

Resources

Below is a list of a few resources. This is not an exhaustive list, if none of the resources listed is helpful, please call a member of the FSN team for assistance.

★ Houston's First Baptist Church

The Julianna Poor Memorial Counseling Center provides **8 Sessions at no charge** for HFD members, with a \$50/Member rate afterward. Contact Chaplain Ponce (**281.386.5032**) for more information.

★ Firefighters Helping Firefighters

FHF reaches out to sick, injured, and Fallen Firefighters and their families in an effort to offset the many unforeseen daily burdens and financial obligations associated during their time of need. **281.301.5451**

<https://firehelpingfire.org/>

★ UT Health First Responder Program

<https://sbmi.uth.edu/ace/helpline.htm>
Free telehealth & other resources for first responders dealing with Mental health and Substance abuse issues. **1-833-367-4689**

★ Mighty Oaks Foundation

The Mighty Oaks Foundation is a faith-based Veteran service organization that teaches combat Veterans and First Responders struggling with Post Traumatic Stress how to get beyond combat trauma at **No cost**. **832.205.8550**

<https://www.mightyoaksprograms.org/>

★ IAFF Center of Excellence

A one-of-a-kind treatment facility specializing in PTSD for professional fire service members who struggle with trauma, substance use, addiction and other related behavioral health challenges.

<https://www.iaffrecoverycenter.com/>

13400 Edgemoade Rd. Upper Marlboro, MD
855-900-8437

Contact a L341 Union rep. **713.223.9166**

Warriors Heart

Private treatment for adult men and women who are seeking inpatient treatment for chemical dependency, alcohol abuse, and co-occurring psychological disorders relating to PTSD (post-traumatic stress disorder) or the psychological effects of MTBI (mild traumatic brain injury).

<https://www.warriorsheart.com/>

756 Purple Sage Rd. Bandera, TX 78003
888-598-4875

Honor Strong Program (Cypress Creek Hospital)

Specialized Treatment for First Responders Struggling with mental health or substance abuse. www.cypresscreekhospital.com
281.995.1475

17750 Cali Drive, Houston TX 77090

New Dimensions Day Treatment Centers

An outpatient drug and alcohol rehabilitation treatment center and mental health facility that provides psychiatric, dual diagnosis, and substance abuse treatment for adults, adolescents, and their families.

<https://nddtreatment.com/>

Clear Lake, The Woodlands, Katy
800-685-9796

Prevention & Recovery Center (PaRC)

For the past 30 years, PaRC has been offering people suffering with substance abuse effective and holistic rehabilitation programs that help them achieve sobriety for good.

<https://parcbh.com/>

3043 Gessner, Houston TX 77080
832.975.0402

Kingwood Pines Hospital

A behavioral health facility that offers psychiatric and chemical dependency treatment on an inpatient and outpatient basis.

<https://kingwoodpines.com/>

2001 Ladbroke Dr., Kingwood, TX 77339
281.402.3341

Serenity Light Recovery

Our comprehensive addiction treatment and rehab in Houston is designed to provide you with the tools and support you need to overcome addiction and achieve long-term recovery. We offer all stages of treatment, including detox, residential, and outpatient.

www.serenitylightrecovery.com

1820 County Rd. 36, Angleton, TX 77515
855-658-6109