

# Mental Health Resources

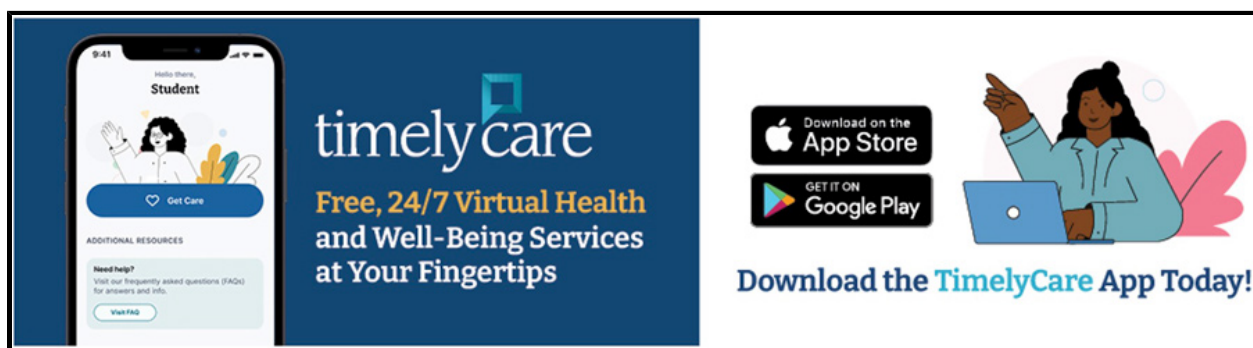
[Submit a Concern](#)

***\*In the event of an emergency, please call 911\****

Seventy-five percent of all mental health conditions begin by age 24, making the college years critical for understanding and talking about mental health. For the nontraditional student, there are additional stressors, which may include work and family demands. Depression, anxiety, and eating disorders are the most common among college students and suicide is the second leading cause of death for this population.

Whether you are feeling overwhelmed yourself or you are seeing signs in a friend, there are resources and support. National Alliance on Mental Illness (NAMI) in partnership with the Jed Foundation has created a guide [Starting the Conversation: College and your Mental Health](#) and this short [video](#) to help students navigate through college in regards to mental health.

## TimelyCare



### GENERAL INFORMATION

Lee College students have FREE, 24/7 access to virtual care services with TimelyCare — the virtual health and well-being platform from TimelyMD, designed for college students. Students do not need insurance to access TimelyCare services. Download the app at <https://app.timelycare.com/auth/login>. As part of Lee College's partnership with TimelyMD, students have access to services in TimelyCare, including:

- **MedicalNow:** On-demand support for common health issues, including cold, flu, and allergies.
- **TalkNow:** On-demand, 24/7 emotional support to talk about anything, including anxiety, relationships, depression, and school-related stress.
- **Scheduled Medical:** Choose the day, time, and medical provider that best works for you.
- **Scheduled Counseling:** Choose the day, time, and mental health provider that best works for you.
- **Health Coaching:** Develop healthy lifestyle behaviors, including nutrition, sleep habits, time management, and mindfulness.
- **Psychiatry:** Appointments are available through referrals.

- **Self-Care Content:** Visit the "Explore" page within TimelyCare for guided self-care content, including yoga and meditation sessions, as well as group conversations with our providers on a variety of health and well-being topics.

## FREQUENTLY ASKED QUESTIONS

- **What is TimelyCare?**  
TimelyCare is a virtual health and well-being platform available 24/7 for Lee College students.
- **Who can use TimelyCare?**  
Any currently enrolled student excluding dual credit students. Part time employees are also eligible.
- **How do I log in?**  
Go to [timelycare.com/lee](https://timelycare.com/lee) or download the TimelyCare app to access care.
- **How much does a visit cost?**  
TimelyCare is funded through student fees and college funds. There is no additional costs of the services for eligible students and part time employees.
- **I already have insurance. How does TimelyCare benefit me?**  
With TimelyCare, you will have free, 24/7 access to providers from anywhere in the United States, regardless of your insurance status. So, you'll never have to spend time or money looking for care, whether you're on or off campus.
- **Can I get a prescription?**  
Yes, if the provider deems it clinically appropriate. While the cost of the prescription is not covered, discount cards are provided.
- **What can I be treated for?**  
TimelyCare's providers can offer support for a wide range of common concerns, and after talking to you, will decide on the best course of treatment.

## Local Mental Health Authorities / State Resource

The Texas Department of State Health Services oversees Local Mental Health Authorities (LMHAs) throughout the state. When seeking help for mental health issues, the first step is to find services in your area. You can call for immediate and confidential help 24 hours a day, seven days a week. Following the initial call, available services and treatment plans will vary from person to person. More information and locations can be found online at <https://www.dshs.texas.gov/regional-local-health-operations>.

