



(Updated 9/14/17)

Fort Bend Recovers : Basic Needs, Donations and Repairs

<http://fortbendrecovers.org/>

Fort Bend Recovers is the recognized non-profit organization created to implement and coordinate responding to needs associated with disasters in Fort Bend County. You will find help with case management, basic needs, donations and repair/rebuild services.

To contact case management, call 281-207-2555

Fort Bend Recovers: Mental Health and Spiritual Care

Once the basic needs are restored and lives get back to normal, it is not uncommon for people to experience uncomfortable feelings and thoughts related to living through a disaster. For many people these changes are mild and short lived. However, if you continue to have difficulty sleeping, feel unusually anxious or sad or simply having a difficult time coping, there are people who can help. Fort Bend Recovers has a dedicated phone line for people who are looking for resources to help them get their life back on track.

To contact the phone line, call 281-207-2505

Mental Health Crisis Information

Texana Center Mobile Crisis Outreach Team	800-633-5686
Crisis Intervention Team of Fort Bend County Sheriff's Office	281-341-8540
Disaster Distress Hotline	800-985-5990
Gay and Lesbian Switchboard Houston	713-529-3211
Veterans Crisis Line	800-273-8255
Memorial Hermann Mental Health Crisis Centers	713-338-6422
National Suicide Prevention Lifeline	800-273-8255
	Text Start to 741-741



Local Mental Health Resources to People Affected by Hurricane Harvey

The Next Step Academy

The Next Step Academy is an organization which serves children with special needs such as intellectual development disorders and autism. They are currently looking for evacuated families that might be looking for their services. You can reach them at 281-715-2888

Rahim Counseling and Consulting Services, Stafford

Rahim Counseling and Consulting Services is hosting a group every Friday from 11am-12:30pm for people affected by Hurricane Harvey. For more information, call 713-909-0892

Martin Counseling, Katy

David Martin, founder of Martin Counseling, will offer short term counseling to those affected by Hurricane Harvey on a pro bono basis. Their services include individual, couples and family counseling for all ages. For more information, please call 713-489-5473.

Allison Moore, PhD (Sugar Land)

Allison Moore, PhD has offered to provide short term counseling to children, adults and families affected by Hurricane Harvey on a pro bono basis. For more information, please call 713-592-8952.

Stress Management Center of Katy

The Stress Management Center of Katy offers a variety of education and support groups focused on care giving, healing from grief and stress management. For more information, go to <http://www.cfsmkaty.com> or call 713-471-9977



Mental Health America of Fort Bend County Behavioral Health Resource Guide

<http://www.mhafbc.org/Resource-Guide>

The Behavioral Health Resource Guide provides information on mental health professionals and organizations, social service agencies and support groups in the Fort Bend area. The Guide can be viewed at the above link or you can call MHAFCB at 281-207-2480 for personal assistance.

Resources on Helping Families Cope with Disasters

Natural disasters create all kinds of stress and strain on a family. Please go to the following websites for more information what to look for and how to help your family cope.

National Children Traumatic Stress Network

<http://www.nctsn.org/trauma-types/natural-disasters/floods>

Substance Abuse and Mental Health Services Administration

<https://www.samhsa.gov/find-help/disaster-distress-helpline/disaster-types/floods>

Mental Health America of Greater Houston Disaster Relief Resources

<http://mhahouston.org/disaster-relief-resources/>



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