

Resources

Physical Health and Prevention

Free Condoms

Any Texan with an address in Texas can receive condoms, lubricants, and sexual health education FREE of charge. All deliveries are discretely provided.

www.texaswearscondoms.com

Northwest Assistance Ministries (NAM)

Call Assistance Office

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

281-583-5600

Spring Branch Community Health Center

<https://sbchc.net/>

713-462-6565

TOMAGWA HealthCare Ministries

<https://tomagwa.org/>

455 School Street, Suite 30,

Tomball, TX, USA

clinic@tomagwa.org

281-357-0747

NAFC National Association of Free and Charitable Clinics

Enter zip code to locate free and charitable health care clinics.

<https://nafcclinics.org/>

AsSalam Clinic

In-person appointments on Thursday. Telemedicine appointments on Saturday and Sunday.

9041 Louetta Rd

Spring, TX 77379

<https://www.assalamclinic.com/>

281-251-2639

Mental Health

DBSA (Depression and Bipolar Support Alliance)

DBSA in-person and online support groups give people living with depression and bipolar disorder a safe, welcoming place to share experiences, discuss coping skills, and offer each other hope.

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

Jerome Javellana, LPCA with Connections Child and Family Center

- Anxiety
- Depression
- Parent-Child Relationships
- Body Image/Eating Disorders
- Self-esteem
- Trauma
- Art and Play Therapy
- LGBTQ+ Affirming

Email: jerome@connectionsfamilycenter.com

1544 Sawdust Rd, Suite 290, Spring, TX, 77380

8122 Spring Cypress Road Spring, TX, 77379

<https://connectionsfamilycenter.com/>

281-210-6677

Mental Health America of Greater Houston

<https://mhahouston.org>

713-523-8963

Northwest Assistance Ministries (NAM)

Areas of behavioral services that will be provided:

- Depression / Anxiety
- Parenting / Family Counseling
- Marriage Counseling
- Substance Abuse
- Grief Counseling
- Mindfulness and yoga for kids

Email: BH@namonline.org

https://www.namonline.org/nam_behavioral_health_services

Behavioral Health Services 281-885-4662

NAMI Greater Houston

Offers free online groups, resources for families and individuals

<https://namigreaterhouston.org>

713-970-4419

Counseling Resources

Find a Therapist

Sonder Mind

<https://www.sondermind.com>

Talkspace

<https://talkspace.com>

BetterHelp

<https://betterhelp.com>

Texas Suidice Prevention

TexasSuicidePrevention.org

Suicide Prevention Resource Center

<https://sprc.org>

Veterans

Texas Veterans Commission

<http://www.tvc.texas.gov>

Domestic Violence Resources

Family Violence Center

Get counseling or help escaping a violent relationship

<https://www.namonline.org/family-center>

Direct: 281-885-HOPE (4673)

Toll-Free: 888-750-HOPE (4673)

National Domestic Violence Hotline

Text START to 88788 or call 800-799-7233

Houston Area Women's Center

<https://hawc.org/>

Domestic Violence

713-528-2121

Sexual Assault

713-528-7273

Montgomery County Women's Center

- 24-hour crisis line
- Emergency shelter
- counseling and support groups
- Advocacy and Accompaniment
- Legal Services
- Transitional Housing
- Outreach and Education

<https://mcwctx.org/>

936-441-7273

Veterans Crisis Line

The Veterans Crisis Line serves Veterans, service members, National Guard and Reserve members, and those who support them.

- 24/7
- confidential crisis support for Veterans and their loved ones
- You don't have to be enrolled in VA benefits or health care to connect.

<https://www.veteranscrisisline.net/>

Dial: 988 then press 1 -or-

Text: 838255

988 Suicide & Crisis Lifeline

The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

<https://988lifeline.org/>

Dial 988

*The previous Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicide crisis.

Veteran Services NAM

Veterans@namonline.org

281-885-4595

National Parenting Helpline

1P-10p EST provides confidential and free services to help you and your family thrive.

help@nationalparentyouthhelpline.org

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

855-427-2736

Crisis Text Line 741741

Text HOME to 741741 to connect with a Crisis Counselor from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

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

Legal Assistance

Texas Law Help

Dedicated to providing free and reliable legal information to Texans.

