If you or anyone you know needs help coping with depression, stress, anxiety and worry during the COVID-19 crisis, reach out to one of our mental health resource partners. Get online, phone, teleconference or in-person (by appointment) counseling. There are also free webinars available and most insurance is accepted.

### Mental Health Providers

#### Telehealth at Oceans Behavioral Hospital
- **Address:** 4001 Preston Rd. Suite 150, Pasadena, TX 77505
- **Phone:** 832-619-8836
- **Website:** Oceanspasadena.com

#### Clearhope Counseling
- **Address:** 6021 Fairmont Pkwy, Pasadena, TX 77504
- **Phone:** 281-769-2238
- **Website:** clearhopecounseling.com

#### Kelsey Seybold
- **Address:** 5001 E Sam Houston Pkwy S, Pasadena, TX 77505
- **Phone:** 713-442-7100
- **Website:** kelsey-seybold.com

#### Pasadena Health Center
- **Address:** 908 Southmore Ave Suite 100, Pasadena, TX 77502
- **Phone:** 713-554-1091
- **Website:** pasadenahealthcenter.com

#### Innovative Alternatives
- **Address:** 1335 Regents Park Dr. Suite 240, Houston, TX 77058
- **Phone:** 281-954-1769
- **Website:** innovativealternatives.org

#### HCA Houston Healthcare Southeast
- **Geriatric Behavioral Health Program**
- **Address:** 4000 Spencer Hwy, Pasadena, TX 77504
- **Phone:** 713-359-2000
- **Website:** hcahoustonhealthcare.com/southeast

#### Texas Health & Human Services
- **Mental Health Support Line**
- **24 Hours, 7 Days Per Week**
- **Phone:** 833-986-1919

#### Samaritan Center Clear Lake
- **Address:** 16441 Space Center Blvd. Suite C-100, Houston, TX 77058
- **Ph:** 281-480-7554  **Web:** samaritanhouston.org

#### The Bridge Over Troubled Waters
- **Address:** 3811 Allen Genoa Rd, Pasadena, TX 77504
- **Phone:** 713-472-0753
- **Website:** tbotw.org

#### HCA Houston Healthcare Southeast Geriatric Behavioral Health Program
- **Address:** 4000 Spencer Hwy, Pasadena, TX 77504
- **Phone:** 713-359-2000
- **Website:** hcahoustonhealthcare.com/southeast

#### Suicide Prevention Hotline
- **Phone:** 800-273-8255
- **Website:** suicidepreventionlifeline.org
- **Text HOME to 741741**

#### KSBJ Radio 24 Hour Prayer Line
- **Phone:** 281-652-5555

The following resources provide more information about anxiety disorders:

- Anxiety & Depression Association of America (adaa.org/finding-help/treatment)
- National Institute of Mental Health (nimh.nih.gov/health/topics/anxiety-disorders)
- American Psychological Association (apa.org/helpcenter/anxiety-treatment)

For more resources & information, visit PasadenaChamber.org