



You Are Not Alone
Mental Health & Crisis Support Resources
Houston Area • Harris County • Fort Bend County



IMMEDIATE DANGER?



CALL 911 NOW



24/7 CRISIS & SUICIDE SUPPORT



988 Suicide & Crisis Lifeline

CALL or TEXT: 988



Chat online: 988lifeline.org



Crisis Text Line

Text

HOME

to 741741



Harris Center

Crisis: 713-970-7000
Text: 832-479-2135



Texana Center

Fort Bend County
1-800-633-5686



Texas Youth Helpline

Call: 800-989-6884
Text: 512-872-5777



Trevor Project

LGBTQ Youth
866-488-7386

Text START to 678-678



Mental Health Counseling



Legacy Community Health
832-548-5000



DePelchin Children's Center
713-730-2335



Alexander Jewish Family Service
713-986-7825



Catholic Charities
713-874-6590



Food Banks



Houston Food Bank
832-369-9390



East Fort Bend (Stafford)
281-261-1006
435 Stafford Run Rd



Second Mile (Missouri City)
281-410-1859
1135 Hwy 90A



Emergency Shelters



Star of Hope
713-222-2220
713-748-0700
2575 Reed Rd



Salvation Army Houston
713-650-6530



Fort Bend Women's Center
24hr: 281-342-4357



Spiritual Support



Islamic Society of Greater Houston
isgh.org



Catholic Charities
713-526-4611



Alexander JFS (Jewish)
713-986-7825



Help is Available



All resources are free and available regardless of ability to pay

Please verify hours and availability by contacting each organization directly

Serving Harris County, Fort Bend County, and Greater Houston Area