



RESOURCE GUIDE

Main Office:	9250 Kirby Houston, TX 77054
Satellite Office:	4802 Lockwood Dr. Houston, TX 77026
Toll Free:	1-855-YES-ADRC [1-855-937-2372]
Local:	832-393-5500
Email:	ADRC@houstontx.gov
Facebook:	Care Connection Aging and Disability Resource Center

**THIS GUIDE IS FOR INFORMATIONAL PURPOSES ONLY AND
IS NOT AN ENDORSEMENT OF ANY PROVIDER LISTED.**

RESOURCE CONTENTS

AGING DISABILITY RESOURCE CENTER [ADRC]	3
AREA AGENCIES ON AGING [AAAs]	8
AUTISM	12
COUNSELING	15
DENTAL	16
DISABILITY RESOURCES AND SUPPORT GROUPS	18
DOWN SYNDROME	19
FAMILY VIOLENCE CRISIS CENTERS & SHELTERS	20
FOOD	21
G.E.D. PROVIDERS	22
HEARING IMPAIRMENT	22
HOME MODIFICATIONS	23
INTELLECTUAL DISABILITY	23
LEGAL	24
MEDICAL EQUIPMENT	26
MENTAL ILLNESS	26
PRESCRIPTION ASSISTANCE	30
RESOURCE HOTLINES	30
RESOURCES FOR TEXAS	32
RESPIRE	34
SHELTERS	35
TRANSPORTATION	37
TRAVEL (ACCESSIBLE)	37
UTILITIES AND RENTAL ASSISTANCE	38
VISION IMPAIRMENT	38

AGING & DISABILITY RESOURCE CENTER [ADRC]

Specialize in locating resources and services for older adults, individuals with disabilities and caregivers. Services include:

- Navigation
- Benefits counseling
- Options counseling
- Housing navigation
- Transportation
- Education and training
- Respite

1. Alamo ADRC

206 Schreiner St. | Kerrville, TX 78028

Phone: 210-477-3275 Toll Free: 1-866-231-4922

Counties served: Atascosa, Bandera, Comal, Frio, Gillespie, Guadalupe, Karnes, Kendall, Kerr, McMullen, Medina, and Wilson

2. Ark-Tex ADRC

4808 Elizabeth Street | Texarkana, TX 75503

Phone: 903-793-2756 Toll Free: 1-855-937-2372

Counties served: Bowie, Cass, Delta, Franklin, Hopkins, Lamar, Morris, Red River, and Titus

3. Bexar County ADRC

2700 NE Loop 410, Suite 101 | San Antonio, TX 78217

Phone: 210-477-3275 Toll Free: 1-855-937-2372

County served: Bexar

4. Brazos Valley ADRC

3991 E. 29th St. | Bryan, TX 77802

Phone: 979-595-2831 Toll Free: 1-855-937-2372

Counties served: Brazos, Burleson, Grimes, Leon, Madison, Robertson, and Washington

5. Capital Area ADRC

6800 Burleson Road, Bldg. 310, Suite 165 | Austin, TX 78744

Email: adrc@capcog.org Toll Free: 1-855-937-2372

Counties served: Bastrop, Blanco, Burnet, Caldwell, Fayette, Hays, Lee, Llano, Travis, and Williamson

6. Central Texas ADRC

2180 N. Main St. | Belton, TX 76513

Phone: 254-770-2361 Toll Free: 1-855-937-2372

Counties served: Bell, Coryell, Hamilton, Lampasas, Milam, Mills, and San Saba

7. Coastal Bend ADRC

2910 Leopard St. | Corpus Christi, TX 78408

Phone: 361-883-3935 Toll Free: 1-855-937-2372

Counties served: Aransas, Bee, Brooks, Duval, Jim Wells, Kenedy, Kleberg, Live Oak, Nueces, Refugio, and San Patricio

8. Concho Valley ADRC

2801 W. Loop 306, Suite A | San Angelo, TX 76904

Phone: 325-944-9666 Toll Free: 1-855-937-2372

Counties served: Coke, Concho, Crockett, Irion, Kimble, Mason, McCulloch, Menard, Reagan, Schleicher, Sterling, Sutton, and Tom Green

9. Dallas ADRC

1345 River Bend Drive, Suite 200 | Dallas, TX 75247

Phone: 888-743-1202 Toll Free: 1-855-937-2372

County served: Dallas

10. Deep East Texas ADRC

1405 Kurth Drive | Lufkin, TX 75904

Phone: 409-381-5255 Toll Free: 1-855-937-2372

Counties served: Angelina, Houston, Nacogdoches, Newton, Polk, Sabine, San Augustine, San Jacinto, Shelby, Trinity, and Tyler

11. East Texas ADRC

501 Pine Tree Road | Longview, TX 75604

Phone: 903-295-5922 Toll Free: 1-855-937-2372

Counties served: Anderson, Camp, Cherokee, Gregg, Harrison, Henderson, Marion, Panola, Rains, Rusk, Smith, Upshur, Van Zandt, and Wood

12. Golden Crescent ADRC

1908 N. Laurent, Suite 600 | Victoria, TX 77901

Phone: 361-578-1587 Toll Free: 1-855-937-2372

Counties served: Calhoun, DeWitt, Goliad, Gonzales, Jackson, Lavaca, and Victoria

13. Harris County ADRC

9250 Kirby | Houston, TX 77054

Phone: 832-393-5500 Toll Free: 1-855-937-2372 Email: ADRC@houstontx.gov

County served: Harris

14. Heart of Texas ADRC

1514 South New Road | Waco, TX 76711

Phone: 254-292-1855 Toll Free: 1-855-937-2372

Counties served: Bosque, Falls, Freestone, Hill, Limestone, and McLennan

15. Houston-Galveston ADRC

1111 Collins Road | Richmond, TX 77469

Phone: 832-681-2635 Toll Free: 1-855-937-2372

Counties served: Austin, Brazoria, Chambers, Colorado, Fort Bend, Galveston, Liberty, Matagorda, Montgomery, Walker, Waller, and Wharton

16. Lower Rio Grande Valley ADRC

301 W. Railroad St. | Weslaco, TX 78596

Phone: 956-412-0958 Toll Free: 1-855-937-2372

Counties served: Cameron, Hidalgo, and Willacy

17. Middle Rio Grande ADRC

3406 Bob Rogers Drive | Eagle Pass, TX 78852

Phone: 830-256-8174 Toll Free: 1-855-937-2372

Counties served: Dimmit, Edwards, Kinney, LaSalle, Maverick, Real, Uvalde, Val Verde, and Zavala

18. North Central Texas ADRC

616 Six Flags Drive | Arlington, TX 76011

Phone: 877-229-9084 Toll Free: 1-855-937-2372

Counties served: Collin, Denton, Ellis, Erath, Hood, Hunt, Johnson, Kaufman, Navarro, Palo Pinto, Parker, Rockwall, Somervell, and Wise

19. North Texas ADRC

4309 Jacksboro Highway, Suite 200 | Wichita Falls, TX 76302

Phone: 940-234-1644 Toll Free: 1-855-937-2372

Counties served: Archer, Baylor, Clay, Cottle, Foard, Hardeman, Jack, Montague, Wichita, Wilbarger, and Young

20. Panhandle ADRC

1323 58th Street | Lubbock, TX 79412

Phone: 806-371-8557 Toll Free: 1-855-937-2372

Counties served: Armstrong, Briscoe, Carson, Castro, Childress, Collingsworth, Dallam, Deaf Smith, Donley, Gray, Hall, Hansford, Hartley, Hemphill, Hutchinson, Lipscomb, Moore, Ochiltree, Oldham, Parmer, Potter, Randall, Roberts, Sherman, Swisher, and Wheeler

21. Permian Basin ADRC

319 Runnels | Big Spring, TX 79720

Phone: 800-687-0135 Toll Free: 1-855-937-2372

Counties served: Andrews, Borden, Crane, Dawson, Ector, Gaines, Glasscock, Howard, Loving, Martin, Midland, Pecos, Reeves, Terrell, Upton, Ward, and Winkler

22. Rio Grande ADRC

3210 Dyer Street | El Paso, TX 79930

Phone: 915-298-7307 Toll Free: 1-855-937-2372

Counties served: Brewster, Culberson, El Paso, Hudspeth, Jeff Davis, and Presidio

23. South East Texas ADRC

228 Durdin Drive | Silsbee, TX 77656

Phone: 409-373-6776 Toll Free: 1-855-937-2372

Counties served: Hardin, Jasper, Jefferson, and Orange

24. South Plains ADRC

1323 58th Street | Lubbock, TX 79412

Phone: 806-744-2657 Toll Free: 1-855-937-2372

Counties served: Bailey, Cochran, Crosby, Dickens, Floyd, Garza, Hale, Hockley, King, Lamb, Lubbock, Lynn, Motley, Terry, and Yoakum

