MENTAL WELLNESS AND FAMILY COUNSELING

**An-Nisa Hope Center – Houston**
(www.annisa.org)
Counseling: Licensed Mental Health Professionals (individuals, couples, family, adolescents)
Case Management: Long term solutions
Social education
Phone: (832) 324-9111
Address: 7100 Regency Square Blvd. Ste 290, Houston TX 77036

**Texas Muslim Women’s Foundation - Dallas**
(www.tmwf.org)
Emergency Shelters. Transitional Housing. 17 languages access.
Domestic Violence Hotline: (972) 880-4192
Phone: (469) 467-6241

**Olive Branch – Muslim Family Services – Houston**
(www.olivebranchhouston.org)
Counseling: Licensed Mental Health Professionals (adults, children/adolescents and families)
Case Management: Long term solutions
Phone: (832) 617-8160
Address: 11222 Richmond Ave. Suite 160, Houston TX 77082

**Family Time Crisis and Counseling - Humble**
(www.familytimeccc.org)
Counseling: Licensed Mental Health Professionals (individuals, couples, family, adolescents)
Shelter
Phone: (281) 446-2615
Address: 1203 S Houston Ave, Humble, TX 77338

**UT Health Harris County Psychiatric Center - Houston**
(www.hcpc.uth.edu)
Psychiatric Help
Phone: (713) 741-5000
Address: 2800 S MacGregor Way, Houston, TX 77021

**Ibn Sina Foundation**
(www.ibnsinafoundation.org)
Counseling: Licensed Health Professionals (individuals, couples family, children)
Phone: (281) 977-7462

**Sacred Minds Counseling**
(www.sacredminds counseling.com)
Counseling: Licensed Mental Health Professionals (individuals, couples, family, adolescents)
Mental Health Support
Phone: (281) 241-8871
CRISIS HOTLINES

Houston Area Women’s Center Hotline
Domestic Violence: 713-528-2121 / Sexual Violence: 713-528-7273

Rape Abuse Incest National Network (RAINN): 800-656-4673

National Suicide Prevention Lifeline: 800-273-8255 or 988

NAMI Greater Houston: 713-970-4419

The Harris Center for Mental Health Helpline: 713-970-7000

Texas Department of Family and Protective Services: 800-252-5400

DOMESTIC AND SEXUAL VIOLENCE SHELTERS

The Shifa Women’s Center
(www.shifawomenscenter.org)
(713) 981-6060
Email: helplineswc@shifausa.org

Texas Muslim Women’s Foundation - Dallas
(www.tmwf.org)
Emergency Shelters. Transitional Housing. 17 languages access.
Phone: 469-467-6241

Family Services of Southeast Texas - Beaumont
(800) 621-8882

Focusing Families Hempstead
(979) 826-0000

Fort Bend Women’s Center - Richmond
(281) 342-4357

Houston Area Women’s Center - Houston
(713) 528-2121

Montgomery County Women’s Center - The Woodlands
(936) 441-7273

Women’s Center of Brazoria County - Angleton
Angleton: (800) 243-5788 | Alvin: (281) 585-0902