Insurance Program (CHIP)
- Supplemental Nutrition Assistance Program (SNAP)
- Temporary Aid to Needy Families (TANF)

Medicaid and CHIP:

Medicaid and the Children's Health Insurance Program (CHIP) provide health coverage for low-income children, families, seniors and people with disabilities.

Supplemental Nutrition Assistance Program (SNAP)

SNAP is a federally funded program that helps low-income families buy nutritious food from local food stores. SNAP assistance is available to qualifying families, elderly people, and single adults. Applicants must reside in Texas, and must apply in the county in which they reside.

Temporary Aid to Needy Families (TANF)

The Texas Temporary Assistance for Needy Families (TANF) program, formerly Aid to Families with Children (ADFC), is a support service for Texas families. The purpose of TANF is to provide financial and medical assistance to needy dependent children and the parents or relatives with whom they are living.

Community Resources:

The Texas state benefits line can also assist with locating other resources in your community such as food pantries, housing, senior services, child care, prescription assistance, rental assistance, and utility assistance. For information about available resources in your community, dial 2-1-1, select your language, then choose **Option 1**. If 2-1-1 does not work from your phone, you can call 1-877-541-7905.

Texas Office of Attorney General

512-463-2100

<https://www.texasattorneygeneral.gov/>

- **Child Support Division** - The Child Support Division of the Office of Attorney General ensures that every child receives the support they need and deserve. The Texas Office of the Attorney General enforces court orders when parents fail to meet their support obligations.
- **Crime Victims Division** - The Crime Victims Division assist crime victims and their families with information, resources, and financial assistance. The Crime Victims' Compensation (CVC) Program helps crime victims and their immediate families with the financial costs of crime. CVC covers crime-related costs such as counseling, medical treatment, funerals, and loss of income not paid by other sources.

Liberty County Health System

<https://www.co.liberty.tx.us/page/liberty.indigent>

The Liberty County Indigent Health Care Office determines eligibility for health care services to county residents. Programs include physician visits, inpatient and outpatient hospital services, prescription services, specialty services, vision and dental to eligible residents.

Eligibility is determined by the following guidelines:

- Must be a Liberty County resident
- Applications and supporting documentation must be provided
- Based on income and family size
- Ineligible for state and federal programs

All applications for the Liberty County Health System are conducted over the phone and is an eligibility program only. Please call center directly to obtain an application for the program.

Liberty Healthcare Center

1206 N Travis Street
Liberty, TX 77575
936-336-4693

Cleveland Healthcare Center

304 Campbell Street
Cleveland, TX 77327
281-593-8428

Polk County Indigent Healthcare Program

The Polk County Indigent Health Care Program helps low-income residents who don't qualify for other state or federal health care programs have access to health care services. Applicant must reside in Polk County and meet income guidelines. Those interested in applying can call 936-327-6830 or go to office to make an appointment.

The program is administered by the Polk County Social Services Department located at 602 E. Church St. Ste. 118 Livingston, TX 77351.

San Jacinto County

The San Jacinto County Indigent Health Care Program helps low-income residents who don't qualify for other state or federal health care programs have access to health care services. Applicant must reside in Montgomery County and meet income guidelines.

The Healthcare Program is located in the San Jacinto Courthouse Basement located at 1 State Hwy. 150 Coldspring, Texas 77331. All application request must be initiated by phone at 936- 653-2091.

Montgomery County Health System 936-523-5100 <https://www.mchd-tx.org/hcap/>

HCAP serves as the County Indigent Health Care Program for Montgomery County. As the payer of last resort, HCAP is designed to provide covered healthcare services to eligible, low-income residents who have no other public or private health care benefits.

