

Together We're Better

# **MILAM COUNTY**

# **HEALTH DEPARTMENT**

# **RESOURCE GUIDE**

**Updated March 2014** 

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## **ABUSE RESOURCES**

## **ADULT PROTECTIVE SERVICES**

Phone: 254-697-8792 OR 800-252-5400

Website: www.dfps.state.tx.us/Adult Protection

APS is responsible for investigating abuse, neglect, and exploitation of adults who are elderly or

have disabilities.

## AMERICAN HUMANE ASSOCIATION

Phone: 800-227-4645

Website: www.americanhumane.org

The American Humane Association is dedicated to protecting children, pets and farm animals

from abuse and neglect.

## **CHILD HELP**

Phone: 800-422-4453

Website: www.childhelp.org

Childhelp® is dedicated to helping victims of child abuse and neglect. Childhelp's approach

focuses on prevention, intervention and treatment.

#### HOPELINE FROM VERIZON

Phone: 972-444-5516

Website: <a href="http://www.verizonwireless.com/aboutus/hopeline/index.html">http://www.verizonwireless.com/aboutus/hopeline/index.html</a>

The HopeLine from Verizon program connects survivors of domestic violence to vital resources,

funds organizations nationwide and protects the environment.

#### NATIONAL CHILD ABUSE HOTLINE

Phone: 800-422-4453

Website: www.childhelp.org

The Childhelp National Child Abuse Hotline 1-800-4-A-CHILD is dedicated to the prevention of child abuse. Serving the United States, its territories, and Canada, the Hotline is staffed 24 hours a day, 7 days a week with professional crisis counselors who, through interpreters, can provide assistance in 170 languages. The Hotline offers crisis intervention, information, literature, and referrals to thousands of emergency, social service, and support resources. All calls are anonymous and confidential.

## NATIONAL DOMESTIC ABUSE HELPLINE FOR MEN AND WOMEN

Phone: 888-743-5754

Website: http://dahmw.org/

The Domestic Abuse Helpline for Men and Women (DAHMW) is a 501(c)(3) non profit organization, and is a member of the Maine Association of Nonprofits. DAHMW is at the forefront of today's new perspectives on Intimate Partner Abuse and actively assists the research community.

## NATIONAL DOMESTIC VIOLENCE HOTLINE

Phone: 800-799-7233 Website: <u>www.ndvh.org</u>

The National Domestic Violence Hotline creates access by providing 24-hour support through advocacy, safety planning, resources and hope to everyone affected by domestic violence.

## NATIONAL SEXUAL VIOLENCE RESOURCE CENTER

Phone: 877-739-3895 Website: www.nsvrc.org

The National Sexual Violence Resource Center serves as the nation's principle information and resource center regarding all aspects of sexual violence. It provides national leadership, consultation and technical assistance by generating and facilitating the development and flow of information on sexual violence intervention and prevention strategies. The NSVRC works to address the causes and impact of sexual violence through collaboration, prevention efforts and the distribution of resources.

## NATIONAL TEEN DATING ABUSE HELPLINE

Phone: 866-331-9474

Website: www.loveisrespect.org

The National Teen Dating Abuse Helpline is a national 24-hour resource that can be accessed by phone or the internet, specifically designed for teens and young adults. The Helpline and loveisrespect.org offer real-time one-on-one support from trained peer advocates.

#### PARENTS ANONYMOUS

Phone: 800-554-2323 OR 254-697-7155 Website: <a href="https://www.parentsanonymous.org">www.parentsanonymous.org</a>

Parents Anonymous Inc is the nations oldest child abuse prevention organization, dedicated to strengthening families and building caring communities that support safe and nurturing homes for all children.

## PREVENT CHILD ABUSE AMERICA

Phone: 800-244-5373

Website: www.preventchildabuse.org

Prevent Child Abuse America (PCA America) leads the way in building awareness, providing education and inspiring hope to everyone involved in the effort to prevent the abuse and neglect of our nation's children.

## RAPE, ABUSE AND INCEST NATIONAL NETWORK (RAINN)

Phone: 800-656-4673 Website: www.rainn.org

The Rape, Abuse & Incest National Network is the nation's largest anti-sexual assault

organization.

## **ALCOHOL AND DRUG ABUSE RESOURCES**

## ALLTREATMENT

Phone: 866-514-3210

Website: <a href="https://www.alltreatment.com/tx">www.alltreatment.com/tx</a>

AllTreatment Texas' mission is to become the most comprehensive resource for substance abuse treatment and mental health services within the Texas state community. Despite the low prevalence of marijuana use in Texas, cocaine use among youth has demonstrated a rate among the highest in the country across all survey years. Our goal is to face issues such as addiction, recovery and relapse through education and advocacy.

## AMERICAN COUNCIL FOR DRUG EDUCATION

Phone: 800-488-3784 Website: www.acde.org

The American Council for Drug Education is a substance abuse prevention and education agency that develops programs and materials based on the most current scientific research on drug use and its impact on society.

## **COVENANT HOUSE - NINELINE**

Phone: 800-999-9999

Website: www.nineline.org

Covenant House - Nineline Sometimes you just need to talk. Are you or your friends looking for answers to questions about: Bullying, Family, Relationships, Human Trafficking, Feelings, Suicide, Basic needs, Abuse, Health, Sex, Drugs and Alcohol

## NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE

Phone: 800-622-2255 Website: www.ncadd.org

NCADD is dedicated to fighting the nations #1 health-problem - alcoholism and drug addiction.

## PRIDE YOUTH PROGRAMS

Phone: 800-668-9277

Website: www.prideyouthprograms.org

PRIDE Youth Programs, formerly Parents Resource Institute for Drug Education (PRIDE), is the nation's oldest and largest peer-to-peer organization devoted to drug abuse and violence prevention through education.

## QUITALCOHOL.COM

Phone: 800-972-1867

Website: www.quitalcohol.com

The quitalcohol.com team consists of many writers, and individuals in recovery. We all share the common goal of distributing information that the general public can use to make an educated decision. Information that we consider to be non-promotional, and of high quality to readers, and researchers alike. We offer free guidance, and support.

## **BASIC NEEDS AND EMERGENCY RESOURCES**

## AMERICAN RED CROSS

Phone: 800-375-2040

Website: www.redcross.org

The American Red Cross offers compassionate services in five other areas: community services that help the needy; support and comfort for military members and their families; the collection, processing and distribution of lifesaving blood and blood products; educational programs that promote health and safety; and international relief and development programs.

## **BLESSINGS FROM GOD FOOD PANTRY**

Phone: 254-482-1324 OR 254-224-7014

Website: NO WEBSITE

Food is distributed on the 2nd and 4th Tuesday of each month.

