



Molina Healthcare of Texas Community Resource Guide



Introduction:

Thank you for being a valued member of Molina Healthcare of Texas.

We care about you and your family's healthcare needs and strive to provide you with the highest quality care.

The community organizations in this guide provide you with information on programs, services and resources to help you with your health and well-being.

We are here for you. If you have any questions, please call Member Services at (866) 449-6849 (TTY/TDD: 711) Monday – Friday, 8 a.m. to 6 p.m., central time or visit [MolinaHealthcare.com](https://www.molinahealthcare.com).



Chris Coffey

Plan President

Molina Healthcare of Texas

Other unique tools for our Molina Healthcare members:

MyMolina Mobile App

Our MyMolina mobile app lets you view, print and send your member ID card. You can search for doctors, change your PCP and much more! Anytime, anywhere!

Download the MyMolina app from the Apple Store or Google Play store!

Table of contents

- Behavioral health 5
- Child services 8
- Disability services 9
- Domestic violence 11
- General community resources 13
- Grief and loss 14
- Housing 15
- LGBTQ+ 16
- Nutrition 17
- Substance use 18
- Suicide prevention 19
- Veterans 20

Behavioral health

Alzheimer's Association

A national non-profit that offers support and resources for those affected by Alzheimer's and other dementias.

24/7 Helpline: (800) 272-3900

Alz.org

Co-Dependents Anonymous

A fellowship of men and women whose common purpose is to develop health relationships.

(888) 444-2359

(888) 444-2379 (Spanish)

codatexas.org

COMPEER

Promotes good mental health by making meaningful friendships and mentoring.

(800) 836-0475

compeer.org

Local Mental Health Authority (LMHAs) Crisis Numbers

Find your local LMHA and call their crisis number for help.

hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services

National Maternal Mental Health Hotline

Pregnant or just had a baby? The National Maternal Mental Health Hotline is free, confidential, and here to help 24/7.

Call or text: (833) TLC-MAMA (825-6262)

Mental Health America

Dedicated to addressing the needs of those living with mental illness and promoting the mental health of all.

Toll-free: (800) 969-6642

Mentalhealthamerica.net

Mental Health Texas

Provides learning and treatment opportunities for those coping with mental health conditions and those who support them.

mentalhealthtx.org

Mentally Ill Kids in Distress (MIKID)

MIKID improves the behavioral health and wellness of children and youth through a family-centered approach.

Mikid.org

National Suicide Prevention Lifeline

The lifeline is a free, confidential crisis hotline that is available 24/7 to provide counseling and mental health referrals.

Call: 988

Suicidepreventionlifeline.org

Postpartum Support International

Offers direct peer support for women dealing with postpartum depression.

Call: (800) 944-4773

Text "HELP" to (800) 944-4773 (English)/(971) 203-773 (Spanish)

postpartum.net

PTSD Alliance

An association to help those suffering from posttraumatic stress disorder.

(888) 436-6306

ptsdalliance.org

"I am really thankful and appreciative for all the connections to support and resources you have given me and I am appreciative for all the support from Care Management."

– Molina Member

**Details have been changed to protect member privacy.*

National Alliance on Mental Illness (NAMI)

This national mental health organization works to help those dealing with mental illness. NAMI can also help you connect with an attorney in your area.

(800) 950-NAMI (800-950-6264)

nami.org

National Center for PTSD-VA

For excellence on PTSD and traumatic stress. Serves the general public as well veterans.

(802) 296-6300

ptsd.va.gov

National Institute of Mental Health

The lead federal agency for research on mental disorders.

Toll-free: (866) 615-6464

TTY: (301) 443-8431

TTY Toll-free: (866) 415-8051

nimh.nih.gov

Substance Abuse and Mental Health Services Administration (SAMHSA)

Find treatment programs for mental and substance use disorders.

(800) 662-HELP (800-662-4357)

TDD: (800) 487-4889

samhsa.gov

Texas 2-1-1

Connects people with resources they need across Texas.

Dail 2-1-1

211Texas.org

Molina Healthcare of Texas Behavioral Health Services

We have staff ready to assist you with any behavioral health questions. Call our toll free crisis line at (800) 818-5837.

We also have a Molina Healthcare of Texas Behavioral Health Case Management program to help support our you and your family. Contact our Behavioral Health Customer Service Team at (888) 449-6849. We are here to help you get the care you need so you get the best possible results.

Child services

Children and Adults with ADD (CHADD)

Non-profit organization serving people affected by ADHD.

(800) 233-4050

chadd.org

Texas Early Childhood Intervention Services

This program can help you find services for children from birth to age three who may have disabilities or developmental delays.

