

Mental Health Resources

[Submit a Concern](#)

****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.

TimelyCare

Lee College students have FREE, 24/7 access to virtual care services with TimelyCare — the virtual health and well-being platform from TimelyMD, designed for college students. [Learn more about TimelyCare.](#)

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 <https://www.dshs.texas.gov/regional-local-health-operations>.

Harris County

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

Crisis Phone: 866.970.4770

Main Phone: 713.970.7000

Website: www.theharriscenter.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, TX 77514

Main Phone: 409.267.3700

Name of Center: Spindletop Center

Crisis Phone: 800.937.8097

Main Phone: 409.839.1000

Website: <https://www.spindletopcenter.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.

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Crisis Contact Information and Local Resources

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Lee College Resources

- Access Center (Rundell Hall, Room 101) – For students with disabilities, including psychiatric diagnoses, the Access Center provides accommodations and advising 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.

- CARES Team – The CARES Team is 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 CARES Team 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 Transfer Center (Rundell Hall, Room 100) – Advising and Transfer Center employs professionals who can assist students with issues that may impede their academic success.

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 Service Center — Family Service Center promotes mental health and wellbeing of individuals and families through counseling, education, and prevention.
 - # 409.762.8636
 - # [Family Service Center – Strengthening Individuals. One Mind At A Time.](#)
- 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/get-help-now/chat/>
 - # Text message to **838255**
- LGBT National Help Center — 888.843.4564
 - # For Youth — 800.246.PRIDE (7743)
- Resource for navigating Mental Health Challenges in College (<https://www.snappywords.com/knowledge/navigating-mental-health-challenges-in-college>) — online resource for college students that include information on stress, anxiety, depression, and PTSD.

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.

■ [Live Chat](#)

[FIND A CAREER
My Next Move](#)