

# Mental Health Resources List for Flood Survivors

Some Texas psychologists are participating in a pro-bono program, offering up to three low or no cost counseling sessions either in person or via phone. There is a link on the Texas Psychological Association website [www.texaspsyc.org](http://www.texaspsyc.org) that says "Hurricane Harvey Psychologist Finder Resource." This is a time-limited program. If you have a family member or friend in other hurricane affected areas such as Corpus Christi or Victoria, they might also benefit from knowing about this opportunity.

The national website [www.CatholicTherapists.com](http://www.CatholicTherapists.com) has a referral list of Catholic counselors around the United States. There are several listed in the Houston area, and other areas in Texas. You can also share this website information with those affected in areas outside Houston.

Catholic Charities of Galveston-Houston offers some counseling services, and they have counselors in several different locations around the Archdiocese including some school counselors for children. They are also receiving donations of various types. (713) 526-4611 [www.catholiccharities.org](http://www.catholiccharities.org)

Rejoice Parish Counseling has Catholic counselors in several parishes around the Archdiocese of Galveston-Houston. (832) 900-2082 [www.rejoicecounseling.com](http://www.rejoicecounseling.com)

The nonprofit organization Gratia Plena sees adults and children with Catholic counselors working in four offices around the Archdiocese of Galveston-Houston and has also served clients from the Diocese of Victoria. The Sugar Land /Stafford area office also has a trained and certified spiritual director available as well as a priest and a sister with master's degrees in counseling. (832) 532-0129. [www.gratiaplenacounseling.org](http://www.gratiaplenacounseling.org) They also receive financial donations.

Many schools, public and private, have some counseling resources for their students.

The public mental health system in our area is organized according to counties served, and will help those adults and children who are in mental health crisis with counseling and medication. The Harris Center (previously called MHMRA of Harris County) is the largest: (713) 970-7000 [www.mhmraharris.org](http://www.mhmraharris.org) The Texana Center serves residents of Austin, Colorado, Fort Bend, Matagorda, Waller and Wharton Counties: (800) 633-5686 [www.texanacenter.com](http://www.texanacenter.com) Tri-County Services assists residents of Montgomery, Liberty, and Walker counties (800) 659-6994 [www.tricountyservices.org](http://www.tricountyservices.org)

The local medical schools have mental health clinics that offer some counseling and psychiatric services. University of Texas (713) 500-2500 [www.med.uth.edu/psychiatry](http://www.med.uth.edu/psychiatry) Baylor (713) 798-4857 [www.bcm.edu/healthcare/care-centers/psychiatry](http://www.bcm.edu/healthcare/care-centers/psychiatry)

Secular private practitioners can be found at the national website [www.therapists.psychologytoday.com](http://www.therapists.psychologytoday.com) You can share this website with those outside the Houston area.