



HELP STARTS HERE

NEED HELP?
DIAL 2-1-1 TEXAS/UNITED WAY HELPLINE



2-1-1 TEXAS/UNITED WAY HELPLINE

Need help? Call 2-1-1.

A free helpline operated by United Way of Greater Houston
24 hours a day, 7 days a week in many languages.



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NOTES

SUICIDE AND DEPRESSION

- Crisis Intervention Hotline(713) 468-5463
- Spanish Line(713) 526-8088
- Teen Line.....(713) 529-8336

For information on services in the following areas, call the United Way Helpline:

- Gulf Coast Region (Harris and 12 surrounding counties)2-1-1
- Bay Area(281) 282-6000
- Fort Bend(281) 207-2300
- Waller.....(281) 822-4200

Dear Friends,

It happens to all of us. Things are going along reasonably well when, suddenly, we hit a bump in the road. Life as we know it can be turned upside down in a matter of minutes. This book was designed for just such times. Whether you are facing a minor challenge or a major crisis, you will find help on these pages.

Whatever the problem, there are likely to be resources that are targeted to that specific need. Using the *Table of Contents* as a guide, you can look through the various subject headings to learn more about the many services that are available. Each listing contains important contact information, along with a description of programs that will help you make the right selection.

If you don't find what you are looking for, don't give up. Another important resource is our **2-1-1 Texas/United Way HELPLINE**. Trained call specialists are available 24 hours a day, 7 days a week, 365 days a year to listen to you and to connect you with services right in your neighborhood. Whether you are looking for a convenient child care program, support caring for an elder family member, or a food pantry that will make it possible to feed your family when your paycheck doesn't stretch quite far enough, a **2-1-1** call specialist will guide you to available health and human services.

Keep this little book by your telephone, in car, or at work where you can find it easily. When problems threaten to overwhelm you, when you don't know quite where to turn, help starts here.

Sincerely,



Anna M. Babin
President and CEO
United Way of Greater Houston.

UNEMPLOYMENT BENEFITS

Unemployment benefits are available through the Texas Workforce Commission to job seekers out of work through no fault of their own. It is important to apply for unemployment benefits as soon as you become unemployed. A delay may affect the amount you receive.

Call for eligibility requirements and the office nearest you.

Texas Workforce Commission (TWC)..... (281) 983-1100
www.twc.state.tx.us **1-800-939-6631**

EMPLOYMENT SERVICES

Employment programs can help you organize your job search.

Workforce Solutions..... (713) 627-3200 or 1-888-469-JOBS (5627)
P.O. Box 22777, Houston, 77227
www.wrksolutions.com
Job interviewing techniques, centralized job bank, and application matching. Call for WorkSource Center nearest you. A complete listing is also available on the website.

Career & Recovery Resources, Inc..... (713) 754-7000
2525 San Jacinto, Houston, 77002
www.careerandrecovery.org
Job search training, job referrals, job bank, resume preparation, and placement labs are available to those that attend various workshops.

Chinese Community Center..... (713) 271-6100
9800 Town Park, Houston, 77036
www.ccchouston.org
Language classes, computer training, on-the-job training, and job search assistance.

Christian Community Service Center, Inc..... (713) 961-3993
3230 Mercer, Houston, 77027
www.ccschouston.com
English as a Second Language (ESL) classes and job search assistance.

24-HOUR EMERGENCY SERVICES

ABUSED CHILDREN/ DISABLED/ ELDERLY 1-800-252-5400

AMBULANCE 9-1-1

DISASTER (FIRE, FLOOD, ETC.)

American Red Cross(713) 526-8300
Fire..... 9-1-1

FAMILY VIOLENCE/ SEXUAL ASSAULT

Bay Area Turning Point.....(281) 286-2525
The Bridge Over Troubled Waters.....(713) 473-2801
FamilyTime(281) 446-2615
Fort Bend County Women’s Center 1-888-427-3650 or (281) 342-4357
Houston Area Women’s Center – Hotline 1-800-256-0551
or (713) 528-2121
Montgomery County Women’s Center(936) 441-7273
New Horizon Family Center..... 1-800-824-4807

INFORMATION AND REFERRAL

2-1-1 Texas/ United Way HELPLINE.....2-1-1

MENTAL HEALTH

Mental Health and Mental Retardation Authority(713) 970-7000

POISON

Southeast Texas Poison Center 1-800-222-1222

POLICE (EMERGENCIES ONLY) 9-1-1

RUNAWAYS

Covenant House Texas (713) 523-2231 or 1-800-999-9999
Runaway Hotline 1-800-392-3352

SUBSTANCE ABUSE

Alcoholics Anonymous (Intergroup Association).....(713) 686-6300
Cocaine Anonymous(713) 668-6822
The Council on Alcohol and Drugs Houston.....(713) 942-4100
Narcotics Anonymous(713) 661-4200

- Get together with other people who are experiencing unemployment and become a support group for one another. Offer your talents and interests to nonprofit agencies. Afford yourself new opportunities in training, friendship, work environments, job search, and accomplishments during your personal reorganization.
- Learn new job skills and maintain your skills through non-paying volunteer work opportunities.