25. South Texas ADRC

1002 Dicky Lane | Laredo, TX 78044

Phone: 956-729-1425 Toll Free: 1-855-937-2372

Counties served: Jim Hogg, Starr, Webb, and Zapata

26. Tarrant County ADRC

201 N. Rupert Street, Suite 107 | Fort Worth, TX 76107

Phone: 682-207-6107 Toll Free: 1-855-937-2372

County served: Tarrant

27. Texoma ADRC

1117 Gallagher Drive, Suite 200 | Sherman, TX 75090

Phone: 903-813-3581 Toll Free: 1-855-937-2372

Counties served: Cooke, Fannin, and Grayson

28. West Central Texas ADRC

3702 Loop 322 | Abilene, TX 79602

Phone: 325-793-8440 Toll Free: 1-855-937-2372

Counties served: Brown, Callahan, Coleman, Comanche, Eastland, Fisher, Haskell, Jones, Kent, Knox, Mitchell, Nolan, Runnels, Scurry, Shackelford, Stephens, Stonewall, Taylor, and Throckmorton

AREA AGENCIES ON AGING [AAAs]

Provide services to people aged 60 and older, their family members and caregivers on information and assistance they need locating and accessing community services. Services include:

- Information, referral and assistance
- Benefits counseling and legal assistance
- Care coordination
- Caregiver support services
- In-home support services
- Legal awareness
- Nutrition services
- Ombudsman Program

1. Alamo AAA

210-362-5283 866-231-4922 www.aacog.com/aging-services

2700 NE Loop 410, Suite 101 | San Antonio, TX 78217

Counties Served: Atascosa, Bandera, Comal, Frio, Gillespie, Guadalupe, Karnes, Kendall, Kerr, McMullen, Medina, Wilson

2. Ark-Tex AAA

903-832-8636 800-372-4464 www.atcog.org/area-agency-on-aging

4808 Elizabeth | Texarkana, TX 75505

Counties Served: Bowie, Cass, Delta, Franklin, Hopkins, Lamar, Morris, Red River, Titus

3. Bexar County AAA

210-362-5236 866-231-4922 www.aacog.com/aging-services

2700 NE Loop 410, Suite 101 | San Antonio, TX 78217

Counties Served: Bexar

4. Brazos Valley AAA

979-595-2806 Ext. 5 800-994-4000 www.bvcog.org/programs/area-agency-on-aging

3991 E. 29th St. | Bryan, TX 77802

Counties Served: Brazos, Burleson, Grimes, Leon, Madison, Robertson, Washington

5. Capital Area AAA

512-916-6054 888-622-9111 www.capcog.org/divisions/area-agency-on-aging/

6800 Burleson Road, Bldg. 310, Suite 165 | Austin, TX 78744

Counties Served: Bastrop, Blanco, Burnet, Caldwell, Fayette, Hays, Lee, Llano, Travis, Williamson

6. Central Texas AAA

254-770-2345 800-447-7169 <https://aaact.org/>

2180 N. Main St. | Belton, TX 76513

Counties Served: Bell, Coryell, Hamilton, Lampasas, Milam, Mills, San Saba

7. Coastal Bend AAA

361-232-5146 361-883-3935 <https://aaacoastalbend.org/>
2910 Leopard | Corpus Christi, TX 78408

Counties Served: Aransas, Bee, Brooks, Duval, Jim Wells, Kenedy, Kleberg, Live Oak, Nueces, Refugio, San Patricio

8. Concho Valley AAA

325-223-5704 877-944-9666 www.cvcog.org/cvcog/AAA.html
5430 Link Road | San Angelo, TX 76906

Counties Served: Coke, Concho, Crockett, Irion, Kimble, Mason, McCulloch, Menard, Reagan, Schleicher, Sterling, Sutton, Tom Green

9. Dallas County AAA

214-871-5065 800-252-9240 www.ccadvance.org/older-adults
3910 Harry Hines Blvd. | Dallas, TX 75219

Counties Served: Dallas

10. Deep East Texas AAA

409-384-7614 800-256-6848 800-256-6848 ext. 5305 www.detcog.gov/aaa
1405 Kurth Drive | Lufkin, TX 75904

Counties Served: Angelina, Houston, Nacogdoches, Newton, Polk, Sabine, San Augustine, San Jacinto, Shelby, Trinity, Tyler

11. East Texas AAA

903-218-6500 800-442-8845 www.easttexasaaa.org/
3800 Stone Road | Kilgore, TX 75662

Counties Served: Anderson, Camp, Cherokee, Gregg, Harrison, Henderson, Marion, Panola, Rains, Rusk, Smith, Upshur, Van Zandt, Wood

12. Golden Crescent AAA

361-578-1587 Ext. 217 800-574-9745 www.gcrpc.org/area-agency-on-aging.html
1908 N. Laurent, Suite 600, Box 103 | Victoria, TX 77901

Counties Served: Calhoun, DeWitt, Goliad, Gonzales, Jackson, Lavaca, Victoria

13. Harris County AAA

832-393-4301 800-213-8471 www.houstonhealth.org/services/aging/
8000 N. Stadium Dr., 3rd Floor | Houston, TX 77054

Counties Served: Harris

14. Heart of Texas AAA

254-292-1800 www.hotcog.org/health-and-human-services/area-agency-on-aging/
1514 South New Road | Waco, TX 76711

Counties Served: Bosque, Falls, Freestone, Hill, Limestone, McLennan

15. Houston-Galveston AAA

713-627-3200 800-437-7396 www.h-gac.com/area-agency-on-aging
3555 Timmons Lane, Suite 120 | Houston, TX 77027
Counties Served: Austin, Brazoria, Chambers, Colorado, Fort Bend, Galveston, Liberty, Matagorda, Montgomery, Walker, Waller, Wharton

16. Lower Rio Grande Valley AAA

956-682-3481, Ext. 412 800-365-6131 www.lrgvdc.org/aging.html
301 W. Railroad St., Building D | Weslaco, TX 78596
Counties Served: Cameron, Hidalgo, Willacy

17. Middle Rio Grande AAA

830-757-6122 800-224-4262 www.mrgdc.org/copy-of-criminal-justice
1200 Ferry Street | Eagle Pass, TX 78852
Counties Served: Dimmit, Edwards, Kinney, Maverick, Real, Uvalde, Val Verde, Zavala

18. North Central Texas AAA

800-272-3921 www.nctcog.org/aging-services
616 Six Flags Drive | Arlington, TX 76011
Counties Served: Collin, Denton, Ellis, Erath, Hood, Hunt, Johnson, Kaufman, Navarro, Palo Pinto, Parker, Rockwall, Somervell, Wise

19. North Texas AAA

940-322-5281 800-460-2226 www.nctcog.org/aging-services
4309 Jacksboro Highway, Suite 200 | Wichita Falls, TX 76302
Counties Served: Archer, Baylor, Clay, Cottle, Foard, Hardeman, Jack, Montague, Wichita, Wilbarger, Young

20. Panhandle AAA

806-331-2227 800-460-2226 <https://theprpc.org/Programs/Aging/>
415 Southwest 8th Avenue | Amarillo, TX 79101
Counties Served: Armstrong, Briscoe, Carson, Castro, Childress, Collingsworth, Dallam, Deaf Smith, Donley, Gray, Hall, Hansford, Hartley, Hemphill, Hutchinson, Lipscomb, Moore, Ochiltree, Oldham, Parmer, Potter, Randall, Roberts, Sherman, Swisher, Wheeler

21. Permian Basin AAA

432-563-1061 800-491-4636 <https://aaapb.com/>
2910 LaForce Boulevard | Midland, TX 79711
Counties Served: Andrews, Borden, Crane, Dawson, Ector, Gaines, Glasscock, Howard, Loving, Martin, Midland, Pecos, Reeves, Terrell, Upton, Ward, Winkler

22. Rio Grande AAA

915-533-0998 800-333-7082 www.riocog.org/aging-services/
8037 Lockheed, Suite 100 | El Paso, TX 79925

Counties Served: Brewster, Culberson, El Paso, Hudspeth, Jeff Davis, Presidio

23. South East Texas AAA

409-924-3381 800-395-5465 www.setrpc.org/area-agency-on-aging/
2210 Eastex Freeway | Beaumont, TX 77713

