

**Mental Health Resources**  
**For DACA Recipients and Undocumented Families in Houston**  
**Provided by United We Dream**

**Sliding Scale Counseling Services and Support Groups**

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| The Alliance Wellness Center<br>Avenue 360   | 6440 Hillcroft Ave, Suite 304<br><a href="#">Multiple Locations</a> | 713-554-1890<br>713-426-0027                      | The Alliance Wellness Center<br><a href="https://www.avenue360.org/">https://www.avenue360.org/</a>   |
| Baylor Psychiatry Clinic                     | 1977 Butler Blvd<br>Houston, TX 77030                               | 713-798-4857                                      | <a href="https://www.bcm.edu/healthcare/care-centers/psychiatry">https://www.bcm.edu/healthcare/care-centers/psychiatry</a>   |
| Bo's Place                                   | 10050 Buffalo Speedway<br>Houston, TX 77054                         | 713-942-8339                                      | <a href="https://www.bosplace.org/en/">https://www.bosplace.org/en/</a>   |
| Catholic Charities Contact Family Counseling | 2900 Louisiana Street,<br>Houston, TX 77006                         | 713-874-6602 or<br>713-874-6502<br>& 713-874-6590 | <a href="https://catholiccharities.org/our-services/strengthening-families/counseling/">https://catholiccharities.org/our-services/strengthening-families/counseling/</a> |
| El Centro de Corazon                         | <a href="#">Multiple Locations</a>                                  | 713-660-1880                                      | <a href="https://www.elcentrodecorazon.org/">https://www.elcentrodecorazon.org/</a>   |
| Family Services of Greater Houston           | 4625 Lillian St<br>Houston, TX 77007                                | 713-861-4849                                      | <a href="https://www.familyhouston.org/">https://www.familyhouston.org/</a>   |
| Hope Clinic                                  | <a href="#">Multiple Locations</a>                                  | 713-773-0803                                      | <a href="https://www.hopechc.org/">https://www.hopechc.org/</a>   |
| Hope and Healing Center                      | 717 Sage Road<br>Houston, TX 77056                                  | 713-871-1004                                      | <a href="https://hopeandhealingcenter.org/">https://hopeandhealingcenter.org/</a>   |
| Legacy Community Health Services             | <a href="#">Multiple Locations</a>                                  | 832-548-5100 or<br>832-548-5000                   | <a href="https://www.legacycommunityhealth.org/">https://www.legacycommunityhealth.org/</a>   |
| Mental Health Association of Greater Houston | 2211 Norfolk, Suite 810<br>Houston, TX 77098                        | 713-521-0110                                      | <a href="https://mhahouston.org/">https://mhahouston.org/</a>   |
| UH Clear Lake Psychological Services Clinic  | Arbor South<br>2700 Bay Area Blvd, Box 83<br>Houston, TX 77058      | 281-283-3330                                      | <a href="https://www.uhcl.edu/psychological-services-clinic/">https://www.uhcl.edu/psychological-services-clinic/</a>   |
| UH Psychology Research & Services Center     | 4733 Wheeler Ave<br>Houston, TX 77004                               | 713-743-8600                                      | <a href="https://uh.edu/class/psychology/clinics/">https://uh.edu/class/psychology/clinics/</a>   |

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| Sam Houston State University Psychological Services Center | 1528 Avenue J<br>Huntsville, TX 77341                                | 936-294-1210 | <a href="https://www.shsu.edu/academics/psychology-and-philosophy/psychology/psychological-services-center/">https://www.shsu.edu/academics/psychology-and-philosophy/psychology/psychological-services-center/</a> |
| Sam Houston State University Counseling Center             | 1608 Avenue J., Box 209<br>Huntsville, TX 77341                      | 936-294-1720 | <a href="https://www.shsu.edu/dept/counseling/">https://www.shsu.edu/dept/counseling/</a>   |
| Texas Children’s Hospital Trauma and Grief Center          | 6701 Fannin Street<br>(Wallace Tower, Floor 16)<br>Houston, TX 77030 | 832-822-3829 | <a href="https://www.texaschildrens.org/departments/trauma-and-grief-center">https://www.texaschildrens.org/departments/trauma-and-grief-center</a>   |

### **Crisis Assistance**

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| Crisis Intervention of Houston, Inc-              | 713-468-5463   |
| Crisis Intervention (Spanish Hotline)             | 713-526-8088   |
| Crisis Text Line                                  | Crisis Text Line is free, 24/7 support for those in crisis. <b>Text 741741</b> from anywhere in the US to text with a trained Crisis Counselor   |
| The Harris Center                                 | The Harris Center offers a 24/7 crisis hotline at <b>713-970-7000</b> option 1.  |
| National Suicide Prevention Lifeline              | The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones at <b>1-800-273-8255</b> or <a href="#">online</a> .  |
| SAMHSA’s National Disaster Distress Hotline       | The SAMHSA National Disaster Distress Hotline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. <b>1-800-273-8255</b> or <a href="#">online</a> . |
| COVID19 Emotional Support Hotline (Non-Emergency) | People who are feeling worry/anxiety/stress and just need a warm voice to talk to. Please Call <b>833-251-7544</b> .   |

## **Additional Resources**

- [COVID-19 Houston Resource Pack](#)  
[Know Your Rights: Is It Safe to Apply for Health Insurance or Seek Health Care?](#)
- [National Latinx Psychological Association](#)
- [Mental Health Access Resources- UWD UndocuHealth](#)
- [Mental Health America of Greater Houston \(MHA\) Guide](#)
- [Mental Health for Immigrant and Refugees Project- Information](#)
- [Mental Health in the Post-DACA Era: Building Strength in Undocumented Latinxs, DACA Recipients, and Those Who Love Them](#)
- [Psychological Immigration 101 - American Psychological Association](#)
- [Surviving and Resisting Hate: A Toolkit for People of Color](#)
- [Training- Basics for identifying Mental Health needs](#)
- [United We Dream UndocuHealth Wellness](#)
- [United We Dream UndocuHealth Mental Wellness Toolkit](#)