



## Community Resource Guide 2024

### 24-Hour Crisis Hotlines

Emergency	911	
National Suicide Prevention Hotline	800-273-TALK 988	<a href="https://988lifeline.org/">https://988lifeline.org/</a>
Spanish Suicide Prevention Hotline	800-784-2432	Callers will be connected to a skilled trained counselor
National Text Line	741741	It is free and confidential. No one will know you have sent a text unless you choose to tell someone. You do not have to be in a crisis to text. 741741
Veterans Crisis Line	800-273-8255 And press 1	Callers will be connected to a skilled trained counselor at a local crisis center
RAINN: National Sexual Assault Hotline	800-656-HOPE 800-656-4673	Call to be connected with a trained staff member from a sexual assault service provider in your area.
StarCare Specialty Health System Crisis Line	806-740-1414 800-687-7581	Your call is answered by a qualified professional who can help you with mental health, developmental disabilities and substance abuse issues.
Trevor Lifeline for LGBTQ Youth	866-488-7386	<a href="https://www.thetrevorproject.org/">https://www.thetrevorproject.org/</a>
Never Alone – PIWI People Interacting with Intent	Online or Text Chat 478-993-0750	<a href="https://neveralone.love/">https://neveralone.love/</a>

### Other Crisis Hotlines

Teen Text Crisis Line	Text Only 855-449-1212	Operates from 3:00 p.m. to midnight daily
Texas Youth Hotline	888-580-HELP 888-580-4357	<a href="https://www.dfps.texas.gov/youth-helpline/">https://www.dfps.texas.gov/youth-helpline/</a>
TTU Crisis Helpline	806-742-5555	24/7 assistance for students experiencing: Mental Health Crisis/Suicidal Thoughts, Sexual Assault, Interpersonal Violence
24-Hour Runaway Hotline	806-778-7673	
24-Hour Youth Crisis Hotline	800-530-4740	
StarCare Specialty Health System	IDD Crisis Intervention 806-224-4391	Operates from 8:30 a.m. to 5:30 p.m. crisisintervention@starcarelubbock.org

### Toll Free Numbers

Addiction Treatment and Support	800-662-4357
American Foundation for Suicide Prevention	888-333-2377
Borderline Personality Disorder Hotline	888-482-7227
Boys Town	800-448-3000
LGBT Hotline <a href="https://www.glbthotline.org">https://www.glbthotline.org</a>	888-843-4564
Medicaid Services	800-392-2161
NAMI Help Line – Information Only	800-950-6264
Referrals for Home & Community Based Services	866-835-3505
Runaway Switchboard	800-RUNAWAY (786-2929)
Suicide/Abuse Crisis Line	800-999-9999
Via Hope Texas Mental Health Resource	844-300-2196

## Child Abuse and Neglect

National Parent Helpline	855-4A PARENT 855-427-2736
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## Counseling Services

Psychology Today	Local Therapist Directory	<a href="https://www.psychologytoday.com/us/therapists/tx/lubbock">https://www.psychologytoday.com/us/therapists/tx/lubbock</a>
TTU Family Therapy Clinic	806-742-3074	Monday-Thursday: 8:00 a.m. to 8:00 p.m. / Friday: 8:00 a.m. to 5:00 p.m. Fees for therapy services are based on a sliding scale according to your annual household income, ranging from \$10.00 to \$70.00 per session.
TTU Psychology Clinic	806-742-3737	Clients may be self-referred or referred by medical, clerical, educational, or other mental health agencies in the region.
		Fees are determined on a sliding fee scale based on income and family size. <a href="mailto:Psychology.clinic@ttu.edu">Psychology.clinic@ttu.edu</a>
Larry Combest Community Center	806-743-9355	<a href="https://www.ttuhs.edu/nursing/combest/default.aspx">https://www.ttuhs.edu/nursing/combest/default.aspx</a>
Combest Central Community Health Center	806-743-2424	<a href="https://www.ttuhs.edu/nursing/combest/central.aspx">https://www.ttuhs.edu/nursing/combest/central.aspx</a>
Catholic Family Services	806-765-8475	<a href="https://cclubbock.org/">https://cclubbock.org/</a>
Family Counseling Center	806-747-3488	<a href="http://www.fclubbock.org">www.fclubbock.org</a>
Covenant Counseling	806-725-5443	<a href="http://www.covenantcounseling.org/staff.html">www.covenantcounseling.org/staff.html</a>