Counties Served: Hardin, Jasper, Jefferson, Orange

24. South Plains AAA

806-687-0940 888-418-6564 www.spag.org/programs-services/area-agency-on-aging/
1323 58th Street | Lubbock, TX 79412

Counties Served: Bailey, Cochran, Crosby, Dickens, Floyd, Garza, Hale, Hockley, King, Lamb, Lubbock, Lynn, Motley, Terry, Yoakum

25. South Texas AAA

956-722-3995 800-292-5426 <https://stdc.cog.tx.us/area-agency-on-aging/>
1002 Dicky Lane | Laredo, TX 78043

Counties Served: Jim Hogg, Starr, Webb, Zapata

26. Tarrant County AAA

817-258-8102 www.unitedwaytarrant.org/what-we-do/area-agency-aging-aaa
201 N. Rupert St., Suite 107 | Fort Worth, TX 76107

Counties Served: Tarrant

27. Texoma AAA

903-813-3578 800-677-8264 <https://tcog.com/aging-services/>
1117 Gallagher Rd, Suite 200 | Sherman, TX 75090

Counties Served: Cooke, Fannin, Grayson

28. West Central Texas AAA

325-672-8544/800-928-2262 www.wctcog.org/area-aging/
3702 Loop 322 | Abilene, TX 79602

Counties Served: Brown, Callahan, Coleman, Comanche, Eastland, Fisher, Haskell, Jones, Kent, Knox, Mitchell, Nolan, Runnels, Scurry, Shackelford, Stephens, Stonewall, Taylor, Throckmorton

AUTISM

1. Therapy & Beyond (Private)

Provides intensive, individual ABA Therapy, Speech Therapy, & OT Therap. Also provides an Academy Program. Serving the Autism Community since 2006.

www.therapyandbeyond.com info@therapyandbeyond.com 1-877-909-9665

2. Grand Oak Academy

Incorporates Applied Behavior Analysis (ABA) principles to ensure children with autism, speech delays or other types of developmental disabilities can receive a quality education at a comfortable pace. Teaching focuses on covering the same skill sets required in a traditional classroom but in a format that works for IDD, intellectual and developmental disabilities.

www.grandoakacademy.com 281-461-6888

3. C.L.A.S.S. Clinic

Specializes in children, adolescents and adults with Autism Disorders. Provides evaluations and treatment offerings

<https://med.uth.edu/psychiatry/patient-care/adult-services/autism-spectrum-disorder> 713-486-2500

4. The Coffee House- A service of the Harris Center for Mental Health and IDD - Southwest

For individuals with autism disorder and limited cognitive delays. Social skills training, transitional support, and individualized treatment plans. 713-970-7000

www.theharriscenter.org/About/News/Agency-News/ArticleId/24/the-coffeehouse-brewing-a-fresh-new-you

5. RDIconnect - Bellaire

Information, training, family-based programs and curriculum for those who have an autism spectrum disorder

www.rdiconnect.com 713-838-1362

6. Families for Effective Autism Treatment (FEAT) - Central and other Houston area locations

Information about autism, local resources, and support groups

www.feathouston.org 281-361-3328

7. Houston Autism Meet up Group -Houston Area

Autism Meet up group with many interesting share, training and play activities throughout the city via the web space www.meetup.com/autism-237

8. Katy Autism Support Group – Katy

Local Support group in Katy that meets at St. Peter’s United Methodist one time per month www.katyautismsupport.org/Home
www.facebook.com/Katy-Autism-Support-126446120715312

9. Harris Center for Mental Health and IDD (formally MHMRA) – Central/Southwest

Services for persons with intellectual disabilities, autism, and other developmental disorders, as well as services to persons with severe mental illness. Services for qualified individuals with autism spectrum disorders include ABA programs, SKIP program, Coffee House, day habilitation, and employment training
www.mhmraharris.org/ 713-970-7070

10. My Autism Team (Houston web parent directory)

Links to providers and a large parent networking connection via its meet up place on the web www.myautismteam.com

11. Private Providers List for ABA Services in Houston

List of private individual and site-based ABA autism services in the Houston area
<http://feathouston.org/resources/private-providers-public-services/>

12. The Shape of Behavior a division of Blue Sprig

Center based program provides 30 hours per week of one-on-one ABA therapy to children aged 18 months and up.
www.shapeofbehavior.com 1-833-288-4761

13. Social Motion Skills

Social Skills training and enrichment classes for children with autism and related developmental disabilities <http://socialmotionskills.org/>
info@socialmotionskills.org 713-461-7200

14. Spectrum of Hope – Northwest Treatment Center

For autism, language, and other related developmental disabilities. Behavior training includes discrete trial and naturalistic techniques. www.spectrumofhope.com
281-894-1423

15. Therapy and Beyond – Southwest Houston / The Woodlands

Provides intensive, 1:1 ABA and speech therapy for individuals with autism and other developmental disabilities. www.therapyandbeyond.com 713-364-4654

16. Including Kids – Southwest Houston / The Woodlands

Nonprofit Autism Center that provides a variety of Services for children and young adults ages 2-30 on the Autism spectrum who have all range of abilities and needs using Applied Behavior Analysis (ABA). Also provide community services and trainings for people who support individuals with Autism. www.includingkids.org

17. Texas Statewide Leadership for Autism Training

Online presentations, tool kits and resources for special education needs of students with autism. www.txautism.net 512-919-5424

19. Autism Internet Modules

Free internet training modules that address many areas of concern for autism such as behavior, social skills, education interventions, employment and others. Developed by the Ohio Center for Autism and Low Incidence (OCALI)
www.autisminternetmodules.org/ (website only)

20. Autism National Committee (AUTCOM)

A national “think tank” advancing the research, understanding and practice of positive, relationship- and communication- based approaches to assisting children and adults with autism. www.autcom.org (website only)

21. Autism Now

National resource and information organization, webinars, call center, newsmagazine and blog. <http://autismnow.org/> 855-828-8476

22. Autism Research Institute (ARI)

Conducts research into the causes of autism and methods of preventing, diagnosing and treating autism and other severe behavioral disorders of childhood.
www.autism.com/ari/ (website only)

23. The ARC of Harris County

Promotes and protects human rights of people with intellectual and developmental disabilities 713-957-1600

24. Autism Society of America (ASA)

Promotes lifelong access and opportunity for all individuals within the autism spectrum, and their families, to be fully participating, included members of their community. www.autism-society.org 800-328-8476

25. Navigate Life Texas

For families raising children with disabilities www.navigatelifetexas.org/en

26. Easters Seals www.eastersealshouston.org/Programs/autism-services.html

27. Autism Society of Texas

Works with legislators, their staff and state agencies to identify and magnify key policy issues that impact children and adults with Autism.

www.texasautismsociety.org/advocacy/

28. Blue Sprig

Provides ABA therapy to clients, advocating for their needs, and providing tailored support to help them thrive. www.bluesprigautism.com/

