

Pregnancy, Parenting and Depression Resource List

House Bill 341 Compliance

The Texas Legislature passed HB 341, Parenting and Postpartum Counseling Information, in the 78th Regular Legislative Session (2003). **This law, effective Sept. 1, 2003, requires physicians, midwives, hospitals and birthing centers who provide prenatal care to a pregnant woman during gestation or at delivery to provide the woman with a current resource list of professional organizations that provide postpartum counseling and assistance to parents. The list is maintained by the Texas Department of Health (TDH), and can be obtained at the following website address:**

<http://www.tdh.state.tx.us/mch/depression.htm>

In addition, it must be documented in the client's chart that she received this information and the documentation must be retained for a minimum of three years. **It is recommended that the information be given twice, once at the first prenatal visit and again after delivery.** For more information on HB 341 or postpartum depression, please contact Chan McDermott, Perinatal Health Program, at 512-458-7796 or chan.mcdermott@tdh.state.tx.us.

This list contains the names and addresses of professional organizations that can help you find a local resource that meets your needs. There are also some toll-free assistance phone lines. The list will be updated regularly. If you do not see an organization on this list that you feel comfortable contacting, we encourage you to check with your health care provider or a clergy member as he or she may be able to give you some ideas as well.

Health & Human Services Commission Information & Referral information www.hhsc.state.tx.us/tirn/tirnhome.htm	Postpartum Resource Center Of Texas 811 Nueces Austin, TX 78701 1-877-472-1002 - toll-free www.texaspostpartum.org	Texas Department of State Health Services Family Health Services, Information & Referral Line Phone: 1-800-422-2956
Center for Parent Education, University of North Texas www.unt.edu/cpe Contact: Arminta Jacobson at 888-662-7457 Email parenting@unt.edu or fax 940-369-7955	Toll-Free Telephone Assistance Lines: Texas Department of State Health Services Family Health Services, Information & Referral Line 1-800-422-2956	On-line Assistance: Texas Information and Referral Network www.hhsc.state.tx.us/tirn/tirnhome.htm
Texas 2-1-1 Texas, formerly First Call for Help, is a service for the entire community. 2-1-1 is the new abbreviated dialing code for free, bilingual information and referrals to health and human services and community organizations. 2-1-1 serves as the number to call for information about community organizations, and it links individuals and families to critical health and human services provided by nonprofit organizations and government agencies in their own community. 2-1-1 Texas is currently available statewide:		
Alamo Area Home Counseling Services P.O. Box 500064 San Antonio, TX 78280 (210) 521-6392	Family Service Association 230 Pereida San Antonio, TX 78228 (210) 226-3391 Counseling, groups	Alpha Omega In-Home Services 4538 Centerview Dr., Ste. 218 San Antonio, TX 78228 Toll-Free # 1-866-730-2674 Counseling

