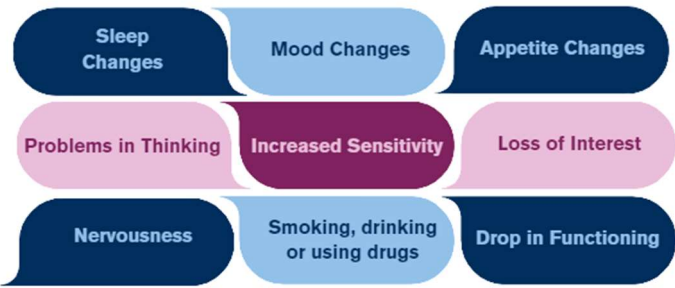


KNOW IF SEEKING SERVICES IS RIGHT FOR YOU

These early signs and symptoms can indicate if it is a good decision to seek mental health support:



Seeking mental healthcare is a personal decision. There is no list of requirements you need to meet before seeking help.ⁱⁱⁱ

Different Types of Mental Health Services

If you decide to seek mental healthcare resources, there are different types of services you can access.

Individual Therapy is when you talk about your concerns to a mental healthcare professional one-on-one. These sessions can help you develop coping mechanisms when you are going through difficult life situations.^{iv}

Group Therapy involves a therapist leading a small group of patients. These sessions usually target one problem such as losing a loved one, depression, anxiety, trauma, or substance abuse. Groups can help create a support network outside of your family.^v

Self-Care Practices don't require you to meet with a mental healthcare professional and can usually be performed in the comfort of one's home. Activities may include yoga, meditation, art therapy, exercise, music therapy, acupuncture, herbal medicine, etc. These types of therapy can help provide relief but they can't replace therapy. Please consult your primary care doctor if you plan to take these courses of action.^{vi}

Resource Spotlight
Below is a list of resources in the Houston area that are immigrant-friendly and offer free or sliding-scale services:

Therapy Clinics	
The Alliance Wellness Clinic Phone: 713-554-1890 Address: 6420 Hillcroft Ave, Houston, TX 77081	Catholic Charities Archdiocese of Galveston Phone: 713-526-4611 Address: 2900 Louisiana St, Houston, TX 77006
Self-Care Practices	
The Post (Skylawn - Rooftop) - Zumba Classes Address: 401 Franklin St, Houston, TX 77002	Discovery Green - Free Fitness Classes Address: 1500 McKinney St, Houston, TX 77010
24/7 Hotlines	
National Domestic Violence Hotline: 1-800-799 -7233 Houston Areas Women's Center Domestic Violence: 713-528-2121 National Suicide Hotline: 988 The Harris Center for Mental Health and IDD: 1-866-970-7000	

This resource was created and published in partnership between the Tahirih Justice Center and Rice University Kinder Institute for Urban Research by Roselyn Ovalle, Rice University Community Bridges Fellow in April 2024. Questions about the information and resources in this guide can be directed to Houston@tahirih.org.

WORKS CITED

ⁱ CDC, “About Mental Health”, available at: rb.gy/1x6uty
ⁱⁱ Mental Health Foundation, “Factors that affect mental health”, available at: rb.gy/643fiw
ⁱⁱⁱ American Psychiatric Association, “Warning Signs of Mental Illness”, available at: rb.gy/103teu
^{iv} Family Doctor.org, “Different Types of Mental Health Treatment”, available at: <https://rb.gy/hl7n04>
^v American Psychological Association, “Psychotherapy: Understanding group therapy”, available at: rb.gy/gvri34
^{vi} Cleveland Clinic, “Complementary Medicine”, available at: <https://shorturl.at/fpJLX>



Mental Health and Immigration

What is Mental Health?

Mental health includes our emotional and psychological health. Our mental health can impact how we think, feel, and act towards ourselves and others. Depending on how these feelings impact our daily lives, we have the right to choose how we cope with what is affecting us. Prioritizing our mental health is essential throughout every stage of our life, from childhood to adulthood.ⁱ

Mental Health Factors

- Our well-being can be impacted by a variety of factors including:
- **Biological Factors:** Genetics, Chemical Imbalances, Diet, Sleep, Age, etc.
 - **Traumatic Experiences:** Trauma, Child Abuse, Sexual Assault, Domestic Violence, etc.
 - **Social Factors:** Relationships, Family, Work, Money, Housing, Stress, Legal Status, etc.

Depending on what has happened in our lives, either in the past or in the present, the degree to which our mental health is affected can vary. This is why it is important for us to routinely reflect on our emotions toward ourselves and others.ⁱⁱ

FIND MENTAL HEALTH RESOURCES

SHAREEDIT

✓

Harris County Psychotherapy (English)

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All items

Dr. Williams July, Licensed Psychologist

The Alliance Wellness Clinic - Gulfton (M...

The Alliance Wellness Clinic - Alief

The Alliance Wellness Clinic - East End

Catholic Charities Archdiocese of Galves...

Catholic Charities Archdiocese of Galves...

Catholic Charities Archdiocese of Galves...

El Centro de Corazon Quality Health Care

A map of Harris County, Texas, with numerous location pins. The pins are color-coded: red for general locations, orange for specific services, and purple for others. The map shows major highways like I-10, I-290, and I-67, and various city areas including Houston, Spring, Humble, and Baytown.

Scan the QR code to access a map of immigrant-friendly resources near you:

A square QR code with a blue and white pixelated pattern. In the center of the QR code is a small, stylized blue bird icon.

Paying for Mental Health Services

If you decide to seek therapy, prices are often charged by the hourly session. Typically, clinics accept the following forms of payment:

- Private Health Insurance
- Self - Pay
- Medicaid/Medicare
- Refugee Medical Assistance

Please make sure to ask about payment before making an appointment.

UNINSURED OR UNABLE TO PAY FOR SERVICES

If you are uninsured and unable to pay for mental healthcare services in the forms listed above, some clinics offer a **Sliding-Scale Assessment**. A Sliding Scale assessment is conducted by a clinic to determine the amount a patient should pay. This price depends on household income and family size. The process to obtain this reduced fee is as follows:

Call the clinic. Ask if they offer Sliding Scale Assessments . If yes, most offices will require these three things:		
1. Picture Identification , like a passport or TX ID. If you do not have any form of picture ID, you can obtain one in the following ways: • Passport: Visit your consulate office to request a passport from your home country • Enhanced Library Card: if you live in Harris County, you can visit the Harris County Public Library and apply for an Enhanced Library Card. The card will include your photo, full name, date of birth, gender, address, library card number, and expiration date.	2. Proof of Income , like paychecks, pay stubs, tax returns, letters from your employer stating pay rate, statement of financial support for any source of income.	
	3. Proof of Address , like a utility bill, lease agreement, or mail with your name on it.	