COUNSELING

1. Catholic Charities

Houston, Texas | Harris County

www.catholiccharities.org 713-526-4611

2. Aid to Victims of Domestic Abuse (AVDA)

Houston, Texas | Harris County

www.avda-tx.org 713-224-9911

3. Center for Counseling

Houston, Texas | Harris County

www.npino.com 713-263-0829

4. Community Family Center (Spanish)

Houston, Texas | Harris County

www.communityfamilycenters.org 713-923-2316

5. Innovative Alternatives

Houston, Texas | Harris County

www.innovativealternatives.org 713-222-2525

DENTAL

CITY OF HOUSTON (HOUSTON HEALTH DEPT)-DENTAL www.houstonhealth.org/services/clinical/dental				
	LA NUEVA CASA DE AMIGOS	1809 N. Main	Houston, TX 77009	832-395-0674
	SHARPTOWN HEALTH SRV.	6201 Bonhomme #305S	Houston, TX 77036	832-395-9840
	NORTHSIDE HEALTH CTR.	8504 Schuller Road	Houston, TX 77093	832-395-9116
	SUNNYSIDE	4605 Wilmington St.	Houston, TX 77051	832-395-0054
SERVICES: Exams, Xrays, fillings, extractions, cleanings. Medicaid, CHIP accepted WHO IS ELIGIBLE? Adults and children. M 8:30--5:30, Tu-F 7:00-4:00				
HARRIS COUNTY PUBLIC HEALTH-DENTAL SERVICES https://publichealth.harriscountytx.gov				
	HUMBLE HEALTH CLINIC	1730 Humble PI Dr	Humble, TX 77338	832-927-1300
	SOUTHEAST HEALTH CLINIC	3737 Red Bluff	Pasadena, Texas 77503	713-274-9430
SERVICES: Exams, Xrays, Cleanings, Fluoride, Sealants, Fillings, Crowns, Extractions. WHO IS ELIGIBLE? Children and expectant mothers. Medicaid, CHIP, Sliding Scale. No insurance required. M-Fri 8:00-5:00				
HARRIS HEALTH SYSTEM -DENTAL https://www.harrishealth.org/locations-hh/Pages/dental-program				
	ACRES HOMES	818 Ringold	Houston, TX 77088	281-448-6391
	ALDINE	4755 Aldine Mail Rt.	Houston, TX 77039	281-985-7725
	EL FRANCO LEE DENTAL	8901 Boone Rd.	Houston, TX 77099	281-454-0500
	MARTIN LUTHER KING JR	3550 Swingle Road	Houston, TX 77047	713-547-1000
	STRAWBERRY	927 E. Shaw	Pasadena, TX 77506	713-982-5984
SERVICES: Exams, cleanings, fillings, extractions, dentures. WHO IS ELIGIBLE: Adults (16 yrs and up) who qualify for the Harris County GOLD CARD 713643-3691. Dental treatment is offered on a referral basis only by a physician. M-Fri 8:00-5:00				
HARRIS HEALTH-BEN TAUB HOSPITAL- EMERGENCY SERVICES (Patients accepted thru Ben Taub ER)				
	SPECIALTY CLINIC-ORAL SURGE	1504 Taub Loop	Houston, TX 77030	713-873-3320
ELIGIBLE: Adults and Children (16 years +) qualify for Harris County GOLD CARD M-F 8:00-5:00				
HEALTHCARE FOR THE HOMELESS HOUSTON www.homeless-healthcare.org				
	Homeless Clinic	1934 Caroline Street	Houston, TX, 77002	713-286-6140
SERVICES: Available to homeless men and women at no cost. Exams, fillings, extractions, cleanings, crowns, dentures, root canals. M-Fri 8:00-5:00				
SPRING BRANCH COMMUNITY HEALTH CENTER - DENTAL CLINICS https://sbchc.net				
	WEST CLINIC	19333 Clay Road	Katy, TX 77449	713-231-5757
	CY-FAIR CLINIC	7777 Westgreen Blvd	Cypress, TX 77433	713-387-7180
WHO IS ELIGIBLE? EVERYONE ¿Quien es elegible? Todos				
SERVICES: Exams, fillings, extractions, cleanings. Servicios: examen, impactes, extracciones, limpieza, M-Fri 8:00-5:00				
UNIVERSITY OF TEXAS SCHOOL OF DENTISTRY-HOUSTON https://dentistry.uth.edu/patients/				
	DENTAL CLINICS	7500 Cambridge St	Houston, TX 77054	713-486-4000 option 2
WHO IS ELIGIBLE? Children and Adults. Patients are accepted based on the needs of the patient and the ability of the schools teaching programs.				
¿Quien es elegible? Adultos y niños. Los pacientes son aceptables dependiendo en las necesidades del paciente y la habilidad del programa de las escuelas que enseñan.				
	URGENT CARE	7500 Cambridge St	Houston, TX 77054	713-486-4000 option 1
	GRADUATE CLINICS	7500 Cambridge St	Houston, TX 77054	713-486-4000 (plus ext)
Endo: Ext 4221 Perio: Ext 4048 Ortho: Ext 4190 Children under 5: Ext 8820 Children 5 and up: 4334				
	ORAL SURGERY	6560 Fannin St., Suite 1900	Houston, TX 77030	713-790-4600
TOMAGWA HealthCare Ministries https://tomagwa.org/				
	DENTAL CLINIC	455 School St. Suite #30	Tomball, TX 77375	281-357-0747
SERVICES: Exams, fillings, extractions, crowns, dentures, cleanings. Children and adults welcome. M-Fri 8:00-5:00				
GREATER HOUSTON DENTAL SOCIETY				
	Dental referrals for patients	Resources by phone & web	713-961-4337	www.gdhs.org/for-the-public

HOPE CLINIC - DENTAL SERVICES www.hopechc.org/locations/hope-alief-clinic/			
ALIEF CLINIC	14438 Bellaire Blvd.	Houston, TX 77083	713-773-0803
SERVICES: Exams, fillings, extractions, cleanings. Children & adults. Accepts Medicaid, Medicare and CHIP, M-Fri 8:00-5:00			
IBN SINA FOUNDATION COMMUNITY MEDICAL CENTER - DENTAL www.ibnsinafoundation.org			
N. SHEPHERD	5012 North Shepherd dr	Houston, TX 77018	713-695-7462
S. POST OAK	16345 S. Post Oak RD	Houston, TX 77053	281-438-7462
WILCREST	11226 S. Wilcrest	Houston, TX 77099	281-977-7462
WEBSTER/CLEAR LAKE	15132 Old Galveston Rd (Hwy 3)	Webster, TX 77598	281-990-7462
WHO IS ELIGIBLE? Adults and Children SERVICES: Filling, Extractions, Dentures. (M-F, 9a-9p) S, 9a-1p)			
¿Quien es elegible? Adultos y niños. Servicios: impactes, extracciones, dentaduras. Llama para las horas habiles. (L-V, 9a-9p, S, 9a-1p)			
PASADENA HEALTH CENTER www.pasadenahealthcenter.com/dental-services			
DENTAL CLINIC	908 Southmore # 180	Pasadena TX 77502	713-554-0510
WHO IS ELIGIBLE? EVERYONE ¿Quien es elegible? Todos. Hrs. M-F 8a-5p			
SAN JOSE CLINIC - DENTAL DEPT. www.sanjoseclinic.org			
DOWNTOWN	2615 Fannin St.	Houston, TX 77002	713-228-9411
FORT BEND	1615 Avenue E	Rosenberg, TX 77471	832-945-6711
WHO IS ELIGIBLE? Adults and Children (5 years +) ¿Quien Es Elegible? Niños (5 años+) y adultos. No medicaid or medicare.			
VECINO HEALTH CENTERS - DENTAL SERVICES https://vecinohealthcenters.org/dental-services			
AIRLINE	5808 Airline Drive	Houston, TX 77076	713-695-4013
DENVER HARBOR	424 Hahlo St.	Houston, TX 77020	713-674-3326
WHO IS ELIGIBLE? Denver Harbor (EVERYONE); Airline (Women & Children only)			
ACCESS HEALTH - STAFFORD CLINIC - DENTAL www.myaccesshealth/dental			
STAFFORD CLINIC	10435 Greenbough Dr. # 300, Stafford, TX 77477	281-342-4530	
WHO IS ELIGIBLE? Residents of Fort Bend. Medicaid, CHIP, Medicare. SERVICES: Exams, xrays, cleanings, sealants, fillings, extractions. M-F 7:00-6:00			
COMMUNITY HEALTH NETWORK (CHN)-DENTAL https://mychn.org/services/dental-services/			
ADDOUE FAMILY CLINIC	1111 W. Adoue St.	Alvin, TX 77511	281-824-1480
FREEPORT	905 N. Gulf Blvd	Freeport, TX 77541	281-824-1480
PEARLAND	2552 E. Broadway St. # 102	Pearland, TX 77581	281.824.1480
SERVICES: Exams, fillings, crowns, dentures, cleanings, root canals, bridges, extractions, braces, infections, M-Fri 8:00-5:00. Medicaid, CHIP. All ages.			
EL CENTRO de CORAZON-DENTAL SERVICES 713/660-1880 www.elcentrodecorazon.org			
EASTWOOD	412 Telephone Rd	Houston, TX 77023	
JOHN S. DUNN	7635 Canal Street	Houston, TX 77012	Adult Dental-Coming Soon
MAGNOLIA	7037 Capitol Street	Houston, TX 77011	
SERVICES: Exams, fillings, extractions, cleanings Servicios: examen, impactes, extracciones, limpieza - paga en efectivo solamente Hrs. M-Thur 7:30-4:30			
DENTAL HYGIENE CLINIC	2151 W. Holcombe Blvd	Houston, TX 77030	713-718-7292
Everyone-eligible. Services include exams, oral cancer screenings, cleanings, x-rays, sealants and fluoride. Students supervised by faculty & dentists			
LEGACY COMMUNITY HEALTH SERVICES-DENTAL www.legacycommunityhealth.org			
BAKER-RIPLEY	6500 Rookin St, Bld B, #200	Houston, TX 77074	713-351-7350
LYONS	3811 Lyons Ave.	Houston, TX 77020	832-548-5400
MONTROSE	1415 California St.	Houston, TX 77006	832-548-5100
SAN JACINTO	4301 Garth Rd. #400	Baytown, TX 77521	281-420-8400
SERVICES: Exams, fillings, extractions, , crowns, dentures, cleanings. M-Fri 8:00-5:00			
WHO IS ELIGIBLE? EVERYONE ¿Quien es elegible? Todos			
PIMA MEDICAL INSTITUTE - COMMUNITY DENTAL CLINIC https://pmi.edu/dental-clinic			
DENTAL HYGIENE CLINIC	11125 Equity Dr.	Houston, TX 77041	713/395-5454
WHO IS ELIGIBLE? Children and Adults. Patients are accepted based on ability of the schools teaching program. ¿Quien es elegible? Adultos y niños. Los pacientes son aceptables dependiendo la habilidad del programa de las escuelas que enseñan.			
SERVICES: Exams, cleanings, fluoride, sealants, whitening. Servicios: examen, impactes, extracciones, limpiezal Hrs. M-Fri 8:00-5:00			

