

Sam Houston State University
College of Osteopathic Medicine
Member the Texas State University System

Overview of Physical and Mental Health Services for Medical Students

Maintaining your physical and mental health is priority as you matriculate through SHSU-COM. It is common for medical students to seek health services and emotional support through the rigors of a medical education. The university has student health services confidential counseling services at the Huntsville campus and The Woodlands Center that are available to all SHSU students. SHSU-COM encourages students to recognize healthcare needs and seek appropriate care. The following is a list of physical and mental health resources in proximity to the SHSU-COM and University Campuses, as well as in the regions for assigned clinical rotations. Questions should be directed to **SHSU student services at 936-294-1720**.

In case of emergency, dial 911 in all areas

Information on Health, Food, Housing resources in Texas Dial 211 <http://www.211.org/>

Montgomery and Walker Counties

• **Huntsville Pediatric and Adult Medicine 936-295-8000**

Physical and mental health medication management. Accepts most insurance companies.

- 100 Medical Center Parkway, Suite 1000, Huntsville TX 77340
 - ✓ Monday-Thursday: 7:00AM-7:00PM; Friday: 7:00AM-12:00PM & 1:15PM-5:00PM;
Saturday: 8:00AM-12:00PM
- <https://www.mydrs.com>

• **Lone Star Family Health Center* 936-539-4004**

Medical, Dental and Counseling services. Insurance or self-pay. Have financial services.

- 605 S. Conroe Medical Drive, Conroe, Texas 77304
 - ✓ Monday-Friday: 8:00AM-5:00PM (Closed 12-1 for Lunch);
After Hours Walk-In Monday-Friday: 5:00PM-9:00PM, Saturday: 9:00AM-1:00PM
- 440 Rayford Rd. Suite 150, Spring, Texas 77386
 - ✓ Monday-Friday: 8:00AM-5:00PM (Closed 12-1 for Lunch)
- 13905 Grangerland Road, Conroe, Texas 77306
 - ✓ Monday: 3:00PM-7:00PM; Thursday: 8:00AM-12:00PM & 3:00PM-7:00PM
- 9516 West FM 1097, Suite 140, Willis, Texas 77318
 - ✓ Monday-Friday: 8:00AM-5:00PM (Closed 12-1 for Lunch)
- www.lonestarfamily.org

• **Tri-County Behavioral Healthcare***

- Psychiatric Emergency Treatment Center (PETC) **Crisis Line: 800-659-6994**
 - ✓ 706 FM 2854, Conroe, Texas 77301; 24/7 Inpatient Treatment
- East Montgomery County Crisis Center (EMCCC) Facility: **936-538-1170/ Crisis Line: 800-659-6994**
 - ✓ SE Corner of I-69 and FM 1314, Porter, Texas; 7 days a week, 12:00PM-12:00AM
- Montgomery County: **936-521-6100**
 - ✓ 233 Sgt. Ed Holcomb Blvd. S. Conroe, Texas 77304; Monday-Friday: 8:00AM-5:00PM
- Walker County: **936-291-5800**
 - ✓ 7045 Hwy 75 South, Huntsville Texas 77340; Monday-Friday: 8:00AM-5:00PM
- Liberty County/Cleveland: **281-432-3000**
 - ✓ 2004 Truman, Cleveland Texas 77327; Monday-Friday: 8:00AM-5:00PM
- Liberty County/Liberty: **936-334-3299**
 - ✓ 2000 Panther Ln, Liberty Texas; Monday-Friday: 8:00AM-5:00PM
- <http://www.tricountyservices.org/adult-mental-health>

- **The SHSU Student Health and Counseling Center**

Acute and preventive Health Service, Counseling, Dental care

- 1608 Avenue J, Huntsville, Texas 77341 (SHSU Main Campus)

SHSU Medical Clinic – 1st Floor **936-294-1805**

- ✓ Monday-Thursday: 8:00AM to 6:00PM; Friday 8:00AM-5:00PM
- ✓ <https://www.shsu.edu/dept/student-health-center/>