Volunteer Houston (713) 965-0031

3033 Chimney Rock, Suite 460, Houston, 77056

www.volunteerhouston.org

Matches volunteers (individuals, families, and youth) to agencies that have requested volunteers. You can specify the type of skills you would like to learn or enhance.

Online Volunteer Match Programs

www.volunteerhouston.org

www.volunteermatch.org

www.1-800-volunteer.org

www.volunteersolutions.org

www.idealists.org

www.servenet.org

www.networkforgood.org

Houston Area Urban League(713) 393-8700

1301 Texas Avenue, Houston, 77002

www.haul.org

Job bank, job placement, career planning, and referral to vocational training programs.

Houston Compass, Inc(713) 229-8319

1117 Texas Avenue, Houston, 77002

www.houstoncompass.org

Job search assistance. Telephones, voicemail, and transportation provided for job search.

Northwest Assistance Ministries(281) 885-4555

15555 Kuykendahl, Houston, 77090

www.namonline.org

Interview training, resume assistance, application assistance, job leads, job coaching, empowering life skills, job retention services, resource library, computer lab access, one-on-one job counseling, steps to getting a job faster, and professional attire assistance.

Alliance for Multicultural Community Services(713) 776-4700

6440 Hillcroft, Suite 411, Houston, 77081

www.allianceontheweb.org

Job development, employment counseling, on-the-job training, job search, and assistance.

SER - Jobs for Progress of Texas Gulf Coast, Inc(713) 773-6000

201 Broadway, Houston, 77012

www.serhouston.org

A one-stop job counseling, training, and information source. Services include job search assistance, career counseling and assessment, GED classes, vocational and on-the job training, resume writing, and a summer job program for youth. Specialized services are available for older workers, veterans, laid-off employees, youth, and ex-offenders.

University of Houston(713) 743-1000

4800 Calhoun, Houston, 77004

www.uh.edu

Continuing Education/Career Transition Counseling. Experienced counselors help clients identify their personal goals, explore the careers best suited for them, and develop strategies for investigating job opportunities.

West Houston Assistance Ministries (713) 977-9942

10501 Meadowglen Lane, Houston, 77042

www.whamministries.org

Job search assistance, resume and cover letter assistance, clothing for job interviews, and access to phone, fax, and copier.

The WorkFaith Connection.....(713) 984-9611

1500 North Post Oak, Houston, 77055

www.workingconnection.org

Interview training, job skill building, and job placement. Agency staff provide ongoing support to achieve self-sufficiency and stabilize client transitions.

TAKING CARE OF YOURSELF

Losing a job can be stressful and frightening, temporarily affecting your self-esteem. Feelings of anger, frustration, panic, loneliness, and depression are common. It's okay to have these feelings. It's important to face them and share them. Working through your feelings can move you to renewed self-confidence and determination.

Identify Your Support System

Search out people who will listen and support you during your hard times, as well as sharing in the good times.

- Your support may come from family members, relatives, friends (old or new, in town or away), neighbors, clergy, members of your religious organization, members of clubs or groups, co-workers (past or present), or anyone in your life you can turn to for personal help.
- It's difficult to tell your family you're out of a job. It's equally difficult to keep in mind that the situation is just as rough on your spouse. They may be feeling even more helpless.
- The first step is to talk about your problems and plan your next steps together. Don't shut out the people you need most when you're feeling low. Talk to them, express your feelings, and tell them how they can help.
- Children know when something is wrong and it is good to explain your unemployment situation to them. This will help them understand why holidays and birthdays may be a bit different.
- If you don't have anyone or would like another means of support, there are some community agencies that you can contact. One of these is Crisis Intervention of Houston. You can call their hotline at **(713) 468-5463**. Trained volunteers answer phones 24 hours a day, 7 days a week.

Focus on activities that relieve stress and increase self-confidence:

- Keep physically active to relieve tension. Exercise will make you feel better, reduce stress, and boost your self-esteem.
- Give yourself some time to meditate and be alone so you can plan out the next steps.
- Identify what you are feeling and why. Then share with someone who will support you.

