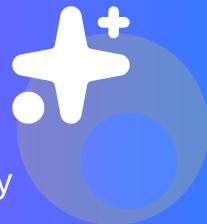




You Are Not Alone
Mental Health & Crisis Support Resources



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