Who is eligible? (Check to ensure that these requirements have not changed)

1. Residence – Must live in Montgomery County
2. Income – May not exceed the minimum established Federal Poverty Income Level of 133%
3. Resources – May not exceed \$2,000 per month (or \$3,000 if aged or disabled)
4. Citizenship – US Citizens or Resident Aliens
5. Medical Need – Must have a medical need of some kind

How to apply for The Montgomery County Health Care Assistance Program (HCAP)

1. Fill out the application; DO NOT leave any blanks. Application is on website.
2. To expedite your application, please attach copies of information listed below.
3. Mail or drop off your application with required documentation attached to:
HCAP – 1400 South Loop 336 West, Suite #150, Conroe, Texas 77304

Required Documentation to Start the Application Process (for self or household members*)

- Valid TXDL/TXID with same address as on your application
- Social Security number (card preferred)
- Birth certificate, OR any of the following:
 - Montgomery County voter's registration card
 - Passport
 - Residence card or Certificate of **Naturalization** or any legal document verifying identity
- Current utility bill showing the same address as on your application (regardless of name on bill)

*A household is a person living alone or two or more persons living together where legal responsibility for support exists, excluding disqualified persons.

<https://www.mchd-tx.org/montgomery-county-indigent-care-plan-handbook/hcapdocuments/>

Harris Health System's mission is to improve our community's health by delivering high-quality healthcare to Harris County residents. While medical care is not free at our facilities, there is financial assistance for those who qualify.

Based on your household income, you may qualify for partial financial assistance, on a sliding scale. To qualify for financial assistance, household income may not exceed 150% of the Federal Poverty Level.

All Harris Health patients are asked to make a minimum payment at the time of their hospital or clinic visit, except for pediatric and prenatal care visits. Service fees do not apply to patients in the Healthcare for the Homeless Program or other insurance plans. Insurance plan copays will be collected according to plan requirements.

You may drop off your completed application along with verification proofs at one of the following locations. Please observe the dates and times in bold below at each location.

Acres Home

818 Ringold Street
Houston, Texas 77088
Phone: 713-566-6509
Hours: Monday-Friday 7 am through 4 pm
Fourth Thursday of every month, open 7 am through 11 am

East Mount Houston

11737B Eastex Freeway
Houston, Texas 77039
Phone: 713-566-6509
Hours: Monday-Friday 8 am through 4:30 pm
Fourth Friday of every month, open 8 am through 2:30 pm

Lois J. Moore

8901-B Boone Road
Houston, Texas 77099
Phone: 713-566-6509
Hours: Monday-Friday 7:30 am through 4:30 pm
Second Wednesday of every month, open 7:30 am through 2 pm

Southeast

3550-A Swingle Road
Houston, Texas 77047
Phone: 713-566-6509
Hours: Monday-Friday 7 am through 4 pm
Fourth Thursday of every month, open 8 am through Noon

Strawberry

925 Shaw Avenue
Pasadena, Texas 77506
Hours: Monday-Friday 7:30 am through 4:30 pm.
Third Wednesday every month, open 7:30 am through Noon

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COMMUNITY RESOURCE GUIDE

Find it 10/8/25

**HCA  Houston
HealthcareSM
Kingwood**

22999 US HWY 59 N
KINGWOOD, TEXAS 77339
281-348-8000
hcahoustonhealthcare.com

Thank you for choosing HCA Healthcare Kingwood for your medical care. We have put together this resource guide for your convenience and to assist you in obtaining additional assistance and support.

This resource guide is meant to be a tool to help you locate additional services that you may be eligible for and could assist with your needs. This is not an exclusive list; however, we hope that this will assist you with your medical and social needs.

HCA Healthcare Kingwood does not recommend or endorse any of the services or any of their affiliates included in this guide. You are responsible for assessing each program and ensuring that they meet your needs.

If you have any questions about any of the services listed in this guide prior to your discharge, please speak with your case manager or social worker.

