

THERAPY/ COUNSELING RESOURCES

Harper Fest. – *FREE Counseling Services. No Insurance Required*

- Unfortunately, our industry is also riddled with mental health struggles. While they are a tribe of STRONG men and women, they are not shielded from the gauntlet of mental health. Depression, anxiety and acute stress top this list for many, but the struggles are spread far and wide. Many times, our brothers and sisters are unable to reach out and get the help or support that they really need to be successful. Whether they are hindered by stigma, lack of knowledge of available resources or inability to afford the resources provided, so many slip through the cracks and end up suffering silently.
- Get help by filling out the form provided on their website.

Journeys Counseling Center - *Accepts Most Insurances*

- Services offered:
 - Child counseling, adult counseling, Teen and young adult counseling, Couples counseling, Family counseling, Christian counseling, Online counseling, Career counseling and assessments.
- Insurances accepted:
 - Aetna, Anthem, Baylor Scott and White Health, Blue Cross Blue Shield, Cigna, First Care Health Plans, GEHA, UMR, Lyra, Optum, Providence Health Plan, Team Choice, Tricare, United Healthcare.
- Request an appointment by visiting their website.

Hours of Operation-

- Monday-Friday- 8:00am- 8:00pm
- Saturday- 8:00am- 3:00pm

Phone Number- 806-687-5413

Email- office@journeyscc.org .

Physical Address- 4703 S Loop 289, Lubbock, TX 79424

- **Crisis text line-** text HOME to 741741
- **988 Suicide and Crisis Lifeline.** <https://988lifeline.org/>

PHYSICAL/ SEXUAL ABUSE RESOURCES

Women's Protective services. - *For Women in Domestic Violence Situations*

- Crisis Intervention
- Counseling.
- Community Outreach and Education
- Children's Services
- Legal Advocacy
- Social Referrals
- Batterer's Intervention and Prevention Program (BIPP)
- The services provided at WPS are free and confidential. Services are available without regard to race, sex, handicap, national origin, color, religion, sexual orientation, or income.
- Our purpose and objectives are to provide a safe environment, offer community education, prevention, rehabilitation of violent family members, encourage the transition to self-sufficiency, and advocate for the prevention and elimination of family violence.

Hours of Operations- 24-Hour

Phone Number- WPS Hotline- 806-747-6491-

For IMMEDIATE assistance

- WPS Administration- 806-748-5292

Voice of Hope. -*24-Hour Sexual Assault Hotline*

- FREE SERVICES THAT ARE PROVIDED
 - 24-hour medical accompaniment
 - 24-hour sexual assault nurse examiner service
 - Counseling services
 - Law enforcement accompaniment
 - Case follow up and referral.
 - Judicial accompaniment
 - Community education/ prevention

Hours of Operation- 24- Hours

Phone Number- 806-763-3232

24-hour Sexual Assault Hotline- 806-763-RAPE (7273)

For those fleeing domestic violence - Immediate supplies available when in an unsafe situation

Physical Address-6302 Iola Ave Ste. 400

- Provides hygiene and essential clothing to those fleeing an abusive/ unsafe environment. D.A.S.H. Kits are care packages delivered directly to the hands of someone fleeing abuse. This care package won't provide everything you need, but it will help replenish some of what was left behind and offset some of the costs of resettling.
- These kits contain: Menstrual products (requesters choose type), New underwear, New bras, Special toiletry items, Bag to hold all items, Resources card.

*To request a kit, please put any U.S. address at which you can safely receive mail.

ALL information entered in this request form will be kept completely confidential.

Phone Number- 240-816-0570

Email- info@iSupportTheGirls.org

DRUG/ ALCOHOL ADDICTION RESOURCES

Grace Manor- *state funded treatment facility*

- Residential care typically involves making sure that your day resembles situations that you'll find in the real world. You'll have chores and responsibilities, which may include going to therapy, cleaning, and helping out with meals. That way, you can become more independent and develop healthy habits.
- **Insurance**
- Private Insurance
- Self- Pay Options
- Grace Manor provides Substance abuse treatment services for men and women over the age of 18 years.

Hours of Operation-

- Monday- 8:30am- 5:30pm
- Tuesday-Thursday- 8:30am- 9:00pm
- Friday- 8:30am-5:30pm

Phone Number- 806-897-9735

Physical Address- 2402 Canyon Lake Dr, Lubbock TX 79415.

