

**This resource booklet has been a Quality Improvement  
collaborative work effort by:**

**Sabrina Farina, LMSW**

**&**

**Marisela Trujillo, MSW**

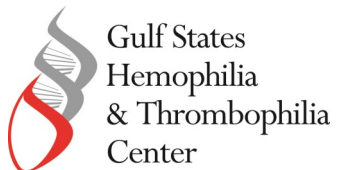
**Gulf States Hemophilia  
and Thrombophilia Center**

**Debbie de la Riva, LPC**

**&**

**Melissa Compton,**

**Executive Director of the  
Lone Star Chapter of the  
National Hemophilia  
Foundation**



## **Expanding our Support Systems**

**Here for you and the Bleeding Disorders Community**

## Guide for National and Local Mental Health Resources

### National Hotlines

#### **Crisis Text Line<sup>10</sup>**

Text HOME to 741741

**Crisis Text Line** is the free, nationwide, 24/7 **text** message service for people in **crisis**. **Text** HOME to 741741 in the US. **Text** with a trained **Crisis** Counselor from anywhere in the US.

#### **National Association for Anorexia Nervosa<sup>26</sup>**

630-577-1330

A non-profit **(501 c 3)** corporation that seeks to prevent and alleviate the problems of eating disorders, including anorexia nervosa, bulimia nervosa and binge eating disorder. ANAD advocates for the development of healthy attitudes, bodies, and behaviors.

#### **National Domestic Violence Hotline<sup>31</sup>**

800-233-4357

The National Domestic Violence Hotline is a 24-hour confidential service for survivors, victims and those effected by domestic violence, intimate partner violence and relationship abuse. The Hotline advocates are available at 1-800-799-SAFE and through online chatting at [www.TheHotline.org](http://www.TheHotline.org). All calls are free and confidential.

#### **National Suicide Prevention Lifeline<sup>32</sup>**

800-273-8255

The National Suicide Prevention Lifeline is a United States-based suicide prevention network of 161 crisis centers that provides a 24/7, toll-free hotline available to anyone in suicidal crisis or emotional distress. After dialing 1-800-273-TALK, the caller is routed to their nearest crisis center to receive immediate counseling and local mental health referrals. The Lifeline supports people who call for themselves or someone they care about.

#### **Trevor Lifeline<sup>45</sup>**

866-488-7386

The Trevor Lifeline is the only nationwide, around-the-clock suicide prevention and crisis intervention lifeline for LGBTQ youth. The Trevor Lifeline is a free and confidential service that offers hope and someone to talk to, 24/7.

#### **Veteran's Crisis Hotline<sup>48</sup>**

800-273-8255

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call 1-800-273-8255 and Press 1, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year.

### Sources

30. National Institute of Mental Health
31. National Domestic Violence Hotline
32. National Suicide Prevention Lifeline
33. Neuropsychiatric Center (NPC)
34. No Shame on You
35. Not OK
36. Postpartum Support International
37. Psychology Today
38. Schizophrenia/Related Disorders Alliance
39. Substance Abuse and Mental Health Services
40. The Harris Center Helpline and Crisis Line
41. The Montrose Center 24 -hour LGBT Helpline
42. Talkspace Online Therapy
43. Teen Crisis Hotline
44. This Is My Brave
45. Trevor Lifeline
46. United Way of Greater Houston
47. UT Physicians Psychiatric Outpatient Clinics
48. Veteran's Crisis Hotline

## Sources

1. AIDS Foundation Houston
2. Alcohol Anonymous
3. American Foundation for Suicide Prevention
4. Attention Deficit Disorder Association
5. Ben Taub, Harris County Hospital District
6. Brain and Behavior Research Foundation
7. Bring Change to Mind
8. Calm
9. Crisis Intervention Houston
10. Crisis Text Line
11. Depression and Bipolar Support Alliance
12. Harris Center For Mental Health & Intellectual Development & Disabilities
13. Harris County Psychiatric Center (HCPC)
- The University of Texas-Houston Health Science Center
14. Harris Health Center Outpatient Clinic
15. Houston Area Women's Center (HAWC)
16. Headspace
17. HelpPRO Resources Within Reach
18. Hepatitis Central
19. Houston Police Department (Crisis Intervention Team)
20. JED Foundation
21. International Obsessive/Compulsive Disorder
22. Memorial Hermann Mental Health Crisis Center
23. Mental Health America
24. Narcotics Anonymous
25. National Alliance for Mental Illness (NAMI)
26. National Association of Anorexia Nervosa
27. National Association for Anorexia Nervosa
28. National Council for Behavioral Health
29. National Institute of Alcohol Abuse

