



***The following resources below are provided for the general public use, and information that is shared is not endorsed by BHS.***

**\*\*\*Dial 911 for EMERGENCIES\*\*\***

**Needing Immediate Assistance**

<b>Name</b>	<b>Phone Number/Address</b>	<b>Link</b>	<b>Description</b>
<b>Fort Bend County Sheriff's Office- CIT Crisis Intervention Team</b>	Dial 911; ask for a CIT Officer	<a href="https://www.fortbendcountytexas.gov/government/departments/sheriff-s-office/chief-deputy/crisis-intervention-team-cit">https://www.fortbendcountytexas.gov/government/departments/sheriff-s-office/chief-deputy/crisis-intervention-team-cit</a>	A specialized unit formed within the Fort Bend County Sheriff's Office to assist in crisis, ensure safety, and connect individuals with needed mental health services. CIT also provides follow up checks when necessary to prevent further crisis and to assist in recovery.
<b>SAMHSA Disaster Distress Helpline</b>	1-800-985-5990 or text TalkWithUs to 66746	<a href="https://www.samhsa.gov/find-help/disaster-distress-helpline">https://www.samhsa.gov/find-help/disaster-distress-helpline</a>	24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters
<b>National Suicide Prevention Hotline</b>	1-800-273-8255/ 1-800-273-TALK	<a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>	Provides free, confidential support for people in distress 24/7, also gives resources for prevention and crisis intervention for loved ones
<b>National Human Trafficking Hotline</b>	1-888-373-7888	<a href="https://humantraffickinghotline.org/">https://humantraffickinghotline.org/</a>	Connects victims/ survivors of human trafficking to services to get safe
<b>National Domestic Violence Hotline</b>	1-800-799-7233/ text LOVEIS to 22522	<a href="https://www.thehotline.org/">https://www.thehotline.org/</a>	Connects victims of abuse to needed services, aids loved ones to help get others out of situations
<b>Department of Children and Family Services</b> (Report suspected child or elder abuse)	1-800-252-5400	<a href="https://www.dfps.state.tx.us/contact_us/report_abuse.asp">https://www.dfps.state.tx.us/contact_us/report_abuse.asp</a>	If there is reasonable cause to believe a child, or person 65 years or older, or an adult with disabilities is being abused, neglected, or exploited, call the number.

## Needing Assistance

Name	Phone Number/Address	Link	Description
<b>Behavioral Health</b>			
<b>AccessHealth</b>	Richmond: 281-342-4530 Missouri City: 281-969-1800 Stafford: 281-261-0182	<a href="https://www.myaccesshealth.org/">https://www.myaccesshealth.org/</a>	Provides affordable, discounted healthcare services (accepts Medicaid, Medicare, CHIP, and Private insurances); 5 Clinics/ Locations Across Fort Bend County.
<b>Texana</b>	281-239-1300 Crisis Hotline: 1-800-633-5686	<a href="https://www.texanacenter.com/">https://www.texanacenter.com/</a>	Provides an Extended Observation Unit and Crisis Residential Unit for adults who are low income, uninsured, or Medicaid holders; only accessed by calling the crisis hotline first
<b>Counseling Resources</b>			
<b>Catholic Charities Counseling Services</b>	Mamie George Community Center (make appt) Phone: 281-202-6200 Main Phone: 713-526-4611 (8AM to 5PM Weekdays)	<a href="https://catholiccharities.org/">https://catholiccharities.org/</a>	Provides many healthcare services, including food relief, shelter, free activities like exercise and arts and crafts, immigration services, disaster recovery, parenting, counseling, and education
<b>Houston Galveston Institute</b>	713-526-8390	<a href="https://hgicounseling.org/">https://hgicounseling.org/</a>	Offers counseling services to people of all needs, includes phone and video services, bilingual therapists available as well
<b>COVID-19 Resources</b>			
<b>COVID-19 24/7 Mental Health Support Line</b>	833-986-1919	<a href="https://theharriscenter.org/COVID-19-Support-Line-and-Resources">https://theharriscenter.org/COVID-19-Support-Line-and-Resources</a>	The Harris Center is operating the 24/7 statewide COVID-19 mental health support line launched by Texas Health and Human Services. The support line offers trauma-informed support and psychological first aid to those experiencing stress and anxiety related to COVID-19.
<b>Fort Bend County COVID-19 Website</b>	281-633-7795 Call Center	<a href="https://fort-bend-covid-19-response-fbc-hhs.hub.arcgis.com/">https://fort-bend-covid-19-response-fbc-hhs.hub.arcgis.com/</a>	Hub for COVID-19 information, with a dashboard for cases, School Guidelines, Masking Guidelines, Travel advisories, and Vaccination locations
<b>Fort Bend County Call Center</b>	281-633-7795 <i>Vaccination Hotline:</i> 832-471-1373	<a href="https://fort-bend-covid-19-response-fbc-hhs.hub.arcgis.com/">Fort Bend COVID-19 Response (arcgis.com)</a>	Call to ask about COVID-19, call to schedule COVID-19 testing appointments (symptoms or no symptoms)

