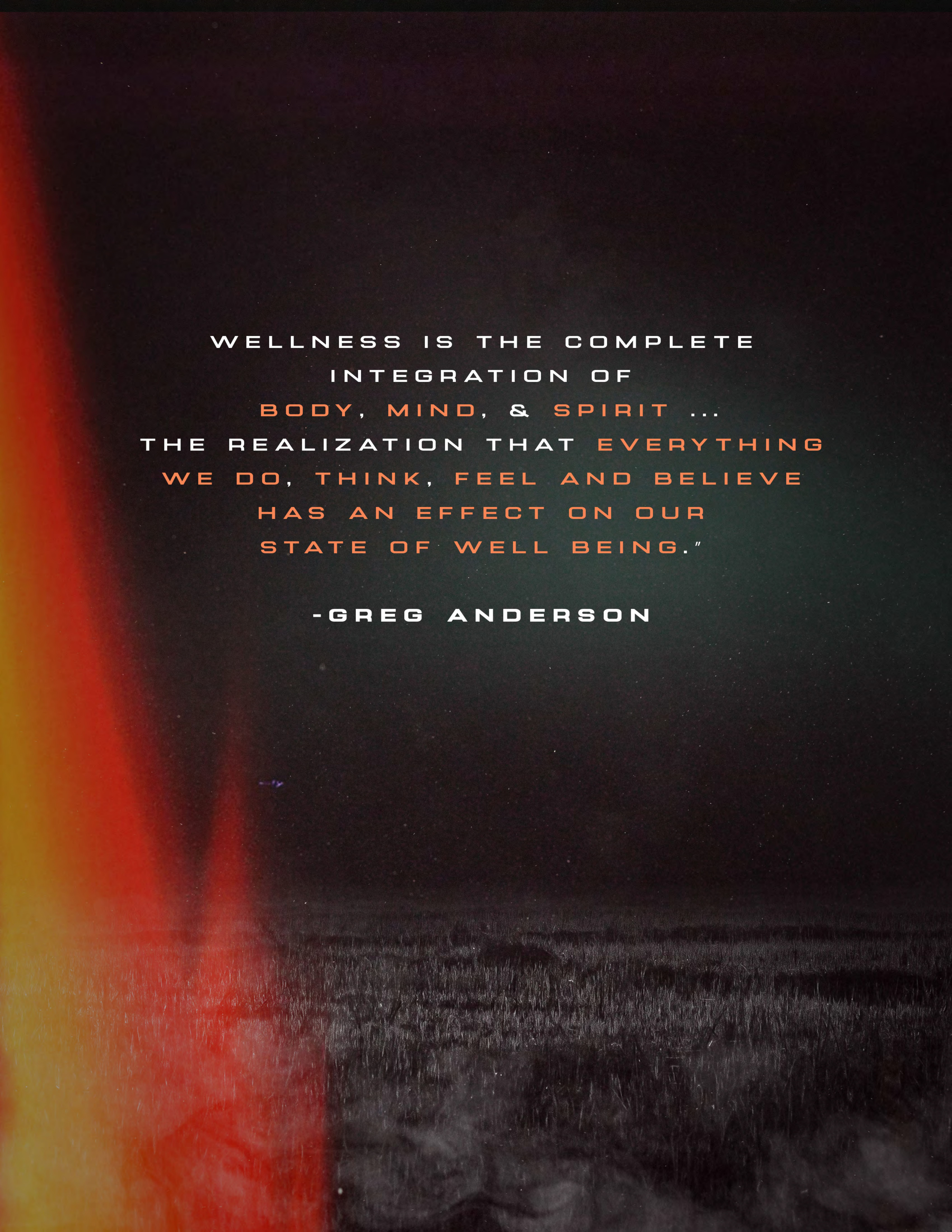


WE ARE GLAD
YOU'RE HERE

YOU DON'T HAVE TO DO LIFE

ALONE

WELLNESS IS AVAILABLE



WELLNESS IS THE COMPLETE
INTEGRATION OF
BODY, MIND, & SPIRIT ...
THE REALIZATION THAT EVERYTHING
WE DO, THINK, FEEL AND BELIEVE
HAS AN EFFECT ON OUR
STATE OF WELL BEING."

-GREG ANDERSON



LOCAL BEHAVIORAL HEALTH CENTERS

**MEMORIAL HERMANN
NORTHEAST MEDICAL CENTER**
(281) 540-7700

KINGWOOD MEDICAL CENTER
(281) 348-8000

HOUSTON NORTHWEST MEDICAL CENTER
(281) 440-1000



ONLINE COUNSELING RESOURCES

CLICK LINKS FOR MORE INFORMATION

Psychology Today

PSYCHOLOGYTODAY.COM

 **betterhelp**

BETTERHELP.COM

talkspace

TALKSPACE.COM

 **PRIDE
COUNSELING**

PRIDECOUNSELING.COM



WILLIAMSCOUNSELING.ORG

 **TOTAL WELLNESS**

TOTALWELLNESSCOUNSELING.COM



CRISIS HOTLINES

988

SUICIDE
& CRISIS
LIFELINE

(713) HOTLINE
(713) 468-5463

TEENLINE
(713) 529-TEEN
(713) 529-8336

**THE MENTAL HEALTH AUTHORITY
OF HARRIS COUNTY**

(713) 970-7000
1-866-970-4770

**NEUROPSYCHIATRIC CENTER
A 24-HOUR PSYCHIATRIC HOSPITAL**
(713) 970-7070

THE **TREVOR** PROJECT

CRISIS HOTLINES FOR TEENS

The Trevor Project focuses on ending suicide among LGBTQ youth.
If you or someone you know needs help, we are here for you.



TrevorLifeline

If you're thinking about suicide, you deserve immediate help.
Call us anytime.

866.488.7386



TrevorText

Talk to a Trevor counselor via text message.

Text "START" to 678678



TrevorChat

Online instant messaging with a TrevorChat counselor.

TrevorChat.org



TrevorSpace

A social networking site for LGBTQ youth under 25, and their friends & allies.

TrevorSpace.org



Suicide Prevention & General Info

Information on suicide prevention and FAQs on sexual orientation, gender identity and other topics can be found at:

TheTrevorProject.org/resources

TheTrevorProject.org



EMERGENCY RESOURCES

HUMBLE POLICE DEPARTMENT
(281) 446-7127

HARRIS COUNTY CONSTABLE'S OFFICE
PRECINCT 4
(281) 376-3472

FAMILY VIOLENCE UNIT
(281) 401-6249 + (281) 401-6250

HARRIS COUNTY SHERIFF'S DEPARTMENT
(713) 221-6000

MONTGOMERY COUNTY
SHERIFF'S DEPARTMENT
(409) 760-5800

HOUSTON POLICE DEPARTMENT
(713) 222-3131