



Public Health

Prevent. Promote. Protect.

Montgomery County Public Health District

COMMUNITY RESOURCE GUIDE

HEALTHCARE

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| Conroe Veteran's Affairs | 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 | 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 District 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 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, Gynecology and Pediatrics healthcare |
| UTMB Clinic - New Caney | 281-577-8966 | Prenatal and Gynecology healthcare |

MENTAL HEALTH

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| Mental Health Resource Center | 936-494-4357 | Counseling |
| Mosaics of Mercy | 346-703-0051 | Mental health and addiction recovery |
| Tri-County Behavioral Healthcare | 936-521-6100 | Mental health, substance abuse disorders, intellectual/developmental disabilities |
| Woodland Springs | 936-283-4546 | Inpatient and Outpatient services |

CRISIS HOTLINES

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| 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 |

COVID-19 PANDEMIC RESOURCES

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| COVID-19 Therapeutics Locator | 1-800-232-0233 | Find COVID-19 treatments by zip code |
| COVID-19 Vaccines | 1-800-527-7251 | Information and vaccine locator |
| Centers for Disease Control and Prevention | 1-800-232-4636 | General information and resources |

LEGAL

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

FINANCIAL

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| 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

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| 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 victims of 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

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| 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

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| 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

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|---|--------------|---|
| 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 DePaul | 936-539-1188 | Discounted clothing |