<https://citysearch.hhsc.state.tx.us/>

Texas System of Care

Connects communities to ensure children and youth have access to mental health services.

<http://www.txsystemofcare.org/>

Texas Youth Helpline

Call, text or online chat services are available 24/7 for youth to discuss resources and find resources and services.

Call: (800) 989-6884

Text: (512) 872-5777

Online Chat: <https://www.dfps.texas.gov/youth-helpline/>

The National Child Traumatic Stress Network

Organization created to raise the standard of care and increase access to services for children and families who experience or witness traumatic events.

nctsn.org



“Our Care Manager worked hard to find our kids a bed to sleep in and ensure my family was safe and taken care of.”

– Molina Member

**Details have been changed to protect member privacy.*

Disability services

Resources to help those with disability, access and functional needs

The ARC

The largest national community-based organization advocating for and with people with intellectual and developmental disabilities and serving them and their families.

(800) 433-5255

thearc.org

Autism Society of America

1-800-3AUTISM (1-800-328-8476)

autismsociety.org

Autism Speaks

(888) 288-4762/ En Español: (888) 772-9050

autismspeaks.org

Federal Disability Resource Guide

usa.gov/disability-services



Raising Special Kids

Helps to improve the lives of children with the full range of disabilities, from birth to age 26 by offering support, training, information and individual help so families can best support their children.

(800) 237-3007

[Raisingspecialkids.org](https://raisingspecialkids.org)

Special Needs Directory

This resource is also helpful for locating Adaptive Equipment & Special Needs Products.

(877) 664-4565

especialneeds.com

Special Olympics

(800) 700-8585

specialolympics.org

Texas Disability Services

Locate aging, disability, behavioral health, and intellectual or developmental disability service offices near you.

<https://www.hhs.texas.gov/services/disability>

United Cerebral Palsy Association

(800) 872-5827

ucp.org



Domestic violence

24-hour Domestic Violence Hotline

(800) 799-SAFE (800-799-7233)

TTD: (800) 787-3224 Text "START" to 88788

thehotline.org

Chicanos Por La Causa De Colores

Domestic violence shelter for Spanish speaking survivors and their children.

24-hour hotline: (602) 269-1515

cplc.org

Child Help USA

Center that provides services to address the immediate safety and well-being of children who have been abused and/or neglected.

(602) 271-4500

childhelp.org

Children's Action Alliance

Non-profit organization that has been advocating for children for more than 30 years.

(602) 266-0707

azchildren.org

RAINN (Rape, Abuse & Incest National Network)

24/7 Hotline: (800) 656-HOPE (800-656-4673)

Online chat: online.rainn.org

STAND! For Families Free of Violence

(888) 215-5555

standffov.org

Texas Council on Family Violence

Non-profit coalition dedicated to creating safer communities and freedom from family violence.

Tcfv.org

Texas Domestic Violence Help

domesticshelters.org/help/tx

Women's Shelters Directory

womenshelters.org

General community resources

2-1-1 Texas

A hotline and web-based directory to help connect people with critical services in their community.

Dial 2-1-1

Area Agency on Aging

Programs and services developed for older Texans.

Call: (800) 252-9240

Chicanos Por La Causa (CPLC)

CPLC operates 14 Early Childhood Development Head Start centers across Texas, providing a gathering place for pre-school children and families to learn and grow in a nurturing and safe environment.

<https://cplc.org/regions/texas>

Local Mental Health or Behavioral Health Authority

There are over 30 local mental health authorities and two (2) local behavioral health authorities that delivers mental health services in Texas communities.

hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services

Senior Help Line

(800) 252-9240 or 2-1-1

Molina Help Finder

Find low- and no-cost resources in your community with Molina Help Finder.

MolinaHelpFinder.com



“Thank you for changing my mind about health insurance companies. I have never felt so supported.”

– Molina Member

**Details have been changed to protect member privacy.*

Grief and loss

The Compassionate Friends

Support after the loss of a child, any age, any cause.

(877) 969-0010

compassionatefriends.org

Grief Recovery After a Substance Passing (GRASP)

Support for those who have lost someone to substance use or addiction.

(302) 492-7717

grasphelp.org

American Foundation for Suicide Prevention

(800) 273-8255

afsp.org

Housing

2-1-1 Housing Choices

<https://www.211texas.org/housing-choices-finding-a-place-to-live/>

HUD Resource Locator

Search for subsidized apartments, public housing authorities, emergency rental assistance and more.

resources.hud.gov

Texas Affiliation of Affordable House Providers

<https://taahp.org/affordable-housing-resources-for-residents/>

Texas Department of Housing and Community Affairs

<https://www.tdhca.texas.gov/help-for-texans>



“My Case Manager listens to me and helps me with my own needs by staying connected.”