Other Contact Numbers

AIDS Foundation Houston	713-524-8700
Thomas Street Health Center – HIV/AIDS Clinic	713-873-4000
Alzheimer’s Support	1-800-272-3900
Child Abuse/Elder Abuse Hotline	1-800-252-5400
Crisis Intervention Hotline	1-866-970-4770
CMS (Medicare)	1-800-633-4227
Domestic Violence Hotline – Houston	713-528-2121
Human Trafficking Hotline	1-888-373-7888 or Text 233733
Texas Legal Aid	1-800-622-2520
Meals on Wheels Harris County (Serviced by Zip Code Area)	713-533-4900
National Domestic Violence Hotline	1-800-656-4673
Rape Crisis and Victim Hotline	1-800-656-4673
Sexual Assault Hotline – Houston	713-528-7273
Social Security Administration	1-800-772-1213
State Medicaid Office	1-800-252-8263
Teen Help Line (24 hour)	1-800-989-6884 Call or Text
Texas Health and Human Services 60yrs -Disabled	1-855-937-2372
VA Services Tomball Outpatient Clinic	281-516-1505
Veterans Crisis Hotline	1-800-273-8255
Michael E. DeBaKey Veterans Services	1-800-553-2278
WIC	713-407-5800
Women’s Center Helpline	713-528-2121

Updated 9/13/22 DY

Emergency Assistance

Tomball Emergency Assistance Ministries (TEAM)

300 W. Main Street

Tomball, TX 77375

281-351-6700

<https://teamtomball.com>

Application for food, clothing, financial assistance,
medical/dental/vision vouchers

must apply in person –

Tuesdays 10am-2pm - Food & Financials

Thursdays 10am-12pm – Food Only

Food Pantries

Tomball Emergency Assistance Ministries (TEAM)

300 W. Main Street

Tomball, TX 77375

281-351-6700

<https://teamtomball.com>

Application for food, clothing, financial
assistance, medical/dental/vision vouchers

must apply in person –

Tuesdays 10am-2pm - Food & Financials

Thursdays 10am-12pm – Food Only

www.salvationarmyhouston.org/harborlight

**Star of Hope – Cornerstone Community
– Women and Families**
2575 Reed Road
Houston, TX 77051
713-222-2220
Monday-Friday 8:00am-3:30pm
www.sohmission.org

Salvation Army – Family Residence
1603 McGowen
Houston, TX 77004
713-650-6530
www.salvationarmyhouston.org/familyresidence

**Salvation Army – Young Adult Resource
Center (Ages 18-24)**
1621 McGowen, Building A
Houston, TX 77002
713-658-9205

Covenant House (Ages 18-24)
1111 Lovett Blvd.
Houston, TX 77006
713-523-2231
Monday-Friday 10:00am-2:00pm
www.covenanthousetx.org

Specialty Services

Disability Services

2-1-1 Texas
Health and Human Services
877-541-7905
<http://www.unitedwayhouston.org/our-211-helpline/>

The Arc of Harris County
9401 Southwest Freeway
Houston, TX 77074
713-957-1600
www.aogh.org
National organization with state and local chapters to provide information on local disability services and community programs.

The RightStep

12350 Wood Bayou Dr.

Houston, TX 77013

877-351-7504

<https://www.rightstep.com>

Inpatient and Outpatient Drug and Alcohol services

Methadone Services

Counseling And Recovery Services -

CARS

28314 Calvert Road

Tomball, TX 77377

281-351-8585

Monday-Friday 5:30am- 12:30pm

Sat. 6:30am-8:30am

Prescription Assistance Programs

GoodRx

www.goodrx.com

NeedyMeds

800-503-6897

www.needymeds.org

Rx Outreach

1-888-RXO-1234 (1-888-796-1234)

<https://rxoutreach.org/>

Most manufacturers with costly medications will offer prescription assistance programs based on income. Check the website of the medication manufacturer.

