



---

# VETERANS RESOURCE GUIDE

[WWW.AMAZINGSOLDIERS.ORG](http://WWW.AMAZINGSOLDIERS.ORG)

This guide is provided by Amazing Soldiers, Inc. as a resource to veterans.  
It should be used as a starting point in your search for assistance, help, and support.  
Please feel free to contact us with questions.

*(updated September 2021)*

*Information, hours, locations, services, etc. provided in this resource guide are subject to change. Please verify with the service directly to ensure you have the most up-to-date and accurate information.*



**Amazing Soldiers, Inc.**  
Katy, Texas  
[amazingsoldiers.org](http://amazingsoldiers.org)

**DIAL:**  
346 900 4551

## TABLE OF CONTENTS

211.....	1
National Suicide Hotline.....	1
Veteran’s Crisis Hotline.....	2
Crisis Textline.....	2
Houston Food Bank.....	3
Katy Christian Ministries.....	3
Women Veteran’s Call Center.....	4
Texas Veterans Commission.....	4
Katy VA Outpatient Clinic.....	7
Houston VA Medical Center.....	8
Houston Vet Centers.....	9
VA Toll Free Numbers.....	10

# 211

2-1-1 is a free and confidential service that helps people across North America find the local resources they need. They are available 24 hours a day, seven days a week and can assist with finding you help with:

- House & Utilities
- Crisis & Emergency
- Disaster Assistance
- Food
- Health
- Human Trafficking
- Jobs & Support
- Reentry
- Veterans

## FOR ASSISTANCE

**DIAL:**

2-1-1

**VISIT:**

[www.211.org](http://www.211.org)

# NATIONAL SUICIDE HOTLINE

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.

## FOR ASSISTANCE

**DIAL:**

1-800-273-8255

## VETERANS CRISIS HOTLINE

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text.

The caring responders at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances. Some of the responders are Veterans themselves and understand what Veterans and their families and friends have been through and the challenges Veterans of all ages and service eras face.

### FOR ASSISTANCE

**DIAL:**

800-273-8255 **PRESS 1**

**TEXT:**

“CONNECT” to 838255

**TO CHAT ONLINE, VISIT:**

[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

## CRISIS TEXTLINE

The Crisis Text Line is a confidential, nationwide service available 24 hours a day, 7 days a week. When you text, you are connected to a trained Crisis Counselor who is ready to take you from a “hot moment” to a “cool calm.”

Crisis Text Line does not charge for the support it provides. Standard messaging fees are waived on Verizon, AT&T, T-Mobile, and Sprint, and texts to 741741 will not appear on your phone bill if you use one of these carriers.

They believe that if it is a crisis to you, it is a crisis to them. You may text them regarding: Suicide, self-harm, depression, stress, anxiety, grief, eating disorders, physical and emotional abuse, sexual abuse, loneliness, relationship issues, or bullying to name a few.

### FOR ASSISTANCE

**TEXT:**

“CONNECT” to 741741

## HOUSTON FOOD BANK

The Houston Food Bank is America's largest food bank in distribution to its network of 600 hunger relief charities in 18 southeast Texas counties. The Houston Food Bank provides 79 million nutritious meals to food pantries, soup kitchens, senior centers and other agencies, feeding 800,000 people each year. Fresh produce, meat and nonperishables are distributed from the warehouse, and hot meals are prepared and distributed from the new Keegan Kitchen, a 10,000 square foot, state-of-the-art industrial kitchen. Additional community services range from nutrition education to assistance with food stamp applications and hands-on job training.

