



College of Osteopathic Medicine  
SAM HOUSTON STATE UNIVERSITY

---

## Element 9.8: Mental Health Services

### Overview of Physical and Mental Health Services

Maintaining physical and mental health is priority as our students matriculate through SHSU-COM. It is common for medical students to seek health services and emotional support through the rigors of a medical education. The university has student health services confidential counseling services at the Huntsville campus and The Woodlands Center that are available to all SHSU students. SHSU-COM encourages students to recognize healthcare needs and seek appropriate care. SHSU-COM provides a list of physical and mental health resources in proximity to the SHSU-COM and University Campuses, as well as in the regions for assigned clinical rotations. Questions should be directed to the SHSU Student Counseling Center at 936-294-1720.

SHSU also offers a comprehensive health insurance plan entitled AHP for all students, which includes access to 24/7 telehealth services and virtual telemental health services by appointment. This means that students who have opted in to the health plan can receive medical and mental health care remotely, at any time of day or night, from the comfort of their own home or dorm room

SHSU-COM understands that accessing in-person healthcare can be challenging, particularly during busy academic schedules. That's why we've partnered with [AcademicLiveCare](#) to provide easy and convenient telehealth services for our students. With just a few clicks, students can schedule a virtual appointment with a qualified healthcare provider and receive personalized care for their medical or mental health needs. <https://shsu-com.myahpcare.com/benefits>

- **9.8-3 Supporting Documentation**
  - List of Mental Health Services Available to Students – [link](#)
    - Big Bend – [link](#)
    - Central Texas – [link](#)
    - Coastal Bend – [link](#)
    - Conroe – [link](#)
    - Houston – [link](#)
    - Nor-Lea – [link](#)
    - Piney Woods – [link](#)
    - Red River – [link](#)
    - Southeast Texas – [link](#)
    - Virtual Only Resources – [link](#)



College of Osteopathic Medicine  
SAM HOUSTON STATE UNIVERSITY

# CORE ROTATION SITE HEALTH RESOURCES

2023-2024

## Mental Health Facilities



# Mental Health Facilities

## BIG BEND

Permian Base Community Centers

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

*Mental Health*

Accepts most insurance plans.

**805 N. 5th Street, Alpine, TX 79830**

Monday-Friday: 8:00AM-5:00PM

432.837.3373

# CENTRAL TEXAS

## Lakes Regional MHMR Center

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

Behavioral Health, Crisis intervention, Substance Abuse services

**800 N. Main St., Corsicana, TX 75110**

Monday-Friday: 8:00AM-5:00PM

903.872.2491

# COASTAL BEND

## Access Health\*

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

*Behavioral health services*

**40 Austin Street, Richmond, Texas 77469**

Monday-Friday: 7:00AM-7:00PM; Saturday: 8:00AM-12:00PM

281.342.4530

## Texana Center\*

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

*Behavioral Health*

**1818 Collins Road, Richmond, Texas**

Monday-Friday: 8:00AM-5:00PM

281.239.1300 / Crisis Line: 800.633.5686

Group Support (call Mrs. Asma Rahim at the number provided)

*Suicide Prevention and Bereavement*

Free

**10701 Corporate Drive, Stafford, Texas 77477 (large conference room on the 1st floor)**

Fridays at 12:30PM

832.308.8146



# CONROE

## Lone Star Family Health Center\*

[www.lonestarfamily.org](http://www.lonestarfamily.org)

*Medical, Dental and Counseling services*

Insurance or self-pay. Have financial services. [OBJ]

**605 S. Conroe Medical Drive, Conroe, Texas 77304**

Monday-Friday: 8:00AM-5:00PM (Closed 12-1 for Lunch); After Hours Walk-In Monday-Friday: 5:00PM-9:00PM, Saturday: 9:00AM-1:00PM

**440 Rayford Rd. Suite 150, Spring, Texas 77386**

Monday-Friday: 8:00AM-5:00PM (Closed 12-1 for Lunch)

**13905 Grangerland Road, Conroe, Texas 77306**

Monday: 3:00PM-7:00PM; Thursday: 8:00AM-12:00PM & 3:00PM-7:00PM

**9516 West FM 1097, Suite 140, Willis, Texas 77318**

Monday-Friday: 8:00AM-5:00PM (Closed 12-1 for Lunch)

936.539.4004

## The SHSU Student Health and Counseling Center

<https://www.shsu.edu/dept/Counseling>

*Counseling Services*

**1608 Avenue J, Huntsville, Texas 77341 (SHSU Main Campus)** [OBJ]

Monday-Friday: 8:00AM-5:00PM Open until 7:00PM on Tuesday & Wednesday during the Fall and Spring Semesters

936.294.1720

## The SHSU Student Health and Counseling Center

<https://www.shsu.edu/academics/woodlands-center/>

*Counseling Services*

**3380 College Park Drive, Room 151 (at the SHSU Woodlands Center campus)**

Call and leave a message. By appointment only.