- *Your local bookstore.* Browse through the books on resume writing, cover letter writing, interviewing techniques, and growing career areas. Jot down ideas and new terminology you see used in these books.
- *Your church or place of worship and other organizations where you meet people.* Listen and ask questions about jobs. Ask people to tell you about their jobs, ask if they know of anyone who is hiring, and ask if they know of a good employment agency where the employer pays the agency's fee. The key is to network, network, and network!

Search Internet web sites.

- If you do not have access to the Internet at home, find a public library, university, or community college with free access.
- Use several search engines, such as Yahoo or Google. Each search engine connects you with different sites, so use as many as you can. Do several searches using keywords and phrases such as employment, job bank, job search, career choices, and others. You can often narrow down your search to a geographic area such as a state or particular city.
- The Workforce Solutions website (www.wrksolutions.com) has current job postings and an extensive overview of online resources and links that can assist you in many aspects of your job search.

Consider temporary employment positions.

- Check your local newspaper employment section for temporary positions. More and more companies are now using temporary workers to fill both temporary and permanent positions.
- If a temporary worker works well within a company, he/she is often offered a permanent position.
- If you ever thought about changing careers or learning new skills, consider taking a temporary position. A temporary position will provide you with the opportunity to enhance your skills.

Remember – Finding a job is a job.

- Plan a daily job search schedule for yourself. Use that time to do newspaper and internet searches; follow up job prospects by phone, email or letter; send thank you letters after each conversation or interview; take a class that helps you gain new knowledge or build new skills; volunteer for an organization that interests you, or that offers a chance to learn something new.
- Record your job search activities in a journal so that you can track your progress and devise new strategies as needed.
- Don't get discouraged.

CONTINUING EDUCATION, GED, ESL

Taking classes to expand your knowledge and skills is a good way to broaden the scope and number of jobs where you meet the qualifications. The GED is sometimes referred to as a General Equivalency Diploma or General Education Diploma. English as a Second Language (ESL) gives students a better grasp of the English language and allows them to work through the class at their own pace.

Alliance for Multicultural Community Services (713) 776-4700
 6440 Hillcroft, Suite 411, Houston, 77081
www.allianceontheweb.org
 Free ESL classes to anyone over 18 years of age.

AVANCE, Inc. – Houston..... (713) 812-0033 ext. 104
 4281 Dacoma Street, Houston, 77092
www.avance.org
 Parenting and literacy programs to low-income families.

Christian Community Service Center, Inc (713) 961-3993
 3230 Mercer, Houston, 77027
www.ccschouston.com
 Vocational training, computer, and ESL classes.

Community Family Centers, Inc(713) 923-2316
 7524 Avenue E, Houston, 77012
www.communityfamilycenters.org
 Free adult basic education, GED, and ESL classes.

Houston Community College(713) 718-2000
www.hccs.edu
 Adult basic education, GED, and ESL classes.

Houston Area Urban League..... (713) 393-8700
 1301 Texas Avenue, Houston, 77002
www.haul.org
 Computer training.

Houston Read Commission..... (713) 228-1800
 5400 Griggs Road, Houston, 77021
www.houread.org
 Literacy education.

Literacy Advance of Houston, Inc..... (713) 266-8777

2424 Wilcrest, Suite 120, Houston, 77042

www.literacyadvancehouston.org

Computer literacy classes.

Lone Star College - North Harris Campus (281) 618-5400

2700 W.W. Thorne Drive, Houston, 77073

www.lonestar.edu/northharris

Adult basic education, GED, and ESL classes.

San Jacinto College – Continuing Education (281) 998-6150

www.sanjac.edu

Programs and courses for individuals to retain or advance in their jobs or make career transitions.

University of Houston - Continuing Education (713) 743-1060

www.uh.edu

Adult basic education, ESL classes, and certification courses.

PLANNING YOUR JOB SEARCH**Start by assessing your present skills and talents.**

- Agencies listed in the Employment Section can help you do this. They are also good sources for job openings.
- You may need to consider a new type of employment by developing new skills. Job training programs and volunteer work can help you here.
- If you didn't finish high school, you may want to consider a high school completion course or prepare for the GED (high school competency) test.

Prepare for interviews.

- Update your resume and take it with you to job interviews.
- Write down additional information on past job experiences and take it with you to the job interview. Applications often request former salaries, supervisors with a contact phone number, and mailing addresses of employers.
- Write down your answers to commonly asked interview questions. This will help you organize your thoughts for the interview process.
- Practice the interview with a spouse or friend before it occurs. This will increase your self-confidence and better prepare you for the actual interview.

