



STRENGTHEN • UNIFY • CONNECT



RESOURCE GUIDE



**PLEASE CALL 988
IF YOU ARE HAVING
EMOTIONAL DISTRESS
OR SUICIDAL THOUGHTS.**

If you have any concerns about your mental or physical health, please contact your doctor to discuss. Your doctor can help you determine the treatment and services that will best fit your needs.

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IMPORTANT CONTACTS

**IN CASE OF AN EMERGENCY
ALWAYS CALL 911**

Jefferson County Sheriff's Department 409-835-8411

Orange County Sheriff's Department 409-769-6391

Poison Control Center 1-800-222-1222

National Suicide Prevention Lifeline 1-800-273-TALK (8255)

Rape and Suicide Crisis Center of SETX 409-823-6530
1-800-793-2273

National Human Trafficking Hotline 1-888-373-7888

Family Violence 409-832-7575
1-800-621-8882

Disaster Distress Helpline 1-800-985-5990

Treatment Referral Routing Service 1-800-662-HELP (4357)

Veteran's Crisis Line 1-800-273-8255

Social Services Hotline Dial 2-1-1

To update your information or to be included in the guide, email us at info@mhasetx.org

BEHAVIORAL & MENTAL HEALTH

Baptist Behavioral Health Center
3250 Fannin St., Beaumont, TX 77701

409-212-7000

www.bhset.net/our-services/behavioral-health

- The Behavioral Health Center is affiliated with Baptist Hospital. Behavioral Health Programs and Services include: Partial Hospitalization & Intensive Outpatient, Chemical Dependency, Children's Mental Health, Teen Mental Health, Adult Inpatient, Senior Mental Health, Electroconvulsive Therapy (ECT).

Family Services Counseling Center
3550 Fannin St., Beaumont, TX 77701

409-833-2668

www.westrengthenfamilies.org

- Individual and family counseling for all ages
- Parenting Classes
- Anger Management (Adult & Teen)
- Prevention education (alcohol, tobacco & other drugs)
- Battering intervention & Prevention
- Employee Assistance Program
- Accepts Medicaid, private insurance
- Sliding fee scale

Lamar University Counseling Services
Student Health Center

409-880-8466

857 E. Virginia St., Beaumont, TX 77705

www.lamar.edu

Mental health/psychological counseling services for Lamar University students

The Medical Center of Southeast Texas
2555 Jimmy Johnson Blvd., Port Arthur, TX 77640

409-853-5729

www.medicalcenterstx.org

- Outpatient Behavioral Services
- Intensive Outpatient Program
- Inpatient Psychiatric Care
- Counseling
- Partial Hospitalization
- Dual Diagnosis

3 in 4 TEXANS HAVE
A FRIEND OR FAMILY MEMBER THAT HAS
EXPERIENCED A MENTAL HEALTH ISSUE.

NAMI – National Alliance on Mental Health Text: 62640
800-950-NAMI (6264) Email: helpline@nami.org
Chat: nami.org/help Website: www.nami.org

Riceland Behavioral Health 409-730-8054
85 I-10 Frontage Rd., Beaumont, TX 77707

www.ricelandhealthcare.com/behavioral-health-in-Beaumont-texas

- Partial hospitalization program
- Individual and Group Counseling
- Medication Management
- Free transportation providing
- Medicaid and private insurance

Samaritan Counseling Center 409-727-6400
7980 Anchor Dr. Ste. 500, Port Arthur, TX 77642

Beaumont, Port Arthur, Orange and Silsbee

By Appointment Only – 877-385-3347

www.scccset.org

- Counseling for individuals, couples, families, adolescents & children
- Psychological assessments
- Outpatient behavioral health services
- Free depression screenings
- Medicaid, private insurance
- Sliding fee scale and fee assistance available

Spindletop Center Crisis Line: 800-937-8097
Toll Free Number: 1-800-317-5809 Intake: 409-839-1002
2750 S. 8th St., Bldg. A, Beaumont, TX 77701

www.spindletopcenter.org

- Mental Health Services, Substance Use Recovery Services to individuals with Intellectual and Developmental disabilities, Early Childhood Intervention, Crisis Services, Hope Center, Mental Health First Aid.

