

Grace & Guidance Behavioral Health Resource List

You may feel alone, but you are never alone! Be courageous and reach out!

Local, State, & National Resources:

- **Grace & Guidance, PLLC (virtual and on-site counseling services for first responder, veteran, and civilian families) 832-998-6345, 2219 Sawdust Rd. Ste 1201, The Woodlands TX 77380**
- Tri-County Crisis Services (in-patient and out-patient): 800-659-6994
- Woodland Springs (In patient ages 13 & up, 24/7 evals): 936- 270-7520
- Aspire Hospital (in patient 18 yrs and up, 24 hrs) 936-647-3500
- Kingwood Pines Hospital (In-patient for kids/teens, 24/7 evals): 281- 404-1001
- Lake View Health (addiction for adults/ in-patient & out-patient): 281-549-8195
- Beyond Your Best Counseling, Pamela Ball (addiction for teens/ in-patient and out-patient): 936-900-8566
- Action Recovery Center: 936- 441-4537
- Montgomery County Women's Center: 936- 441-7273
- Montgomery County Youth Services: 888- 756-8682
- CHI St. Luke's Hospital: The Woodlands: 936-266-2000
- Memorial Herman Hospital: The Woodlands: 713- 897-2300
- Methodist Hospital: The Woodlands: 713-790-3333
- Texas Children's Hospital: The Woodlands: 936- 267-5000
- New Dimensions Day Hospital: 1-800-685-9796 (addictions)
- Phoenix House Texas: 214-296-0394 (addictions)
- Hope Family Care: 713-808-5615 (grief)
- M.E.N.D: 972-506-9000 (grief for mothers who lost an infant or child)
- Memorial Hermann PaRC: 713-939-7272 (addictions, in-patient and outpatient)
- Mosaics Of Mercy: 346-703-0051 (free non-profit to help you find mental health resources in MOCO, TX)

First Responder Local Facilities:

- **Grace & Guidance, PLLC (virtual and on-site counseling services for first responder, veteran, and civilian families) 832-998-6345, 2219 Sawdust Rd. Ste 1201, The Woodlands TX 77380**
- Tri-County (In-Patient Hospital): 800- 659-6994
- Sunny Creek Ranch (Equine Therapy): 281-229-3633

First Responder Hotlines & Online Resources

- First Responder Support Network (Local 24 hr. Hotline) 844-448-7749
- National Suicide Hotline, Dial 988
- Code Green Campaign 1-206-459-3020
- National Suicide Prevention Hotline 1-800-273-8255
- Crisis Text Line (text "START" or "HELP" to 741-741.)
- Suicide Hotline: 713- 970-7000

Psychiatric Resources (Medication for Mental Health):

- Woodlands Psychiatry Group (adults only, next door to Grace & Guidance) 832-458-1344
- White Stone Psychiatry 713-725-1305
- Woodlands Family Psychiatry (all ages) 281-367-1015

Information Provided By: Grace & Guidance, PLLC