## CAMERON AREA CHRISTIAN SERVICES AND THRIFT STORE

Phone: 254-697-2283 OR 254-697-4398

Website: NO WEBSITE

Thrift Store Hours are: Tuesdays, Thursdays and Fridays from 9 a.m. to 3 p.m. and Saturdays

from 9 a.m. until Noon.

## FINANCIAL ASSISTANCE FOR MEDICATIONS

Phone: NO PHONE

Website: www.needymeds.com

The mission of NeedyMeds is to make information about assistance programs available to low-income patients and their advocates at no cost. The NeedyMeds website is the face of the organization. Databases such as Patient Assistance Programs, Disease-Based Assistance, Free and Low- Clinics, government programs and other types of assistance programs are the crux of the free information offered online.

## PARTNERSHIP FOR PRESCRIPTION ASSISTANCE

Phone: 888-477-2669 Website: www.pparx.org

The Partnership for Prescription Assistance helps qualifying patients without prescription drug coverage get the medicines they need for free or nearly free.

## **ROCKDALE FOOD PANTRY**

Phone: 512-446-5710 Website: NO WEBSITE Food Pantry in Rockdale, Tx.

## **UNITED WAY**

Phone: 800-204-2803 OR 512-446-5133

Website: <a href="http://liveunited.org/">http://liveunited.org/</a>

United Way improves lives by mobilizing the caring power of communities around the world to

advance the common good.

## WEATHERIZATION ASSISTANCE PROGRAM

Phone: 254-697-2243

Website: <a href="https://www.tdhca.state.tx.us/ea/wap.htm">www.tdhca.state.tx.us/ea/wap.htm</a>

The WAP is designed to help low-income customers control their energy costs through the

installation of weatherization materials and consumer education.

## **CANCER RESOURCES**

## AMERICAN CANCER SOCIETY

Phone: 877-227-1618 OR 800-227-2345

Website: www.cancer.org

Saving lives by helping people stay well, get well, find cures, & fight back.

## CANCER CARE, INC Phone: 800-813-4673

Website: www.cancercare.org

CancerCare provides free, professional support services for anyone affected by cancer.

## **CANCER HOPE NETWORK**

Phone: 877-467-3638

Website: www.cancerhopenetwork.org

Cancer Hope Network provides free and confidential one-on-one support to cancer patients

and their families.

## FOUNDATION FOR WOMEN'S CANCER

Phone: 800-444-4441

Website: www.foundationforwomenscancer.org

To increase awareness and education, support expanded research and training, and provide

knowledge and hope for women diagnosed with cancers specific to them.

## LUNG CANCER ALLIANCE

Phone: 800-298-2436

Website: www.lungcanceralliance.org

Lung Cancer Alliance is the only national non-profit organization dedicated solely to patient support and advocacy for people living with lung cancer and those at risk for the disease. Lung Cancer Alliance's mission is to reverse decades of stigma and neglect by empowering those with or at risk for the disease, elevating awareness and changing health policy.

## MD ANDERSON CANCER CENTER

Phone: 800-345-6324

Website: www.mdanderson.org

The mission of The University of Texas MD Anderson Cancer Center is to eliminate cancer in Texas, the nation, and the world through outstanding programs that integrate patient care, research and prevention, and through education for undergraduate and graduate students, trainees, professionals, employees and the public.

## NATIONAL CHILDHOOD CANCER FOUNDATION

Phone: 800-458-6223

Website: www.curesearch.org

CureSearch for Children's Cancer is dedicated to raising private funds for childhood cancer research for the Children's Oncology Group, the world's largest cooperative cancer research organization. Together, we are committed to conquering childhood cancer through scientific discovery and compassionate care.

#### SKIN CANCER FOUNDATION

Phone: 800-754-6490

Website: www.skincancer.org

The Skin Cancer Foundation has set the standard for educating the public and the medical profession about skin cancer, its prevention by means of sun protection, the need for early detection, and prompt, effective treatment. It is the only international organization devoted solely to combating the world's most common cancer, now occurring at epidemic levels.

## SUSAN G KOMEN BREAST CANCER FOUNDATION

Phone: 800-462-9273

Website: www.komen.org

Susan G. Komen for the Cure is fighting every minute of every day to finish what we started and achieve our vision of a world without breast cancer.

## **CLINICS AND HOSPITALS**

## **BCS COMMUNITY HEALTH CLINIC**

Phone: 979-595-1744 Website: www.bvcaa.org

Clinic offering medical care for the uninsured, low income patients with a \$10.00 copay.

## BELL COUNTY HEALTH DEPARTMENT

Phone: 254-778-4766

Website: www.bellcountyhealth.org

The Bell County Public Health District provides direct public health services, education, and leadership to promote optimal health of all people and ensure the well-being of Bell County's environment while working in cooperation with the local community and county, state, and federal governments.

## **HEALTH FOR ALL**

Phone: 979-774-4176 Website: <u>www.hlth4all.org</u>

At this clinic you can see a Doctor and receive Lab and Radiology for free.

## LITTLE RIVER MEDICAL CLINIC - CAMERON

Phone: 254-697-6554

Website: www.lrhealthcare.com

At Little River Medical Clinic - Cameron, we are dedicated to the overall health and well-being of the communities we serve. We offer numerous services and specialties to provide you with excellent, expert healthcare, close to your home and family. Please choose a link to the left to learn more about the services and specialties offered at Little River Medical Clinic - Cameron.

#### LITTLE RIVER MEDICAL CLINIC - ROCKDALE

Phone: 512-446-4555

Website: www.lrhealthcare.com

At Little River Medical Clinic - Rockdale, we are dedicated to the overall health and well-being of the communities we serve. We offer numerous services and specialties to provide you with excellent, expert healthcare, close to your home and family. Please choose a link to the left to learn more about the services and specialties offered at Little River Medical Clinic - Rockdale.

## LONE STAR CIRCLE OF CARE AT SANTA FE

Phone: 877-800-5722 Website: www.lscctx.org

Clinic seeing Milam County Residents. Prescreens for potential programs and helps with

medications.

## MD ANDERSON CANCER CENTER

Phone: 800-345-6324

Website: www.mdanderson.org

The mission of The University of Texas MD Anderson Cancer Center is to eliminate cancer in Texas, the nation, and the world through outstanding programs that integrate patient care, research and prevention, and through education for undergraduate and graduate students, trainees, professionals, employees and the public.

## MILAM COUNTY HEALTH DEPARTMENT - CAMERON

Phone: 254-697-7039 OR 25-697-7040 Website: <a href="https://www.milamhealth.com">www.milamhealth.com</a>

Our mission is to increase immunization levels and improve the health of the citizens by providing services, vaccines, education, disease intervention and assistance in such a manner as to encourage volunteerism and teamwork between the public, professional and private sectors. We accomplish this while being accountable to federal and state guidelines and the taxpayers of the great state of Texas.