## Harris County

Name of Center: The Harris Center for Mental Health and IDD

Crisis Phone: 866.970.4770

Main Phone: 713.970.7000

Website: [www.theharriscenter.org](http://www.theharriscenter.org)

Clinic locations:

- Northwest Community Service Center, 3737 Dacoma, Houston, TX 77092
- Northeast Community Service Center, 7200 North Loop East Freeway, Houston, TX 77028
- Southwest Community Service Center, 9401 Southwest Freeway, 3rd Floor, Houston, TX 77074

Southeast Community Service Center, 5901 Long Drive, Houston TX 77087

## Chambers County

Name of Center: [Chambers Health](#)

Main Phone: 281.576.0670

Website: <http://www.chambershealth.org/>

Clinic location: 2750 S. 9825 Eagle Drive, Mont Belvieu, TX

Anahuac Location

2202 South Main, Anahuac, TX 77514

Main Phone: 409.267.3700

Name of Center: Spindletop Center

Crisis Phone: 800.937.8097

Main Phone: 409.839.1000

Website: <http://www.stmhmr.org/>

Clinic location: 2750 S. Eighth St, Building A, Beaumont, TX 77701

## Liberty County

Name of Center: [Tri-County Services](#)

Crisis Phone: 800.659.6994

Main Phone: 936.756.8331

Website: [www.tricountyservices.org](http://www.tricountyservices.org)

Clinic locations:

2000 Panther Lane, Liberty, TX 77575

2400 Truman, Cleveland, TX 77327

In addition to the LMHAs, the Health and Human Services Office of Mental Health has developed a website with information, resources, and direction to Texas residents who may have mental health related needs or want to support someone who does. Its website is [www.mentalhealthtx.org](http://www.mentalhealthtx.org).

## Crisis Contact Information and Local Resources

*\*In the event of an emergency, please call 911\**

## Lee College Resources

- Access Center (Rundell Hall, Room 106) – For students with disabilities, including psychiatric diagnoses, the Access Center provides accommodations and counseling support to promote student success and integration into college. Information can be found online ([www.lee.edu/disabilities](http://www.lee.edu/disabilities)) or by calling their office at 281.425.6217.
- Veterans Center (Rundell Hall, Room 108) – The Veterans Center provides support and counseling services for veterans and their dependents to include counseling for post-traumatic stress disorder. More information can be found online at [www.lee.edu/veterans](http://www.lee.edu/veterans) or by calling the Center at 832.556.4302 or 832.556.4300.
- Behavioral Intervention Team – The BIT is an interdisciplinary team dedicated to support the college community and individuals displaying concerning behaviors.

Working by referrals from the campus, the team uses a case management approach to review each referral providing support and intervention. More information on the BIT and how to refer individuals can be found online at [www.lee.edu/behavioral-intervention-team](http://www.lee.edu/behavioral-intervention-team) or by emailing the team at [bit@lee.edu](mailto:bit@lee.edu).

- Advising and Counseling Center (Rundell Hall, Room 100) – Advising and Counseling Center employs 12 professionals and can assist students with issues that may impede their academic success. Students can get assistance short-term counseling and community referrals.

## Community Support / Resources

The following agencies provide free or sliding scale mental health services.

- The Bridge Over Troubled Waters — The Bridge offers confidential and free services for individuals needing support and safety due domestic and/or sexual violence. With the main office in Pasadena, they also support an office in Baytown.
  - # Baytown Office — 281.420.5600
  - # 24-Hour Hotline — 713.473.2801
- Legacy Community Health Services — Legacy provides a wide range of services, including mental health and psychiatric support, with locations in the Baytown and Houston area.
  - # 832.548.5000
  - # <http://www.legacycommunityhealth.org/services/behavioral-health/>
- Family Houston — Family Houston serves the Houston area with services to include counseling, financial stability, parent resources, substance use prevention, veteran services, and youth services.
  - # 713.861.4849
  - # [familyhouston.org](http://familyhouston.org)
- Nick Finnegan Counseling Center — Located in the River Oaks area of Houston, this center provides counseling and support groups.
  - # 713.402.5046
  - # [finnegancounseling.org](http://finnegancounseling.org)

## National Support / Resources

### Suicide Prevention

- Suicide Prevention Lifeline — 1.800.273.TALK (8255)
  - # Live chat: <https://suicidepreventionlifeline.org>

### Domestic / Intimate Partner Violence

- National RAINN Sexual Assault Hotline – 800.656.4673
  - # Live Chat: <https://hotline.rainn.org/online/terms-of-service.jsp>
- Love is Respect (Target –teens and young adults) – 866.331.9474
  - # Text “love is” to 22522
  - # Live chat: <https://www.loveisrespect.org/>
- National Domestic Violence Hotline – 800.799.SAFE (7233) | 800.787.3224 (TTY)

# Live chat: [www.thehotline.org](http://www.thehotline.org)

## Other Resources

- National Alliance on Mental Illness — Helpline: 800.950-6264
  - # In a crisis? — Text "NAMI" TO 741741
- Veterans Hotline — 800.273.8255 (press 1)
  - # Chat: <https://www.veteranscrisisline.net/get-help-now/chat/>
  - # Text message to **838255**
- LGBT National Help Center — 888.843.4564
  - # For Youth — 800.246.PRIDE (7743)
- College Students and Mental Health (<https://www.drugrehab.com/co-occurring-disorder/students-mental-health/>) — online resource for college students that include information on stress, anxiety, depression, and PTSD.

## Support for Substance Abuse

SAMHSA's National helpline – 800.662.HELP (4357)

This is a confidential, free, 24-hour-a-day, 365-days-a-year information service for individuals and family members facing mental or substance use disorders.

More information on campus and local resources can be found at [www.lee.edu/about/maintaining-a-drug-free-campus](http://www.lee.edu/about/maintaining-a-drug-free-campus). In addition, Start Your Recovery (<https://startyourrecovery.org>) is an online tool with information and resources for individuals and families struggling with drug and alcohol issues.

Lee College has a Drug-Free Campus Program that serves to provide the campus with activities and services designed to encourage a healthy and drug-free lifestyle. [The Alcohol/Drug Abuse and Prevention Statement](#) provides information on laws, health risks, expectations and consequences, and resources that have been created to educate about and discourage abuse of alcohol and illicit drugs.

■

[Live Chat](#)

[FIND A CAREER](#)

[My Next Move](#)