

Call 911 if you are in an emergency situation, or feel you are going to harm yourself or others.

Crisis Text Line

Text HOME to 741741

National Suicide Prevention Hotline, call or chat

(800) 273-TALK (8255)

RAINN

National Sexual Assault Hotline & Chat

(800) 656-HOPE (4673)

@RAINN

National Domestic Violence Hotline

(800) 799-7233

Text LOVEIS to 22522

National Resource Center on Domestic Violence

(800) 799-SAFE (7233)

@nrcdv

MCWC (Montgomery County Women's Center)

(936) 441-4044

NAMI (National Alliance on Mental Health)

(800) 950-6264

Text NAMI to 741741

Mosaic Mental Health

(713) 987-7828

SAMHSA (Substance Abuse and Mental Health Services Administration)

(800) 662-HELP (4357)

Montgomery County Food Bank

(936) 271-8800

Interfaith of The Woodlands

(281) 367-1230

Community Assistance Center

(936) 539-1096

Between Jobs Ministry

281-376-1110