## Guide for Local Mental Health Resources

### Mental Health Organizations

- AIDS Foundation Houston<sup>1</sup>** [www.aidshelp.org](http://www.aidshelp.org) 713-623-6796  
The mission of AIDS Foundation Houston, Inc. (AFH) is to lead the innovative efforts in the prevention of new HIV infections and to empower individuals, families, and communities affected by HIV/AIDS to create and sustain healthy lives.
- American Foundation for Suicide Prevention<sup>3</sup>** [www.afsp.org](http://www.afsp.org) 888-333-2377  
The American Foundation for Suicide Prevention is the nation's largest non-profit dedicated to saving lives and bringing hope to those affected by suicide. Established in 1987, the American Foundation for Suicide Prevention (AFSP) is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death.
- Alcohol Anonymous<sup>2</sup>** [www.aa.org](http://www.aa.org) 212-870-3400  
Alcoholics Anonymous is an international fellowship of men and women who have a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.
- Attention Deficit Disorder Association<sup>4</sup>** [www.add.org](http://www.add.org) 800-939-1019  
Attention deficit hyperactivity disorder is characterized by difficulty paying attention, excessive activity, and behavior without regards to consequences which is not appropriate for a person's age. There are also often problems with regulation of emotions. The symptoms appear before a person is twelve years old, are present for more than six months, and cause problems in at least two settings. In children, problems paying attention may result in poor school performance. This association, offers ADD/ADHD support group leaders, parents of ADD/ADHD children, and adults with ADD/ADHD, has for the last five years been involved with Attention Deficit Disorder and its related disorders. The Attention Deficit Disorder Association provides information, resources and networking opportunities to help adults with Attention Deficit Hyperactivity Disorder lead better lives.

**Brain and Behavior Research Foundation<sup>6</sup>** [www.bbrfoundaton.org](http://www.bbrfoundaton.org) 800-829-8289  
The Brain & Behavior Research Foundation is a nonprofit 501c organization that funds mental health research.

**Bring Change to Mind<sup>7</sup>** [www.bringchange2mind.org](http://www.bringchange2mind.org) 415-814-8846  
Bring Change to Mind is a nonprofit organization dedicated to encouraging dialogue about mental health by raising awareness, understanding, and empathy to it.

**Depression and Bipolar Support Alliance<sup>11</sup>** [www.dbsa.org](http://www.dbsa.org) 800-826-3632  
The Depression and Bipolar Support Alliance, formerly the National Depressive and Manic Depressive Association, is a non-profit organization providing support groups for people with depression or bipolar disorder as well as their friends and family. DBSA's scope, also includes outreach, education and advocacy regarding depression and bipolar disorder.

**Hepatitis Central<sup>18</sup>** [www.hepatitiscentral.com](http://www.hepatitiscentral.com) Email  
Hepatitis Central provides information on living with Hepatitis C, new treatments, healthy living topics, and guides people to local support groups.

**International Obsessive/Compulsive Disorder<sup>21</sup>** [www.iocdf.org](http://www.iocdf.org) 617-973-5801  
People may experience unwanted and repeated thoughts, feelings, images, or sensations (obsessions) and engage in behaviors or mental acts (compulsions) in response. Often a person with OCD carries out the compulsions to temporarily eliminate or reduce the impact of obsessions, and not performing them may cause distress. OCD varies in severity, but if left untreated, it can limit one's ability to function at work, school, or home. The mission of the International OCD Foundation is to help everyone affected by obsessive compulsive disorder (OCD) and related disorders to live full and productive lives. Our aim is to increase access to effective treatment, end the stigma associated with mental health issues, and foster a community for those affected by OCD and the professionals who treat them.

**JED Foundation<sup>20</sup>** [www.jedfoudation.org](http://www.jedfoudation.org) 212-647-7544  
The Jed Foundation is a non-profit organization that exists to protect emotional health and prevent suicide for our nation's teens and young adults. JED partners with high schools and colleges to strengthen their mental health, substance misuse and suicide prevention programs and systems. They equip teens and young adults with the skills and knowledge to help themselves and each other

**Crisis Intervention Houston<sup>9</sup>** 832-426-1177  
832-416-1199 Teen call  
281-201-4430 Teen text

**Crisis Intervention of Houston, Inc.** is a 501c3 nonprofit organization with the sole mission to help people in crisis. We operate free, confidential, anonymous crisis and suicide prevention counseling, 24 hours a day, seven days a week.