Care Counseling and Relief Everyday, LLC 409-232-0096
2955 Harrison St. Ste. 202, Beaumont, TX 77702

www.CARESETX.com

- Mental health counseling services include anger management therapy, family counseling, marriage and couple counseling, survivors of suicide loss, sexual abuse trauma therapy, teen girls & boys therapy groups, etc. Free Alzheimer's Screening available.

Daybreak Interagency Youth Services 409-839-2200
2895 S. 8th St., Beaumont, TX 77701

Positive Alternative Counseling Peer	409-839-1096
Specialist Services	409-839-1032
Hope Center	409-935-6253
WRAP Program and WHAM	409-658-5718

www.daybreakyouthservices.org

- Wellness recovery Action Plan
- Wellness health Action Management

Charlie Health 214-380-3411
www.charliehealth.com

- Virtual mental health services designed for teens and young adults in need of more than one-time per therapy. The comprehensive treatment program includes group, individual and family therapy.

Circle of Hope 832-962-3411
7324 SW Freeway, Ste. 835, Houston, TX 77074

www.houstoncircleofhope.com

- A wellness company that provides skill training, counseling and support to individuals that suffer from depression, anxiety and other life issues. Eligibility for services: A resident of the State of Texas, a recipient of the Texas Medicaid Program, a diagnosis or a diagnosis of mental illness, a prescription for anti-psychotic or anti-depressant medications.

Evolve Outreach of Texas Beaumont OFC: 409-240-2950
2101 Crawford St., Ste. 311, Houston, TX 77002

www.evolve texas.com

- Services for individuals experiencing behavioral and/or emotional issues. Additional services include family services, crisis intervention, case management, and medication management.

The Medical Center of South East Texas
2555 Jimmy Johnson Blvd., Port Arthur, TX 77640

Behavioral Health

Inpatient Services: 409-853-5729

Outpatient Services: 409-853-5080

www.medicalcentersestexas.org

- Behavioral Health Department offers a variety of programs for adults including adult behavioral health, substance abuse treatment and outpatient mental health programs.

Another Chance Behavioral Consultants, LLC 903-345-4545
12337 Jones Rd., Houston, TX 77070

www.mentalhealthresource.org

- The Behavioral Health Center is affiliated with Baptist Beaumont Hospital. Behavioral Health Programs and Services include: Partial Hospitalization & Intensive Outpatient, Chemical Dependency, Children's Mental Health, Teen Mental Health, Adult Inpatient, Senior Mental Health, Electroconvulsive Therapy.

ADDICTION

Baptist Behavioral Health Center 409-212-7000
3250 Fannin, Beaumont, TX 77701

www.bhset.net/our-services//behavioral-health

- Intensive Outpatient Substance Abuse/Chemical Dependency Program
- 24/7 Availability

Land Manor, Inc. 409-838-3946
4655 Collier St., Beaumont, TX 77706

www.landmanor.org

- Land Manor, Inc. operates three residential outpatient substance abuse treatment programs and one intervention/outreach program and services residents of Jefferson, Orange and Hardin Counties.

ADAC – Alcohol & Drug Abuse 936-634-5753
Council of Deep East Texas
1407 North University Dr., Nacogdoches, TX 75961

www.adacdet.org

- OSAR – Outreach, Screening, Assessment and referral
- No cost: Call for appointment; Monday-Friday, 8am – 5pm

Recovery Council of Southeast Texas 409-842-2408
(SETCADA)
4675 Washington Blvd., Beaumont, TX 77707

www.lsetcada.org

- Serving the residents of Southeast Texas, the Recovery Council provides an adult male residential substance abuse program, an adult intensive outpatient program, an adolescent outpatient program, and opioid recovery support services.

Spindletop Substance Use Recovery	409-839-1000
2750 South 8th St., Beaumont, TX 77701	
Substance Abuse	409-839-1035
Recovery Support Services	409-839-2206
Youth Prevention	409-784-5402
Toll Free Number	1-800-317-5809

www.spindletopcenter.org/substance-use-recovery

- Outpatient treatment services for adults (male and female), youth and individuals experiencing co-occurring psychiatric and substance use disorders.