## Community Organizations

Big Brothers/Big Sisters	806-763-6131	<a href="https://bbbslubbock.org/">https://bbbslubbock.org/</a>
Boys & Girls Clubs		
Boy Scouts of America		
Bridge of Lubbock	806-687-0772	<a href="http://www.bridgeoflubbock.org/index.html">http://www.bridgeoflubbock.org/index.html</a>
Catholic Charities Diocese of Lubbock	806-765-8475	<a href="https://cclubbock.org/">https://cclubbock.org/</a>
Court Appointed Special Advocates (CASA) of the South Plains	806-763-2272	<a href="http://casaofthesouthplains.org/info@casaofthesouthplains.org">http://casaofthesouthplains.org/info@casaofthesouthplains.org</a>
Family Guidance & Outreach Center of Lubbock	806-747-5577	<a href="https://www.familyguidancecenterlubbock.org/">https://www.familyguidancecenterlubbock.org/</a>
Girl Scouts of America		
NAMI Lubbock	806-239-0073	<a href="http://namilubbock.org">namilubbock.org</a>
The Parenting Cottage	806-795-7552	<a href="https://parentingcottage.org/">https://parentingcottage.org/</a> Vision: Build a strong community by building strong families. Mission: To strengthen and meet the needs of families across the community by providing hope, education, resources and encouragement.
The Salvation Army	806-765-9434	<a href="http://www.salvationarmytexas.org/lubbock/">http://www.salvationarmytexas.org/lubbock/</a>
YWCA	806-792-2723 806-771-0184	<a href="http://www.ywcalubbock.org/">http://www.ywcalubbock.org/</a>

## Special Needs

Disability Rights Texas	806-765-7794	<a href="https://www.disabilityrightstx.org/">https://www.disabilityrightstx.org/</a>
High Point Village	806-698-0015	<a href="https://www.highpointvillage.org/">https://www.highpointvillage.org/</a>
StarCare Specialty Health System	806-740-1421 IDD Crisis Intervention 806-224-4391	<a href="http://www.starcarelubbock.org">www.starcarelubbock.org</a> crisisintervention@starcarelubbock.org

## Hospitals and Clinics

Covenant Health System	806-725-0000	<a href="http://Covenanthealth.org">http://Covenanthealth.org</a>
Grace Medical Center	806-788-4100	<a href="http://gracehealthsystem.com">http://gracehealthsystem.com</a>
Sunrise Canyon Hospital	806-740-1421	<a href="http://starcarelubbock.org">http://starcarelubbock.org</a>
Texas Tech University Health Sciences Center	806-743-1000	<a href="http://ttuhsc.edu">http://ttuhsc.edu</a>
University Medical Center	806-775-8200	<a href="http://umchealthsystem.com">http://umchealthsystem.com</a>
VA Lubbock Clinic	806-472-3400	<a href="http://amarillo.va.gov">http://amarillo.va.gov</a>
Community Health Center of Lubbock	806-765-2611	<a href="http://www.chclubbock.org">www.chclubbock.org</a>
Larry Combest Clinic	806-743-9355	

## Healthcare

Apply for Medicaid SNAP Health and Human Services	806-744-7632	<a href="http://www.yourtexasbenefits.com">www.yourtexasbenefits.com</a>
UMC Blue Card	806-775-9014	

## Psychological Services

Ann Allison Akin	806-787-6074	Robert Brown Fortney	806-486-1663
Amanda Alexander	806-589-4360	Sheila Garos	806-543-7155
Jessica Rae Brockman	806-686-3294	Nicole Hernandez	806-598-6151
Greg Carley	806-419-4191	Kathy Irwin	806-589-2932
Dyana Clark	505-933-7305	Rebecca Lucero	314-200-0733

## Mental Health Resources, Support Groups, Podcasts and Websites

Contact Lubbock, Inc.	806-765-8393	<a href="http://www.contactlubbock.org/home.html">http://www.contactlubbock.org/home.html</a> <a href="mailto:info@contactlubbock.org">info@contactlubbock.org</a>
StarCare Specialty Health System	806-740-1421	If you are not in a crisis situation, and you would like to find out more about how to access services for someone with mental illness. <a href="https://www.starcarelubbock.org/">https://www.starcarelubbock.org/</a>
Larry Combest Health & Wellness Center		<a href="https://www.ttuhsc.edu/nursing/combest/">https://www.ttuhsc.edu/nursing/combest/</a>
Community Health Center of Lubbock		<a href="https://www.chclubbock.org/behavioral-health/">https://www.chclubbock.org/behavioral-health/</a>
Oceans Behavioral Hospital		<a href="https://oceanshealthcare.com/ohc-location/lubbock/">https://oceanshealthcare.com/ohc-location/lubbock/</a>
NAMI Lubbock (support groups)	806-239-0073	<a href="http://namilubbock.org">namilubbock.org</a>
Depression and Bipolar Support Alliance		<a href="https://www.dbsalliance.org/support/chapters-and-support-groups/">https://www.dbsalliance.org/support/chapters-and-support-groups/</a> Multiple support groups including Parent and Caregiver Support Group (for Newly Diagnosed Children).
Mel Robbins	Podcast	<a href="https://www.melrobbins.com/">https://www.melrobbins.com/</a>
The Happiness Lab	Podcast	<a href="https://www.drlauriesantos.com/happiness-lab-podcast">https://www.drlauriesantos.com/happiness-lab-podcast</a>
Coursera	Happiness Building Course	<a href="https://www.coursera.org/learn/the-science-of-well-being">https://www.coursera.org/learn/the-science-of-well-being</a>
John W. Brick Mental Health Foundation	Build Your Ecosystem	<a href="https://www.johnwbrickfoundation.org/build/">https://www.johnwbrickfoundation.org/build/</a>
Be There Certificate	Help Others	<a href="https://betherecertificate.org/">https://betherecertificate.org/</a>
Self-Compassion	Self-Care	<a href="https://self-compassion.org/">https://self-compassion.org/</a>
Center for Mindful Self-Compassion	Self-Care	<a href="https://centerformsc.org/">https://centerformsc.org/</a>
Never Alone People Interacting with Internet Chat		<a href="https://neveralone.love/">https://neveralone.love/</a>
VIA Institute on Character	Survey on Character Strengths	<a href="https://www.viacharacter.org/">https://www.viacharacter.org/</a>

