

Online Resources

- **SMART Recovery**
 - Offer methods in moving forward from addictive substances and negative behaviors for young adults, families, and First Responders.
 - <https://www.smartrecovery.org/about-us/>
- **The Recovery Village**
 - Offer teletherapy for addiction and mental health through matching you with a licensed professional who will meet with you regularly.
 - <https://www.therecoveryvillage.com/treatment-program/online-counseling/telehealth-app/>
- **Addiction Hope**
 - Offer online addiction therapy according to the American Society of Addiction Medicine protocols.
 - <https://www.addictionhope.com/>
- **Self Recovery**
 - Offer an online on-demand approach through a holistic model that guides patients through the underlying emotional causes of addiction.
 - <https://www.selfrecovery.org/>

Other Resources

St. Joseph Health Support Groups

- Offers a wide variety of contact information for support groups throughout the Bryan College Station area.
 - <https://stjoseph.stlukeshhealth.org/support-groups>

Twin City Mission Services

- Offer things such as Homeless & Housing Services, Domestic Violence Services, Youth & Family Services, and Donation & Resale Services to the 7 counties within the Brazos Valley
- <https://www.twincitymission.org/about-us-1>

Financial Assistance for Child Care

- Government funded through the federal Child Care and Development Fund in the state of Texas. Eligibility requirements are available on their website.
- <https://texasrisingstar.org/parents/financial-assistance-for-child-care/>

Texas Workforce Commission Child Care & Early Learning Services

- Strives to educate families about available help in the state to promote self-sufficiency in working parents.
- <https://www.twc.texas.gov/programs/childcare>

If you or a loved one are in a crisis situation:

National Suicide Prevention Helpline: 800-273-8255
National Domestic Violence Hotline: 800-799-7233
National Sexual Assault Hotline: 800-656-4673
Childhelp National Child Abuse Hotline: 800-422-4453
Substance Abuse and Mental Health Services Helpline: 800-662-4357