Ask your physician about medications on the \$4 List at your local pharmacy

Homeless Shelters

Star of Hope – Men’s Shelter

1811 Ruiz

Houston, TX 77002

713-227-8900 or 713-748-0700

www.sohmission.org

Salvation Army – Men’s Shelter

Center of Hope

1717 Congress

Houston, TX 77009

713-223-8889

713-873-2000

Dental Clinics

Tomagwa Healthcare Ministries – Dental Clinic

455 School Street, Suite 30
Tomball, TX
281-357-0747
Monday-Friday 8:30am-5pm
<http://tomagwa.org/>

Lone Star Community Health Center – Mobile Dental – Operated by Lone Star Community Health Center, Inc.

605 S. Conroe Medical Drive
Conroe, TX 77304-4722
936-539-4004
Monday-Friday 8am-5pm
<https://www.lonestarfamily.org>

Eye Care

Aphado Eye Care

739 James Street
Tomball, TX 77375
281-255-6911
Mondays Only
9:00am-4:00pm
Self-Pay

Houston Eye Associates (Pediatric)

13414 Medical Complex Drive, #4
Tomball, TX 77375
281-351-5468
<https://www.houstoneye.com>
Monday-Friday 8:00am-5pm

Houston Eye Associates

455 School Street, Suite 47
Tomball, TX 77375
281-351-7483
Monday-Friday 8am to 5pm

Alcohol and Substance Abuse Services

Baylor College of Medicine Psychiatry and Behavioral Sciences

Lee and Joe Jamail Specialty Care Center
1977 Butler Blvd.
Houston TX 77030
713-798-4857

<https://www.bcm.edu/departments/psychiatry-and-behavioral-sciences>

Alcoholics Anonymous

713-686-6300
<https://aahouston.org/>

Staff offsite contact by phone

National Parent Hotline

1-855-427-2736 (1-855- 4A Parent)

Community Health Services

Mental Health Clinics

Lone Star Behavioral Health

30903 Quinn Road

Tomball, TX 77375

281-351-6644

Monday-Friday 9am-5pm

Saturday 9am-1pm

<http://www.lonestarbehavioralhealth.com>

Family Psychiatry of The Woodlands

8701 New Trails Drive #150

The Woodlands, TX 77381

281-367-1015

Monday-Friday 8am-5pm

<https://woodlandspych.com/>

National Alliance on Mental Illness - NAMI

NAMI Hotline: 1-800-950-NAMI (6264)

Text NAMI to 741-741

UT Health Harris County Psychiatric Center – HCPC

**NeuroPsychiatric Center (The Harris Center or
MHMRA)**

1502 Taub Loop

Houston, TX

713-970-7070

Ben Taub General Hospital (HCHD)

1504 Taub Loop

Houston, TX 77030

Baylor College of Medicine Psychiatry and Behavioral Sciences

Lee and Joe Jamail Specialty Care Center

1977 Butler Blvd.

Houston TX 77030

713-798-4857

**[https://www.bcm.edu/departments/psychiatry-
and-behavioral -sciences](https://www.bcm.edu/departments/psychiatry-and-behavioral-sciences)**

DePelchin Children’s Center Counseling Services (Ages 3-17)

4950 Memorial Dr.

Houston, TX 77007

713-864-2582

Monday-Friday 8am-5pm

<https://www.depelchin.org/counseling/>

***Eligible to residents in Harris, Fort Bend, and
Waller Counties. English and Spanish***

St. Hope Foundation Community Health Clinic – Operated by Saint Hope Foundation Conroe
1414 S. Frazier Street, Suite 105/106
Conroe, TX 77301-4475
936-441-2440
<https://offeringhope.org>
Monday-Thursday 8am-6pm
Friday 9am-2pm
Federally Qualified Health Center - FQHC

Avenue360 Health + Wellness: Spring Cypress – Operated by Houston Area Community Services, Inc.
17010 Sugar Pine Drive
Houston, TX 77090-2213
281-537-8627
<https://avenue360.org>
Clinic hours: Monday-Friday 8am-5pm
After-hours 713-426-0027
Family Medicine including Children, Women's Health Services, OB/GYN, Behavioral Health, Substance Abuse
Federally Qualified Health Center - FQHC