<https://texaslawhelp.org/>

Student Assistance

Tackle Life Ministries

Guided by the Holy Spirit, we assist Greater Spring, Texas students in need by sustainably tackling social, living environment, and financial challenges in their lives. We provide job search resources, targeted temporary financial support, and mentorship.

<https://tacklelifeministries.org/>

Learning and Vocational Training NAM

Provides educational training and comprehensive career and financial coaching.

<https://www.namonline.org/learning>

281-855-4523

*For ESL or GED services, please contact Harris County Department of Education at 713-692-6216.

Services For Those Experiencing Homelessness

Coalition for Homeless of Houston/Harris County

The Coalition for the Homeless of Houston/Harris County acts as a catalyst, uniting partners and maximizing resources to move people experiencing homelessness into permanent housing with supportive services.

- Asistencia para Inmigrantes y Refugiados
- Chemical Dependency Services
- Clothing
- Communications
- Coordinated Access (Housing Assessments)
- Crisis Hotlines
- Dental Services
- Drop-in Centers
- Food Pantries
- Free Meals/Food
- Health Clinics
- HIV Services
- Hospitals
- Identification Services
- Income/Job Training
- Legal Services
- Mental Health Services

- School District Homeless Liaisons
- Shelters
- Street Outreach
- Transportation
- Veteran Services
- Vision Services
- Youth & Young Adult Resources
- Other

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

Day Drop-in Center

As a day center located in Northwest Houston, Hope Center Houston not only offers hope to those in our community experiencing homelessness, but also a delicious hot breakfast, lunch, showers, laundry, clothing, social services, mentoring, prayer, and more! Guest services are offered Monday through Friday from 9-1pm, with administrative hours of operation from 9-3pm.

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

HOPE Center 821 Peakwood, Houston 77090

832-965-5511

Community Service Centers: Young at Heart Senior Center

Young at Heart offers an exciting array of activities for seniors to choose from, including:

- cultural trips to the theater or museums
- educational classes on topics like money management
- nutrition or safe driving
- physical activities such as yoga or line dancing
- and games ranging from Bingo to Wii Bowling.

<https://www.namonline.org/seniors>

281-885-4600

Tax Preparation Assistance

AARP Foundation Tax-Aide

AARP Foundation Tax-Aide provides tax assistance to anyone, free of charge, with a special focus on taxpayers who are over 50 or have low to moderate income. Tax-Aide volunteers are located nationwide, and are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code.

<https://taxaide.aarpfoundation.org/>

Grants for Veterinarian Bills and Low Cost Spay/Neuter Locations

All Cats Veterinary Clinic

<http://www.allcatsvetclinic.com/>

713-664-2287

Animal Alliance Saving Animals (Galveston County)

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

<https://www.animalalliancetxt.org/pricing-and-payment>

1014 Bayou Rd.

La Marque, TX 77568

409-993-1600

Animana Birth Control Veterinary (I-10 East)

713-450-1444

Animal Friends of Washington-County Clinic (Brenham)

And dog park

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

979-277-0400

BARC Healthy Pets Healthy Streets

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

713-229-7300

Canfel Care Animal Hospital

<https://canfelcare.com/>

281-477-3577

Citizens for Animal Protection

Citizens for Animal Protection is a Houston area private, non-profit 501(c)(3) organization that provides [shelter](#), [adoption](#), [foster care](#), [lost and found](#) and other valuable services. CAP also provides humane education and community outreach programs to encourage love and respect for animals.

<https://www.cap4pets.org/contact>

281-497-0591

281-497-1537

Economy Pet Clinic (Stafford)

<https://economypetclinic.com/>

932-539-6067

Emancipet

<https://emancipet.org/clinics/northwest-freeway/>

713-321-2713

Fairmont Pet Hospital

<https://fairmontpethospital.com/>

713-943-3341

Fix Ur Pet (Galveston County)

<https://www.fixurpet.com/>

fixurpetrgalco@gmail.com

409-270-2127

Gulfgate Animal Hospital

<https://www.gulfgateanimalhospital.com/>

713-643-5723

Harris County Animal Shelter

<https://www.countypets.com/>

281-999-3191

Houston Humane Society

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

713-433-6421

Houston PetSet

<https://houstonspayneuter.com/>

info@houstonspayneuter.com

888-410-SPAY (888-410-7729)