## MILAM COUNTY HEALTH DEPARTMENT - ROCKDALE

Phone: 512-446-4026

Website: www.milamhealth.com

Our mission is to increase immunization levels and improve the health of the citizens by providing services, vaccines, education, disease intervention and assistance in such a manner as to encourage volunteerism and teamwork between the public, professional and private sectors. We accomplish this while being accountable to federal and state guidelines and the taxpayers of the great state of Texas.

#### OLIN E. TEAGUE VETERANS HOSPITAL

Phone: 800-423-2111 OR 254-778-4811

Website: www2.va.gov/directory/guide/facility.asp?id=132

The Olin E. Teague Veterans' Medical Center in Temple is a tertiary care facility. It is a teaching medical center, providing a full range of patient care services, with state-of-the-art technology as well as education and research.

## RICHARDS MEMORIAL HOSPITAL

Phone: 512-446-4500

Website: www.lrhealthcare.com/rmh.htm

Richards Memorial Hospital is a Level IV Trauma Critical Access Hospital dedicated to the overall health and well-being of the communities it serves. We offer numerous services and specialties to provide you with excellent, expert healthcare, close to your home and family.

## **ROBERTSON COUNTY CHC**

Phone: 979-279-0701 Website: www.bvcaa.org

Clinic offering Medical and Dental services. Fee will be based on income and family size.

## SCOTT AND WHITE HOSPITAL

Phone: 800-792-3710 OR 254-724-2111

Website: www.sw.org

Scott & White has been synonymous with excellence in diagnosis, care and treatment.

## COUNSELING AND SUPPORT RESOURCES

## BOYS TOWN NATIONAL HOTLINE - A CRISIS LINE FOR PARENTS AND TEENS

Phone: 800-448-3000

Website: www.boystown.org

Boys Town focuses on the care and treatment of children by providing compassionate,

research-proven treatment for behavioral, emotional and physical problems.

## CENTEX FAMILY SOLUTIONS AND COUNSELING CENTER

Phone: 254-613-4857 OR 254-421-7589 Website: www.centexfamilysolutions.com

In a crisis situation there is hope and it starts with one call. We specialize in trauma needs in both adults and children. Centex Family Solutions and Counseling Center is an active member of American Academy of Experts on Traumatic Stress. Other specializations include: Anxiety,

Depression, Military Stress, Childhood Behavioral Issues, PTSD and Family Violence

## **CENTRAL TEXAS YOUTH SERVICES**

Phone: 800-421-8336

Website: www.centraltexasyouthservices.org/

Assists troubled children, youth and families toward development of their full potential through provision of quality community-based services.

## CHILDREN OF AGING PARENTS

Phone: 800-227-7294

Phone: 800-227-7294

Website: http://caps4caregivers.org/index.htm

CAPS gives caregivers reliable information and sound advice and will extend its outreach through new support groups, workshops, and presentations for churches, schools, employers, service clubs, and television audiences.

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CHILDREN'S SPECIAL NEEDS NETWORK

Website: http://www.special-children.org

The Children's Special Needs Network (CSNN) is a non-profit organization based in Belton, Texas that assists families and professionals in providing services for children in Central Texas who are diagnosed with physical or psychological special needs. CSNN provides a wide range of direct services and connects families with medical, educational, and social service resources in their communities.

## **COVENANT HOUSE - NINELINE**

Phone: 800-999-9999

Website: www.nineline.org

Covenant House - Nineline Sometimes you just need to talk. Are you or your friends looking for answers to questions about: Bullying, Family, Relationships, Human Trafficking, Feelings,

Suicide, Basic needs, Abuse, Health, Sex, Drugs and Alcohol

## **GRIEF RECOVERY HELP LINE**

Phone: 800-445-4808 Website: NO WEBSITE

Grief Recovery.

## PLACE OF HOPE PREGNANCY RESOURCE CENTER

Phone: 512-446-2220 Website: NO WEBSITE

Our mission is to demonstrate and share the life-changing message of Jesus Christ by providing

practical help and loving support to those facing an unplanned pregnancy.

## TEXAS RUNAWAY HOTLINE

Phone: 888-580-4357

Website: <a href="https://www.dfps.state.tx.us/runaway">www.dfps.state.tx.us/runaway</a> hotline/runaway.asp

Texas Runaway Hotline volunteer telephone counselors are dedicated to helping youths and families in need of assistance. After we've talked about your problem, we will help you consider

your choices and develop a sensible solution.

## TWIN CITY MISSION YOUTH & FAMILY SERVICES

Phone: 254-605-0684

Website: www.twincitymission.org

Providing counseling, outreach and prevention services to youth and their families.

## **DISABILITY RESOURCES**

ABLE DATA DISABILITIES PRODUCT DATABASE

Phone: 800-227-0216

Website: www.abledata.com

AbleData provides objective information on assistive technology and rehabilitation equipment to consumers, organizations, professionals, and caregivers within the United States. We serve the nation's disability, rehabilitation and senior communities.

## **DISABLED AMERICAN VETERANS**

Phone: 877-426-2838 Website: www.dav.org

Disabled American Veterans is dedicated to one, single purpose — building better lives for all of

our nation's disabled veterans and their families.

## DISABLED AND ALONE LIFE SERVICES FOR THE HANDICAPPED, INC

Phone: 800-995-0066

Website: www.disabledandalone.org

Disabled and Alone/Life Services for the Handicapped, Inc. established itself as a major force to (1) help families plan for the time when they will no longer be here and (2) provide direct

services to disabled people whose families have left assets for their care.

## EASTER SEALS NATIONAL HEADQUARTERS DISABILITY HELPLINE

Phone: 800-221-6827

Website: www.easterseals.com/site/PageServer

Easter Seals helps individuals with disabilities and special needs, and their families, live better lives. Easter Seals offers a variety of services to help people with disabilities address life's challenges and achieve personal goals.

## **ELDERCARE LOCATOR**

Phone: 800-677-1116

Website: www.eldercare.org

Somerville-Cambridge Elder Services promotes the right of all individuals to live with dignity, in the setting of their choice by offering older people, younger people with disabilities, and caregivers the information, services and support needed to make choices which enhance health, well being and independence.

## INTERNATIONAL DYSLEXIA ASSOCIATION

Phone: 800-222-3123

Website: www.interdys.org

The International Dyslexia Association (IDA) is a 501(c)(3) non-profit, scientific, and educational organization dedicated to the study and treatment of the learning disability, dyslexia as well as related language-based learning differences.

## NATIONAL CENTER FOR LEARNING DISABILITIES

Phone: 888-575-7373 Website: www.ncld.org

The National Center for Learning Disabilities' (NCLD) mission is to ensure success for all individuals with learning disabilities in school, at work and in life. We: Connect parents and others with resources, guidance and support so they can advocate effectively for their children. Deliver evidence-based tools, resources and professional development to educators to improve student outcomes. Develop policies and engage advocates to strengthen educational rights and opportunities.