### **Inpatient Mental Health Care**

Neuropsychiatric Center (NPC)<sup>33</sup> 713-970-7000  
Harris Health Center  
24-hour crisis evaluation and treatment Mobile Outreach (CIRT)

Harris Center For Mental Health & Intellectual Development & Disabilities(12) is a group practice with 1 location.

Currently, Harris Center For Mental Health & Intellectual Development & Disabilities specializes in Child & Adolescent Psychiatry and Psychiatry with 5 physicians.

Ben Taub<sup>5</sup> 713-793-2000  
Harris County Hospital District

Harris County Psychiatric Center (HCPC)<sup>13</sup> 713-741-5000  
The University of Texas-Houston Health Science Center

### **Outpatient Mental Health Care**

UT Physicians Psychiatric Outpatient Clinics<sup>47</sup> 713-486-2700

Harris Health Center Outpatient Clinic<sup>14</sup> 713-970-7000

Memorial Hermann Mental Health Crisis Center<sup>22</sup> 713-338-6422

### **For Information and Referral**

**HelpPRO Resources Within Reach<sup>17</sup>**  
<https://www.helppro.com/NASW/OnlineCounseling.aspx>

**United Way of Greater Houston<sup>46</sup>**  
[www.unitedwayhouston.org](http://www.unitedwayhouston.org)

The 211 Helpline is operated by the United Way of Greater Houston 24 hours a day, 7 days a week. The specialists provide information and referrals to organizations who assist from a variety of social services, including mental health care.

Go to [www.unitedwayhouston.org](http://www.unitedwayhouston.org), click on Our 211 Helpline.

You can access the information by calling 211, emailing them or searching online.

**Psychology Today<sup>37</sup>**

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

Online search tool for finding a therapist in the Houston area

## Local Hotlines

### **Teen Crisis Hotline<sup>43</sup>**

713-529-8336

TEEN LINE was created in 1980 by a group of mental health professionals who, through their personal work with teenagers, realized that a more inclusive approach to adolescent mental health was needed. After extensive research and consultation, TEEN LINE – a teen-to-teen hotline with community outreach services – was born.

### **Houston Police Department (Crisis Intervention Team)<sup>19</sup>**

713-884-3131

The Crisis Intervention Response Team (CIRT) was implemented in September 2011. CIRT pairs a masters-level licensed behavioral health professional from The Harris Center for Mental Health and IDD with a CIT-trained deputy. The Harris County Sheriff's Office currently has nine teams. These teams respond to the most serious calls involving individuals in serious mental health crises, go to SWAT scenes when available, perform proactive and follow-up investigations, give community presentations, and check by with other local law enforcement agencies seeking their professional assistance

### **The Harris Center Helpline and Crisis Line<sup>40</sup>**

713-970-7000

From respite care to Home and Community-based Services to day habilitation and drop-in programs, The Harris Center assists thousands each year by coordinating caring, compassionate support for individuals with intellectual & developmental disabilities. In addition, clinicians and case managers have developed extensive community partnerships that benefit individuals with Autism, Asperger's Syndrome, and other conditions. The Harris Center also coordinates care for those with a dual diagnosis of a mental illness and an intellectual or developmental disability.

### **The Montrose Center 24 -hour LGBT Helpline<sup>41</sup>**

713-529-3211

The Montrose Center information provided by: Tri-County Mental Health Mental Retardation Services The Montrose Center empowers our community, primarily lesbian, gay, bisexual and transgender individuals and their families, to enjoy healthier and more fulfilling lives in a society marked by permanent, positive changes in attitudes and behaviors toward the **LGBT** communities.

### **Houston Area Women's Center (HAWC)<sup>15</sup>**

Domestic Violence Hotline  
Sexual Assault Hotline

713-528-2121  
713-528-7273

HAWC support survivors of domestic and sexual violence. 24/7 Hotlines: Domestic Violence.

### **Mental Health America<sup>23</sup>**

[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net) 800-969-6645

Mental Health America is the nation's leading information source on mental health conditions, programs for mental health awareness, resources for finding treatment, advocacy initiatives, and features an online, confidential mental health screening.

### **Narcotics Anonymous<sup>24</sup>**

[www.na.org](http://www.na.org) 818-773-9999

Narcotics Anonymous uses a traditional 12-step model that has been expanded and developed for people with varied substance abuse issues and is the second-largest 12-step organization.

### **National Alliance for Mental Illness (NAMI)<sup>26</sup>**

[www.nami.org](http://www.nami.org) 703-524-7600

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. It provides information on local support groups and mental health conditions.