DISABILITY RESOURCES AND SUPPORT GROUPS

1. The Arc of Greater Houston

Greater Houston areas Social, leisure and respite programs for individuals with intellectual and developmental disabilities. General disability needs referral and information services. www.aogh.org 713-957-1600

2. Safe Diversity Communities

Help students with unique abilities on the high school level transition from high school to college. It also provides resources needed for parents and family members. www.safediversity.org 832-654-2737

3. Early Childhood Intervention

Local area early childhood (ages 0-3) intervention services run by Texas Health and Human services. <https://hhs.texas.gov/about-hhs/find-us>

4. Easter Seals Disability Services [Central]

Provides respite services and activities for children with all types of disabilities and employment assistance for adults with disabilities. www.eastersealshouston.org 713-838-9050

5. Exceptional Parents of Little Angels [Pasadena]

Parent-run support group that meets monthly at the Verne Cox Center. Meets September through May. www.epolausa.org 281-464-3799

6. Families Can Program – Parent Education Project – [Central]

For families of children with chronic illness, medical &/or physical disabilities. Family support partners provide services that will enhance the family's quality of life and promote community inclusion. www.coe.uh.edu/pep 713-743-5491

7. Family to Family Network [Greater Houston Area]

Parent-led information, referral, education, and support groups for families with children who have disabilities. Guided transition programs for families of children leaving high school. www.familytofamilynetwork.org 713-466-6304

8. Friends and Families of Asians with Special Needs [Central/Southwest]

Group for Asian families with special needs that provides seminars, information, structured activities, and family events. www.ffasn.org 281-840-8435

9. Houston Commission on Disabilities

12 members appointed by the mayor of Houston. For those who want to participate in the future direction of disability services in Houston

www.houstontx.gov/disabilities/commission.html 832-394-0814

10. Jewish Family Services

Various cultural and social programs for special needs children, employment and day services for adults with disabilities. www.jfshouston.org 713-667-9336

11. March of Dimes [Central]

Organization whose mission is to prevent birth defects, including preventable disabilities. www.marchofdimes.com/texas 713-623-2020

12. Attention Deficit Association [Southern Region]

(ADDASR) and Lighthouse Resources (LLR) partner up to host a free monthly parent support meeting. Meetings are held 2nd Tuesday of every month at Foundry United Methodist Church www.adda-sr.org addaoffice@PDQ.net

DOWN SYNDROME

1. Down Syndrome Association of Houston – Various Locations

Information, parent support groups, respite and other services for people affected by Down Syndrome www.dsah.org 713-682-7237

2. Friends of Down Syndrome-North Houston

Education and learning opportunities for teens and adults with Down syndrome through education, socialization, and community outreach.

www.friendsofdownsyndrome.com 281-272-5305

3. Families Exploring Down Syndrome - Galveston/Clear Lake

Support group events and networking in the Galveston, Clear Lake, and Houston areas

www.gclfeds.org admin@ghfeds.org 281-736-8008

4. The Down Syndrome Information Network

A non-line library concerning Down Syndrome and related topics.

www.down-syndrome.org (website only)

5. Mosaic Down Syndrome on the Web

Information related to Mosaic Down Syndrome, was compiled by a mother who could not find information on the subject when her daughter was born.

www.mosaicdownsyndrome.com (website only)

6. National Down Syndrome Congress

Advocacy for people with Down Syndrome and their families.

www.ndsccenter.org 800-232-6372

7. National Down Syndrome Society

Information and referral, focused on education, research, and advocacy for people with Down Syndrome and their families.

www.ndss.org 800-221-4602

FAMILY VIOLENCE CRISIS CENTERS & SHELTERS

1. AVDA (Aid to Victims of Domestic Abuse)

Downtown | Houston | Harris County

www.avda-tx.org 713-224-9911

2. The Bridge Over Troubled Waters

South Houston | Pasadena | Harris County

www.thebridgeovertroubledwaters.org 713-472-0753

3. Bay Area Turning Point

Clear Lake | Webster | Harris County

www.bayareaturningpoint.org 281-286-2525

4. DAYA

Woodlake | Houston | Harris County

www.dayahouston.org 713-981-7645

5. HAWC (Houston Area Women's Center)

Montrose | Houston | Harris County

www.hawc.org 713-528-2121

6. Family Time Crisis & Counseling Center

IAH | Humble | Harris County

www.familytimeecc.org 281-446-2615

7. Montrose Center

Montrose | Houston | Harris County

www.montrosecenter.org 713-529-0037

FOOD

- 1. Houston Food Bank**
535 Portwall St. | Houston, TX 77029
www.houstonfoodbank.org/ 832-369-9390
- 2. Target Hunger**
1260 Shotwell St | Houston, TX 77020
www.targethunger.org 832-767-1677
- 3. Gateway Baptist Church**
2930 Rayford Rd | Spring, TX 77386
www.discovergateway.com 281-363-4500
Open Saturdays 7:30am-9am | drive through food pantry for residents residing in following zip codes: 77373,77379,77380,77381, 77382, 77384, 77385, 77386, 77388, 77389, 77391, 77393
- 4. Northwest Area Ministries**
15555 Kuykendahl Rd | Houston, TX 77090
www.namonline.org 281-885-4555
Open Monday-Friday 9am-2pm | food pantry for residents residing in following zip codes: 77014, 77032, 77038, 77050, 77060, 77064, 77066, 77067, 77068, 77069, 77073, 77086, 77090, 77373, 77379, 77388, 77389
- 5. Houston Food Pantries**
Will help you find Houston food pantries
<https://houstonscasemanagers.com/houston-food-pantries/>
- 6. Bread Of Life** www.breadoflifeinc.org
- 7. Life Houston**
Emergency infant formula to babies between 0 - 12 months www.lifehouston.org/
- 8. West Houston Assistance Ministries** www.whamministries.org/food-pantry
- 9. Catholic Charities** <https://catholiccharities.org>
- 10. Gulf Coast Community Services** www.gccsa.org/food-assistance/

G.E.D. PROVIDERS

1. Community Family Center

18+ years old, valid picture ID, classes are free, Monday-Friday 8am-12 noon
7524 Avenue E | Houston, TX 77012 713-923-2316

2. East Side Village Community Learning Center

18+ years old, valid picture ID, classes are free, Tu-Wed-Thurs 9am-1pm
3614 Holman St | Houston, TX 77004 713-747-9255

3. Harris County Department of Education

Multiple locations, 18+ years old, most classes are free, depending on the site
713-692-6216

HEARING IMPAIRMENT

1. Center for Hearing and Speech

Clinic, school, classes, family support services, including a parent support group for families and children with hearing impairments

www.centerhearingandspeech.org 713-523-3633

2. Deaf Houston Post

A newspaper for those with hearing impairments www.houstondeafnetwork.com

3. Deaf Network of Houston

Web network of links, blogs and information regarding deaf services

www.houstondeafnetwork.com

4. Houston Association for Communication Disorders (HACD)

Organization for Speech language pathologists, audiologists, and communication disorders students in the state of Texas.

www.hacd.org info@HACD.org

5. Sign Shares

Translation, interpretation, training services to help people effectively communicate during activities and daily living

www.facebook.com/1signshares

6. Deaf Network of Texas

Association for those with hearing impairments. Meetings, support and blogs.