## TEXAS DEPARTMENT OF ASSISTIVE AND REHABILITATIVE SERVICES

Phone: 800-247-3795 OR 254-773-1674

Website: www.dars.state.tx.us

The Department of Assistive and Rehabilitative Services, or DARS, administers programs that ensure Texas is a state where people with disabilities, and children who have developmental delays, enjoy the same opportunities as other Texans to live independent and productive lives.

## HOME HEALTH CARE AND HOSPICE CARE

#### CHILDREN'S HOSPICE INTERNATIONAL

Phone: 800-242-4453

Website: <a href="http://www.chionline.org/">http://www.chionline.org/</a>

Children's Hospice International (CHI), provides education, training and technical assistance to

those who care for children with life-threatening conditions and their families.

## GIRLING HEALTH CARE, INC.

Phone: 254-697-6531 Website: <u>www.girling.com</u>

Girling Healthcare has a long history of providing the highest quality health care in the home. We have operations in nine states: Florida, Illinois, Iowa, Missouri (Missouri Home Care and American HomeCare), New York, Oklahoma, Tennessee, Texas and West Virginia. At Girling, we strive to meet the healthcare and personal care needs of our patients and clients using a team approach. Our services range from skilled nursing care and rehabilitation, to personal care and living assistance services. Our goal is to provide a variety of professional and non-professional services that will enable our clients to receive the care they need right in their homes.

## **HEART TO HEART HOSPICE**

Phone: 254-742-2000

Website: www.heartoftexashospice.com

Heart to Heart Hospice is a model for compassionate, quality care and supportive services for people with life-limiting illnesses and their loved ones. We strive to enhance the lives of our patients by aggressively managing their pain and symptoms, helping to alleviate any discomfort associated with their terminal illness or disease. Our care team works to improve quality standards in end-of-life care, while exceeding the expectations of those in need of our services.

## HOSPICE EDUCATION INSTITUTE

Phone: 800-331-1620

Website: www.hospiceworld.org

The Institute is an independent, not-for-profit organization, serving members of the public and health care professionals with information and education about the many facets of caring for the dying and the bereaved.

## **HOSPICE FOUNDATION OF AMERICA**

Phone: 800-854-3402

Website: www.hospicefoundation.org

Hospice Foundation of America provides leadership in the development and application of hospice and its philosophy of care with the goal of enhancing the U.S. health care system and the role of hospice within it.

## NATIONAL HOSPICE AND PALLIATIVE CARE ORGANIZATION

Phone: 800-658-8898

Website: www.nhpco.org/templates/1/homepage.cfm

To lead and mobilize social change for improved care at the end of life.

## **SCOTT & WHITE HOSPICE**

Phone: 254-724-4090

Website: www.sw.org/hospice/hospice

Scott & White Hospice is a non-profit, hospital hospice program and part of the nationally recognized Scott & White healthcare organization. Our experienced staff provides services throughout beautiful Central Texas, including a nine county area surrounding Temple.

## STANDARDS HOME HEALTH AND HOSPICE

Phone: 254-697-2224

Website: www.standardshomehealth.com

Standards Home Health and Hospice is family owned and operated serving 37 Central Texas counties with offices in Cameron, Giddings, Groesbeck, Lampasas, Rockdale, Marlin and

Temple.

## VISTA CARE HOSPICE

Phone: 254-778-3913

Website: www.vistacare.com

VistaCare Hospice is a leading provider of hospice care services.

## **MENTAL HEALTH RESOURCES**

## **BLUEBONNET TRAILS COMMUNITY SERVICES**

Phone: 512-571-8526

24 Hour Crisis Hotline: 800-841-1255

Website: www.bbtrails.org

Increase access to mental health services in eastern Williamson County and surrounding areas. Provides counseling for children, adolescents, adults and families, medication management and access to low-cost medications, peer support services and wellness programs, substance abuse-assessment and counseling and support groups.

## CENTRAL COUNTIES CENTER FOR MHMR

Phone: 254-697-6631

Website: www.cccmhmr.org

Provides for the conservation and restoration of mental health among the people of Bell County, Texas and surrounding counties and to promote the public understanding of mental

retardation and mental health.

## MENTAL HEALTH AMERICA

Phone: 800-969-6642

Website: www.mentalhealthamerica.net

Mental Health America is dedicated to promoting mental health, preventing mental and substance use conditions and achieving victory over mental illnesses and addictions through advocacy, education, research and service.

#### MENTAL HEALTH AMERICA

Phone: 800-273-8255 Website: www.nmha.org

Mental Health America (formerly known as the National Mental Health Association) is the country's leading nonprofit dedicated to helping ALL people live mentally healthier lives. With our more than 320 affiliates nationwide, we represent a growing movement of Americans who promote mental wellness for the health and well-being of the nation – everyday and in times of crisis.

## MHMR REHABILITATION SERVICES

Phone: 254-778-4841

Website: www.hotrmhmr.org/mentalhealth.html

Dedicated to helping individuals and families cope with mental illness, intellectual and developmental disabilities, developmental delays, and emotional conflict.

## **NUTRITION**

## AMERICAN DIETETIC ASSOCIATION

Phone: 800-877-1600

Website: www.eatright.org

The American Dietetic Association is committed to improving the nation's health and advancing

the profession of dietetics through research, education and advocacy.

#### EAT RIGHT HOTLINE

Phone: 800-231-3438

Website: www.eatright.org

ADA is committed to improving the nation's health and advancing the profession of dietetics

through research, education and advocacy.

## **EATING DISORDERS AWARENESS & PREVENTION**

Phone: 800-931-2237

Website: www.nationaleatingdisorders.org

NEDA is committed to providing help and hope to those affected by eating disorders.

## MEALS ON WHEELS

Phone: 512-446-2666 Website: NO WEBSITE

Meals on wheels provides meals to home bound individuals who qualify.

#### MILAM COUNTY WIC PROJECT - CAMERON

Phone: 254-697-4913

Website: www.dshs.state.tx.us/wichd/ OR http://www.milamhealth.com

WIC is a nutrition program that helps pregnant women, new mothers, and young children eat well, learn about nutrition, and stay healthy. Nutrition education and counseling, nutritious foods, and help accessing health care are provided to low-income women, infants, and children through the Special Supplemental Nutrition Program, popularly known as WIC.

## MILAM COUNTY WIC PROJECT - ROCKDALE

Phone: 512-446-6245

Website: www.dshs.state.tx.us/wichd/ OR http://www.milamhealth.com

WIC is a nutrition program that helps pregnant women, new mothers, and young children eat well, learn about nutrition, and stay healthy. Nutrition education and counseling, nutritious foods, and help accessing health care are provided to low-income women, infants, and children through the Special Supplemental Nutrition Program, popularly known as WIC.

