

# SUICIDE RESOURCE LIST

**If you or someone you know is having thoughts of suicide, there is help:**

## **Suicide & Crisis Lifeline:**

- Text or call 988
- Chat at [988lifeline.org](https://988lifeline.org)

## **Crisis Intervention of Houston, Inc Hotline**

- Adults: 832-416-1177
- Teens 832-416-1199 (call) or 281-201-4430 (text)

**Make an appointment at the Nick Finnegan Counseling Center:** 2714 Joanel St., Houston, Tx 77027. 713-402-5046

## **WALK-IN CLINICS:**

- HGI Counseling 2990 Richmond Ave St. 530 Houston, Tx 77098. 713-526-8390
- The Harris Center for Mental Health & IDD 9401 Southwest Frwy, Houston, Tx 77074
  - ◊ Emergency Psychiatric Line 1-866-970-4770

## **What to do if someone is suicidal**

- Talk directly and openly about suicide
- Offer to share this resource guide with them
- Don't leave the person alone
- Remove access to weapons if needed
- Listen without judgment or shock or shaming language
- Encourage them to seek professional help
- Remind them they are not alone, while also validating the hard feelings they are having

## **Warning signs of suicidal ideation**

- Saying they don't want to be here or people would be better off without them
- Giving away belongings
- Deleting social media
- Self-harm
- Depression or isolation
- History of suicide attempts
- Substance use
- Feelings of hopelessness or helplessness
- Lack of a support system
- Internet searches related to suicide methods
- Knowing someone that has recently died by suicide
- Saying goodbye



## **Nick Finnegan Counseling Center (NFCC)**

a ministry of St. Luke's United Methodist Church  
Call 713-402-5046 for information about  
scheduling a confidential appointment with  
a Licensed Professional Counselor.

**For immediate and intense suicidal thoughts or plans, you may go to any hospital and let them know you are having suicidal thoughts and they can get you somewhere safe or directly contact a psychiatric hospital.**

## **PSYCHIATRIC HOSPITALS IN THE AREA:**

- **Houston Behavioral Healthcare Hospital:**  
2801 North Gessner Rd, Houston, Tx 77080.  
◊ 877-489-4707  
◊ Teens (13 yrs+), Adults
- **Menninger Clinic:** 12301 Main St. Houston, Tx 77035  
◊ 713-275-5400  
◊ Children 5-12 yrs (outpatient only), Teens (12 yrs+), Adults
- **Sun Behavioral Hospital:** 7601 Fannin St., Houston, Tx 77054  
◊ 713-796-2273  
◊ Children (6 yrs+), Adult, Geriatric
- **Westpark Springs:** 6902 South Peek Rd, Richmond, Tx 77407  
◊ 832-225-4864  
◊ Children 6+ (outpatient only), Adults
- **Woodland Springs:** 15860 Old Conroe Rd., Conroe, Tx 77384  
◊ 936-213-0092  
◊ Children 6+ (outpatient only), Adults
- **West Oaks Hospital:** 6500 Hornwood Dr., Houston, Tx 77074  
◊ 713-995-0909  
◊ Children (6 yrs+), Adults
- **In a psychiatric emergency you can also call the HPD Mental Health Division**  
◊ Emergency dial 911  
◊ HPD non-emergency line: 713-884-3131  
◊ For mental health issue that does not require an immediate police response: Mental Health Division: 832-394-4200

### **Survivors of Suicide Loss**

*Support Group for adults who have lost a loved one to suicide*

**Mondays, 6-7:30 p.m.**

**November 7-December 12**

**Nick Finnegan Counseling Center, 2714 Joanel**

**Led by two licensed mental health professionals:**

**Lizzy Bowen, MA, LCSW**

**Heather Timmis, MA, LMFT-S**

**Cost is \$30 per meeting**

**(Insurance and reduced fee application available for this group.)**

*Interested participants should call NFCC at 713-402-5046 to schedule a 20-minute phone screening with one of the counselors to see if the group is a good fit.*