### **National Institute of Mental Health<sup>30</sup>**

800-950-6264

The National Institute of Mental Health (NIMH), a component of the National Institutes of Health, seeks to reduce the burden of mental illness and behavioral disorders through research on the mind, brain, and behavior. NIMH provides a wide range of Information based on that research.

### **National Association of Anorexia Nervosa<sup>27</sup>**

[www.anad.org](http://www.anad.org) 650-577-1333

The National Association of Anorexia Nervosa and Associated Disorders is the oldest organization aimed at fighting eating disorders in the United States. ANAD assists people struggling with eating disorders such as Anorexia nervosa and Bulimia nervosa and also provides resources for families, schools and the eating disorder community.

### **National Council for Behavioral Health<sup>28</sup>**

[www.nationalcouncil.org](http://www.nationalcouncil.org) 202-684-7457

National Council for Behavioral Health provides information on mental health, substance abuse and developmental disability conditions. Additionally, it creates programming to train others as peer specialist, Integrated behavioral health, trauma and mental health first aid. The council also conducts awareness campaigns about mental health and works to advocate for the behavioral health community.

### **National Institute of Alcohol Abuse<sup>29</sup>**

[www.niaa.nih.org](http://www.niaa.nih.org) 301-443-3860

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) is one of the 27 institutes and centers that comprise the National Institutes of Health (NIH). NIAAA supports and conducts research on the impact of alcohol use on human health and well-being. It is the largest funder of alcohol research in the world.

**National Institute for Mental Health<sup>30</sup>** [www.nimh.gov/health](http://www.nimh.gov/health) 866-615-6464

The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders. NIMH is one of the 27 Institutes and Centers that make up the National Institutes of Health (NIH), the largest biomedical research agency in the world. NIH is part of the U.S. Department of Health and Human Services (HHS).

**No Shame on You<sup>34</sup>** [www.noshameonu.org](http://www.noshameonu.org) Email

No Shame on U is a 501(c)(3) organization dedicated to eliminating the stigma associated with mental health conditions and raising awareness in the Jewish community and beyond. Our goal is for the people who need help to seek it, for family members and friends to know how to provide proper support and to save lives.

**Postpartum Support International<sup>36</sup>** [www.postpartum.net](http://www.postpartum.net) 800-944-4773

Postpartum Support International was founded in 1987 by Jane Honikman. The purpose of the organization is to increase awareness among public and professional communities about the emotional changes that women experience during pregnancy and postpartum.

**Substance Abuse and Mental Health Services<sup>39</sup>** [www.samhsa.gov](http://www.samhsa.gov) 877-726-4727

The Substance Abuse and Mental Health Services Administration is a branch of the U.S. Department of Health and Human Services. It is charged with improving the quality and availability of treatment and rehabilitative services in order to reduce illness, death, disability, and the cost to society resulting from substance abuse and mental illnesses.

**Schizophrenia/Related Disorders Alliance<sup>38</sup>** [www.sarda.org](http://www.sarda.org) 800-493-2094

Schizophrenia and Related Disorders Alliance of America (SARDAA) promotes improvement in the lives of people affected by schizophrenia-related illnesses by providing support, hope, education and awareness so that early diagnosis, treatment, and community services increase recovery.

**This Is My Brave<sup>44</sup>** [www.thismybrave.org](http://www.thismybrave.org) Email

This Is My Brave celebrates 5 years of brave storytelling regarding what it is like to live with a mental health condition, self-care and finding your strong.

## **Mental Health Apps**

### **Calm<sup>8</sup>**

Calm includes guided meditations and Sleep Stories to help you reduce anxiety, lower stress and sleep better. Join the millions experiencing the life-changing benefits of mindfulness.

### **Headspace<sup>16</sup>**

Headspace is an app which houses the research behind meditation, it's benefits and offers many guided meditations.

### **Talkspace Online Therapy<sup>42</sup>**

With Talkspace online therapy, anyone can get therapy without traveling to an office - and for significantly less money than traditional therapy. Fees noted online.

### **Not OK<sup>35</sup>**

The notOK App™ is a digital panic button that takes the guesswork out of asking for help when you're feeling vulnerable. It's okay to be notOK!

contact: [support@notokapp.com](mailto:support@notokapp.com)

## **Online Mental Health Screening**

### **Mental Health America<sup>23</sup>**

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

We see a doctor regularly to check our blood pressure and get blood work done. We do this to make sure our body is operating properly and to ensure that we can prevent physical health problems. Mental health screenings can be viewed the same way. It is a way to examine if your mind is working at its optimal level and to catch problematic thoughts, feelings and behaviors before it becomes a mental health condition.

**Get A Check Up From The Neck Up Today!**