<b>COVID Emergency Rental Assistance Program</b>	281-238-2273	<a href="https://fortbend-era.powerappsportals.us/tenant/">https://fortbend-era.powerappsportals.us/tenant/</a>	The County has established a new ERA program to provide assistance to eligible households. If you are a Fort Bend County resident and meet income eligibility requirements, you are encouraged to apply. It will provide rent and/or utility assistance for up to 12 months or until funds are exhausted.
<b>Fort Bend County Resources</b>			
<b>Fort Bend Crisis Intervention Team Non-Emergency Number</b>	281-341-4665 and ask for CIT	<a href="https://www.fortbendcountytx.gov/government/departments/behavioral-health-services/behavioral-health-programs/crisis-intervention-team">https://www.fortbendcountytx.gov/government/departments/behavioral-health-services/behavioral-health-programs/crisis-intervention-team</a>	A specialized unit formed within the Fort Bend County Sheriff's Office to assist in crisis, ensure safety, and connect individuals with needed mental health services. CIT also provides follow up checks when necessary to prevent further crisis and to assist in recovery.
<b>Fort Bend Public Transportation Services- Transit</b>	To schedule a ride call: 281-633-RIDE (Monday- Friday) or 1-866-751-TRIP	<a href="https://www.fortbendcountytx.gov/government/departments/public-transportation/services/demand-response-service">https://www.fortbendcountytx.gov/government/departments/public-transportation/services/demand-response-service</a>	FBC offers scheduled, shared bus rides for residents, to and from any location within Fort Bend County. Commuter services are also available to the Texas Medical Center, Greenway Plaza, and the Galleria from Fort Bend.
<b>Fort Bend Department Social Services</b>	Rosenberg Location: 281-342-3502 Missouri City Annex: 281-403-8050 Katy Location: 281-238-1412	<a href="https://www.fortbendcountytx.gov/government/departments/county-administration/public-transportation">https://www.fortbendcountytx.gov/government/departments/county-administration/public-transportation</a>	Offers assistance with emergency food, transitional supportive housing, medication, unmet emergency needs, utilities, rent/ mortgage, emergency shelter, benefits, case management, and burials
<b>Fort Bend County Health and Human Services</b>	281-341-6624	<a href="https://www.fortbendcountytx.gov/government/departments/health-and-human-services">https://www.fortbendcountytx.gov/government/departments/health-and-human-services</a>	Offers aid in natural disasters, deals with public health crises (specifically COVID-19 as of now), public health protection (general vaccines), animal regulations, and short term financial relief in response to disasters



**United Way Fort Bend County Service Center (281) 207-2300**

**NEED HELP NOW**

**For 24-hr. Information and Referral Service - Call 2-1-1 Texas United Way Helpline**

United Way of Greater Houston

**ABUSE (Children, Disabled, Elderly)**

Abuse Hotline ..... (281) 342-8651 or 1(800) 252-5400

**ADOPTION**

- Catholic Charities Adoption & Foster Care Program ..... 1(866) 649-5862
- DePelchin Children's Center ..... (713) 861-8136
- Spaulding for Children ..... (281) 207-2382