Use Networking Contacts

- *Friends, relatives, and neighbors.* They can advise you of openings that may not receive wide circulation. If you know someone who just started training or began a job similar to the kind of work you'd like, ask them how they got involved.
- *Professional organizations.* Trade journals, placement services, and other news sources in your job field can provide you with job openings. Put the word out that you are looking.
- *Classified ads in local papers.* Some advertisers in the paper go on a first come, first interview basis. Don't let opportunities wait. Respond quickly.
- *Companies that interest you.* Don't wait for a company to advertise an opening. Approach companies which offer the activities you enjoy and do well.
- *Your local library.* Business journals, books on resume writing, and interviewing techniques may also be helpful. The more confidence you have in your presentation, the more confident you will feel about yourself.

Alert others about your economic situation.

- Notify your bank, financial institution, or mortgage holder. Let them know that you are unemployed and cannot meet your payment. A personal visit is suggested. Request postponement until you are receiving funds again.
- If you have FHA or Veteran’s Insured Mortgage, ask for forbearance (an emergency relief program to avoid foreclosure); or
- If you rent, inform your landlord of the circumstances. Ask for a postponement until income resumes. Discuss ways to work off your obligation if possible.
- Notify all utilities (phone, gas, electric, water) of your situation as soon as possible to show good faith. Reduce service as much as you can. Consider canceling non-essential services such as cable, internet, cell phone, etc., until your income is restored.
- Notify any creditor (car, furniture, retail store accounts) as soon as possible that you are unable to make payments. Request a suspension of your credit card and future interest accumulation, and/or negotiate a greatly reduced monthly payment until your income resumes. Keep full records of these transactions, such as:
 - Date of conversation
 - Name of creditor organization
 - Name of person with whom you met or talked
 - Telephone numbers
 - A brief account of the agreement you reached
- You may want to make a copy for your file and send one to the creditor for their records.
- Avoid paying for so-called credit repair or negotiation services that promise results your could obtain yourself, or that are too good to be true.

Recycle – Resale – Repair

Try to recycle almost everything. Re-do, make over, trade it, make it, or skip it. Check resale shops for clothes, appliances, and other necessary purchases. You may be able to make your own repairs around the house or barter with a friend or neighbor.

Reduce food costs.

Consider planning some nutritious, high protein, meatless meals. Plan out meals. Set up a food budget and stick to it. Watch for coupons and other specials at grocery stores. And remember, always shop after you've eaten, not when you are hungry.

EMERGENCY ASSISTANCE

This section lists programs and services that provide financial or emergency assistance for food, housing, and/or utilities. Call for eligibility requirements.

Braes Interfaith Ministries (713) 723-2671
4300 West Bellfort, Houston, 77035

Assistance with food, rent, and utilities. Financial aid application must be completed. Assistance given with preparing resume and seeking employment. Serves Zip Codes: 77025, 77035, 77045, 77051, 77053, 77054, 77071, 77085, 77096

Christian Community Service Center, Inc (713) 961-3993
3230 Mercer, Houston, 77027

www.ccschouston.com
Assist low-income clients with emergency food, clothing, and limited financial assistance. Serves Zip Codes: 77002, 77003, 77004, 77005, 77006, 77007, 77011, 77012, 77019, 77020, 77021, 77023, 77025, 77026, 77027, 77030, 77046, 77056, 77057, 77081, 77096, 77098, 77401

Cypress Assistance Ministries (281) 955-7684
11202 Huffmeister, Houston, 77065

www.cypressassistanceministries.org
Food pantry, clothing and household items, financial assistance, employment counseling, and training. Serves Zip Codes: 77065, 77429, 77433, 77447

East Fort Bend Human Needs Ministry, Inc. (281) 261-1006
425 Stafford Run Road, Stafford, 77477

www.humanneeds.org
Full service food pantry, financial assistance for rent and utilities, and the Tri-City Churches resale shop. Serves Zip Codes: 77053, 77083, 77085, 77099, 77459, 77477, 77478, 77479, 77489, 77545, 77583

Emergency Aid Coalition (713) 528-3663
5401 Fannin, Houston, 77004

www.eachouston.org
Clothing, food, securing documents, and special assistance to families in crisis. No financial assistance available. Serves Harris County

Fort Bend County Social Services (281) 342-7300

4520 Reading Road, Suite A, Rosenberg, 77471

www.co.fort-bend.tx.us

Assistance with food, prescriptions, utilities, and rent/mortgage.

Serves Fort Bend County

Galveston County Social Services (409) 770-5583

123 Rosenberg, Suite 4020, Galveston, 77550

www.co.galveston.tx.us

Assistance with housing, utilities, and food.

Serves Galveston County

Harris County Social Services (713) 696-7900

9418 Jensen Drive, Houston, 77093

www.csd.hctx.net

Assistance with rent/mortgage and utilities.

