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]
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
Lone Star Family Health Center*
www.lonestarfamily.org
*Medical, Dental and Counseling services
Insurance or self-pay. Have financial services.
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)
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 24th 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
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/