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FREE HELP NEAR YOU

Greater Houston · Houston, Pasadena, Sugar Land, The Woodlands & Galveston

Houston · Pasadena · Baytown · Humble · Katy · Sugar Land · Missouri City · Pearland · League City · Galveston · The Woodlands · Conroe

Not sure where to go?
Tell us what's going on and where you are. We'll point you to the right place.

REAP AMERICA · 24 HOURS
1-877-341-REAP
(1-877-341-7327) · Text: 775-235-8765

911 Police · Fire · Ambulance

988 Mental health crisis · call or text

211 2-1-1 Texas · dial 2-1-1

Food, Bills & Emergencies

BakerRipley
Harris, Brazoria & Galveston · utility help
713-667-9400

Harris County Community Services
Harris County
713-696-7900

Combined Community Action
Fort Bend County · utility help
979-540-2980

Brazos Valley Community Action
Montgomery County · utility help
979-595-2800

Veterans

Michael E. DeBakey VA Medical Center
Houston · VA health care
713-791-1414

Shelter

Star of Hope – Women & Family
Houston
713-748-0700

Star of Hope – Men
Houston
713-227-8900

Safety From Abuse (24 hours)

Houston Area Women's Center
Houston · 24 hours
713-528-2121

The Bridge Over Troubled Waters
Pasadena · 24 hours
713-473-2801

Bay Area Turning Point
Webster · 24 hours
281-286-2525

Family Time Crisis & Counseling
Humble · 24 hours
281-446-2615

Fort Bend County Women's Center
Richmond · 24 hours
281-342-4357

Montgomery County Women's Center
The Woodlands · 24 hours
936-441-7273

Resource & Crisis Center of Galveston Co.
Galveston · 24 hours
1-888-919-7233

POLICE, FIRE & GAS · Emergency? Call 911 · Smell gas? Get out first, then call

Houston Police non-emergency
713-884-3131

CenterPoint Energy (Houston) · gas leak
713-659-2111

NATIONAL HOTLINES · FREE · 24/7

Poison Help
1-800-222-1222

Suicide & Crisis Lifeline
Call or text 988

Veterans Crisis Line
Dial 988, press 1 · Text 838255

Crisis Text Line
Text HOME to 741741

Domestic Violence Hotline
1-800-799-7233 · Text START to 88788

Sexual Assault Hotline (RAINN)
1-800-656-4673

Child Abuse Hotline (Childhelp)
1-800-422-4453 · call or text

Drug & Alcohol Help (SAMHSA)
1-800-662-4357

Human Trafficking Hotline
1-888-373-7888 · Text 233733

Runaway & Homeless Youth (Safeline)
1-800-786-2929