MEDICAL

Beaumont Health Department	409-832-4000
3040 College St., Beaumont, TX 77701	

www.beaumonttexas.gov/departments/health-services

- Immunizations: child \$10 / adult \$15
- STIs: \$20 / no appointment required
- Tuberculosis: free / no walk-in
- Free COVID-19 vaccinations and boosters

Christus Southeast Texas	409-892-7171
2830 Calder St., Beaumont, TX 77701	

www.christushealth.org

- Emergency and Urgent Care Services

Gulf Coast Health Centers	
2548 Memorial Blvd., Port Arthur, TX 77640	409-983-1161
601B Rev. Ransom Howard St.	409-983-1161
Port Arthur, TX 77640	ext. 75
1301 W. Park Ave., Orange, TX 77630	409-886-4400

www.gulfcoasthc.org

- Comprehensive care
- Dental
- Mental health services – Behavioral health Specialist
- Full-service pharmacy

HELP IS JUST A CLICK AWAY

Find a therapist in your area based on issue, sexuality, age, and treatment orientation and search by therapists that accept your insurance.

therapists.psychologytoday.com

IBN Sina Community Medical Clinic
8455 9th Avenue, Port Arthur, TX 77642

409-724-7462

www.ibnsinafoundation.org

•Low-cost clinics to provide primary care for underinsured and low-income population in Port Arthur areas. Monday through Friday, 9a,-2pm; No appointment needed.

Jefferson County Indigent Care
1295 Pearl St., Beaumont, TX 77701

409-835-8530

www.co.Jefferson.tx.us/PublicHealth/PublicHealth.htm

Legacy Community Health
4566 Stagg Dr., Beaumont, TX 77701
450 N. 11th St., Beaumont, TX 77702

409-833-8850

409-242-2577

www.legacycommunityhealth.org

•Legacy Community Health offers a wide range of quality health care and wrap around services to residents of Beaumont regardless of their ability to pay. Primary Care, Pediatric and OB/GYN Services; Behavioral/Mental Health Services; Medication Evaluation; Prescription Assistance. Uninsured accepted.

UBI Caritas
4450 Highland Ave., Beaumont, TX 77705

409-832-1924

www.ubicaritas.org

The UBI Caritas Family Health Clinic is a freestanding nurse managed clinic that offers comprehensive health care to medically underserved and under-insured individuals. The Clinic offers acute, chronic, mental and behavioral health care, as well as preventive care in a family practice setting using the skills of Nurse Practitioners. Services are offered on a sliding fee scale which allows anyone to receive assistance regardless of income.

Southeast Texas Community Health Clinic**409-833-4383****365 Forsythe St., Beaumont, TX 77701**

- Serving indigent population
- Accepts Medicaid and uninsured patients
- Adult and Pediatric care
- Child vaccinations
- Adults-endocrinologist, pulmonologist, cardiologist, hematologist
- Prescription assistance for diabetic medications

Triangle Area Network Clinic**1495 North 7th St., Beaumont, TX 77702****409-832-3377****3737 N. 16th St., Orange, TX 77730****409-920-4223**www.tanhealthcare.org

- HIV & STD testing
- Hep C testing & treatment
- Primary care – 15 years+.
- Women's Health 409-832-3377

Victory – The Medical Center of**409-617-7000****Southeast Texas****6025 Metropolitan Dr., Beaumont, TX 77706**www.medicalcentersetexas.org

- Emergency room services available

FAMILY VIOLENCE

Family Services of Southeast Texas**409-832-7575****3550 Fannin St., Beaumont, TX 77702****800-621-8882**www.westrengthenfamilies.org**Rape and Suicide Crisis Center****Hotline: 800-793-2273****409-832-6530**www.crisiscenterofsoutheasttx.org**Texas Council on Family Violence**www.tcfv.org**Jefferson County Victims Assistance Center****409-839-2318****215 Franklin St., 2nd Floor, Beaumont, TX 77701**

CHILDREN

Catholic Charities of Southeast Texas

2780 Eastex Freeway, Beaumont, TX 77703

Elijah's Place

409-924-4400

www.catholiccharitiesbmt.org

- Support group for children ages 5-17 who have experienced the loss of loved ones.

Child Protective Services

24-Hour Child Abuse Hotline: 800-252-5400

3105 Executive Blvd., Beaumont 77705

409-730-1099

4200 Jimmy Johnson Blvd, Port Arthur, TX 77640

409-670-4500

2220 Gloria Dr., Orange 77630

409-963-0312

Communities in Schools of Southeast Texas

350 Pine St., Ste. 500, Beaumont, TX 77701

409-951-1810

www.cisset.org

- Empowering children to stay in school and achieve in life
- Referral assistance

Family Services Counseling Center

409-835-2668

3550 Fannin St., Beaumont, TX 77701

www.weststrengthenfamilies.org

- Teen anger management, child counseling
- Accepts Medicaid, private insurance, sliding fee scale

Garth House

409-838-9084

1895 McFaddin, Beaumont, TX 77701

www.garthhouse.org

- Individual counseling for victimized children and non-offending family members.