<http://deafnetwork.com/wordpress/>

HOME MODIFICATIONS

1. Coalition for Barrier Free Living

Southwest Houston & Angleton Housing advice, assistance and counseling for people with disabilities. www.hcil.cc/ 713-974-4621

2. Gulf Coast Community Services Association

Home & Safety Security Program conducts homes inspections for elderly persons or persons with disabilities to check for safety and security concerns. Includes installation of wheelchair ramps, and basic repairs. www.gccsa.org 713-393-4700

3. Concrete Change

Supporting universal design efforts to make all homes accessible to people with disabilities.

www.concretechange.org (website only)

4. Fair Housing and Equal Opportunity (HUD)

Information about the rights of people with disabilities regarding housing, and how to file complaints. 202-708-1112

http://portal.hud.gov/hudportal/HUD/topics/information_for_disabled_persons

5. National Resource Center on Supportive Housing and Home Modification

Working to make supportive housing and home modification a more integral component to fall communities

<http://gero.usc.edu/nrcshhm/index.htm> 213-740-1364

6. Harris County Community Service Department

hcd.harriscountytexas.gov 832-927-4957

7. City of Houston Housing and Community Development

www.houstontx.gov/housing 832-394-6200

INTELLECTUAL DISABILITY

1. The Arc of Greater Houston

Information and referral; social, leisure and respite programs for people with intellectual and developmental disabilities; parent support group.

www.aogh.org 713-957-1600

2. **Texana Behavior Improvement Center (formerly BTTC)** – Southwest/Fort Bend and other locations
Therapeutic interventions for people with PDD/Autism, and ID, using Applied Behavior Analysis techniques.
www.texanacenter.com/bttc_day_treatment 281-239-1300
3. **Down Syndrome Association of Houston**
Information and support for people affected by Down Syndrome.
www.dsah.org 713-682-7237
4. **Diagnosis Services – Harris Center for Mental Health & Intellectual Disabilities (formerly MHMRA)**
Must have a developmental disability such as an autism spectrum disorder or an intellectual disability and a co-occurring mental health diagnosis. Assessment, treatment, day programs, medication monitoring (ages 18+)
www.mhmraharris.org/IDD/iddualdxsvc.htm 713-970-8340
5. **Harris Center for Mental Health and IDD (formerly MHMRA)**
Service to persons with intellectual disabilities, autism, and other developmental disorders, and services to people with severe mental illness.
www.mhmraharris.org 713-970-7070
6. **Intellectual and Developmental Disabilities Needs Council of Harris County**
A group of local agencies and organizations dedicated to promoting the support and services necessary for improving the lives of those with intellectual and related, cognitive developmental disabilities.
www.iddnc.org/portal 713-680-8195

LEGAL

1. **Aid to Victims of Domestic Abuse (AVDA)**
Houston, Texas | Harris County www.avda-tx.org 713-224-9911
2. **Harris County District Attorney (Family Law Division)**
Houston, Texas | Harris County www.app.dao.hctx.net 713-274-9370
3. **Houston Volunteer Lawyers**
Houston, Texas | Harris County www.makejusticehappen.org 713-228-0735

4. **Lone Star Legal Aid Foundation**
Houston, Texas | Harris County www.lonestarlegal.org 713-652-0077

5. **Texas Legal Service Center**
Austin, TX 78741 www.tlsc.org 1-800-622-2520

6. **Houston Lawyer Referral Service**
<http://hlrs.org/> 713-237-9429 Monday – Friday 8:30 am – 4:30 pm

7. **Disability Rights Texas: East Region (formerly Advocacy, Inc.)**
Provides direct advocacy services including special education for individuals with disabilities. However, they only take cases that fall within their chosen focus areas for a given year. www.disabilityrightstx.org 713-974-7691

8. **Dispute Resolution Center**
www.harriscountytexas.gov/drc 713-274-7100 Monday – Friday 8:30 am – 5:00 pm

9. **Legal Line**
Free phone advice on 1st & 3rd Wednesdays of each month 5pm-9pm
www.hba.org/services/legalline

10. **Texas Civil Rights Project**
A nonprofit group which educates the public about civil rights in Texas, and brings suits against state agencies to protect rights
www.texascivilrightsproject.org 512-474-5073

11. **State Bar of Texas**
Online directory of free or low-cost legal services available to lower income Texans. Also contains information about how to file complaints against public agencies.
www.texasbar.com 800-204-2222

12. **Texas Juvenile Justice Department**
Rehabilitation information concerning youths sentenced for committing serious criminal acts. Website contains detailed overview of the Texas correctional system for youths. www.tjjd.texas.gov/default.aspx 512-490-7130

13. **Texas Disability Law**
Summary of Texas Legislation affecting individuals with disabilities.
<http://governor.state.tx.us/disabilities/resources> 512-463-5739

MEDICAL EQUIPMENT

- 1. Texas Health and Human Services [Formerly DARS]**
Vocational services including adaptive equipment (available to some graduating school students and older) with disabilities that will need assistance in gaining employment.
www.twc.texas.gov 512-463-2222
En Español: www.twc.texas.gov/informacion-en-espanol
- 2. The Care Group**
Respiratory and Medical equipment services for Houston and surrounding areas.
www.caregrp.com 713-383-2100
- 3. Angel Medical Supply**
Pediatric medical supplies; focus on respiratory care but also provide standard medical equipment and nutritional supplies. Accepts Medicaid, CHIP, BCBS (PPO), some private insurance
www.angelmedicalsupply.com 713-856-9930
- 4. Epic Medical Solutions**
Provides enteral feeding, incontinence, nutritional formulas, diabetic supplies, ostomy, wound care, tracheostomy and other medical supplies. Medicaid, Medicare, private insurance.
www.epicmedicalsolutions.com 713-956-5288

MENTAL ILLNESS

- 1. Depression and Bipolar Support Alliance of Houston**
Information, referral, and support groups for people with mood disorders.
www.dbsahouston.org 713-600-1131
- 2. Harris County Psychiatric Center**
Various inpatient and outpatient, mental health services as well as a useful links page on the website <http://hcpc.uth.tmc.edu> 713-741-3883
- 3. Menninger Clinic (at Baylor College of Medicine)**
Medical Center Comprehensive treatment for adults and adolescents with complex mental illness, anxiety, and eating disorders
www.menningerclinic.com 713-275-5400
- 4. Department of Psychiatry and Behavioral Sciences**
University of Texas psychiatric services including adult and child clinics, the C.L.A.S.S. Clinic and the Developmental Neuropsychology Clinic
<https://med.uth.edu/psychiatry> 713-486-2700

- 5. Mental Health America of Greater Houston**
Central Educational training concerning mental health issues; legislative advocacy.
www.mhahouston.org 713-523-8963
- 6. Mental Health America of Texas**
Abroad-based citizens' movement organized to promote mental health, prevent mental illness through research and education, and improve care and treatment for persons with mental illnesses.
www.mhatexas.org 512-454-3706
- 7. Harris Center for Mental Health & IDD (formally MHMRA)**
Provides service to persons with intellectual disabilities, autism, and other developmental disorders, and services to persons with severe mental illness.
www.mhmraharris.org 713-970-7000
- 8. National Alliance on Mental Illness (NAMI)**
Information and referral, support groups, multi-week courses including Visions for Tomorrow
<http://namigreaterhouston.org> 713-970-4419
- 9. NAMI (National Alliance for Mental Illness) Texas Branch**
Training and support groups for families experiencing mental illness as well as consumer support groups and psycho educational classes
<http://namitexas.org> 800-633-3760
- 10. Nami Basics Course**
Provides useful information about specific disorders, advocacy, coping, rehabilitation as well as other concerns for caregivers of children with brain disorders (disorders include mental health as well as cognitive/learning impairments).
<http://namigreaterhouston.org/classes> 713-970-4419
- 11. Anxiety and Depression Disorders Association of America**
Provides information, referrals, and support.
www.adaa.org 240-485-1001
- 12. The Balanced Mind Foundation**
Information about early onset bi-polar disorder.
www.bpkids.org 312-642-0049
- 13. Depression and Bipolar Support Alliance (DBSA)**
Works to improve the lives of people with mood disorders.
www.dbsalliance.org/ 800-826-3632

14. Federation of Families for Children’s Mental Health

A network of local organizations advocating for children’s mental health issues.

www.ffcmh.org 240-403-1901

15. HealthyPlace.com

Provides information on various mental health disorders and disabilities.

www.healthyplace.com (website only)

16. National Alliance for the Mentally Ill (NAMI)

Information, referral, and advocacy for persons with mental illness and their families.

www.nami.org 800-950-6264

17. Mental Health America

Advocacy, education, and research into issues pertaining to mental health and mental illness.

www.nmha.org 800-969-6642

18. Avenue 360 Health and Wellness

Services: Medical, Behavioral Health, Housing, Case Management, Pharmacy

**Services available even w/o legal status, services available in Spanish, outpatient treatment, documents/ID required to receive services

2150 W. 18th, Suite 300 | Houston, TX 77008 713-426-0027

19. Catholic Charities

Services: Assessment, Referrals, Mental Health Support

**Services available even w/o legal status, services available in Spanish, outpatient treatment, documents/ID required to receive services

2615 Fannin St. | Houston TX 77002 713-526-4611

20. Circle of Hope Houston

Services: For adults with significant mental illness- Skills training, psychosocial rehabilitative services, medication training and support, crisis intervention, case management services, therapy.