SHSU Dental Clinic – 1st Floor **936-207-8472**

- ✓ Monday –Friday: 8:00AM-4:00PM
- ✓ <http://campus-smiles.com/shsu>

SHSU Counseling Center: **936-294-1720**

- ✓ Monday-Friday: 8:00am-5:00PM
- ✓ Open until 7:00PM on Tuesday & Wednesday during the Fall and Spring Semesters.
- ✓ <https://www.shsu.edu/dept/Counseling>

Community Counseling Center: **936-202-5012**

- 3380 College Park Drive, Room 151 (at the Woodlands Center campus)
- ✓ Call and leave a message. By appointment only.
- ✓ <https://www.shsu.edu/academics/woodlands-center/>

Nacogdoches and Lufkin Region

- **Nacogdoches Health Partners 936-559-0700**

Physical Health Only. Accepts Most Insurance Plans

- 4800 NE Stallings Dr. #109, Nacogdoches, TX 75965
- ✓ Monday-Friday: 8:00AM to 5:00PM. Open Wednesday till 7:00PM
- <http://www.nachealthpartners.com/>

- **East Texas Family Medicine 936-634-3537**

Physical Health Only. Accepts Most Insurance Plans

- 206 Gene Samford Drive, Suite B, Lufkin, TX 75904
- ✓ Monday-Thursday: 8:00am to 5:00PM & Friday: 8:00am-12:00PM
- <http://www.easttexasfamilymedicine.com/>

- **Pathways 936-238-3868**

Mental Health. Accepts most insurance plans

- 1132 NW Stallings Drive, Suite 2, Nacogdoches, TX 75964
- ✓ Monday-Thursday: 8:00AM to 5:00PM & Friday: 8:00AM-12:00PM
- 103 Wildlife Lane, Lufkin, TX 75904
- ✓ Monday-Thursday: 8:00AM to 5:00PM & Friday: 8:00AM-12:00PM
- <https://www.jeanspathways.com/>

- **East Texas Community Health Services* 936-560-5668 Ext. 1100**

Medical, Dental, Counseling services

- East Side Medical Clinic: 1309 South University Drive, Nacogdoches Texas 75961
- ✓ Monday-Friday: 8:00AM-7PM
- West Side Dental Clinic, 1210 Douglas Road, Nacogdoches, Texas 75964
- ✓ Monday-Friday: 7:30am-5:00PM
- Lufkin Medical Clinic: 1316 Lakeview Drive, Lufkin, Texas 75904 **936-899-7214**
- ✓ Monday-Friday: 8:00AM-5:00PM
- Lufkin Dental Clinic: 205 Shands Drive, Lufkin, Texas 75904
- <http://www.etchc.com/>

- **Burke Center* Crisis Line 1-800-392-8343**

Medical and Behavioral Health, Crisis intervention, Substance Abuse services

- Lufkin Location: 1522 West Frank, Lufkin, Texas 75904 **936-630-3799**
 - ✓ Monday-Friday: 8:00AM-5:00PM
- Nacogdoches Location: 3824 North University Drive, Nacogdoches, Texas 75965 **936-558-6200**
 - ✓ Monday-Friday: 8:00AM-5:00PM
- <https://myburke.org/>

Southeast Texas Region

- **Samaritan Counseling Center of Southeast Texas 409-300-3321**

Mental Health. Accepts most insurance plans

- 7980 Anchor Drive, Building 500, Port Arthur, TX 77642
 - ✓ Monday-Friday: 9:00AM-5:00PM
- <http://www.sccset.org/>

- **CHRISTUS Family Medicine**

Physical Health. Accepts most insurance plans.