KAWS Clinic

<https://www.kaawsclinicaldine.com/>

281-549-8717

Long Drive Dog and Cat Hospital

<https://longdrivedogcat.com/>

713-643-0633

Panda Wellness Clinic

<https://www.pandahouston.com/>

281-345-4101

Palms to Paws

<https://palmtopaws.com/>

713-981-6031

Pearland Canine Resource Center

<https://pearlandcanineresourcecenter.com/>

832-637-7233

Pups Prevent Unwanted Pets

<https://www.pupsofcatspring.com/>

979-732-5591

Richmond Animal Hospital

<http://www.richmondanimalhospital.com/>

281-342-3431

Safe Haven Animal Hospital

<https://safehavenvets.com/>

346-240-3102

SNAP Spay Neuter Assistance Program

<https://snapus.org/houston/>

713-862-8001 or 713-522-2337

SNIP (Galveston County)

<https://www.snipoftx.com/>

281-724-9111

Texas Litter Control

<https://texaslittercontrol.org/>

832-510-7622

The Greater Good

<http://www.mygreatergoodvet.com/home.html>

281496-5983

The Rescue Vet

<https://rescuevetclinic.com/>

832-510-9431

Unity for A Solution

info@UnityForASolution.org

West Hollow Animal Hospital

13668 Westheimer Rd, Houston, TX 77077

281-531-9095

LGBTQIA+ Resources

HATCH Youth

Hatch Youth groups provide a safe and affirming environment where youth can socialize, make new friends, and engage in educational and creative activities to help youth in and around Houston not just survive, but thrive. Ages 7-20

<https://montrosecenter.org/micro-sites/hatch-youth/>

713-529-0037 Main number

hatchyouth@montrosecenter.org

401 Branard St, 2nd Floor,

HOUSTON 77006

71529-3590

LGBTQ+ Helpline and Switchboard 24/7 713529-321

LGBT National Help Center

Providing free & confidential peer-support, information, and local resources through national hotlines and online programs.

LGBTHotline.org

LGBT National Senior Hotline 888-234-7243

LGBT National Youth Talkline 800-246-7743

LGBT National Coming Out Support Line 888-688-5428

LGBT National Hotline 888-843-4564

Sage Advocacy and Services for LGBTQ+ Elders (SAGE)

- Advocacy for LGBTQ+ Elders
- HIV & Aging Policy Action Coalition (HAPAC)
- Long-Term Care Equality Index (LEI)
- National Resource Center on LGBTQ+ Aging
- National LGBTQ+ Housing Initiative
- NYC SAGE Centers
- SAGECare Cultural Competency Training
- SAGEConnect
- SAGECents
- SAGE Hotline
- SAGECollab
- SAGE Table

<https://www.sageusa.org/what-we-do/>

Start Your Recovery

Support for overcoming substance misuse tailored to you. Find local support options:

- rehab centers
- counseling
- support groups

<https://startyourrecovery.org/>

Trans Lifeline

Trans Lifeline provides trans peer support for our community that's been divested from police since day one. We're run by and for trans people.

<https://translifeline.org/>

1-877-565-8860

The Trevor Project

The Trevor Project is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ+ young people. They provide information & support to LGBTQ+ young people 24/7, all year round.

Meet new LGBTQ+ friends in TrevorSpace!

In a crisis:

www.thetrevorproject.org

Call Us: 1-866-488-7386

Text Us: 678-678

Housing Assistance LGBTQ Homelessness

HUD Exchange

Homelessness assistance programs provide funding to states and local governments and nonprofit providers to serve individuals and families across the United States who are affected by homelessness.

<https://www.hudexchange.info/housing-and-homeless-assistance/>

<https://www.hudexchange.info> -

Tony's Place

For LGBTQ youth, to help find safe housing, laundry services, clothing closet, hot lunch, showers, hygiene items, etc

Basic Needs: 12 to 1:30pm

Follow on IG, LinkedIn and Facebook

www.tonysplace.org

info@tonysplace.org

1429 Hawthorne St,

Houston, TX 77006

Call or Text 713-678-0733

National Runaway Safeline

Feeling alone and unheard can potentially place you in a dangerous situation. You may feel isolated from supports, and this isolation can lead to depression, anger, frustration and suicidal ideation.