## NATIONAL EATING DISORDERS ASSOCIATION

Phone: 800-931-2237

Website: <a href="www.nationaleatingdisorders.org">www.nationaleatingdisorders.org</a>

NEDA is committed to providing help and hope to those affected by eating disorders.

## ORGAN OR DISEASE SPECIFIC RESOURCES

## AMERICAN HEART ASSOCIATION

Phone: 800-242-8721

Website: www.americanheart.org

Our mission is to build healthier lives, free of cardiovascular diseases and stroke.

#### AMERICAN KIDNEY FUND

Phone: 800-638-8299

Website: www.kidneyfund.org

The mission of the American Kidney Fund is to fight kidney disease through direct financial

support to patients in need; health education; and prevention efforts.

## AMERICAN LUNG ASSOCIATION - TEXAS AFFILIATE - CENTRAL REGION

Phone: 512-343-0502 OR 512-346-9308

Website: www.lungusa.org

The American Lung Association is working to save lives by improving lung health and preventing

lung disease through Education, Advocacy and Research.

## AMERICAN STROKE ASSOCIATION

Phone: 512-433-7220

Website: www.strokeassociation.org

Our mission is to build healthier lives, free of cardiovascular diseases and stroke.

## AMERICAN THYROID ASSOCIATION

Phone: NO PHONE

Website: www.thyroid.org

The ATA leads in promoting thyroid health and understanding thyroid biology.

## AMERICAN UROLOGIC ASSOCIATION FOUNDATION

Phone: 800-828-7866

Website: www.urologyhealth.org

The AUA Foundation is partners with physicians, researchers, healthcare professionals, patients, caregivers, families and the public to support and improve the prevention, detection

and treatment of urological diseases.

## ARTHRITIS FOUNDATION

Phone: 800-283-7800 OR 512-502-8431 OR 512-370-1505

Website: www.arthritis.org

The Arthritis Foundation helps people take control of arthritis by providing public health education; pursuing public policy and legislation; and conducting evidence-based programs to improve the quality of life for those living with arthritis.

## CARDIAC ARRHYTHMIAS RESEARCH AND EDUCATION FOUNDATION, INC

Phone: 800-404-9500 Website: <u>www.longqt.org</u>

C.A.R.E. formulates, promotes and leads initiatives to prevent sudden cardiac death due to

acquired and heritable heart rhythm disorders.

## **EPILEPSY INFORMATION SERVICE**

Phone: 800-642-0500 Website: NO WEBSITE

Provides information on Epilepsy.

## FOUNDATION FOR SPINAL CORD INJURY PREVENTION, CARE AND CURE

Phone: 800-342-0330 Website: www.fscip.org

The Foundation for Spinal Cord Injury Prevention, Care & Cure (FSCIPCC) is a non-profit educational group dedicated to the prevention, care and cure of spinal cord injuries through public awareness, education and funding research. Founded by its current Chairman Ronald R. Gilbert, FSCIPCC is committed to improving the quality of care for persons with serious spinal cord injuries and to raising funds that support the search for a cure. FSCIPCC is comprised of victims of spinal cord injuries and their families, persons dedicated to the prevention, care and cure of SCI and professionals who provide free counsel to SCI victims.

#### KIDNEY AND UROLOGY FOUNDATION OF AMERICA

Phone: 800-633-6628

Website: www.kidneyurology.org

Kidney & Urology Foundation of America (KUFA) is a national, not-for-profit organization dedicated to helping people with kidney and urologic diseases and individuals waiting for organ and tissue transplants.

#### LUNG CANCER ALLIANCE

Phone: 800-298-2436

Website: www.lungcanceralliance.org

Lung Cancer Alliance is the only national non-profit organization dedicated solely to patient support and advocacy for people living with lung cancer and those at risk for the disease. Lung Cancer Alliance's mission is to reverse decades of stigma and neglect by empowering those with or at risk for the disease, elevating awareness and changing health policy.

## MULTIPLE SCLEROSIS FOUNDATION

Phone: 800-441-7055

Website: www.msfocus.org

The Multiple Sclerosis Foundation provides a comprehensive approach to helping people with MS maintain their health and well-being. We offer programming and support to keep them self-sufficient and their homes safe, while our educational programs heighten public awareness and promote understanding about the disease.

## MUSCULAR DYSTROPHY FAMILY FOUNDATION, INC.

Phone: 800-544-1213 Website: <u>www.mdff.org</u>

Through the life services of Advocacy, Education and Assimilation, No Boundaries Family Foundation will enhance and strengthen the lives of individuals with neuromuscular diseases and to provide, or direct their families to valuable resources in helping our clients become successful contributors to the community. NBFF exists to provide resources, services, and adaptive equipment to enable patients with muscular dystrophy and their family members to live independent and productive lives. The resources include the areas of: •Advocacy

- •Education •Emotional Support •Individual Education Programs (IEPs) •Sponsorship of Clinics
- •Mobility •Muscular Dystrophy Community.

## NATIONAL ORGANIZATION ON FETAL ALCOHOL SYNDROME

Phone: 800-666-6327 Website: www.nofas.org

The National Organization on Fetal Alcohol Syndrome (NOFAS) is the leading voice and resource of the Fetal Alcohol Spectrum Disorders (FASD) community. Founded in 1990, NOFAS is the only international non-profit organization committed solely to FASD primary prevention, advocacy and support.

## NATIONAL PARKINSON'S FOUNDATION

Phone: 800-327-4545

Website: www.parkinson.org

National Parkinson Foundation has worked to address the unmet needs in Parkinson's care and treatment. In 2011 and beyond, NPF works every day to improve the quality of Parkinson's care through research, education and outreach.

## NATIONAL SPINAL CORD ASSOCIATION

Phone: 800-962-9629

Website: www.spinalcord.org

Founded in 1948, the National Spinal Cord Injury Association is the nation's oldest and largest civilian organization dedicated to improving the quality of life for hundreds of thousands of Americans living with the results of spinal cord injury and disease (SCI/D) and their families.

#### NIH OSTEOPOROSIS AND RELATED BONE DISEASES RESOURCE CENTER

Phone: 800-624-2663

Website: www.niams.nih.gov/Health Info/Bone/default.asp

The National Institutes of Health (NIH) Osteoporosis and Related Bone Diseases ~ National Resource Center, a part of the U.S. Department of Health and Human Services, provides patients, health professionals, and the public with an important link to resources and information on metabolic bone diseases, including osteoporosis, Paget's disease of the bone, and osteogenesis imperfecta. The NIH National Resource Center is dedicated to increasing the awareness, knowledge, and understanding of physicians, health professionals, patients, underserved and at-risk populations (such as Hispanic and Asian women, adolescents, and men), and the general public about the prevention, early detection, and treatment of osteoporosis and related bone diseases.

#### OSTEOPOROSIS HELP LINE

Phone: 888-934-2663 Website: NO WEBSITE

Information about Osteoporosis.