**ANGER MANAGEMENT**

- DePelchin Children's Center ..... (713) 730-2335

**DAY CARE**

- Collaborative for Children ..... (713) 600-1103
- Baker-Ripley, Inc. (Children) ..... (832) 759-5238

**DISASTER**

- American Red Cross ..... (281) 342-9480
- ..... Night & Weekend Emergencies • (713) 526-8300

**EDUCATION**

- Baker-Ripley - Early Head Start/ Head Start Program (Stafford) ..... (832) 759-5238
- Literacy Council of Fort Bend County ..... (281) 240-8181

**EMPLOYMENT/THRIVE SERVICES**

- Experience Works ..... (281) 344-0279 x205
- Family Houston ..... (281) 207-2300
- SER-Jobs for Progress ..... (281) 207-2300
- Work Source/ Gulf Coast Career Centers ..... (281) 344-0279

**FINANCIAL AND EMERGENCY ASSISTANCE**

- Catholic Charities Basic Needs Program ..... (281) 202-6200
- Career & Recovery Resources ..... (713) 754-7094
- Fort Bend County Social Services ..... (281) 342-7300
- ..... Richmond • (281) 403-8050
- ..... Missouri City • (281) 403-8050
- Fort Bend Community Action Council ..... (281) 342-3012
- Rosenberg-Richmond Helping Hands (West Ft. Bend only) ..... (281) 341-7536
- Second Mile Mission Center (all of Fort Bend) ..... (281) 261-9199
- Social Security Administration ..... 1(800) 772-1213
- Texas Department of Human Services - (TANF, Food Stamps, Medicaid) ..... (281) 342-8651
- The Salvation Army ..... (281) 207-2500 / (281) 207-2530
- Windsor Village United Methodist ..... (713) 551-8792

**HEALTH CARE SERVICES**

- Access Health ..... Richmond • (281) 342-4530
- ..... Missouri City • (281) 969-1800
- ..... Stafford • (281) 261-0182
- Children's Health Insurance (CHIP) ..... 1(877) 543-7669
- Fort Bend County Clinical Health Services ..... (281) 342-6414
- Fort Bend Indigent Health Care ..... (281) 341-6624
- Second Mile Mission Center ..... (281) 261-9199

**HOUSING**

- City of Rosenberg - Public Housing Authority ..... (281) 342-1456

**HOME REPAIRS**

- Attack Poverty ..... (832) 847-4379
- Fort Bend CORPS ..... (281) 617-7416
- Fort Bend Habitat for Humanity ..... (281) 403-0708

**LEGAL SERVICES**

- Catholic Charities - Cabrini Legal Immigration Center ..... 1(866) 649-5862
- Dispute Resolution Center ..... (713) 755-8274
- Fort Bend Lawyers Care ..... (281) 239-0015
- Lone Star Legal Aid ..... (713) 652-0077

**MEDICAL, SPECIAL NEEDS**

- Easter Seals Greater Houston ..... (281) 207-2520
- National AIDS Hotline ..... 1(800) 342-2437
- National STD Hotline (Sexually Transmitted Diseases) ..... 1(800) 227-8922
- TexCare Partnership ..... 1(800) 647-6558

**MENTAL HEALTH SERVICES**

- Catholic Charities - Counseling Services ..... 1(866) 649-5862
- DePelchin Children's Center ..... (713) 730-2335
- Family Houston ..... (713) 861-4849
- Houston Galveston Institute ..... (713) 526-8390 or (281) 207-2331
- Texana Regional Mental Health ..... (281) 342-6384 or 1(800) 633-5686

**PARENTING CLASS**

- DePelchin Children's Center ..... (713) 730-2335

**PREGNANCY RELATED**

- Catholic Charities Pregnancy & Parenting Program ..... 1(866) 649-5862
- DePelchin Children's Center ..... (713) 582-7129
- Pregnancy Resource Center ..... (281) 232-2375
- University of Texas Medical Branch ..... Stafford • (281) 499-3004
- Women Infant Children's Nutritional Program (WIC) ..... (281) 261-4668

