

V. Counseling, Prevention and Rehabilitation Programs/Services

University students are encouraged to obtain assistance for the treatment of chemical dependence and substance use/abuse. Such assistance may be provided through UT Student Counseling, private physicians or community agencies with expertise in treating chemical dependence.

UT Student Counseling

Emergency Crisis Hotline
Crisis Line for student and someone needs help
call 713-500-4688
(available 24 hours a day)
For information or to make an appointment,
contact: 713-500-5171 (8am - 5pm)
<https://www.uth.edu/studenthealth/student-counseling-services/about.htm>

Bay Area Council on Drugs & Alcohol

Phone 1-800-510-3111
www.bayareacouncilondrugsandalcohol.homestead.com

Tri-County Services

(Montgomery County Mental Health Services)
Phone 936-521-6300; 1-800-550-8408
www.tcmhmrs.org

Applications to Fight Addiction

iQuit on App Store

Makes a smoker wanting to quit wait longer between each smoke until they are gradually able to quit. Charts and gives results of time between each smoke.

Quit Drinking

Designed to help listeners relax and overcome the emotional and physical cravings for Alcohol

iPromises Recovery Companion

Free AA and 12-step recovery application.

The Council (on Recovery)

Phone 713-942-4100; 855-942-4100 (toll free)
www.council-houston.org

Fort Bend Regional Council on Substance Abuse, Inc.

Phone 281-207-2400;
www.fortbendcouncil.org

UT System Smoking Cessation Resources

www.utsystem.edu/offices/employee-benefits/lw/tobacco-cessation

iPromise

Organizes appointments and sets meeting reminders for AA. Allows individuals to keep a visual journal of their emotions and feelings

Cravings Manager

Motivational tips and the ability to track cravings, especially for those quitting smoking, drugs, alcohol, or trying to lose weight

Porn & Sexual Addiction Support

Includes chat, news, videos, podcasts