## PAGET'S FOUNDATION

Phone: 800-237-2438 Website: www.paget.org

The premier resource for information on Paget's disease of bone.

## PARKINSON'S DISEASE FOUNDATION, INC

Phone: 800-457-6676 Website: www.pdf.org

The Parkinson's Disease Foundation (PDF) is a leading national presence in Parkinson's disease

research, education and public advocacy.

## PEDIATRIC BRAIN TUMOR FOUNDATION

Phone: 800-253-6530 Website: www.pbtfus.org

The Pediatric Brain Tumor Foundation® (PBTF) is a 501(c)(3) nonprofit charitable organization that seeks to •find the cause of and cure for childhood brain tumors by supporting medical research •increase public awareness about the severity and prevalence of childhood brain tumors •aid in the early detection and treatment of childhood brain tumors •support a national database on all primary brain tumors •provide educational and emotional support for children and families affected by this life-threatening disease.

## PROSTATITIS FOUNDATION

Phone: 888-891-4200

Website: www.prostatitis.org

 $\label{thm:continuous} \mbox{To push for Prostatitis research, collect data on the disease, and provide information to men}$ 

who are suffering from the disease, important first steps have been taken.

## TEXAS HEART INSTITUTE HEART INFORMATION SERVICE

Phone: 800-292-2221

Website: www.texasheartinstitute.org

Our mission is to reduce the devastating toll of cardiovascular disease, we are pleased to

provide a wealth of reliable information.

## OTHER RESOURCES

#### AMERICAN SIDS INSTITUTE

Phone: 800-232-7437 Website: www.sids.org

American SIDS Institute is dedicated to the prevention of sudden infant death and the promotion of infant health through an aggressive, comprehensive nationwide program of: Research about both the cause of sudden infant death and methods of prevention. Clinical Services assisting pediatricians in the medical management of high risk infants. Education about prevention methods aimed at the public and medical community. Family Support providing crises phone counseling, grief literature and referrals.

## CENTER FOR DISEASE CONTROL AND PREVENTION HELPLINE

Phone: 800-232-4636 Website: www.cdc.gov

CDC.gov provides users with credible, reliable health information on: •Data and Statistics
•Diseases and Conditions •Emergencies and Disasters •Environmental Health •Healthy Living
•Injury, Violence and Safety •Life Stages and Populations •Travelers' Health •Workplace Safety and Health •And more...

## CHILDREN WITH SPECIAL HEALTH CARE NEEDS (CSHCN)

Phone: 800-789-2865

Website: www.dshs.state.tx.us/cshcn/

The Children with Special Health Care Needs (CSHCN) Services Program helps children with special health-care needs and people of any age with cystic fibrosis.

## **DNA DIAGNOSTICS CENTER**

Phone: 888-362-9778 OR 800-613-5768

Website: www.dnacenter.com

DDC currently provides comprehensive DNA testing services in three main areas: paternity and other family relationships, forensics, and genetics. DDC's subsidiary, Veterinary Diagnostics Center, provides innovative, quality DNA testing for companion and sport animals.

## FDA - U.S. FOOD AND DRUG ADMINISTRATION

Phone: 888-463-6332 Website: www.fda.gov

FDA is responsible for protecting the public health by assuring the safety, efficacy and security of human and veterinary drugs, biological products, medical devices, our nation's food supply, cosmetics, and products that emit radiation. FDA is also responsible for advancing the public health by helping to speed innovations that make medicines more effective, safer, and more affordable and by helping the public get the accurate, science-based information they need to use medicines and foods to maintain and improve their health. FDA also has responsibility for regulating the manufacturing, marketing and distribution of tobacco products to protect the public health and to reduce tobacco use by minors. Finally, FDA plays a significant role in the Nation's counterterrorism capability. FDA fulfills this responsibility by ensuring the security of the food supply and by fostering development of medical products to respond to deliberate and naturally emerging public health threats.

## FIRST CANDLE/ SIDS ALLIANCE

Phone: 800-221-4737

Website: www.firstcandle.org

First Candle is a national nonprofit health organization uniting parents, caregivers and researchers nationwide with government, business and community service groups to advance infant health and survival. With help from a national network of partner organizations, we are working to increase public participation and support in the fight against Stillbirth, Sudden Infant Death Syndrome (SIDS) and other causes of Sudden Unexpected Infant Death (SUID).

## **HEART OF TEXAS LEGAL SERVICES**

Phone: 800-299-5596 OR 254-752-5593

Website: NO WEBSITE

Legal Services.

## LOCKS OF LOVE

Phone: 888-896-1588

Website: www.locksoflove.org

Our mission is to return a sense of self, confidence and normalcy to children suffering from hair loss by utilizing donated ponytails to provide the highest quality hair prosthetics to financially disadvantaged children. The children receive hair prostheses free of charge or on a sliding scale, based on financial need.

## MEAT AND POULTRY HOTLINE

Phone: 800-535-4555

Website: www.fsis.usda.gov/education/usda meat & poultry hotline/index.asp

The Meat and Poultry Hotline helps prevent foodborne illness by answering questions about

the safe storage, handling and preparation of meat, poultry and egg products.

## NATIONAL HEALTH INFORMATION CENTER

Phone: 800-336-4797

Website: www.health.gov/nhic

The National Health Information Center (NHIC) is a health information referral service. NHIC puts health professionals and consumers who have health questions in touch with those organizations that are best able to provide answers. NHIC was established in 1979 by the Office of Disease Prevention and Health Promotion (ODPHP), Office of Public Health and Science, Office of the Secretary, U.S. Department of Health and Human Services.

## NATIONAL JOB CORPS INFORMATION LINE

Phone: 877-733-5627

Website: <a href="https://www.jobcorps.gov/Home.aspx">www.jobcorps.gov/Home.aspx</a>

Job Corps is a no-cost education and vocational training program administered by the U.S. Department of Labor that helps young people ages 16 through 24 improve the quality of their lives through vocational and academic training.

## NATIONAL ORGANIZATION FOR RARE DISORDERS (NORD)

Phone: 800-999-6673

Website: www.rarediseases.org

The National Organization for Rare Disorders (NORD), a 501(c)(3) organization, is a unique federation of voluntary health organizations dedicated to helping people with rare "orphan" diseases and assisting the organizations that serve them. NORD is committed to the identification, treatment, and cure of rare disorders through programs of education, advocacy, research, and service.

## NATIONAL WOMEN'S HEALTH RESOURCE CENTER

Phone: 877-986-9472

Website: www.healthywomen.org

HealthyWomen (HW) is the nation's leading independent health information source for women. Our core mission is to educate, inform and empower women to make smart health choices for themselves and their families.

