



National Alliance on Mental Illness

NAMI Greater Houston

in partnership with the BeyGood Foundation

NAMI SEA Center Warmline | 713-970-4483 | Monday–Friday | 9am–5pm | www.namigreaterhouston.org

A warmline is a supplement to a crisis line. The NAMI Greater Houston warmline is run by peers and family members who have their own journeys with mental health conditions and emotional distress. Our warmline operators candidly acknowledge and speak of their own experiences, when appropriate, and are trained to provide confidential, supportive guidance in a sincere, uncritical, non-judgmental manner.

THERE IS HELP AVAILABLE

at all points on the spectrum of mental health

	EMERGING UNWELLNESS	UNWELL	IN CRISIS
SITUATION	<p>Your loved one is in distress but shows the ability to join you in discovering a solution. As a caregiver, you carry a lot of worry about them and hope to be a pathfinder.</p>	<p>You, or a loved one, is experiencing a drastic decline in the ability to function. You need support to prevent further decline or to prevent life threatening behavior.</p>	<p>You, or a loved one, is in danger. Without outside intervention, life is at risk.</p>
Please note: Individual experiences and episodes do not always neatly fit into one classification			
EXAMPLES	<ul style="list-style-type: none"> — My son won't eat — My wife won't get out of bed — I'm a teenager and I caught my mom hiding under the bed crying inconsolably 	<ul style="list-style-type: none"> — My family fearfully walks on eggshells around my sister — My parents are shocked after I shoved my mom into a corner in explosive anger — My best friend is cutting herself and I'm scared 	<ul style="list-style-type: none"> — I called my wife to say I'm suicidal right now — My boyfriend is shaking & yelling because of delusions; a large crowd is gathering and he doesn't understand what security is screaming
CALL	<p>NAMI Greater Houston SEA Center Warmline: (713) 970-4483 <i>A warmline for real-time emotional support and resources staffed by peers.</i></p>	<p>NAMI Greater Houston SEA Center Warmline: (713) 970-4483 <i>A warmline for real-time emotional support and resources staffed by peers.</i></p>	<p>The Harris Center for Mental Health & IDD (713) 970-7000, Option 1 <i>Ask for CIRT to respond. The Crisis Intervention Response Team operates 24 hours a day.</i></p>

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EMERGING UNWELLNESS

The Harris Center for Mental Health & IDD COVID-19

Support Line:

(833) 986-1919

Texas Youth Helpline:

(855) 311-1790

Dia De La Mujer Latina:

(713) 277-5444

National Association of Black Counselors:

(833) 228-6222

The Council on Recovery:

(713) 942-4100

Melanin and Mental Health melaninandmentalhealth.com/

Open Path Collective

openpathcollective.org/

The COVID Free Virtual Therapy Campaign by Taraji P. Henson

<https://borishensonfoundation.org/covid-19-free-virtual-therapy-support-campaign/>

"SEA" stands for Support, Education, and Advocacy and is the framework in which NAMI Greater Houston hopes to partner with individuals and families impacted by mental health conditions while they heal.

Rather email?

seacenter@namigreaterhouston.org

UNWELL

The Harris Center for Mental Health & IDD Crisis Line:

(713) 970-7000, Option 1 MCOT (Mobile Crisis Outreach Team) may be able to visit your loved one and you in your community or home.

National Suicide Prevention Lifeline:

(800) 273-8255

Crisis Text Line:

Text NAMI to 741-741

PSYCHIATRIC HOSPITALS

For a full listing, please contact us at (713) 970-4483

Most psychiatric hospitals offer 24/7 risk assessment

Not insured? Go to:

Harris County Psychiatric Center (HCPC):

(713) 741-5000

2800 S. MacGregor Way

Houston, TX 77021

<https://hcpc.uth.edu/>

WALK-IN MENTAL HEALTH CLINICS

No appointment needed

Memorial Hermann Mental Health Clinics (3 locations):

(713) 338-6422

www.memorialhermann.org/mental-health/

Neuro-psychiatric Center (NPC):

(713) 970-7070

1502 Taub Loop, Houston, TX

IN CRISIS

Dial 911

Make sure to tell the operator that you are experiencing a mental health crisis.

MENTAL HEALTH WARRANTS AND INVOLUNTARY HOSPITALIZATIONS

Harris County Mental Health Division:

(713) 741-6024

2800 S. MacGregor Way

Houston, TX 77004

<https://hcpc.uth.edu/pages/access/court-ordered-involuntary-services.htm>

