

Texas Children's Mobile Clinic Program

www.texaschildrens.org/mobileclinics

How can we help you?

*Please dial 2-1-1 or check www.accesshou.org, www.BBHouston.org, or <https://www.houstoncasemanagers.com/houston-community-resources/> for more resources

FOOD



- **Houston Food Bank**
 - Call **832-369-9390** OR Text **FOOD** to **855-308-2282** to find nearest pantry
 - <https://www.houstonfoodbank.org/find-help/>
- **YMCA Food Distribution:** <https://ymcahouston.org/locations/ymca-international-services/international-services-calendar>
- **WIC – Women Infants and Children Nutrition Program**
 - <https://texaswic.org/>

HOUSING

- **Gulf Coast Community Services Association**
 - **713-393-4700**
 - <https://www.gccsa.org/>
- **Houston/Harris County Eviction Intervention Program**
 - **713-874-6609**
 - <https://houstonharrishelp.org/renters/>



HELP WITH GOLD CARD APPLICATIONS

- **Harris Health Eligibility Center**
713-566-6509
<https://www.harrishealth.org/access-care/patient-eligibility>

ECHOS – Epiphany Community Health Outreach Services

- **713-270-0369**
- <http://echos-houston.org/>
- **Medicaid, CHIP, Gold Card and SNAP application help**
- **Rental Assistance**

Scan here to see this page online:



MEDICAL SERVICES: Low Cost Clinic Lists



West



East



MENTAL HEALTH SERVICES

- **Alliance Wellness Center** -free mental health services for children and adults
 - 713-776-8700 X183
- **Mental Health America**
 - <https://mhahouston.org/mental-health-resources/child-behavioral/>
 - 713-523-8963
- **Depelchin** –
 - <https://www.depelchin.org/counseling/>
 - 713-730-2335
- **National Suicide Prevention Lifeline:** Provides free and confidential emotional support to people in suicidal crisis or emotional distress.
 - 988

HOTLINES AND HELPLINES

- **Houston Area Women's Center** 24-hour help for domestic violence and/or sexual assault
 - Shelter: 713-528-6798
 - <https://hawc.org/services/24-hour-hotlines/>



LEGAL SERVICES

- **Immigrant Rights Hotline:** Free referrals to immigration legal services.
 - 1-833-468-4664
 - <https://www.houstonimmigration.org/hotline/>
- **Houston Legal Aid Center:**
 - (713) 283-8819
 - <https://houstonlegallaid.cliogrow.com/intake/3c9a78022b6f4030c8f15a84fc59fe76>
- **KIND:** Kids in Need of Defense
 - 832-779-4030

VISION/DENTAL

- **Vision - Houston Eye Associates** - (713) 558-8740
- **Dental – Houston Health Department** – call to make an appointment (832) 393-5427
 - www.houstonhealth.org/services/clinical/dental

If you have questions about this sheet, please call 832-824-6784