## STARLIGHT STARBRIGHT CHILDREN'S FOUNDATION

Phone: 800-274-7827

Website: www.starlight.org

Starlight Children's Foundation has been dedicated to improving the quality of life for children with chronic and life-threatening illnesses and life-altering injuries by providing entertainment, education and family activities that help them cope with the pain, fear and isolation of prolonged illness.

## STUTTERING FOUNDATION OF AMERICA

Phone: 800-992-9392

Website: www.stutteringhelp.org

The Stuttering Foundation of America's goal is to provide the best and most up-to-date information and help available for the prevention of stuttering in young children and the most effective treatment available for teenagers and adults.

## TEXAS POISON CENTER NETWORK

Phone: 800-222-1222

Website: www.poisoncontrol.org

To provide emergency treatment information to the citizens of Texas for poisonings or toxic

exposures.

## TEXAS WORKFORCE COMMISSION

Phone: 512-446-6640 OR 254-697-3373

Website: www.twc.state.tx.us

The Texas Workforce Commission (TWC) is the state government agency charged with overseeing and providing workforce development services to employers and job seekers of Texas. For employers, TWC offers recruiting, retention, training and retraining, and outplacement services as well as valuable information on labor law and labor market statistics. For job seekers, TWC offers career development information, job search resources, training programs, and, as appropriate, unemployment benefits. While targeted populations receive intensive assistance to overcome barriers to employment all Texans can benefit from the services offered by TWC and our network of workforce partners.

# **SENIOR RESOURCES**

### ABLE DATA DISABILITIES PRODUCT DATABASE

Phone: 800-227-0216

Website: www.abledata.com

AbleData provides objective information on assistive technology and rehabilitation equipment to consumers, organizations, professionals, and caregivers within the United States. We serve the nation's disability, rehabilitation and senior communities.

### **ADULT PROTECTIVE SERVICES**

Phone: 254-697-8792 OR 800-252-5400

Website: www.dfps.state.tx.us/Adult Protection

APS is responsible for investigating abuse, neglect, and exploitation of adults who are elderly or

have disabilities.

# **AGING TEXAS WELL**

Phone: 512-438-5471

Website: www.agingtexaswell.org

The Aging Texas Well (ATW) program helps ensure that Texans prepare individually for aging in all aspects of life and that state and local infrastructure— laws, policies, and services — support aging well throughout the life span.

# ALZHEIMER'S ASSOCIATION

Phone: 800-367-2132 OR 800-272-3900

Website: www.alz-austin.org

To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dimentia through the promotion of brain health.

### ALZHEIMER'S DISEASE EDUCATION AND REFERRAL CENTER

Phone: 800-438-4380

Website: www.nia.nih.gov/alzheimers

The Alzheimer's Disease Education and Referral (ADEAR) Center's purpose is to "compile, archive, and disseminate information concerning Alzheimer's disease" for health professionals, people with AD and their families, and the public. The NIA conducts and supports research about health issues for older people, and is the primary Federal agency for Alzheimer's disease research.

# AMERICAN HEALTH ASSISTANCE FOUNDATION

Phone: 800-437-2423 Website: www.ahaf.org

The American Health Assistance Foundation (AHAF) is dedicated to finding cures for age-related degenerative diseases. The foundation funds research on Alzheimer's disease, macular degeneration, and glaucoma and provides the public with free information about risk factors, preventative lifestyles, and current treatments and coping strategies.

### AREA AGENCY ON AGING OF CENTRAL TEXAS

Phone: 800-447-7169

Website: www.centexaaa.com/default.html

The Area Agency on Aging of Central Texas (AAACT) is administratively responsible for the development of a comprehensive and coordinated system of sources for individuals 60 years of

age and older.

### CARING CONNECTIONS

Phone: 800-658-8898

Website: <a href="http://caringconnections.lotsahelpinghands.com/info/">http://caringconnections.lotsahelpinghands.com/info/</a>

Caring Connections provides free resources and information to help people make decisions about end-of-life care and services before a crisis and connect them with the resources they

need, when they need them.

# CHILDREN OF AGING PARENTS

Phone: 800-227-7294

Website: <a href="http://caps4caregivers.org/index.htm">http://caps4caregivers.org/index.htm</a>

CAPS gives caregivers reliable information and sound advice and will extend its outreach through new support groups, workshops, and presentations for churches, schools, employers,

service clubs, and television audiences.

# DEPARTMENT OF AGING AND DISABILITY SERVICES

Phone: 512-438-3200

Website: www.dads.state.tx.us

The Department of Aging and Disability Services (DADS) administers long-term services and supports for people who are aging and who have cognitive and physical disabilities. DADS also licenses and regulates providers of these services, and administers the state's guardianship program.

### **ELDERCARE LOCATOR**

Phone: 800-677-1116

Website: www.eldercare.org

Somerville-Cambridge Elder Services promotes the right of all individuals to live with dignity, in the setting of their choice by offering older people, younger people with disabilities, and caregivers the information, services and support needed to make choices which enhance health, well being and independence.

### **MEALS ON WHEELS**

Phone: 512-446-2666 Website: NO WEBSITE

Meals on wheels provides meals to home bound individuals who qualify.

# NATIONAL ASSOCIATION OF AREA AGENCIES ON AGING

Phone: 800-252-9240 Website: <u>www.n4a.org</u>

The National Association of Area Agencies on Aging (n4a) is the leading voice on aging issues for Area Agencies on Aging and a champion for Title VI Native American aging programs. Through advocacy, training and technical assistance, we support the national network of 629 AAAs and 246 Title VI programs.

### NATIONAL COUNCIL ON AGING

Phone: 800-424-9046 Website: <u>www.ncoa.org</u>

Our mission is to improve the lives of older Americans.

### NATIONAL INSTITUTE ON AGING

Phone: 800-222-2225 Website: www.nia.nih.gov

The Institute's mission is to: •Support and conduct genetic, biological, clinical, behavioral, social, and economic research related to the aging process, diseases and conditions associated with aging, and other special problems and needs of older Americans. •Foster the development of research and clinician scientists in aging. •Communicate information about aging and advances in research on aging to the scientific community, health care providers, and the public.

### TEXAS DEPARTMENT OF AGING AND DISABILITY SERVICES

Phone: 800-252-9240

Website: www.dads.state.tx.us

The Department of Aging and Disability Services (DADS) was created to administer long-term services and supports for people who are aging and who have cognitive and physical disabilities. DADS also licenses and regulates providers of these services, and administers the state's guardianship program.

# STD RESOURCES

# **AIDS INFO**

Phone: 800-448-0440

Website: www.aidsinfo.nih.gov

AIDSinfo is a U.S. Department of Health and Human Services (DHHS) project that offers the latest federally approved information on HIV/AIDS clinical research, treatment and prevention, and medical practice guidelines for people living with HIV/AIDS, their families and friends, health care providers, scientists, and researchers.