Serves Harris County

Humble Area Assistance Ministries..... (281) 446-3663

1302 First Street, Humble, 77338

www.haaministries.org

Special funding for gas to get to job interviews or medical appointments, vouchers for clothing and household items by the HAAM resale shop, job bank, and emergency rent and utility assistance.

Serves Zip Codes: 77336, 77338, 77339, 77345, 77346, 77347, 77357, 77365, 77396

Interfaith Caring Ministries (281) 332-3881

631 FM 270, League City, 77573

www.icmtx.org

Assistance with food, rent, utilities, and school supplies and a resale shop.

Serves Zip Codes: 77058, 77059, 77062, 77089, 77546, 77565, 77573, 77586, 77598

Katy Christian Ministries (281) 391-5261

5011 East Fifth Street, Katy, 77493

www.ktcm.org

Assistance with utilities and rent, employment assistance, and school supplies and a food pantry.

Serves residents of the Katy Independent School District

TIPS WHILE JOB SEARCHING . . .

EVALUATE YOUR FINANCES

Reduced income requires expert money management. Managing your income carefully will provide you more confidence about your financial security.

Contact Consumer Credit Counseling Service..... (713) 923-2227

(Serves Harris and surrounding counties)

1-800-308-2227

- This agency helps people with debt problems work out a plan for paying their debts. You and a counselor develop a workable budget and set up a repayment schedule to clear your debts.
- There is no fee for services, but there must be some type of income in your household.

Plan a realistic budget.

- Plan your budget in advance of a layoff and stick to it. Early planning will be helpful for you to start identifying your current expenses.
- Set up a plan that allows for basic needs, such as food, shelter, clothing, and medical care. Planning ahead can avoid the loss of home, car, furniture, etc.

Prioritize your bills!

If your income does not cover all your bills, be sure to pay the following first, in this order:

- 1. Rent**
- 2. Utilities**
- 3. Food**
- 4. Transportation**

(Of course, use your own judgment based on your situation.)

Take a close look at credit obligations.

Don't make purchases on credit if you can avoid it. This will save interest charges.

Legacy Community Health Services (713) 830-3000

215 Westheimer, Houston, 77006
www.legacycommunityhealth.org
 Outpatient primary health care, vision, and dermatology services for persons living with HIV/AIDS. Call for eligibility requirements.

San Jose Clinic (713) 228-9411

2615 Fannin Street, Houston, 77002
www.sanjoseclinic.org
 Outpatient medical care, vision, and dental services. Sliding scale fee. Call for eligibility screening.

University of Texas Medical Branch - Conroe (936) 525-2800

Family Practice Medical Care
 701 East Davis, Suite A, Conroe, 77301
www.utmb.edu/mchd
 Family planning, obstetrics, well child program, and immunizations for Montgomery County residents.

University of Texas Medical Branch - Galveston..... (409) 772-1011

301 University Boulevard, Suite 604, Galveston, 77555
www.utmb.edu
 Inpatient and outpatient medical care for residents not in Harris County. Contact new patient intake for referral.

Waller County Clinic..... (281) 822-4235

531 FM 359 South, Brookshire, 77423
 Health screening, diagnosis, and treatment. Call for eligibility criteria.

La Marque Aid & Guidance Service..... (409) 938-7852

2222 Cedar, Suite C, La Marque, 77568
 Assistance with utility bills, rent, and food.
 Serves City of La Marque

LIFE Houston (713) 528-6044

2002 S. Wayside, Suite 115, Houston, 77023
www.lifehouston.org
 Food and formula for infants only.
 No area restrictions

Memorial Assistance Ministries (713) 468-4516

1625 Blalock Rd., Houston, 77080
www.maministries.org
 Assistance with groceries, rent, mortgage, job placement, job bank, and free ESL classes for clients in the Memorial and Spring Branch area.
 Serves Zip Codes: 77008, 77009, 77018, 77022, 77024, 77037, 77039, 77043, 77055, 77076, 77079, 77080, 77088, 77091, 77092

North Channel Assistance Ministries (713) 453-8028

13837 1/2 Bonham, Houston, 77015
 Assistance with clothing and a food pantry.
 Serves Zip Codes: 77013, 77015, 77029, 77044, 77049, 77078, 77530

Northwest Assistance Ministries (281) 885-4555

15555 Kuykendahl, Houston, 77090
www.namonline.org
 Assistance with utilities, rent, clothing, and a food pantry.
 Serves Zip Codes: 77014, 77032, 77038, 77050, 77060, 77066, 77067, 77068, 77069, 77070, 77073, 77086, 77090, 77373, 77379, 77386, 77388, 77389

Social Security Administration 1-800-772-1213

3100 Smith, Houston, 77006
www.ssa.gov
 Information Services - Administers Social Security and Supplemental Security Income programs in Southeast Texas.
 Serves the Southeast Texas area.