– Molina Member

**Details have been changed to protect member privacy.*

LGBTQ+

The Trevor Project

Specializes in gay and lesbian youth suicide prevention.

(866) 488-7386

thetrevorproject.org

Nutrition

Central Texas Food Bank

www.centraltexasfoodbank.org

North Texas Food Bank

<https://ntfb.org>

East Texas Food Bank

www.easttexasfoodbank.org

South Texas Food Bank

www.southtexasfoodbank.org

West Texas Food Bank

<https://wtxfoodbank.org>

Supplemental Nutrition Assistance Program (SNAP)

YourTexasBenefits.com

Substance use

Adult Children of Alcoholics

(310) 534-1815

<https://adultchildren.org/>

Al-Anon/Alateen

Al-Anon is a support group for people who are worried about someone with a drinking problem. Alateen is similar but for teens.

(888) 425-2666

al-anon.org

Alcoholics Anonymous (AA)

Alcoholicsanonymous.com

Families Anonymous

(800) 736-9805

familiesanonymous.org

Narcotics Anonymous (NA)

(800) 913-2720

narcotics.com

Substance Abuse and Mental Health Services Administration (SAMHSA)

Find treatment programs for mental and substance use disorders.

(800) 662-HELP (800-662-4357)

TDD: (800) 487-4889

samhsa.gov

Outreach, Screening, Assessment and Referral

Texas has outreach, screening, assessment and referral programs for anyone looking for information about substance use services. These services are available by region.

Visit <https://www.hhs.texas.gov/services/mental-health-substance-use/mental-health-substance-use-resources/outreach-screening-assessment-referral>

“Thank you for referring me to the substance abuse treatment center that worked to pull me out of a dark situation. I am lucky to have a Case Manager who really cares about me.”

– Molina Member

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Suicide prevention

National Suicide Prevention Lifeline

The lifeline is a free, confidential crisis hotline that is available 24/7 to provide counseling and mental health referrals.

Call: 988

[Suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

Texas Suicide Prevention Crisis Text Line

This Crisis Hotline is available 24/7. The Crisis Text line serves anyone, in any type of crisis, connect them with a crisis counselor who can provide support and information.

Text: "HELLO" to 741741

[Crisistextline.org](https://crisistextline.org)

Texas Youth Helpline

A helpline to help young people in Texas find a counselor, safe shelter, or if you need someone to talk to.

Call: (800) 989-6884

<https://www.dfps.texas.gov/youth-helpline/>

Yellow Ribbon Suicide Prevention Program

(800) 273-TALK (800-273-8255)

Text HELP to 741741

yellowribbon.org

Veterans

Be Connected

This connects veterans and families to the benefits and services earned through military service.

texvet.org

Community Resource & Referral Centers (CRRCs)

For help with housing, health and mental health care, accessing VA and non-VA benefits and more.

va.gov/HOMELESS/CRRC.asp

Department of Defense Safe Line

(877) 995-5247

safehelpline.org

The Texas Veterans Portal

Provides help directly to veterans and their dependents throughout the state. Services include health and wellness, education and training, and urgent needs assistance.

(800) 273-8255

<https://veterans.portal.texas.gov/>

VA Caregiver Support Line

(855) 260-3274

VA Vet Centers

Community-based counseling centers to make a successful transition from military to civilian life or after a traumatic event.

vetcenter.va.gov

Veterans Administration

Benefits: (800) 827-1000

Health care: (877) 222-VETS (877-222-8387)

MyVA311: (844) 698-2311, TTY: 711

VA Inspector General: (800) 488-8244

Veterans Crisis Line: (800) 273-8255

24-hour talk/crisis line: (877) WAR VETS

Veteran Readiness and Employment Program: benefits.va.gov/vocrehab/

VA Benefits

To find out about transition, disability and compensation, home loans, pensions and more.

Call MyVA311: (844) 698-2311, TTY: 711

benefits.va.gov/benefits

Veterans Crisis Line

Free, confidential resource that connects veterans 24 hours a day, 7 days a week with a trained responder. Available to all veterans, even if they are not registered with the VA or enrolled in VA healthcare.

Call: (800) 273-TALK (8255) and press 1

Text: 838255

Veteranscrisisline.net

Wounded Warrior Project

(877) TEAM-WWP (877-832-6997)

woundedwarriorproject.org

“As someone who struggled with substance abuse, I am thankful for the tools and resources given to me to help me get back on my feet.”

– Molina Member

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