7324 Southwest Fwy, Suite 835 | Houston, TX 77074 832-962-8891

21. Denver Harbor Family Clinic

Services: Mental Health/Behavioral Health Therapy, Family Medical Care

**Services available even w/o legal status

424 Hahlo St | Houston, TX 77020 713-674-3326

22. El Centro de Corazon

Services: Case Management, Psychotherapy, Assessments, Psychiatric Evaluation
**Services available even w/o legal status, services available in Spanish, outpatient treatment, documents/ID required to receive services
412 Telephone Road | Houston, TX 77023 713-660-1880

23. NeuroPsychiatric Center

Services: Emergency Psychiatric Treatment, Crisis Services)
1502 Taub Loop | Houston, TX 77036 713-970-7000

24. HOPE Clinic

Services: Therapy, Medication Management, Psychiatric Evaluation, Support Groups
**Services available even w/o legal status, services available in Spanish, outpatient treatment, documents/ID required to receive services
7001 Corporate Drive, Suite 120 | Houston, TX 77036 713-773-0803

25. Hope and Healing Center

Services: Mental health coaching, telepsychiatry, support groups, DBT-based services, case management, Houston Hope Line
Address: 717 Sage Rd | Houston, TX 77056 713-831-1004 ext: 570

26. Houston Galveston Institute

Services: Individual, Couple, Family, and Group Therapy
**Services available even w/o legal status, services available in Spanish, outpatient treatment
2990 Richmond Ave, Suite 530 | Houston, TX 77098 713-526-8390

27. Jewish Family Service

Services: Counseling, Intensive Outpatient Program
**Services available even w/o legal status, services available in Spanish, outpatient treatment
4131 South Braeswood Blvd. | Houston, TX 77025 713-667-9336

28. Legacy Community Health Services

Services: Medication Management, Therapy
**Services available even w/o legal status, services available in Spanish, inpatient/outpatient treatment, documents/ID required to receive services
1415 California St, Houston, TX 77006 832-548-5100

PRESCRIPTION ASSISTANCE

1. houstonscasemanagers.com/patient-assistance-programs/=prescription-assistance-for-those-w-low-income
2. www.nami.org/Your-Journey/Living-with-a-Mental-Health-Condition/Getting-Help-Paying-for-Medications
3. Partnership for Prescription Assistance 888-477-2669 www.pparx.org
4. Medication Assistance Program 866-524-1408
<https://healthytexas.tamu.edu/medication-assistance>
5. RX Assistance <https://www.rxassist.org/>
6. Health Well Foundation 1-800-675-8416
www.healthwellfoundation.org/pharmacies

RESOURCE HOTLINES

1. **National Domestic Violence Hotline**
www.thehotline.org 800-799-7233
2. **National AIDS Hotline**
www.cdc.gov/hiv/library/hotlines.html 800-232-4636
3. **Child Abuse Prevention Hotline**
www.childhelp.org 800-422-4453
4. **Child & Adult Protective Services Hotline (Texas)**
www.dfps.state.tx.us/contact_us 800-252-5400
5. **Rape, Abuse, & Incest National Network (RAINN) National Hotline**
www.rainn.org 800-656-4673
6. **Crisis Intervention of Houston Hotline**
www.crisishotline.org 713-468-5463
7. **Houston Teen Hotline**
www.thethreadalliance.org 713-529-8336
8. **National Human Trafficking Hotline:** 24/7; toll free; confidential; 200+ languages
1-888-373-7888 text: "BeFree" [233733] Live Chat: humantraffickinghotline.org

9. Social Security Administration (SSA)

www.ssa.gov 1-800-772-1213

10. Medicare

www.medicare.gov 1-800-633-4227

11. Workforce Solutions

www.wrksolutions.com 1-888-469-JOBS [5627]

12. About Face

Provides information and social support to individuals with facial differences, and their families. <http://aboutface.ca> 800-665-3223

13. American Association of People with Disabilities (AAPD)

A meeting ground for all people with disabilities to become informed and active in advocating for disability rights and services. www.aapd.com/ 800-840-8844

14. American Disability Association (ADA)

Promotes awareness of disability culture and works to enhance quality of life and access to freedom for people with disabilities. www.adanet.org 205-328-9090

15. Centers for Disease Control and Prevention (CDC)

A federal agency responsible for promoting good health practices and providing credible information on all health topics. Web site contains an A-to-Z list of health topics. www.cdc.gov/ncbddd/disabilityandhealth/dhds.html 800-232-4636

16. Consortium for Citizens with Disabilities (CCD)

Coalition of 100 national disability organizations working together to advocate for changes in public policy that promote independence, empowerment, & inclusion for people with disabilities. www.c-c-d.org 202-783-2229

17. Disability Information and Resource

Provides information on disability issues, with a focus on assistive technology and medical links. www.makoa.org (website only)

18. Easter Seals

Disability advocacy. Also provides referrals to local services for people with disabilities. www.easterseals.com 800-221-6827

19. Kid's Quest on Disability and Health (CDC)

Site for children to help them understand disabilities and learn how to interact with children who have special needs. www.cdc.gov/ncbddd/kids (website only)

20. National Council on Disability

Provides information and government reports on various disability-related studies that can be downloaded for free. www.ncd.gov 202-272-2004

21. National Organization on Disability (NOD)

Raise disability awareness through educational programs, with an emphasis on inclusion and participation. www.nod.org 646-505-1191

22. People with Disabilities Foundation (PWDF)

Education and advocacy for people with disabilities.
www.pwdf.org/ 415-931-3070

23. TASH

A community for families, individuals, service providers, and educators working to promote inclusion and opportunity for all people with disabilities.
www.tash.org 202-817-3264

24. Through the Looking Glass

A dialogue between people with disabilities, parents of children with disabilities, siblings, spouses and adult children of parents with disabilities, emphasizing a life cycle approach which integrates perspectives gained from personal and family disability.
www.lookingglass.org 800-644-2666

RESOURCES FOR TEXAS

1. Adapt of Texas

Organization advocating to free people with disabilities from nursing homes and other institutions. <http://adaptoftexas.org/contact-us/> 512-442-0252

2. Center on Disability and Development at Texas A&M

Disability services, research, resource center, Texas transition conference, Institute for person-centered practices and directory of community services in Texas
<http://cdd.tamu.edu/> disabilityresources@tamu.edu 979-845-1256

3. Coalition of Texans with Disabilities (CTD)

A grass roots organization that brings together diverse disability individuals and groups, service provider organizations, and state agencies.
www.txdisabilities.org/ info@txdisabilities.org 512-478-3366

- 4. Texas Health and Human Services- Formally (DADS)**
 State agencies for social services. They serve older Texans, people with disabilities including people with intellectual disabilities. Services can be comprehensive such as waiver services including HCS, CLASS and Texas Home Living Waiver.
<https://hhs.texas.gov/> 800-735-2989 713-692-1635
- 5. Baker Ripley**
 Information and Advocacy for social services. Provides case management services, nutrition, counseling and referrals. www.bakerripley.org 713-667-9400
- 6. Early Childhood Intervention**
 State agency responsible for early childhood (ages 0 -3) disability intervention through Easter Seals of Greater Houston www.eastersealshouston.org/ 713-838-9050
- 7. Texas Governor’s Committee on People with Disabilities**
 Division of the governor’s office that provides disability resources including statistics, history, and services www.governor.state.tx.us/disabilities/ 512-463-5739
- 8. Your Texas Benefits**
 State agency that oversees Medicaid, Children’s Health Insurance Program, Temporary Assistance for Needy Families, food stamps and nutrition programs, family violence services, refugee services and disaster assistance
www.yourtexasbenefits.com/ Dial 2*1*1
- 9. Texas Information Referral (211 call line)**
 Dial 2-1-1 if in Texas! Service of the state of Texas for disability information and referral about social, health, and other services including state agencies. B
www.211texas.org/cms Dial 2*1*1
- 10. Texas Parent to Parent**
 Supports children with disabilities, chronic illnesses and other special needs by empowering their families to be advocates for them through peer support, resource referral and public awareness. www.txp2p.org/ 866-896-6001
- 11. Texas Child Care Licensing (TDFPS)**
 Austin (Statewide) Online search information regarding valid licensing for child care, revoked child care licenses and more
www.dfps.state.tx.us/Child_Care/Search_Texas_Child_Care/CCLNET/Source/CPA/ppSearchTXChildCare2.aspx

12. Texas Department of Insurance

If your child has a disability and you are having problems with obtaining insurance, then this state agency may be able to help. www.tdi.texas.gov 800-578-4677

13. Disabled Parking Placard [License Plate]

www.txdmv.gov/motorists/disabled-parking-placards-plates

888-368-4689 or 512-465-3000

14. Harris Health System [gold card]

A community-focused academic healthcare system dedicated to improving the health of those most in need in Harris County through quality care delivery, coordination of care, and education. www.harrishealth.org

Eligibility Call Center at 713-566-6509 | Monday-Friday, 8 a.m.-4 p.m. The fourth Friday of the month, 8 a.m.-2 p.m.

