

Print this card out and cut on the dotted line, fold over and carry it in your wallet, backpack or purse.

We Care

**Need help?
You're not
alone!**

Just pick up the phone and dial a help number listed on the back of this card. Someone is there and waiting to talk to you.

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Earth Color Houston and Business Extension Bureau



Houston Bar
Association

Where to call for help...

The Texas United Way Helpline, 211 or
1-800-833-5948, is open 24 hours a day.

Alcohol & Drug Abuse

- Council on Alcohol & Drugs
Houston(713) 942-4100
- Palmer Drug Abuse
Program (PDAP)(281) 870-9311
- Alcoholics Anonymous (AA)(713) 686-6300
- TX DPT Protective & Regulatory
Services Abuse Hotline1-800-252-5400
- Escape Family Resource
Center(713) 942-9500

Child Abuse & Neglect

- The Children's Assessment
Center(713) 986-3300
- Family Service Center(713) 861-4849
- Healthy Family Initiatives(713) 270-8849
- Family Service Center(713) 861-4849
- DePelchin Children's Center(713) 730-2335
- Covenant House(713) 523-2231
- Interfaith Ministries(713) 522-3955
- Runaway Hotline1-800-392-3352
- Crisis Intervention of Houston ..(713) 468-5463
- Teen Line (713) 529-8336