936.202.5012

## Tri-County Behavioral Healthcare\*

<http://www.tricountyservices.org/adult-mental-health>

*Psychiatric Emergency Treatment Center (PETC)*

**706 FM 2854, Conroe, Texas 77301**

24/7 Inpatient Treatment

Crisis Line 800.659.6994

## Tri-County Behavioral Healthcare: East Montgomery County Crisis Center (EMCCC)\*

<http://www.tricountyservices.org/adult-mental-health>

*Psychiatric Emergency Treatment Center (PETC)*

SE Corner of I-69 and FM 1314, Porter, Texas

7 days a week, 12:00PM-12:00AM

936.538.1170 / Crisis Line 800.659.6994

## Tri-County Behavioral Healthcare: Montgomery County\*

<http://www.tricountyservices.org/adult-mental-health>

*Psychiatric Emergency Treatment Center (PETC)*

**233 Sgt. Ed Holcomb Blvd. S. Conroe, Texas 77304**

Monday-Friday: 8:00AM-5:00PM

936.521.6100

## Tri-County Behavioral Healthcare: Walker County\*

<http://www.tricountyservices.org/adult-mental-health>

*Psychiatric Emergency Treatment Center (PETC)*

**7045 Hwy 75 South, Huntsville, Texas 77340**

Monday-Friday: 8:00AM-5:00PM

936.291.5800

## Tri-County Behavioral Healthcare: Liberty County/Cleveland\*

<http://www.tricountyservices.org/adult-mental-health>

*Psychiatric Emergency Treatment Center (PETC)*

**2004 Truman, Cleveland, Texas 77327**

Monday-Friday: 8:00AM-5:00PM

281.432.3000

## Tri-County Behavioral Healthcare: Liberty County/Liberty\*

<http://www.tricountyservices.org/adult-mental-health>

*Psychiatric Emergency Treatment Center (PETC)*

**2000 Panther Ln, Liberty, Texas**

Monday-Friday: 8:00AM-5:00PM

936.334.3299

## Piney Woods Counseling /Behavioral Center

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

*Psychiatric Emergency Treatment Center (PETC)*

**1805 SH 30, Huntsville, TX 77320**

Monday-Friday: 8:00AM-5:00PM

936.355.3555

## Brand New You Counseling Center

<https://www.brandnewyou1.com/>

*Psychiatric Emergency Treatment Center (PETC)*

**5452 TX-105, Conroe, TX 77304**

Monday-Friday: 8:00AM-5:00PM

936.520.9124

# HOUSTON

Harris Center for Mental Health and IDD

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

*Behavioral Health*

**9401 Southwest Fwy, Houston, TX 77074**

Monday-Friday: 8:00AM-5:00PM

713.970.7000



## NOR-LEA

### Guidance Center of Lea County Inc.

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

*Mental Health*

Accepts most insurance plans.

**920 West Broadway, Hobbs, NM 88241-0907**

Monday – Thurs: 8am –6pm, Friday: 8am - 5pm

575.393.3168; Crisis 855.NMCRISIS

### Guidance Center of Lea County North

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

*Mental Health*

Accepts most insurance plans.

**2130 West Bender, Hobbs, NM 88240**

Monday – Thurs: 8am –6pm, Friday: 8am - 5pm

575.391.0185; Crisis 855.NMCRISIS

### Eunice Health Clinic

<https://www.facebook.com/people/Eunice-Health-Clinic/100024343546079/>

*Mental Health (practitioner on-site only)*

Accepts most insurance plans.

**1109 Maine, Eunice, NM 88231**

Monday – Thurs: 7am – 12pm, 1pm – 5pm, Friday: 7am - 12pm

575.394.1091

### IntraCare North

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

*Psychiatric Emergency Treatment Center (PETC)*

**5500 Guhn Rd, Houston TX 77040**

24-hour availability – crisis

281.893.7200

## PINEY WOODS

### Pathways: Nacogdoches

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

*Mental Health*

Accepts most insurance plans.

**1132 NW Stallings Drive, Suite 2, Nacogdoches, TX 75964**

Monday-Thursday: 8:00AM to 5:00PM & Friday: 8:00AM-12:00PM

936.238.3868

### Pathways: Lufkin

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

*Mental Health*

Accepts most insurance plans.

