

Mental Health Resources

****In the event of an emergency, please call 911****

Seventy-five percent of all mental health conditions begin by age 24, making the college years critical for understanding and talking about mental health. For the nontraditional student, there are additional stressors, which may include work and family demands. Depression, anxiety, and eating disorders are the most common among college students and suicide is the second leading cause of death for this population.

Whether you are feeling overwhelmed yourself or you are seeing signs in a friend, there are resources and support. National Alliance on Mental Illness (NAMI) in partnership with the Jed Foundation has created a guide [Starting the Conversation: College and your Mental Health](#) and this short [video](#) to help students navigate through college in regards to mental health.

Local Mental Health Authorities / State Resource

The Texas Department of State Health Services oversees Local Mental Health Authorities (LMHAs) throughout the state. When seeking help for mental health issues, the first step is to find services in your area. You can call for immediate and confidential help 24 hours a day, seven days a week. Following the initial call, available services and treatment plans will vary from person to person. More information and locations can be found online at www.dshs.texas.gov/mhsa/lmha-list.

Harris County

Name of Center: The Harris Center for Mental Health and IDD

Crisis Phone: 866.970.4770

Main Phone: 713.970.7000

Website: <http://www.mhmraharris.org>

Clinic locations:

- Northwest Community Service Center, 3737 Dacoma, Houston, TX 77092
- Northeast Community Service Center, 7200 North Loop East Freeway, Houston, TX 77028
- Southwest Community Service Center, 9401 Southwest Freeway, 3rd Floor, Houston, TX 77074

Southeast Community Service Center, 5901 Long Drive, Houston TX 77087

Chambers County

Name of Center: [Chambers Health](#)

Main Phone: 281.576.0670

Website: <http://www.chambershealth.org/>

Clinic location: 2750 S. 9825 Eagle Drive, Mont Belvieu TX

Anahuac Location

2202 South Main, Anahuac, Texas 77514

Main Phone: 409.267.3700

Name of Center: [Spindletop Center](#)

Crisis Phone: 800.937.8097

Main Phone: 409.839.1000

Website: <http://www.stmhmr.org/>

Clinic location: 2750 S. Eighth St, Building A, Beaumont, TX 77701

Liberty County

Name of Center: [Tri-County Services](#)

Crisis Phone: 800.659.6994

Main Phone: 936.756.8331

Website: www.tricountyservices.org

Clinic locations:

2000 Panther Lane, Liberty, TX 77575

2400 Truman, Cleveland, TX 77327

In addition to the LMHAs, the Health and Human Services Office of Mental Health has developed a website with information, resources, and direction to Texas residents who may have mental health related needs or want to support someone who does. Its website is www.mentalhealthtx.org.

Crisis Contact Information and Local Resources

In the event of an emergency, please call 911

Lee College Resources

- Access Center (Rundell Hall, Room 106) – For students with disabilities, including psychiatric diagnoses, the Access Center provides accommodations and counseling support to promote student success and integration into college. Information can be found online (www.lee.edu/disabilities) or by calling their office at 281.425.6217.
- Veterans Center (Rundell Hall, Room 108) – The Veterans Center provides support and counseling services for veterans and their dependents to include counseling for post-traumatic stress disorder. More information can be found online at www.lee.edu/veterans or by calling the Center at 832.556.4302 or 832.556.4300.
- Behavioral Intervention Team – The BIT is an interdisciplinary team dedicated to support the college community and individuals displaying concerning behaviors. Working by referrals from the campus, the team uses a case management approach to review each referral providing support and intervention. More information on the BIT and how to refer individuals can be found online at www.lee.edu/behavioral-intervention-team or by emailing the team at bit@lee.edu.
- Advising and Counseling Center (Rundell Hall, Room 100) – Advising and Counseling Center employs 12 professionals and can assist students with issues that may impede their academic success. Students can get assistance short-term counseling and community referrals.

Community Support / Resources

The following agencies provide free or sliding scale mental health services.

- The Bridge Over Troubled Waters – The Bridge offers confidential and free services for individuals needing support and safety due domestic and/or sexual violence. With the main office in Pasadena, they also support an office in Baytown.
 - # Baytown Office – 281.420.5600
 - # 24-Hour Hotline – 713.473.2801
- Legacy Community Health Services – Legacy provides a wide range of services, including mental health and psychiatric support, with locations in the Baytown and Houston area.
 - # 832.548.5000
 - # <http://www.legacycommunityhealth.org/services/behavioral-health/>
- Family Houston – Family Houston serves the Houston area with services to include counseling, financial stability, parent resources, substance use prevention, veteran services, and youth services.
 - # 713.861.4849
 - # familyhouston.org
- Nick Finnegan Counseling Center – Located in the River Oaks area of Houston, this center provides counseling and support groups.
 - # 713.402.5046
 - # finnegancounseling.org

National Support / Resources

Suicide Prevention

- Suicide Prevention Lifeline – 1.800.273.TALK (8255)
 - # Live chat: <https://suicidepreventionlifeline.org>

Domestic / Intimate Partner Violence

- National RAINN Sexual Assault Hotline – 800.656.4673
 - # Live Chat: <https://hotline.rainn.org/online/terms-of-service.jsp>
- Love is Respect (Target –teens and young adults) – 866.331.9474
 - # Text “love is” to 22522
 - # Live chat: <https://www.loveisrespect.org/>
- National Domestic Violence Hotline – 800.799.SAFE (7233) | 800.787.3224 (TTY)
 - # Live chat: www.thehotline.org

Other Resources

- National Alliance on Mental Illness – Helpline: 800.950-6264
 - # In a crisis? – Text “NAMI” TO 741741
- Veterans Hotline– 800.273.8255 (press 1)
 - # Chat: <https://www.veteranscrisisline.net/ChatTermsOfService.aspx>
 - # Text message to **838255**

- LGBT National Help Center (<https://www.glbthotline.org> — 888.843.4564
 - # For Youth – 800.246.PRIDE (7743)
 - # Online Chat – <https://www.glbthotline.org/peer-chat.html>
- College Students and Mental Health (<https://www.drugrehab.com/co-occurring-disorder/students-mental-health/>) – online resource for college students that include information on stress, anxiety, depression, and PTSD.

Additional Information

Suicide Warning Signs

Suicide Prevention Lifeline – 1.800.273.TALK (8255)

Suicide is preventable. These signs may mean someone is at risk for suicide. Risk is greater when a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- Talking about wanting to die or to kill oneself.
- Looking for a way to kill oneself, such as searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain. Talking about being a burden to others,
- Increasing the use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

Support for Substance Abuse

SAMHSA's National helpline – 800.662.HELP (4357)

This is a confidential, free, 24-hour-a-day, 365-days-a-year information service for individuals and family members facing mental or substance use disorders.

More information on campus and local resources can be found at www.lee.edu/about/maintaining-a-drug-free-campus. In addition, Start Your Recovery (<https://startyourrecovery.org>) is an online tool with information and resources for individuals and families struggling with drug and alcohol issues.

Lee College has a Drug-Free Campus Program that serves to provide the campus with activities and services designed to encourage a healthy and drug-free lifestyle. [The Alcohol/Drug Abuse and Prevention Statement](#) provides information on laws, health risks, expectations and consequences, and resources that have been created to educate about and discourage abuse of alcohol and illicit drugs.

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[FIND A CAREER](#)
[Lee College Career Coach](#)