### HELPLINE:

832-369-9390

## KATY CHRISTIAN MINISTRIES

### 24/7 HOTLINE FOR EMERGENCY EVENTS

**Domestic Abuse:** 281-391-4357

**Sexual Abuse:** 281-693-7273

### KATY ADMINISTRATION BUILDING

**Phone:** 281-391-5261

**Fax:** 281-665-8742

**Hours:** Monday-Thursday 8:00-5:30 (*closed from 12:00-13:00 for lunch*)

**Physical Address:** 5504 1st Street – Katy, TX 77493

**Mailing Address:** P.O. Box 986 – Katy, Texas 77492

### KATY SOCIAL SERVICES

**Phone:** 281-391-9623

**Hours:** Monday-Thursday 9:00a-5:00p (*closed 12:00-13:00 for lunch*)

**Address:** 5504 1st Street – Katy, TX 77493

### KATY CRISIS CENTER

**Domestic Abuse:** 281-391-4504

**Sexual Assault:** 281-391-5262

**Hours:** Monday-Thursday 9:00a-5:00 (*closed 12:00-13:00 for lunch*)

**Address:** 5504 1st Street – Katy, TX 77493

### KATY FOOD PANTRY

**Phone:** 281-391-3730

**Hours:** Monday-Thursday 8:30-5:00 (*closed 12:00-13:00 for lunch*)

**Address:** 5510 1st Street – Katy, TX 77493

## WOMEN VETERAN'S CALL CENTER

The WVCC staff is trained to provide women Veterans, their families, and caregivers about VA services and resources. We are ready to respond to your concerns. The call is free, and you can call as often as you like until you have the answers to your questions. The Call Center is available Monday through Friday 8 AM - 10 PM ET, and on Saturdays from 8 AM - 6:30 PM ET.

### FOR ASSISTANCE

**DIAL:**  
1-855-VA-WOMEN

**TO CHAT ONLINE, VISIT:**  
<https://www.womenshealth.va.gov/programoverview/wvcc.asp>

## TEXAS VETERANS COMMISSION

The Texas Veterans Commission was created in 1927 as the State Service Office to assist veterans of the Indian wars, Spanish-American War and World War I. The TVC's purpose is to act as the state appointed advocate of Texas veterans as they attempt to secure the benefits rightfully earned in exchange for their service in our nation's armed forces.

Visit [www.tvc.texas.gov](http://www.tvc.texas.gov) for an extensive list of services they offer or services they can to direct you to use. For an extensive guide of state-wide services: [http://www.tvc.texas.gov/documents/tvc\\_directory.pdf](http://www.tvc.texas.gov/documents/tvc_directory.pdf)

### CLAIMS REPRESENTATION AND COUNSELING

This program serves veterans, their dependents and survivors, in all matters pertaining to veterans' disability benefits and rights. It is the designated agency of the state of Texas to represent the State and its veterans before the U.S. Department of Veterans Affairs (VA).

SOUTHEAST DISTRICT  
Julio Harros, Southeast District Manager  
Cindy Romeo, Staff Services Officer  
VA Regional Office  
6900 Almeda Rd; Houston, Texas 77030-4200  
Tel. (713) 383-2756; (FAX) 713/ 383-2746  
Email: [julio.harros@tvc.texas.gov](mailto:julio.harros@tvc.texas.gov)  
Office Hours: 7:30 - 4:00

## **VETERANS EMPLOYMENT SERVICES**

This program offers employment services to Texas veterans and helps employers find qualified veteran job applicants. The goal of these services is to match veteran job seekers with the best employment opportunities available.

Tim Shatto  
(512) 463-8016  
tim.shatto@tvc.texas.gov

OR

See the TVC Directory: [http://www.tvc.texas.gov/documents/tvc\\_directory.pdf](http://www.tvc.texas.gov/documents/tvc_directory.pdf)  
Pages 19-26 for region and program specific contacts.

## **VETERANS EDUCATION PROGRAM**

Veterans Education State functions are: (1) to administer the Texas Hazlewood Act tuition and fees exemption program for eligible Texas veterans and their families; (2) to provide Education Coordinators to assist colleges and universities to establish programs and services to enhance opportunities for academic success of veterans and their families; and (3) to administer a Veterans Education Excellence Award to publicly recognize colleges and universities which provide exemplary services to veterans and their families.