**SHELTER**

- Fort Bend County Women's Center (Domestic Violence) ..... (281) 342-4357
- Fort Bend Family Promise ..... (281) 403-3923

**SENIOR SERVICES**

- Catholic Charities Mamie George Community Center ..... (281) 202-6200
- Fort Bend Seniors Meals on Wheels ..... (281) 633-7049
- Texas Department of Aging and Disability Services ..... (281) 239-1363

**SUBSTANCE ABUSE**

- Fort Bend Regional Council on Substance Abuse ..... (281) 207-2400

**SUICIDE AND DEPRESSION**

- Harris Center for Mental Health and IDD ..... (713) 970-7000

**YOUTH SERVICES**

- Big Brothers and Sisters of Fort Bend ..... (281) 207-2330
- Boy Scouts of America ..... (281) 207-2340
- Boys and Girls Club Fort Bend Unit ..... (281) 438-4720
- Girl Scouts San Jacinto Council ..... (281) 403-4766
- YMCA, Fort Bend ..... Missouri City • (281) 499-9622
- YMCA, T.W. Davis ..... Richmond • (281) 341-0791
- YMCA, Katy Family ..... Katy • (281) 392-5055

**TRANSPORTATION**

- American Red Cross ..... (713) 526-8300
- Fort Bend Transit ..... (866) 751-TRIP



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SERVIVOS PARA PERSONAS DE EDAD AVANZADA (SENIOR SERVICES)

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Texas Department of Aging and Disability Services (281) 239-1363

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- American Red Cross (713) 526-8300
Fort Bend Transit 1(866) 751-TRIP

# RESOURCES

(First Responder & Military Friendly)



**988**- 24 hr. suicide and crisis hotline. Veteran line can be requested.

Call or text: 988

<https://988lifeline.org/>

**EAP: DEER OAKS**- covers 8 sessions per incident, solution focused therapy.

Phone: 888-993-7650

<https://www.deeroakseap.com>

**THE WOUNDED BLUE**- Offers peer support and a program called Code 4 Total Wellness-app with access to telehealth and even financial assistance at low to no cost.

Phone: 702-290-5611

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

**UT HEALTH TRAUMA & RESILIENCE CENTER**- Veteran and First Responder program with free to low cost services for trauma/PTSD related services.

Phone: 713-486-2630

<https://med.uth.edu/psychiatry/wp-content/uploads/sites/44/2022/02/First-Responder-flyer-2022.pdf>

**COPLINE**- Hotline for law enforcement 1-800-267-5463

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

**LEMIT POST CRITICAL INCIDENT SEMINAR**- Free 3 day seminar for first responders and veterans, lodging included. Usually held at SHSU in Huntsville, TX. Locations may vary. 24 hrs. of TCOLE credit. Spouses encouraged to attend. Trauma recovery, peer support, EMDR therapists, resilience building.

<http://www.lemitonline.org/programs/?mode=view&item=21>

**TEXAS LAW ENFORCEMENT PEER NETWORK**-

Free and confidential peer support app provided by the state of Texas for law enforcement. Access to chat and resources by active and retired law enforcement.

Local representative Michael Mata: 956-588-5211

<https://www.tcole.texas.gov/content/texas-law-enforcement-peer-network>

**AMERICAN WARRIOR ASSOCIATION**- Free 5 day retreats for active military, veterans, and first responders. Curriculum that is based on group therapy combined with outdoor activities. Men's retreat and women's retreat are separate.

<https://awa-usa.org/programs>

**SUNNY CREEK RANCH- HORSES FOR HEROES**: free certified Eaqala equine therapy with horse specialist and therapist for veterans, first responders, and their families. Located in Montgomery, TX.

Phone: 281-229-3633

<https://sunnycreekranch.com/horses-for-heroes>