Total Medical and Urgent Care
15410 Ridge Park Drive
Houston, TX 77095
281-855-2244
Clinic hours: Primary Care: Monday to Friday
9:00am to 6:00pm
<https://tmauc.com>

Family Planning Clinics

Planned Parenthood – Spring Health Center
4747 Louetta Road
Spring, TX 77388
713-514-1102
Call for Hours
<https://www.plannedparenthood.org>

Parenting Services

Family Houston
4950 Memorial Drive
Houston, TX 77007
713-861-4849 *Call First*
Monday-Friday 8am-5pm

Medical Clinics

Adult and Children Clinics

**Tomagwa Healthcare Ministries –
Medical and Dental Clinic**
455 School Street, Suite 30
Tomball, TX 77375
281-357-0747
<https://tomagwa.org/>
Monday-Friday 8:30-5:00
Pharmacy Monday-Thursday 8am-5pm
Friday 8am-12pm

**Lone Star Community Health Center –
Rayford Road – Operated by Lone Star
Community Health Center, Inc.**
440 Rayford Road, Suite 150
Spring, TX 77386
936-539-4004
<https://www.lonestarfamily.org>
Monday-Friday 8am-5pm
Closed 12pm-1pm daily
Federally Qualified Health Center - FQHC

**Lone Star Community Health Center –
Conroe – Operated by Lone Star
Community Health Center, Inc.**
605 S. Conroe Medical Drive
Conroe, TX 77304-4722
936-539-4004
<https://www.lonestarfamily.org>
Monday-Friday 8am-5pm
Pharmacy and Lab: open until 5:30pm
Closed 12pm-1pm daily
After Hours Walk-In Clinic:
Monday Friday 5pm-9pm
Saturday 9am-1pm
Federally Qualified Health Center - FQHC

**Spring Branch CHC – CyFair Clinic -
Operated by Spring Branch Community
Healthcare Center**
7777 Westgreen Blvd
Cypress, TX 77433-0190
713-387-7180
<http://www.sbchc.net>
Monday-Friday 8am-5pm
Federally Qualified Health Center - FQHC

**Katy CHC – West Houston Clinic –
Operated by Spring Branch Community
Healthcare Center**
5502 1st Street
Katy, TX 77493
713-462-6565
<http://www.sbchc.net>
Monday-Friday 8am-5pm
Federally Qualified Health Center - FQHC

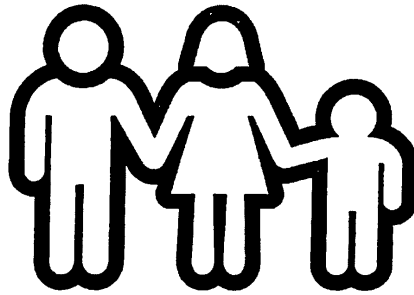
**St. Hope Foundation Community
Health Clinic – Operated by Saint Hope
Foundation Greenspointe**
255 Northpoint Drive Ste 101
Houston, TX 77060-3268
832-300-8040
<https://offeringhope.org>
Monday-Thursday 8am-6pm
Friday 9am-2pm
1st and 3rd Saturday: 8am-1pm
Federally Qualified Health Center - FQHC

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In this resource guide are resources from which you may seek assistance from if you are unable to satisfy the hospital requirements for non-urgent care.

Note: The enclosed list of community resources is provided for your convenience, but HCA Houston Healthcare Tomball does not endorse any of the listed services or any of their affiliates.



COMMUNITY RESOURCE GUIDE

Includes

Healthcare Clinics
Dental Service Providers
Social Service Providers
Specialty Service Providers

Provided by

HCA Houston Healthcare Tomball
605 Holderrieth Blvd.
Tomball, TX 77375
HCAhoustonhealthcare.com

HCA  **Houston Healthcare**SM
Tomball