

# Resources

**We have listed a few of the resources available for Mental health and counseling below. This is not an exhaustive list, if none of the resources listed is helpful for you, please call a member of the FSN team for assistance.**

## **Houston's First Baptist Church**

Counseling Center provides **8 Free sessions** for HFD members, then \$50 after that.

Minister Dau Ayub 713-957-6760 or [dau.ayub@houstonfirst.org](mailto:dau.ayub@houstonfirst.org)

7401 Katy Fwy, Houston, TX 77024

## **UT Health First Responder Program**

<https://sbmi.uth.edu/ace/helpline.htm>

**Free telehealth** & other resources for first responders

1-833-367-4689

## **Honor Strong Program (Cypress Creek Hospital)**

Specialized Treatment for First Responders

[www.cypresscreekhospital.com](http://www.cypresscreekhospital.com)

281-995-1475

17750 Cali Drive, Houston TX 77090

## **New Dimensions Day Treatment Centers**

<https://nddtreatment.com/>

Clear Lake, The Woodlands, Katy

800-685-9796

# Resources

## **Memorial Hermann Prevention & Recovery Center (ParC)**

<https://parcbh.com/>

3043 Gessner, Houston TX 77080

713-939-7272

## **Kingwood Pines Hospital**

<https://kingwoodpines.com/>

2001 Ladbrook Dr., Kingwood, TX 77339

281-358-1495

## **Serenity Light Recovery**

[www.serenitylightrecovery.com](http://www.serenitylightrecovery.com)

1820 County Rd. 36, Angleton, TX 77515

855-658-6109

## **Warriors Heart**

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

756 Purple Sage Rd. Bandera, TX 78003

888-598-4875

## **IAFF Center of Excellence**

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

13400 Edgemeade Rd. Upper Marlboro, MD

855-900-8437

<https://www.iaffrecoverycenter.com/community-education/#Schedule>