## Mental Health Apps

PTSD Coach	Mindfulness Coach
Insight Timer	Gottman Card Decks Institute for Couples
Smiling Mind	CBT-I

## Psychiatrists

Stephen Manning, MD	806-743-2800
John Cobb, MD	806-791-5100
Boris Porto, MD	806-792-7843
Raju Kallepalli, MD	806-281-9966
TTUHSC Department of Psychiatry	806-743-2800

## Related Services

Lubbock Police Department	9-1-1 (Emergencies); 806-775-2865 (Non-Emergencies); 806-775-2816 (Police Desk); 806-741-1000 (Crime Line)
Lubbock County Sheriff	9-1-1 (Emergencies); 806-775-1600 (Non-Emergencies); 806-775-7009 (Detention Center); 806-775-1480 (Patrol)
Lubbock Health Department	806-775-2933; <a href="mailto:publichealth@mylubbock.us">publichealth@mylubbock.us</a>

## Halfway Houses/Homeless Shelters

Aspire Recover: Addiction Treatment	806-589-5911
Tree House Drug Addiction Treatment Center	806-744-1313
Lubbock Faith Center	806-762-8086
Salvation Army Halfway House Lubbock	806-765-9434
Yellowhouse Canyon River Ranch In. Lubbock	806-74-0663
Lulac Amistad Apartments	806-797-3162
Guadalupe Economic Services Corp.	806-744-4416
North and East Lubbock Community Development Corp.	806-747-5937
Family Promise of Lubbock	806-744-5035

## Substance Misuse Resources

Alcoholics Anonymous®	212-870-3400	<a href="http://nwta66.org/schedules/cities/">http://nwta66.org/schedules/cities/</a>
Alanon and Alateen	888-4AL-ANON 888-425-2666	<a href="http://www.lubbock-al-anon.org/Meetings.html">http://www.lubbock-al-anon.org/Meetings.html</a>
Aspire Addiction Recovery Center	1-888-502-3631	<a href="http://aspirearc.com/info@aspireoftexas.com">http://aspirearc.com/ info@aspireoftexas.com</a>
Narcotics Anonymous	818-773-9999	<a href="http://lanoestacadona.org/">http://lanoestacadona.org/</a>
StarCare Specialty Health System	806-740-1421	If you are not in a crisis situation, and you would like to find out more about how to access services for someone with a chemical dependency.
The Ranch at Dove Tree	800-218-6727	<a href="https://ranchatdovetree.com/about-us/">https://ranchatdovetree.com/about-us/</a>
Stages of Recovery	806-412-4721	<a href="https://lubbockaddictionservices.com/about-stages-of-recovery/">https://lubbockaddictionservices.com/about-stages-of-recovery/</a>
Texas Substance Abuse Hotline	877-9-NO-DRUG 877-966-3784	
The Door Sober Living Community	806-412-4721 and 844-6-GETHELP	<a href="http://www.lubbocksoberliving.com">www.lubbocksoberliving.com</a>
Lubbock Faith Center	806-762-8086	<a href="http://www.lubbockfaithcenter.com">www.lubbockfaithcenter.com</a>
Oxford Houses		<a href="http://www.oxfordhouse.org">www.oxfordhouse.org</a>

**Transportation**

Citibus	806-712-2000
Yellow Cab	806-765-7777
City Cab	806-771-8899
Narcotics Anonymous	818-773-9999

**Veterans**

Carpenter's Church	806-687-2453	<a href="http://www.carpenterslubbock.org">www.carpenterslubbock.org</a>
VRCG	806-740-1474 or 806-252-9180	<a href="http://www.vrcg.org">www.vrcg.org</a>
US Veterans Center	806-792-9782	
Lubbock VA Outpatient Clinic	806-472-3400	<a href="http://www.amarillo.va.gov/locations/lubbock.asp">www.amarillo.va.gov/locations/lubbock.asp</a>

**Employment Resources**

Workforce Solutions South Plains	806-744-1987	<a href="http://www.spworkforce.org">www.spworkforce.org</a>
Worksource of South Plains	806-765-5038	<a href="http://www.texasworkforce.org">www.texasworkforce.org</a>
Lubbock Temp Help	806-744-5600	<a href="http://www.lubbocktemp.com">www.lubbocktemp.com</a>
G Boren	806-797-3281	<a href="http://www.gboren.com">www.gboren.com</a>
SOS Staffing	806-745-0070	<a href="http://www.sosstaffing.jobsonline.com">www.sosstaffing.jobsonline.com</a>