



Public Health
Prevent. Promote. Protect.

Montgomery County
Public Health District

COMMUNITY RESOURCE GUIDE

HEALTHCARE

Conroe Veteran's Affairs (VA) Clinic	936-522-4000	Primary healthcare
HCA Houston Healthcare Conroe	936-539-1111	Hospital
Houston Methodist The Woodlands	936-270 -2000	Hospital
Interfaith Clinic The Woodlands	281-364-7889	Basic medical, dental, and mental healthcare
Lone Star Family Health Center: Conroe, Huntsville, Spring, Grangerland, Willis	936-539-4004	Medical, dental, and mental healthcare
Medicaid and Children's CHIP	1-800-MEDICARE	Medical assistance for adults and children
Memorial Hermann The Woodlands	713-897-2300	Hospital
Montgomery County Public Health Clinic Conroe	936-523-5020	Immunizations, testing and treatment for STD and Tuberculosis. Refer out for HIV
Montgomery County Hospital District	936-523-5100	Healthcare assistance and EMS services
Pregnancy Assistance Center North (PACN) Conroe	936-441-6442	Prenatal care
Pregnancy Center The Woodlands	281-367-1518	Prenatal care
St. Hope Foundation Clinic Conroe	936 241-2440	Medical and dental healthcare
St. Luke's Health - The Woodlands Hospital	936-483-2280	Hospital
Texas Children's Hospital The Woodlands	936-267-5000	Hospital
UTMB Clinic- Conroe	409-266-1888	Prenatal care and healthcare

MENTAL HEALTH

Mental Health Resource Center	936-494-4357	Counseling
Mosaics of Mercy	346-703-0051	Mental health and addiction recovery
Tri County Behavioral Health	936-521-6100	Psychiatric care
SHSU Jack Staggs Counseling Clinic	936-202-5012	No cost counseling services

CRISIS HOTLINES

Suicide and Crisis Lifeline	988	24/7 support for in-distress, prevention, and crisis
National Human Trafficking Hotline	1-888-373-7888	24/7 hotline
Yes to Youth	936-756-8682	Youth counseling and parent support
Montgomery County Women's Center	936-441-7273	Counseling and shelter
National Domestic Violence Hotline	1-800-799-7233	24/7 hotline. Text available: text "START" to 88788
Tri County Behavioral Healthcare	1-800-659-6994	24/7 hotline

LEGAL

Dispute Resolutions Center Conroe	936-760-6914	Conflict resolution for most disputes
Lone Star Legal Aid	936-539-2130	Family law assistance, divorce, property



Please take our survey!

As of 3/1/2024



Visit the MCPHD website

Over -->

PUBLIC HEALTH RESOURCES

cdc.gov	1-800-232-4636	General information and resources
https://www.cdc.gov/respiratory-viruses/	1-800-232-4636	Information on respiratory illness: COVID-19, flu, RSV
https://treatments.hhs.gov/	1-800-232-0233	Locate medications for COVID-19 treatment
COVID.gov and Vaccines.gov	1-800-527-7251	Information and vaccine locator
https://disabilityrightstx.org/en/vaccine-project/	1-800-880-8401	Accommodations for COVID or flu vaccines- transportation, in-home, and more

FINANCIAL

Community Assistance Center	936-539-1096	Rent and utility assistance
Creative Outreach Ministries	936-449-4357	Rent and utility assistance
Mission Northeast	281-354-1200	Rent and utility assistance
St. Vincent De Paul	936-539-1188	Rent and utility assistance
The Salvation Army	936-760-2440	Rent and utility assistance

SHELTER

BridgeWay Youth Shelter	936-890-1132	Shelter for teens 10-17 years of age
Campus of Hope	936-521-6000	Shelter for men
Eagles Nest	936-703-3084	Shelter re-entry for ex-offenders (men)
Family Promise	936-441-8778	Shelter for families with children
Heaven's Army	832-401-7965	Addiction (women)
Journey Home	832-289-8257	Maternity home
Montgomery County Women's Center	936-441-4044	Shelter for domestic violence
The Salvation Army	936-760-2440	Shelter for men, women and families
Under Over Fellowship	936-447-0258	Day shelter, food, showers and laundry

FOOD PANTRIES

Conroe Church of Christ	936-756-8988	Wednesday and Friday 10:00 AM-12:00 PM
Meals on Wheels	936-756-5828	Meals for seniors
Montgomery County Food Bank	936-271-8800	Food assistance
St. Vincent De Paul	936-539-1188	Monday - Friday 9:00 AM-4:00 PM
The Salvation Army	936-760-2440	Monday - Friday 9:00 AM – 4:00PM
Compassion United, Terry's Table	936-274-3799	9:00 AM- 11:00 AM 1 st & 3 rd Thursday

GENERAL

Children's Books on Wheels	281-844-7596	Health, financial, education literacy and tax prep
God's Garage	936-286-8000	Car repair and donation
Habitat for Humanity	936-441-4663	Housing assistance
Hands of Justice	936-442-1089	Action against human trafficking
Inspiration Ranch	281-719-9322	Therapeutic horse riding program
Rainbow Room	281-914-9841	Toys, diapers, formula, and clothing
Sleep in Heavenly Peace	713-702-8766	Beds for children
Texas Health & Human Services	936-539-1161	Food stamps, WIC, Medicaid & CHIP
United Way	211	Referrals for rent, food and shelter
Volunteers of America	936-647-6170	Counseling and housing program
Workforce Solutions	936-441-0037	Assistance with employment

CLOTHING

Assistance League	936-760-1151	Discounted clothing and household items
Angelic Resale	936-441-5433	Discounted clothing and household items
Community Assistance Center	936-539-1096	Discounted clothing and household items
St. Vincent de Paul	936-539-1188	Discounted clothing