**103 Wildlife Lane, Lufkin, TX 75904**

Monday-Thursday: 8:00AM to 5:00PM & Friday: 8:00AM-12:00PM

936.238.3868

### Burke Center\* (Lufkin)

<https://myburke.org/>

*Behavioral Health, Crisis intervention, Substance Abuse services*

**1522 West Frank, Lufkin, Texas 75904**

Monday-Friday: 8:00AM-5:00PM

936.630.3799

### Burke Center\* (Nacogdoches)

<https://myburke.org/>

*Behavioral Health, Crisis intervention, Substance Abuse services*

**3824 North University Drive, Nacogdoches, Texas 75965**

Monday-Friday: 8:00AM-5:00PM

936.558.6200

## RED RIVER

### Community Healthcore

<https://communityhealthcore.com/>

*Mental Health*

Accepts most insurance plans.

**Tyler, Texarkana, Marshall, Longview, Henderson, Gilmer, Clarksville, Carthage, and Atlanta TX**

Monday-Friday: 8:00AM-5:00PM

800.446.8253; Crisis 800.832.1009

### Permian Base Community Centers

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

*Mental Health*

Accepts most insurance plans.

**805 N. 5th Street, Alpine, TX 79830**

Monday-Friday: 8:00AM-5:00PM

432.837.3373

### Lighthouse Behavioral Wellness Centers

<https://www.lighthouseok.com/ada-clinic>

*Mental Health*

Accepts most insurance plans.

**301 W 4th St, Ada, OK 74820**

Monday – Friday: 7am – 12pm, 1pm – 5pm

580.436.2690

### Rolling Hills Hospital

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

*Mental Health*

Accepts most insurance plans.

**1000 Rolling Hills Ln, Ada, OK 74820**

24 hours

855.968.0757; 888.965.2702

### Carl Albert Mental Health

<https://oklahoma.gov/odmhsas.html>

*Mental Health*

Accepts most insurance plans.

**1308 Cradduck Rd, Ada, OK 74820**

Monday-Friday: 8:00AM-5:00PM

580.332.3699

## RIO GRANDE VALLEY

### Border Region Behavioral Health Center

<http://borderregion.org/>

*Mental Health*

Accepts most insurance plans.

**1500 Pappas Street, Laredo, TX 78044**

Monday-Friday: 8:00AM-5:00PM

956.794-3000; Crisis 800.643.1102

### Tropical Texas Behavioral Health Center

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

*Mental Health*

Accepts most insurance plans.

**1901 South 24<sup>th</sup> Avenue, Edinburg, TX 78539**

Monday-Friday: 8:00AM-5:00PM

956.289-7000

## SOUTHEAST TEXAS

### Samaritan Counseling Center of Southeast Texas

<http://www.sccset.org/>

*Mental Health*

Accepts most insurance plans.

**7980 Anchor Drive, Building 500, Port Arthur, TX 77642**

Monday-Friday: 9:00AM-5:00PM

409.300.3321

### NewPath Counseling Group

<https://travelanewpath.com/>

*Mental Health*

Accepts most insurance plans.

**3560 Delaware, Suite 402, Beaumont, TX 77706**

Monday-Friday: 9:00AM-6:00PM

409.515.7287

### Gulf Coast Health Center\* (Port Arthur)

[www.gulfcoasthc.org](http://www.gulfcoasthc.org)

*Mental Health*

**2548 Memorial Blvd, Port Arthur, Texas 77640**

Monday-Friday: 7:00AM-8:00PM

409.983.1161

### Spindletop Center\*

<http://www.spindletopcenter.org/>

*Crisis services, behavioral health and substance abuse*

**655 S. 8th Street, Beaumont, Texas 77701**

Monday-Friday: 8:00AM-5:00PM

409.869.1063 / Crisis Line: 80

## VIRTUAL ONLY RESOURCES

### AcademicLiveCare

<https://academiclivecare.com/>

Provides easy and convenient telehealth services for SHSU-COM students who have AHP. Schedule a virtual appointment with a qualified healthcare provider and receive personalized care for their medical or mental health needs. <https://shsu-com.myahpcare.com/benefits>

### Charlie Health

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

*Mental Health - Intensive Outpatient*

Accepts most insurances.

**Virtual Only**

24 Hours

866.484.8218

### BetterHelp

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

*Mental Health*

Accepts most insurance plans.

**Virtual Only**

24 Hours

<https://www.betterhelp.com/contact/>