# AMERICAN SOCIAL HEALTH ASSOCIATION

Phone: 800-227-8922

Website: www.ashastd.org

ASHA is America's authority for sexual health information. We are an organization that has advocated on behalf of those at risk for sexually transmitted infections (STIs). ASHA specializes in communications outreach to the public, patients, press, providers, and policy makers by developing and delivering sensitive health information through many vehicles such as our websites, ashastd.org, iwannaknow.org (for teens and young adults) and quierosaber.org (in Spanish).

#### NATIONAL STD HOTLINE

Phone: 800-227-8922 Website: NO WEBSITE

Information about Sexually Transmitted Diseases.

# **SUICIDE RESOURCES**

# AMERICAN FOUNDATION FOR SUICIDE PREVENTION

Phone: 800-531-4477 Website: www.afsp.org

The American Foundation for Suicide Prevention (AFSP) is exclusively dedicated to understanding and preventing suicide through research, education and advocacy, and to reaching out to people with mental disorders and those impacted by suicide.

# **COVENANT HOUSE - NINELINE**

Phone: 800-999-9999

Website: www.nineline.org

Covenant House - Nineline Sometimes you just need to talk. Are you or your friends looking for answers to questions about: Bullying, Family, Relationships, Human Trafficking, Feelings, Suicide, Basic needs, Abuse, Health, Sex, Drugs and Alcohol

#### NATIONAL HOPELINE NETWORK - SUICIDE

Phone: 800-784-2433

Website: www.hopeline.com

Since the suicide of his wife Kristin in April 1998, KBHC Founder Reese Butler has been on a personal crusade. His mission the past 11 years has been to offer HOPE and the option to LIVE to those in the deepest emotional pain.

### NATIONAL SUICIDE PREVENTION LIFELINE

Phone: 800-273-8255

Website: www.suicidepreventionlifeline.org

The National Suicide Prevention Lifeline 1-800-273-TALK (8255) is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. By dialing 1-800-273-TALK, the call is routed to the nearest crisis center in our national network of more than 150 crisis centers. The Lifeline's national network of local crisis centers, provide crisis counseling and mental health referrals day and night.

# THE SUICIDE AND CRISIS CENTER OF NORTH TEXAS

Phone: 866-672-5100 OR 214-828-1000

Website: www.sccenter.org

The Suicide and Crisis Center of North Texas is located in Dallas, Texas. We have been in

continuous operation since 1968.

#### VETERANS AFFAIRS SUICIDE HOTLINE

Phone: 800-273-8255

Website: www.suicidepreventionlifeline.org/Veterans/Default.aspx

Confidential Help for Veterans and their Families.

# **VETERAN SERVICES RESOURCES**

# **AM VETS**

Phone: 800-244-6350 Website: www.amvets.org

As one of America's foremost veterans service organizations, AMVETS (or American Veterans) has a proud history of assisting veterans and sponsoring numerous programs that serve our

country and its citizens.

### **DISABLED AMERICAN VETERANS**

Phone: 877-426-2838 Website: www.dav.org

Disabled American Veterans is dedicated to one, single purpose — building better lives for all of

our nation's disabled veterans and their families.

### OLIN E. TEAGUE VETERANS HOSPITAL

Phone: 800-423-2111 OR 254-778-4811

Website: <a href="https://www2.va.gov/directory/guide/facility.asp?id=132">www2.va.gov/directory/guide/facility.asp?id=132</a>

The Olin E. Teague Veterans' Medical Center in Temple is a tertiary care facility. It is a teaching medical center, providing a full range of patient care services, with state-of-the-art technology

as well as education and research.

### PARALYZED VETS OF AMERICA

Phone: 800-424-8200 Website: www.pva.org

Paralyzed Veterans of America has been on a mission to change lives and build brighter futures for our seriously injured heroes—to empower these brave men and women with what they need to achieve the things they fought for: freedom and independence.

### US DEPARTMENT OF VETERAN AFFAIRS

Phone: 800-827-1000 Website: www.va.gov

To fulfill President Lincoln's promise "To care for him who shall have borne the battle, and for his widow, and his orphan" by serving and honoring the men and women who are America's

veterans.

# **VETERANS AFFAIRS SUICIDE HOTLINE**

Phone: 800-273-8255

Website: www.suicidepreventionlifeline.org/Veterans/Default.aspx

Confidential Help for Veterans and their Families.

# **VETERANS SERVICE OF MILAM COUNTY**

Phone: 254-697-7031 OR 512-446-6616

Website: <a href="http://milamcounty.net/veterans.html">http://milamcounty.net/veterans.html</a>

Assistance for Veterans.

# **VISION AND HEARING RESOURCES**

### AMERICAN FOUNDATION FOR THE BLIND

Phone: 800-232-5463 Website: www.afb.org

The American Foundation for the Blind (AFB) priorities include broadening access to technology; elevating the quality of information and tools for the professionals who serve people with vision loss; and promoting independent and healthy living for people with vision loss by providing them and their families with relevant and timely resources.

### BETTER HEARING INSTITUTE

Phone: 800-327-9355

Website: www.betterhearing.org

The Better Hearing Institute (BHI) educates the public about the neglected problem of hearing loss and what can be done about it.

#### **DIVISION FOR BLIND SERVICES**

Phone: 800-628-5115

Website: www.dars.state.tx.us/dbs

The DARS Division for Blind Services (DBS) assists blind or visually impaired individuals and their

families.

### EYE CARE AMERICA

Phone: 800-222-3937

Website: www.eyecareamerica.org

EyeCare America is on a mission to reduce avoidable blindness and severe visual impairment by raising awareness about eye disease and care, providing free eye health educational materials and facilitating access to medical eye care.

### **GLAUCOMA RESEARCH FOUNDATION**

Phone: 800-826-6693

Website: www.glaucoma.org

Our mission is to prevent vision loss from glaucoma by investing in innovative research, education, and support with the ultimate goal of finding a cure.

#### **GUIDE DOG FOUNDATION**

Phone: 800-548-4337

Website: www.guidedog.org

To improve the quality of life for people who are blind, visually impaired, or with other special

needs.

### NATIONAL CONSORTION ON DEAF-BLINDNESS

Phone: 800-438-9376

Website: <a href="http://nationaldb.org/">http://nationaldb.org/</a>

The National Consortium on Deaf-Blindness (NCDB) is a national technical assistance and dissemination center for children and youth who are deaf-blind. Funded by the U.S. Department of Education's Office of Special Education Programs (OSEP), NCDB builds on the technical assistance activities of NTAC, the information services and dissemination activities of DB-LINK and adds a third focus related to personnel training. NCDB brings together the resources of three agencies with long histories of expertise in the field of deaf-blindness, The Teaching Research Institute (TRI) at Western Oregon University, the Helen Keller National Center (HKNC), and the Hilton/Perkins Program at Perkins School for the Blind. NCDB works collaboratively with families, federal, state and local agencies to provide technical assistance, information and personnel training.