Texas Health & Human Services Commission..... (713) 767-2000

5425 Polk Street, Suite 230, Houston, 77023
www.hhsc.state.tx.us
 Provides financial and medical assistance through TANF, Food Stamps, and Medicaid. Call for local office.

Tomball Emergency Assistance Ministries..... (281) 351-6700

300 West Main, Tomball, 77375

www.teamtomball.com

Assistance with prescriptions, rent, utilities, gas, and overnight lodging on a limited basis.

Serves Zip Code 77375 (Will serve 77362 and 77429 if inside Tomball Independent School District area)

United Cerebral Palsy of Greater Houston..... (713) 838-9098

4500 Bissonnet, Suite 340, Bellaire, 77401

www.ucphouston.org

Assistance with rent and housing search for persons with a disability or families who have a disabled family member.

No area restrictions

West Houston Assistance Ministries (713) 977-9942

10501 Meadowglen Lane, Houston, 77042

www.whaministries.org

Assistance with clothing, emergency shelter, financial aid for rent and utilities, food, and transportation.

Serve Zip Codes: 77042, 77057, 77063, 77077, 77082

Gateway to Care (713) 783-4616

3611 Ennis, Houston, 77004

www.gatewaytocare.org

Access to healthcare for the uninsured and underinsured.

Good Neighbor Healthcare Center (713) 529-3597

190 Heights Boulevard, Houston, 77007

www.gnhc.org

Comprehensive outpatient services that include: internal medicine, pediatrics (including immunizations), prenatal and well woman care, and optometry services. Sliding scale fee.

Harris County Public Health & Environmental Services.....(713) 439-6000

www.hcphes.org

Health education and provision of personal health services to eligible individuals, including prenatal immunizations, well-child programs, risk factor screening, refugee health, and health of the homeless. Call for area center and eligibility criteria.

Harris County Hospital District (713) 566-6400 (713) 873-2000

2525 Holly Hall, Suite 114, Houston, 77054

www.hchdonline.com

Hospital care and health services to qualified persons. Services are provided through a network of three hospitals, 10 community health centers, and a dental clinic. Emergency medical care is provided without regard to income at Ben Taub Hospital. Call for area clinic and eligibility criteria.

Houston, City of - Health & Human Services Dept (713) 794-9320

www.houstontx.gov/health

www.houstontx.gov/espanol/index.html (Spanish)

Outpatient medical care, family planning, maternity services, health screening, well child program, and immunizations. Call for clinic locations. Services provided for Houston residents.

MEDICAL RESOURCES

COBRA

- Upon termination or layoff, check with your former employer regarding COBRA coverage.
- With COBRA you will be given the opportunity to pay your monthly insurance premiums and continue your health insurance coverage.
- Check with your employer’s health insurance administrator regarding costs and length of coverage.

If you have a personal physician, try contacting him or her to discuss payment options. The medical services listed below are provided on a sliding fee scale or accept third party medical insurance, i.e., Medicaid, Medicare, or COBRA.

Ask Your Nurse (713) 633-2255

Feeling sick, but not sure if you need to see your doctor or go to a hospital? Call to talk to nurses for answers to your health questions.

Bay Area Rehabilitation Center (281) 838-4477

5313 Decker Drive, Baytown, 77520

www.bayarearehab.org

Outpatient rehabilitation services for injured or disabled children and adults.

Brazoria County Health Department..... (979) 864-1484

432 East Mulberry, Angleton, 77515

www.brazoria-county.com

Comprehensive health services for prevention and control of disease and the promotion of health services for residents of Brazoria County, including immunizations and WIC (Women, Infants, and Children Program).

Fort Bend Family Health Center..... (281) 342-4530

400 Austin Street, Richmond, 77469

10435 Greenbough Drive, Suite 300, Stafford 77477..... (281) 261-0182

Comprehensive medical care and related social services to the residents of Fort Bend County.

Fort Bend Health & Human Services..... (281) 238-3233

4520 Reading Road, Suite A, Rosenberg, 77471

www.fortbendcountyhhs.com

Immunizations and health screenings for Fort Bend County residents.

HOUSING ASSISTANCE

Bay Area Turning Point..... (281) 338-7600

210 South Walnut, Webster, 77598

www.bayareaturningpoint.org

Provides shelter and services to women and children who are homeless or victims of family violence.

Bridge Over Troubled Waters, Inc. (713) 472-0753

213 West Southmore, Suite 302, Pasadena, 77502

www.thebridgeovertroubledwaters.org

Residential program for women and children in crisis situations.