The Shift Change Support Group- *support group for those in the restaurant industry*

- When and Where?
 - Tuesdays at 8:00pm at Picosos Mexican Kitchen (7611 Milwaukee Ave, Lubbock TX 79424)
 - Thursdays at 9:00am at Picosos Mexican Kitchen (7611 Milwaukee Ave, Lubbock TX 79424)
- The hard truth about the restaurant industry is that:
 - It is the 3rd highest industry for heavy alcohol use
 - It has the highest illicit drug use of any industry
 - It has the highest rate of substance use disorders
 - It is the 2nd highest in suicidal ideation
- This is why The Shift Change exists, to bring hope, healing, and real support to those in the industry.
- Help and support for those in the restaurant industry by the restaurant industry.
 - *Also provides support in Plainview TX and surrounding counties at Leal's Mexican Restaurant.*
 - *Wednesdays at 9:00am at Leal's (3311 Olton Rd, Plainview, TX 79072*

Sunrise Canyon Hospital- Mental Health Services

- StarCare's Sunrise Canyon Hospital provides short-term psychiatric treatment in a 30-bed inpatient facility to both men and women 18 or older. Treatment is designed to reduce symptoms of mental illness and is provided in a secure environment where care is provided by clinical staff and supervised by licensed psychiatrists.
- Sunrise Canyon Hospital offers the following:
 - Medication management, Mental health education, Therapeutic activities, Social Services

People in need of hospital access are admitted through one of the following ways:

- Mental health crisis, Voluntary admission, Emergency detention center, Magistrate's warrant, Sunrise Canyon Hospital
- Serves the Cochran, Hockley, Lubbock, Crosby, and Lynn counties

Hours of Operation-

- Monday - Friday: 8:00am- 5:00pm

Phone Number- 806-740-1421

Physical Address- 1950 Aspen Ave, Lubbock, TX

Oceans Healthcare- Mental Health Services

- We are passionate about helping individuals experiencing depression; anxiety; schizophrenia; behavioral changes related to Alzheimer's disease or other dementias, medication management or substance abuse; and other mental health issues.

Services

- Inpatient and outpatient mental health services, Inpatient Behavioral Services (Adults 18+), Specialized units to meet the needs of patients with moderate or severe mental health.
- We accept Medicare, Medicaid, TRICARE and most private insurance

Our treatment plans are unique to each individual, but common program features include:

- program oversight by Board-certified or Board-eligible psychiatrists, daily monitoring by clinical staff, mental health education, medication education and management, diagnosis and symptom education, daily monitoring with medical physician oversight, caregiver and/or family therapy options, supportive discharge planning

Hours of Operation- Open 24/7

Phone Number- 806-516-1190

Email- Lubbockinfo@oceanshealthcare.com

Physical Address- 4202 Princeton Street, Lubbock, TX 79415

GED/ EDUCATIONAL OPPORTUNITIES

Physical Address-6302 Iola Ave Ste. 400

PMK GED Classes- FREE GED courses offered through the restaurant

- Partnered with literacy of Lubbock to provide FREE GED courses to the restaurant industry.
- Hours of Operation
 - Monday: 9:00-10:30 am
 - Friday: 9:00- 10:30 am
- Physical Address
 - 7611 Milwaukee Ave, Lubbock, TX 79424

Lubbock Dream Center. – GED Testing Site & FREE Adult Education Classes

- The Lubbock Dream Center joins the Pearson VUE Network to offer accessible and secure GED Certification Testing. Please visit GED.com to view available dates for testing at our location.
- They are also now offering Real Estate Licensing Exams for Realtors, Appraisers and Inspectors. Call our office for more information on how to schedule your exam.
- Free adult education classes. (GED) to anyone 17 years or older and not enrolled in public school.
- Provides studies in the following areas:
 - ADULT BASED EDUCATION (ABE)
 - Reading, Writing, English, Math, Science, and Social studies
 - GED PREPARATION (teacher in classroom and computer assisted instruction in preparation for the GED)
 - Writing skills, English and grammar usage, Essay writing, Science, Social studies, Literature and the arts, and Math.
 - ENGLISH-AS-A-SECOND LANGUAGE (ESL)
 - Conversational English, Reading and writing in English, Citizenship, Literacy, Basic reading skills for non-readers, and Reading improvement for any level reader.

Hours of Operations-

- Monday- Thursday- 8:00am- 5:00pm
- Friday- 8:00am – 4:00pm

Phone Number- 806-281-5750

Physical Address- 1601 24th St.