Spindletop Substance Use Recovery

409-784-5435

2750 South 8th St., Beaumont, TX 77701

888-837-8687

HALF OF ALL MENTAL HEALTH
DISORDERS BEGIN BY AGE 14. **75%**
BEGIN BY AGE 24. **LEARN THE SIGNS.**
IF YOU ARE CONCERNED GET YOUR CHILD SCREENED.

FINANCIAL ASSISTANCE

Catholic Charities of Southeast Texas 409-924-4400
2780 Eastex Freeway, Beaumont, TX 77703

www.catholiccharitiesbmt.org

Salvation Army 409-896-2631
2350 Interstate 10, Beaumont, TX 77703
Store: 4295 College St., Beaumont, TX 77707

www.salvationarmyusa.org

•Monday-Thursday; 9am – 4pm, Friday 9 am – 3 pm

Spindletop Center 409-839-1015
Consumer Benefits Organization (CBO)
2750 South 8th St., Beaumont, TX 77701

Assists with the process of:

- Filing for disability through the Social Security Administration
- Medicare and Part D Enrollment, and applying for extra help on prescription costs
- Applying for health insurance through the Marketplace
- Filing for Medicaid, SNAP/Food Stamps, TANF, CHIPS, Medicare Savings Programs and more.

Jefferson County Victims Assistance Center 409-839-2318
215 Franklin St., 2nd Floor, Beaumont, TX 77701

Texas Department of Health and Human Services
3105 Executive Blvd., Beaumont, TX 77705 409-730-1098
2222 Gloria Dr., Orange, TX 77630 409-962-2001
4200 Jimmy Johnson Blvd., Port Arthur, TX 77640 409-886-4475

FOOD ASSISTANCE

The Southeast Texas Food Bank 409-832-8777
3845 S MLK Parkway, Beaumont, TX 77705 844-356-9084
www.setxfoodbank.org

- The Southeast Texas Food Bank serves 8 counties in Southeast Texas. Locations for food pantries or other sources of emergency food in your area, PLEASE go to the SETX Food Bank website. Click on “GET HELP” tab for a listing of agencies/organizations or churches in Hardin, Jefferson, Orange, Sabine, Jasper, Newton, Polk, and Tyler counties who have partnered with the SETX Food Bank to fight the crippling effects of chronic hunger.

Some Other Place 409-832-7976
1155 McFaddin, Beaumont, TX 77701
www.someotherplacebeaumont.com

- The Anne Rogers Vaxler Nutrition Center offers:
 - Monday – Friday (Free hot meals to those in need)
 - Saturday – Sunday (Free sandwich sack lunches)

Catholic Charities – Market to HOPE 409-924-4435
(Help Other People Eat)
3370 Sarah St., Beaumont, TX 77705

- The Market to Hope food pantry provides quality food items to households experiencing food insecurity.

Texas Health & Human Services 1-800-942-3678
WIC (Women, Infants & Children) www.texaswic.org

- See website for WIC office locations.

**If times are not listed, please call agencies for
specific dates and service hours.**

INTELLECTUAL & DEVELOPMENTAL DISABILITIES SERVICES

Spindletop Intellectual and Developmental Disabilities

409-784-5400

655 S. 8th St., Beaumont, TX 77701

- Behavioral support (Psychology service) 409-784-5540
- Recreation 409-784-5528
- Home and community-based services 409-784-5469
- Residential Services
- ICF/MR (Intermediate Care Facility/Mental Retardation)
- TxHML (Texas Home Living) 409-784-5469
- Residential Services Job Quest 409-784-5429
- Ben Rogers Employment Training Facility 409-838-3494
- 500 Canal St., Beaumont, TX
- Vocational Services
- Respite Care 409-784-5469
- 2750 8th St., Beaumont, TX
- Emergency short-term residential services

