



# MENTAL HEALTH

## Counseling by Healthcare for the Homeless Houston

**Provides:**

- Individual counseling

**Eligibility:** All ages, Homeless or near homeless

**Cost:** FREE

**CONTACT INFO/LOCATION:**

CALL 713-286-6000

1934 Caroline St Houston, TX 77002

<https://www.homeless-healthcare.org/shelter-clinics>

## Project Shalom

**Provides:**

- Individual/Group/family counseling
- Support groups
- Meals and recreation

**Eligibility:** Teens, Adults, Seniors

**Cost:** FREE

**CONTACT INFO/LOCATION:**

CALL 713-667-9336

4131 S BRAESWOOD BOULEVARD

HOUSTON, TX 77025 (M-F 8AM-5PM)

<https://www.alexanderjfs.org>

## Texas Mental Health Program for Veterans

**Provides:**

- Mental health care
- Counseling
- Substance abuse counseling

**Eligibility:** Must be a veteran

**Cost:** Free

**CONTACT INFO/LOCATION:**

CALL 832-203-1626

1418 PRESTON ST HOUSTON, TX 77002

<https://usvets.org>

## Counseling Services by Houston Area Women's Center

**Provides:**

- Individual counseling
- Group counseling and support groups
- Accompaniment to law enforcement

**Eligibility:** All ages, domestic violence or sexual assault survivors

**Cost:** FREE

**CONTACT INFO/LOCATION:**

CALL 713-528-2121

1010 WAUGH DRIVE HOUSTON, TX 77019

<https://hawc.org/counseling/>

For more resources, please consult <https://harrishealthcares.org/>

Resources curated by Baylor College of Medicine -  
Patient Discharge Initiative (BCM-PDI) Volunteers

