

NAVIGATING THE MENTAL HEALTHCARE SYSTEM: HOUSTON

FOR ADULTS LIVING WITH SERIOUS MENTAL ILLNESS

WHEN TO SEEK CARE

Feelings and situations you may experience

-  In treatment, maintaining levels of independence or seeking self-care help or community support
-  In treatment, participating in mental health care or transitioning to care after hospitalization
-  Breakthrough or emerging signs and symptoms
-  Thoughts or actions—harm to self or others, medical emergency, severe withdrawal



WHERE TO GO

Levels of care

STABILIZATION AND SUPPORTIVE CARE

TRANSITION SERVICES

ACUTE CARE SERVICES

EMERGENCY SERVICES

Texana

Harris Center

Hope for Three

MCOT HARRIS CENTER
24/7 CRISIS LINE
713-970-7000

HOUSTON SUICIDE
PREVENTION HOTLINE
713-228-1565

NAMI HOUSTON WARM
LINE
713-970-4483

WHOM TO ENGAGE

Services that may help

- 911, Crisis diversion program, Law enforcement with Crisis Intervention Team (CIT)
- 988, Law enforcement with CIT, Psychiatric emergency room, Hospitalization
- Intensive outpatient program, Partial hospitalization program, Substance abuse stabilization, Residential treatment facilities
- Therapy, Medication management, Social work, Self-help groups (community-run mental health groups), Advocacy (eg, National Alliance on Mental Illness, Mental Health America), Faith-based organizations (eg, churches)



The role of a support team:

- If you are experiencing a mental health-related situation, call someone you trust—friend, family member, caregiver—someone you love
- If you are caring for someone with lived experience, call 211 or 988



NAMI GH Programs



NAMI GH Support Groups



MHA Houston Screener



Fort Bend Resources



Houston Behavioral Healthcare



Discovery Program



IOP Locations Houston



The Council Recovery



Fort Bend Resources



NAMI Crisis Guide



Hope and Healing Center



United Way Helpline



Crisis Intervention



The Harris Center



Houston CIT

Community Health Equity Alliance



COMMUNITY
HEALTHEQUITY
ALLIANCE