



Resource Guide for Mental Wellness and Domestic Violence

Updated due to an oversight in the original publication which we have now addressed.

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

Sacred Minds Counseling

www.sacredmindscounseling.com

Counseling: Licensed Mental Health Professionals (individuals, couples, family, adolescents)
Mental Health Support
Phone: (281) 241-8871

Family Time Crisis and Counseling - Humble

www.familytimeecc.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



Islamic Society of Greater Houston

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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 Time Crisis and Counseling - Humble

www.familytimeccc.org

(281) 446-2615

Women's Center of Brazoria County - Angleton

Angleton: (800) 243-5788 | Alvin: (281) 585-0902

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



fb.com/isgh.org



instagram.com/isgh50



youtube.com/isgh50