Call 1-800-RUNAWAY for 24/7 for confidential, non-directive and non-judgemental support.

1800runaway.org

Online forum

<https://bulletinboards.1800runaway.org/forum>

Safe Place

Safe Place provides access to immediate help and supportive resources for youth in need.

www.nationalsafeplace.org

TXT 4 HELP

- Text the word “safe” and your current location (address, city, state) to 4HELP (44357).
- Within seconds, you will receive a message with the closest Safe Place site and phone number for the local youth agency.
- For immediate help, reply with “2chat” to text interactively with a trained counselor.

Loans for Vet Bills

Care Credit

<https://www.carecredit.com/redesign/>

Scratch Pay

<https://www.scratchpayz.com/>

Job Training

Deseret Industries

<https://www.deseretindustries.org/what-we-do>

Enter ZipCode for location nearest you

346-214-7453

Job Corps

Job Corps is the largest job training and education program in the country, free to low-income 16- to 24-year-olds. You can get the experience and skills you need to start a career that's right for you, go on to college, or join the military.

<https://www.jobcorps.gov/>

- Housing - Furnished dorms for you and your roommate(s).
- Basic Medical Care - Medical, dental, eye care and mental health services.
- Nutritious Meals - Breakfast, lunch and dinner provided every day.
- Books & Supplies - Everything you'll need for your academic and career training.
- Living Allowance - Receive a living allowance in cash twice a month.
- Training Clothing - Basic uniforms and specialized safety equipment will be provided for your training.
- Supportive Community - Lasting connections with instructors and other students on center.

<https://www.jobcorps.gov/benefits>

Workforce Solutions

We're invested in providing you comprehensive solutions including career planning guidance, educational and training opportunities, and the financial support you need to soar.

<https://www.wrksolutions.com/>

Find an office

<https://www.wrksolutions.com/find-a-location>

Community Resources for Food

Bridging for Tomorrow

- Food Pantry
- Counseling
- Health Services
- After school clubs
- Literacy and Educational support

5351 W. Richey Rd.

Houston, TX 77066

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

Mobile food distribution locations

<https://www.bridgingfortomorrow.org/programs/#prog>

281-203-0830

Houston Food Bank

<https://www.houstonfoodbank.org/find-help/>

832-369-9390

Interfaith of the Woodlands

- Nutrition Every Weekend
- Seniors Eating Well
- On The Go Market Days
- Veggie Village

<https://woodlandsinterfaith.org/programs-services/food-pantry/>

4242 Interfaith Way,

The Woodlands, Texas 77381

281-367-1230

Manna Food Pantry and Resource Center

<https://www.bammel.org/mannapantry>

2700 Cypress Creek Parkway, Houston TX 77068

281-440-1910

NAM Food Pantry

<https://www.namonline.org/help>

Visit the intake office at

15555 Kuykendahl Rd. Houston, TX 77090

Mon-Fri 9:00 AM - 2:00 PM

Meals on Wheels: Senior Meal Delivery

<https://www.namonline.org/meals>

281-885-4622

Thrift Stores and Other Clothing Resources

NAM Resale

M-Th 10a-4p and F 9a-3p

15555 Kuykendahl Rd., Houston, Texas 77090

naminfo@namonline.org

Resale Boutique Store: 281-885-4555

M-Th 9a-4p and F 9a-3p

Interfaith Hand Me Up Shop

Address: 536 Sawdust Road, Spring, TX 77380

Hours: Monday – Saturday, 9:00am – 5:00pm

<https://woodlandsinterfaith.org/programs-services/hand-me-up-shop-2/>

Phone: 281-367-4942

Rental Assistance and Rehousing

NAM

If you are seeking rental assistance, please do NOT email naminfo@namonline.org as this will delay your rental application process. To apply for rental assistance, apply at this link:

<https://www.namonline.org/rental-assistance>

Interfaith of The Woodlands

Assistance with rent, mortgage, and utilities.

4242 Interfaith Way,

The Woodlands, TX 77381

<https://woodlandsinterfaith.org/>

281-367-1230

Law Enforcement Numbers

Harris County Sheriff's Department

<https://www.harriscountyso.org>

713-221-6000

Precinct 4 Constables

Houston Police Department

<https://www.constablepct4.com>

713-884-3131

Montgomery County Sheriff's Department

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

936-760-5800