15. Harris County Housing Authority [Section 8]

A public housing agency that offers rental assistance, supportive and senior housing
1933 Hussion St | Houston, TX 77003

www.hchatexas.org (713) 578-2100

16. Operation ID

Helps people without photo ID to obtain one for life-stabilizing goals.

5100 Travis | Houston, TX 77002

www.msmhouston.org 281-833-3500

RESPITE

1. The Arc of Greater Houston Chapter

On-going group respite activities in the community for individuals with intellectual and other developmental disabilities. Children and adults served by differing programs. Activities include: Saturday Fun Day, Adventure Club / Greater Houston Recreation, Weekend Respite, Summer day and overnight camps.

www.aogh.org 713-957-1600

2. The Center for Pursuit

Day and overnight respite services for people with intellectual disabilities. Day respite is available on a partial or full day basis. Overnight respite stays cannot exceed 30 days.

Fee for services. <https://thecenterforpursuit.org> 713-525-8300

3. The Harris Center for Mental Health and IDD (formally MHMRA)

Provide a wide range of respite services, including in-home respite if the individual qualifies. An intellectual developmental disability and/or an Autism spectrum diagnosis are required. Financial assistance if qualified.

www.mhmraharris.org/IDD/networkmanagement.htm 713-970-7616

4. Easter Seals of Greater Houston

Provide respite services for individuals with Cerebral Palsy and other disabilities. Financial assistance may be provided in some cases. Respite activities include ongoing programs as well as in-home respite services.

www.eastersealshouston.org/Programs/respiteservices.html 713-838-9050

5. Bridging Lives – Spring Branch area

Residential Services, Respite and Social Group, Social Skills and Recreation summer campus, in-home training services

www.bridging-lives.com/index.php 713-298-7679

SHELTERS

1. Houston Area Women's Center

Domestic Violence Shelter 713-528-2121

2. The Bridge Over Troubled Waters

Domestic Violence Shelter 713-473-2801

3. Bay Area Turning Point

Domestic Violence Shelter 281-286-2525

4. Family Time Crisis & Counseling Center

Domestic Violence Shelter 281-446-2615

5. Sarah's House

Domestic Violence Shelter 713-475-1480

6. Bay Area Homeless Services

Emergency Shelter 281-837-1654
3406 Wisconsin St | Baytown, TX 77520

7. Magnificat House

Emergency Shelter admissions@mhihouston.org
1410 Elgin St | Houston, TX 77004

- 8. Salvation Army-Center of Hope**
Emergency Shelter - Women and Children 713-223-8889
1500 Austin Street | Houston, TX 77002
- 9. Star of Hope -Doris and Carloss Morris**
Emergency shelter - Men's Development Center 713-227-8900
1811 Ruiz St | Houston, TX 77002
- 10. Star of Hope Cornerstone Community**
Emergency Shelter - Women and Families 713-748-0700
2575 Reed Rd | Houston, TX 77051
- 11. Salvation Army Jones Family Residence**
1603 McGowen St | Houston, TX 77004 713-650-6530
- 12. Salvation Army-Wayne Bergstrom Center of Hope**
Emergency Shelter
1500 Austin Street | Houston, TX 77002
- 13. Mission of Yahweh**
Shelter 713-466-4785 ex-100
10247 Algiers Rd | Houston, TX 77041
- 14. Open Door Mission (Various Programs)**
Shelter/Transitional Housing 832-962-4256
5803 Harrisburg Blvd | Houston, TX 77011
- 15. Santa Maria-Bonita House**
Residential/Outpatient 713-691-0900
2605 Parker Road | Houston, TX 77093

TRANSPORTATION

- 1. Metro Lift**
1900 Main St | Houston, TX 77002
www.ridemetro.org 713-635-4000
- 2. Harris County Rides**
8410 Lantern Point Drive | Houston, Texas 77054
<https://rides.harriscountytexas.gov> 713-368-RIDE (7433)
- 3. Career & Recovery Resources Inc.**
2525 San Jacinto | Houston, TX 77002
<https://careerandrecovery.org> 713-754-7000
- 4. Compass**
Monday-Friday 9am-2pm Bring ID & job leads
1212 Prairie St | Houston, TX 77002
713-229-8319
- 5. Wesley Community Center**
By appointment only [Serves clients on Fridays] Bring proof of income & ID
1410 Lee | Houston, TX 77009
www.wesleyhousehouston.org 713-223-0442

TRAVEL (ACCESSIBLE)

- 1. Accessible Travel and Hospitality Society**
Information regarding accessible travel needs as well as links to travel services
<http://sath.org/index.php> 212-447-7284
- 2. Amtrak: Accessibility Services**
Information about accessibility services from Amtrak and requesting special accommodations www.amtrak.com
- 3. Autism on the Seas**
Cruises for adults and families living with autism, down syndrome and related disabilities www.autismontheseas.com 800-516-5247
- 4. Greyhound Bus Customers with Disabilities Travel Assistance** Information about accessibility services from Greyhound and requesting special accommodations
www.greyhound.com/en/ticketsandtravel/disabledtravelers.aspx 800-752-4841

UTILITIES + RENTAL ASSISTANCE

1. **First United Methodist Church** 281-487-1774
2. **Gulf Coast Community Services** 713-393-4700
3. **Harris County Social Services** 713-696-7900
4. **SEAM** 713-944-0093
5. **Wheeler Avenue** 713-747-7101
6. **Salvation Army** 713-752-0677
7. **United Way** 281-282-6000
8. **Baker Ripley** 713-590-2327
9. **Urban League** 713-393-8700

VISION IMPAIRMENT

1. **Blind and Visually Impaired**
Texas Health and Human Services (HHS) works with people who are blind and visually impaired to help them reach their independence goals.
hhs.texas.gov/services/disability/blind-visually-impaired 1-877-541-7905 or 2*1*1
2. **VisionAware**
VisionAware is designed around the needs of visually impaired adults and seniors.
www.visionaware.org
3. **FamilyConnect**
For families of a visually impaired child. www.familyconnect.org
4. **CareerConnect**
Provides resources for visually impaired or blind job seekers.
www.aphcareerconnect.org

5. Lighthouse Learning Resources – Online

Online Service store provides educational consulting, in-home training, and sensory products for home and community. www.LHlearningresources.com 713-560-7923

6. Sight into Sound (Formerly Taping for the Blind)

Non-profit organization with a mission to “Turn Sight into Sound” by enriching the lives of people with visual, physical, and learning disabilities.

info@sightintosound.org 713-622-2767

7. Texas Association for the Education and Rehabilitation of the Blind and Visually Impaired

The association promotes and develops education and rehabilitation resources for those in Texas with visual impairments www.txaer.org/index.html

8. Texas School for the Blind and Visually Impaired

Serves as a special public school in the range of statewide placements for students who have visual impairment. Students, ages 6 through 21, who are blind, deaf-blind, or visually impaired, including those with additional disabilities, are eligible for consideration for services on the TSBVI campus. It is also a statewide resource for parents of these children and the professionals who serve them, from birth through transition from school. www.tsbvi.edu 800-872-5273

9. Texas Talking Books

Free Audiotape, Braille, and large print formats for books and magazines available for loan through the Texas library system. Materials are delivered to the home at no charge. For Texans of all ages who are unable to read standard print material due to visual, physical, or reading disabilities-whether permanent or temporary.

www.tsl.state.tx.us/tbp 800-252-9605

10. Assistive Media

Provides *free* access to audio files of a wide variety of printed material over the internet

www.assistivemedia.org (website only)

11. National Federation of the Blind

Resources, products and technology, academic journals, newsletters and other vision loss information. Membership perks offered. <https://nfb.org> 410-659-9314