Coalition for the Homeless of Houston/Harris County, Inc..(713) 739-7514

600 Jefferson, Suite 920, Houston, 77002

www.homelesshouston.org

Provides information and referrals to emergency shelters and to agencies that assist the homeless.

FamilyTime Crisis and Counseling Center (281) 446-2615

101 Main, Humble, 77338

www.familytimeecc.org

Provides shelter and services for women and children who are victims of domestic violence.

Fort Bend County Women’s Center..... (281) 342-4357

14141 Southwest Freeway, Suite 1300, Sugar Land, 77478

www.fortbendwomenscenter.org

Temporary shelter and relief for battered women and their children.

Catholic Charities – Guadalupe Center (713) 227-9981

326 South Jensen, Houston, 77003

www.catholiccharities.org

Transitional housing for homeless adults and children.

The Housing Resource Center (713) 578-2055

8410 Lantern Point Drive, Houston, 77054

www.housingresourcecenter.hctx.net

Provides referrals to Harris County residents for housing-related information and community resources.

Houston Area Urban League (713) 393-8700

1301 Texas Avenue, Houston, 77002

www.haul.org

Counseling for those whose mortgage is at risk of foreclosure and to renters who are delinquent on rent payments.

Rosenberg Housing Authority (281) 342-1456

117 Lane Drive, Suite 18, Rosenberg, 77471

www.rosenbergha.org

Provides assistance with Section 8 housing in Richmond and Rosenberg areas.

SEARCH (713) 739-7752

2505 Fannin, Houston, 77002

www.searchhomeless.org

Day shelter and resource center for the homeless in Houston and surrounding areas.

Star of Hope Mission (713) 748-0700

419 Dowling, Houston, 77003 (Emergency shelter for women and children)

1811 Ruiz, Houston, 77054 (Emergency shelter for men)

6801 Ardmore, Houston, 77054 (Transitional center for women and families)

www.sohmission.org

Emergency shelter, basic needs, and transitional housing for men, women, and children.

The Salvation Army..... (713) 752-0677

1603 McGowen, Houston, 77004 (Family residence)

2407 North Main, Houston, 77009 (Men's shelter)

www.salvationarmyhouston.org

Shelters for men, women, children, and families. Services include lodging, food, and other assistance.

Neighborhood Centers Inc. (713) 667-9400

4500 Bissonnet, Suite 200, Bellaire, 77401

www.neighborhood-centers.org

Day care in licensed or agency certified homes for families in financial crisis or whose income requires financial assistance with day care. Headstart Program.

The Salvation Army (936) 760-2440

Montgomery County Corps Community Center

304 Avenue E, Conroe, 77301

www.salvationarmyhouston.org

After school program for elementary through junior high school age.

Wesley Community Center (713) 223-8131

1410 Lee St., Houston, 77009

www.wesleyhousehouston.org

Pre-school and after school program.

William Smith Sr. Tri-County Child Development Council.. (281) 239-3414

500 Austin Street, Richmond, 77469

www.wsstricounty.org

Provides Early Head Start and Head Start programs to low-income families in the Fort Bend area. Service locations include: Bay City, El Campo, Fresno, Houston, Missouri City, Palacios, Richmond, Rosenberg, Sugar Land, and Wharton. Headstart Program. Day care for children 3 to 5 years of age, morning only.

YMCA (Main Houston office) (713) 659-5566

www.ymcahouston.org

Many YMCA facilities provide day care services for children. Call the main Houston office number to find the YMCA nearest you that provides these services.

CHILD CARE

Affordable child care in your area can be arranged by contacting one of the following programs or organizations.

2-1-1 Texas/United Way HELPLINE 2-1-1

Child Care Referrals
www.collabforchildren.org
 Helps parents identify and select quality child care and assists caregivers to improve the quality of care they offer to children.

Community Family Centers, Inc. (713) 923-2316

7524 Avenue E, Houston, 77012
www.communityfamilycenters.org
 Day care after school.

Child Care Council of Greater Houston (713) 266-6045

6220 Westpark, Suite 150, Houston, 77057
www.cccghi.com
 Bilingual/bicultural child development and day care for children ages 6 months to 6 years and after school programs for children 5 to 13 years of age. Sliding fee scale. Call for locations and eligibility requirements.

Ed White Memorial Youth Center..... (281) 474-2853

1513 Third Street, Seabrook, 77586
 Day care and before/after school care.

Julia C. Hester House (713) 672-2573

2020 Solo, Houston, 77020
www.juliachesterhouse.org
 Day care for children 3 to 15 years of age.

Jewish Community Center of Houston (713) 729-3200

5601 South Braeswood, Houston, 77096
www.jcchouston.org
 Child care for children 6 weeks old to 10 years of age.

LEGAL ASSISTANCE

Free and sliding fee scale programs are available to help with legal problems, whether or not they are related to job loss.