- 8445 Memorial Boulevard, Suite 500, Port Arthur, TX 77640 **409-982-6461**
 - ✓ Monday-Friday: 7:30AM-4:00PM
- 3030 North Street, Suite 420, Beaumont, TX 77702 **409-835-2900**
 - ✓ Monday-Friday: 7:30AM-4:00PM
- <https://www.christushealth.org/locations-directions>

- **NewPath Counseling Group 409-515-7287**

Mental Health. Accepts most insurance plans

- 3560 Delaware, Suite 402, Beaumont, TX 77706
 - ✓ Monday-Friday: 9:00AM-6:00PM
- <https://travelanewpath.com/>

- **Gulf Coast Health Center , Port Arthur* 409-983-1161**

Medical, dental and mental health services

- 2548 Memorial Blvd, Port Arthur, Texas 77640
 - ✓ Monday-Friday: 7:00AM-8:00PM
- www.gulfcoasthc.org

- **Legacy Community Health, Beaumont* 409-242-2577**

Medical and Dental Services

- 450 North 11th Street, Beaumont, Texas 77702
 - ✓ Monday-Friday: 8:00AM-5:00PM
- <https://www.legacycommunityhealth.org/>

- **Spindletop Center***

- Crisis services, behavioral health and substance abuse **Crisis Line: 800-937-8097**
- Routine Services: 655 S. 8th Street, Beaumont , Texas 77701 **409-869-1063**
 - ✓ Monday-Friday: 8:00AM-5:00PM
- <http://www.spindletopcenter.org/>

Fort Bend County Region

- **Access Health* 281-342-4530**

Medical and behavioral health services

- 40 Austin Street, Richmond, Texas 77469
 - ✓ Monday-Friday: 7:00AM-7:00PM; Saturday: 8:00AM-12:00PM
- <https://www.myaccesshealth.org/>

- **Texana Center* Crisis Line: 800-633-5686**

Behavioral Health

- Routine Services: 1818 Collins Road, Richmond Texas 281-239-1300
 - ✓ Monday-Friday: 8:00AM-5:00PM
- <https://www.texanacenter.com/>

- **Fort Bend Premier Care 281-342-9500**

Medical Services only. Accepts most insurance.

- 1505 Liberty St, Richmond, TX 77469
 - ✓ Monday-Friday: 8:30AM-5:00PM
- <https://fortbendpremiercare.com/>

Free Group Support:

- Suicide Prevention and Bereavement. Every Fri. 12:30PM. Call Mrs. Asma Rahim 832-308-8146
 - RCCS, 10701 Corporate Drive, Large Conference Room, 1st Floor, Stafford, Texas 77477

Ennis and Corsicana Region

- **Hope Clinic* 972-923-2440**

Medical, Dental and Behavioral Health

- 805 West Lampasas, Ennis, Texas 75119
 - ✓ Monday-Friday: 8:00AM-5:00PM
- <https://www.freeclinics.com/det/hope-clinic-ennis>

- **Dalsan Counseling 903-874-7133**

Mental Health Counselors. Accept most insurance plans

- Medical Arts Plaza, 301 Hospital Dr. Ste. 198, Corsicana, TX 75110
 - ✓ Monday-Thursday: 9:00AM-5:00PM
- <http://www.dalsancounseling.com/>

- **Medical Associates at Corsicana Crossings 903-872-6065**

Medical. Accepts most insurance plans

- 3201 Corsicana Crossing Blvd. Corsicana, TX 75109
 - ✓ Monday-Friday: 8:00AM-5:00PM
- <https://www.navarro-docs.com/medical-associates-of-navarro-county/new-pp-location/medical-associates-at-corsicana-crossing-915>

All regions

National Substance Abuse and Mental Health Services Administration Help Line:

800-662-4357

National Suicide Prevention Lifeline:

800-273-8255

Affiliation agreements include the ability for students to be seen at the hospital emergency department in cases of emergency, needle stick or other immediate needs. The student is responsible for any charges incurred.

Students on self-selected elective rotations outside of affiliated facilities, along with SHSU-COM, must plan for their physical and mental health care needs with the University at the rotation site.

*Indicates a Community Health center for low-cost care for individuals who are residents of the county. Individuals seeking services must prove via financial documentation their residency as well as financial need for the services.