The ARC of Greater Beaumont

409-838-9012

4330 Westridge Ln., Beaumont, TX 77706

www.arcofbmt.org

- Support for individuals with ID
- Family Support groups

SOBER LIVING & TRANSITIONAL HOUSING

Jump Start Recovery Center

409-984-5126

1222 E. 5th St., Port Arthur, TX 77640

- Services for Adults

How Center

409-832-7102

2509 Cable Ave., Beaumont, TX 77703

www.thehowcenter.org

- Men only shelter

SHELTERS

Henry's Place (Day Center) 409-832-4088
1107 McFaddin, Beaumont, TX 77701

Salvation Army 409-896-2361
2350 Interstate 10E, Beaumont, TX 77703

- First 3 nights are free / \$10 each additional nights
- ID required/no sex offenders
- No ID – 1 night stay only

Spindletop (Housing assistance for Clients) 409-839-2224
2750 S. 8th St., Beaumont, TX 77701

The Wood Group Respite Care 409-839-1088
2750 S. 8th St., Beaumont, TX 77701

- Emergency Short-term Residential Services

Women and Children's Shelter 409-832-7575
•Call 24-Hour Hotline

PRESCRIPTION ASSISTANCE

Some Other Place 409-832-7976
1195 McFaddin, Beaumont, TX 77701

- Monday – Friday 9 am; Prescription vouchers

Texas Drug Card www.texasdrugcard.com

Texas Prescription Assistance Program 1-844-272-8379
www.texas.prescriptionassistance.info

Partnership for Prescription Assistance www.tx.pparx.org

Texas HIV Medication Program (THMP) 1-800-255-1090
www.dshs.texas.gov/hivstd/meds/document.shtm

SUPPORT WEBSITES

Crisis Center of SETX

- www.crisiscenterofsetx.org

Survivors of Incest Anonymous

- www.siawso.org

Alcoholics Anonymous

- www.aadistrict90.org
- www.aabeaumont.org

Narcotics Anonymous

- www.NA.org

Sex Addicts Anonymous

- www.saa-recovery.org

Overeaters Anonymous

- www.oa.org/meetings/

Al-Anon /Alateen

- www.setaxlanon.org
- www.al-anon.alateen.org

Emotions Anonymous

- www.emotionsanonymous.org

Nar-Anon

- www.nar-anon.org

Cocaine Anonymous

- www.ca.org

Crystal Meth Anonymous

- www.crystalmeth.org

Gamblers Anonymous

- www.gamblersanonymous.org

Co-dependents Anonymous

- www.coda.org

Mental Health of America Texas

- www.mhatexas.org

National Alliance

on Mental Illness (NAMI)

- www.nami.org

NOTES

SUPPORT WEBSITES

American Foundation for Suicide Prevention

- www.afsp.org/signs
- Instagram: @afssouthtexas

Texas South Hotline

- 1-800-989-6884
- <https://www.dfps.state.tx.us/youth-helpline/>

NASP (National Association of School Psychologists)

- www.nasponline.org/safety-and-crisis

National Institute on Mental Health

- www.nimh.nih.gov

Veterans Affairs

- www.mentalhealth.va.gov

Please call or text

988

**The National
Suicide Hotline**

**AVAILABLE
24-HOURS A DAY**

NOTES



DEPRESSION IS REAL, COMMON, AND TREATABLE

- Major depression is one of the most common mental illnesses, affecting 6.7% (more than 16 million) of American adults annually.
- Depression causes people to lose pleasure from daily life, can complicate other medical conditions, and can even be serious enough to lead to suicide.
- Depression can occur to anyone, at any age, and to people of any race or ethnic group. Depression is never a “normal” part of life, no matter what your age, gender or health situation.
- While the majority of individuals with depression have a full remission of the disorder with effective treatment, only about a third (35.3%) of those suffering from severe depression seek treatment from a mental health professional. Too many people resist treatment because they believe depression isn’t serious, that they can treat it themselves or that it is a personal weakness rather than a serious medical illness.



MHIA
Mental Health America
of Southeast Texas

RESOURCE GUIDE AVAILABLE ONLINE AT
WWW.MHASETX.ORG



Donate today. Your gift is life changing.

Mental Health America of Southeast Texas
700 North St., Ste. 95 | Beaumont, Texas 77701

Mental Health America of Southeast Texas is a 501(c)3 nonprofit organization.

Tax I.D. 74-1359380

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