Catholic Charities of the Archdiocese of Galveston-Houston.....

..... (713) 526-4611
 2900 Louisiana, Houston, 77006
www.catholiccharities.org
 The Cabrini Center for Immigrant Legal Assistance offers legal guidance for immigrants looking to become U.S. Citizens.

Lone Star Legal Aid (713) 652-0077

Bellville (979) 865-9133
Galveston..... (409) 763-0381 or 1-800-551-3712
Angleton.....1-800-244-5492
 1415 Fannin, 3rd floor, Houston, 77002
www.lonestarlegal.org
 Assists with civil legal matters in the following areas: public benefits, housing assistance, consumer, family, and disabilities. Client pays for court fees only.

Houston Lawyer Referral Service(713) 237-9429 or 1-800-289-4577

1001 Fannin, Suite 1370, Houston, 77002
www.hlrs.org
 Provides legal referrals and reduced fees for Harris, Fort Bend, and Montgomery Counties.

Houston Volunteer Lawyers Program (713) 228-0735

712 Main, 27th floor, Houston, 77002
www.hvlp.org
 Volunteer attorneys are provided for low-income clients for civil matters only.

COUNSELING

Individual, marital, and family counseling are available to help the family cope with problems, whether or not they are related to job loss.

Catholic Charities of the Archdiocese of Galveston-Houston (713) 526-4611

2900 Louisiana, Houston, 77006

www.catholiccharities.org

Individual, group, family, and marriage counseling. Sliding fee scale.

Baylor College of Medicine (713) 798-4951

One Baylor Plaza, Houston, 77030

www.bcm.tmc.edu

Individual, marital, group, and family psychotherapy and treatment of eating disorders to those who are unable to afford private psychiatric care. Sliding fee scale.

Community Family Centers, Inc. (713) 923-2316

7524 Avenue E, Houston, 77012

www.communityfamilycenters.org

Individual, family, and group counseling. ESL, anger management, and domestic violence classes and parenting classes in English and Spanish.

Crisis Intervention of Houston (713) 468-5463

www.crisishotline.org

Crisis intervention and suicide prevention telephone service by trained volunteers.

Services are provided 24 hours a day, 7 days a week in English and Spanish.

DePelchin Children's Center (713) 730-2335

4950 Memorial Drive, Houston, 77007

1-888- 730-2335

www.depelchin.org

Individual, family, and group counseling provided. Parent education classes, psychiatric, and psychological evaluations are available. Call for counseling centers in Baytown, Clear Lake, Fort Bend County, Montgomery County, and Waller County.

Family Services of Greater Houston (713) 861-4849

3815 Montrose, Suite 200, Houston, 77006

www.familyservices.org

Individual, family, and marital counseling, parenting education and in-home family support services. Call for offices in Bay Area, Fort Bend County, Waller County and Montgomery County.

Houston Galveston Institute (713) 526-8390

3316 Mount Vernon, Houston, 77006

www.talkhgi.com

Provides marital, family, individual, and group therapy on a variety of concerns;

Provides pre-marital counseling.

Innovative Alternatives - Bay Area..... (832) 864-6000

18333 Egret Bay Boulevard, Suite 540, Houston, 77058

(713) 222-2525

www.innovativealternatives.org

Counseling regarding various issues, including job loss. Mediation services for complex situations and employee grievance mediations.

Jewish Family Service (713) 667-9336

4131 South Braeswood Boulevard, Houston, 77025

www.jfshouston.org

Individual, group, family, and marital counseling. Sliding fee scale.

Mental Health America of Fort Bend County (281) 207-2480

10435 Greenbough Drive, Building 2, Suite 200, Stafford, 77477

www.mhafbc.org

Information and referral for mental health needs.

Mental Health America of Greater Houston (713) 522-5161

2211 Norfolk, Suite 810, Houston, 77098

www.mhahouston.org

Information and referral for mental health needs.

Montrose Counseling Center (713) 529-0037

401 Branard Street, 2nd Floor, Houston, 77006

www.montrosecounselingcenter.org

Provides outpatient mental health, substance abuse treatment, and case management services primarily to gay, lesbian, bisexual, and transgender individuals and/or HIV-infected clients.

University of Houston - Clear Lake (281) 283-7600

2700 Bay Area Boulevard, Houston, 77058

prtl.uhcl.edu

One-on-one counseling for children with emotional and behavioral problems using play, art, and conversation.

University of Texas Harris County Psychiatric Center (713) 741-5000

2800 South MacGregor, Houston, 77021

hcpc.uth.tmc.edu

Emergency psychiatric hospital care and mental health services for the indigent.