Avalon Social Services 3707 N. St. Mary's San Antonio, TX 78212 (210) 735-7275 In home counseling, psychosocials	Jewish Family & Children's Services 12500 NW Military Hwy San Antonio, TX 78231 (210) 302-6920 Counseling, groups	Benitia Family Center 4650 Eldridge Ave San Antonio, TX 78237 (210) 433-9300 Counseling
Mental Health Association of Greater San Antonio 8431 Fredericksburg Road, Suite 110 San Antonio, Texas 78229 210-614-7566 Office healthymindconnection.org	Community Counseling Service of Our Lady of the Lake University 590 N. Gen McMullen San Antonio, TX 78228 (210) 434-1054	Mexican American Unity Council 2300 W. Commerce, Ste 200 San Antonio, TX 78207 (210) 978-0500 Counseling
Ecumenical Center for Religion & Health 8310 Ewing Halsell San Antonio, TX 78258 (210) 616-0885	Methodist Women's Center 803 Castroville, Ste. 131 San Antonio, TX 78207 (210) 575-0355 Groups every Tuesday 1-2	Family Life Center One Camino Santa Maria San Antonio, TX 78228 (210) 436-3133
St. Peters St. Joseph 919 Mission Rd San Antonio, TX 78210 (210) 533-6545	Postpartum Depression Center of San Antonio 921 Proton San Antonio, TX 78258 (210) 490-4540 Counseling	Northeast Texas Mental Health Mental Retardation #1 C Oaklawn Center Texarkana, TX 903- 831-7602
Southwest Arkansas Counseling and Mental Health Center 2904 Arkansas Blvd Texarkana, AR 870 773-4655 Contact Mary Gordan	Coastal Plains Center 101 West Potts Falfurrias Texas 78355 (361) 325-3676 or Crisis Hotline -1800-841-6467	Dallas Association for Parent Education 777 S. Central Expressway, Ste 1-T Richardson, Texas 75080 Phone: 972-699-0420 www.dallasparents.org
Mental Health Association of Greater Dallas 624 N. Good-Latimer, Ste. 200 Dallas, Texas 75204 Phone: 214-871-2420 www.mhadallas.org	Mental Health Association of Fort Bend County 10435 Greenbough Drive Suite 200 Stafford, TX, 77477 Phone: 281-261-1876 www.mhafbc.org	BERING SUPPORT NETWORK 1440 Harold Houston, Texas 77006 Phone: 713-526-1017 www.beringumc.org
MOM-TO-MOM GROUP Columbia-Clear Lake Regional Medical Ctr Phone: 713-371-5666	CRISIS HOTLINE NUMBERS FOR HOUSTON Phone: 713-HOTLINE Spanish language hotline: 713-526-8088	MONTROSE COUNSELING CENTER 701 Richmond Houston, Texas 77006 Phone: 713-529-0037 www.montrosecounselingcenter.org
DEPRESSION SUPPORT GROUPS Depression and Bipolar Support Alliance (Formerly Depressive and Manic-Depressive Association) Multiple sites Phone: 713-528-1546	POSTPARTUM ADJUSTMENT GROUP, WOMEN'S HOSPITAL OF TEXAS Phone: 713-791-7593	KINGWOOD HEALTH CENTER 2001 Ladbroke Houston, Texas 77339 Phone: 281-358-1495 www.kingwoodhealthcenter.com
order Region MHMR 517 West Viggie Hebronville, Texas 78361 (361) 527-5771 or Crisis Hotline 1-800-687-4241	Coastal Plains Center (provides for Jim Wells, Duval) 1165 East Main Alice, Texas 78332 (361) 664-9587 or Crisis Hotline 1-800-841-6467	Alice Counseling Center 63 South Wright Alice Texas 78332 (361) 664-8829

Coastal Plains (Kleberg) 914 East Fodyce Kingsville, Texas 78363 (361) 592-6481 or Crisis Hotline 1-800-841-6467	Covenant Behavioral Health Care Services 1-800-972-7575	Nueces County MHMR Community Center 102 North 4th St. Robstown Texas 78380 (361) 387-3588 or Crisis phone number (361) 814-8633
Family Support Services 1101 South Polk Amarillo TX 79101 (806) 342-2500 Crisis Hotline 800-749-9026 Website www.fss-ama.org	Samaritan Pastoral Counseling Center 200 NW 7th, 3C Amarillo TX 79107 (806) 353- 1668	The Pavilion at NorthWest Texas Healthcare Systems 1501 South Coulter Amarillo TX (806) 354-18010 www.nwtexashealthcare.com
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Mental Health Association of Tarrant County 3136 W. 4th Street Fort Worth, Texas 76107 Phone: 817-335-5405 www.mhatc.org	Mental Health Association of Abilene 500 Chestnut Street, Suite 1807 Abilene, Texas 79602 (915) 673-2300 www.abilenementalhealth.org	San Angelo Community Medical Center SACMC Postpartum Group 3501 Knickerboker Road San Angelo, Texas 76904 Phone: 325-947-6388 Email: Evelyn.Ashley@TriadHospitals.com