

COMMUNITY RESOURCES

Below are some links that may assist you. If you should need more comprehensive information, e.g. resources to reduce the cost of medications, attorney discounts etc. please contact Kristi Marx, MSW, LCSW at 281-372-5118.

NON-PROFIT AGENCIES/SERVICES

[Alzheimer's Association](#)

National voluntary organization dedicated to researching the prevention, cures, and treatments of Alzheimer's Disease.

[American Cancer Society](#)

Dedicated to helping everyone who faces cancer through research, patient services, early detection, treatment, and education.

[American Diabetes Association](#)

Provides extensive news and information about diabetes including symptoms, nutrition, weight loss, prevention, research, and community resources.

[American Heart Association](#)

National health agency whose mission is to reduce disability and death from cardiovascular diseases and stroke.

[Cancer Support Network- CanCare](#)

CanCare is an interfaith cancer support network that offers free, one-on-one, long-term emotional support to cancer patients and their families.

[Elder Options of Texas](#)

Elder Options of Texas is an online directory of services and resources for Texans 55 and over.

[The Lighthouse of Houston](#)

The Lighthouse of Houston offers vocational evaluation, education programs, computer/technology training, and job placement assistance for the blind and visually impaired.

[My Part D USA](#)

Free assistance is provided to caregivers, and professionals in choosing Medicare Part D Drug Plan.

[National Stroke Association](#)

NSA provides information on stroke, stroke prevention, recovery and care.

[Senior Care Pharmacist](#)

Specialist in geriatric drug therapy who identifies and prevents medication-related problems.

[Senior Guidance Directory](#)

The SGD provides a comprehensive listing of resources and services available to support the needs of older adults.

[The Council on Alcohol and Drugs Houston](#)

Provide prevention, intervention, outpatient treatment and aftercare, education and outreach to individuals suffering from alcohol and drug dependency.

GOVERNMENT RESOURCES

[Social Security Administration](#)

SSA provides information on Social Security retirement and disability benefits.

[Medicare](#)

A consumer beneficiary website that provides access to information about Medicare.

[Texas Department of Aging and Disability Services](#)

The website provides a guide to the wide range of free or low-cost services available to serve older adults and their families in the state.

[Office of Attorney General](#)

The Attorney General serves and protects the rights of all Texas citizens through the activities of the various divisions of the agencies.

COUNSELING/EMOTIONAL SUPPORT

[Catholic Charities](#)

Catholic Charities is a non-profit organization providing community services and programs to families and individuals.

[Help Starts Here](#)

HSH provides a comprehensive search tool to help individuals find licensed clinical social workers. Social workers care for people in every stage of life, from children to the elderly.

[Crisis Hotline](#)

Crisis Hotline is for people in crisis who need to talk with someone immediately.

[Family Services of Greater Houston](#)

FS is a nonprofit agency who provides social services to mainly low-income children, families and adults.

[HFD Employee Assistance Program](#)

The City of Houston has provided an Employee Assistance Program (EAP) that can help you and your family cope with constant pressures and stresses associated with depression, alcohol/drug abuse, grief, marital and other life issues.

[Jewish Family Services](#)

JFS is a non-profit, non-sectarian, nationally accredited agency that provides a wide range of mental health and social services to people of all ages.

[Mental Health Association](#)

The Mental Health Association (MHA) promotes mental wellness and supports those with mental illness.

[Mental Wellness](#)

Mental Wellness provides news and information, and basic facts on various mental health issues.

[National Institute of Mental Health Info](#)

The National Institute of Mental Health (NIMH) is the largest scientific organization in the world dedicated to research focused on the understanding, treatment, and prevention of mental disorders and the promotion of mental health.

[Psychologist Locator](#)

A professional helps evaluate and assist you in finding a psychologist.

[Suicide Hotline](#)

The United States national suicide hotline provides free crisis counseling for those contemplating suicide.

REFERRAL SOURCES FOR LAWYERS

[Houston Lawyer Referral Service](#)

*The Houston Lawyer Referral Service can refer you to a qualified law firm in the greater Houston area.

[National Academy of Elder Law Attorneys](#)

The National Academy of Elder Law Attorneys, Inc. is a non-profit association that assists lawyers, bar organizations and others who work with older clients and their families and provides an elder law locator on their website.

[National Senior Citizens Law Center](#)

The Law Center advocates for the elderly poor, including low income retirees, minimum wage earners, women, minorities, and people with disabilities.

[Senior Law](#)

This is a Web site where senior citizens, their families, attorneys, social workers, and financial planners, can access information about elder law, Medicare, Medicaid, Medical planning, guardianship, estate planning, trusts and the rights of the elderly and disabled.

***PLEASE CONTACT KRISTI MARX, 281-372-5118 FOR INFORMATION ON FREE INITIAL CONSULTATIONS AND ATTORNEY DISCOUNTS.**