REGION 2: HOUSTON  
Theresa Gibson  
Missouri City, Texas  
281-229-3175; (FAX) 281-416-8748  
Email: [theresa.gibson@tvc.texas.gov](mailto:theresa.gibson@tvc.texas.gov)

OR

Melanie Moynahan  
Cypress, Texas  
713-818-1630; (FAX) 281-256-3737  
Email: [melanie.moynahan@tvc.texas.gov](mailto:melanie.moynahan@tvc.texas.gov)

Worklife institution  
1900 St James Place ste 880 Houston Tx 77056 l'm 713-963-9456

Combined Arms  
2929 McKinney Houston Tx 77003 1-888-737-3112

Career Gear  
Houston 750 Sharptown Ste Center BB20 Houston, Tx 77036  
713-778-9959



## **WOMEN VETERANS PROGRAM**

TVC serves Texas Women Veterans by helping them to obtain their benefits and services. We strive to raise awareness of Women Veteran contributions and services to our country and state, as well as inform and educate Women Veterans and Women Veteran Resource Providers about the benefits and services available to Women Veterans.

Anna M. Baker Program Manager  
512-463-2333

Email: [anna.baker@tvc.texas.gov](mailto:anna.baker@tvc.texas.gov)  
[www.tvc.texas.gov/Women-Veterans.aspx](http://www.tvc.texas.gov/Women-Veterans.aspx)

## **VETERANS ENTREPRENEUR PROGRAM**

The purpose of the Veteran Entrepreneur Program (VEP) is to foster and promote Veteran Entrepreneurship throughout the state of Texas. The ultimate goal of the Veteran Entrepreneur Program is the creation of an "Army" of Veteran Entrepreneurs throughout the state of Texas. These Veteran Entrepreneur businesses will add value to the communities where they are established and create employment opportunities for other Veterans.

Web: [www.tvc.state.tx.us/Entrepreneur-Program.aspx](http://www.tvc.state.tx.us/Entrepreneur-Program.aspx)  
Email: [vep@tvc.texas.gov](mailto:vep@tvc.texas.gov)

## **HEALTH CARE ADVOCACY PROGRAM (HCAP)**

A team of highly trained Texas Veterans Commission staff strategically positioned across the state to act as liaisons for Texas Veterans in addressing issues involving Veterans Health Administration related services.

1-800-252-VETS (8387)

OR

### **HOUSTON REGION**

Latasha Faulkner, Health Care Advocate  
Texas Veterans Commission  
Michael E. DeBakey VA Medical Center  
2002 Holcombe Blvd., Rm 2A-112  
Houston, TX 77566-5789  
Toll-Free: 1-800-553-2278, Ex 7785  
Hours: Monday-Friday, 7:00 – 4:00  
Email: [latasha.faulkner@tvc.texas.gov](mailto:latasha.faulkner@tvc.texas.gov)

## **THE VETERAN'S MENTAL HEALTH PROGRAM (VMHP)**

The Veterans Mental Health Program's (VMHP) mission is to train and provide technical assistance to Service Members, Veterans, and their Families (SMVF) peers, licensed mental health providers and mental health organizations, community- and faith-based organizations, and state agencies on the impacts of military-related trauma and the individuals who have been military trauma-affected (MTA).

Military trauma-affected SMVF often have difficulty accessing timely mental health resources due to factors, which include; an individual's difficulty in recognition of their mental health needs, lack of resources available upon recognition of mental health needs, difficulty accessing mental health resources, and a lack of community-level awareness of military-related traumas resulting in mental health conditions. The VMHP provides military trauma-informed training and technical assistance to create greater awareness of and access to mental health resources for SMVF.

Additionally, the VMHP provides training and technical assistance to agencies and organizations spanning the Texas Criminal Justice System in an effort to improve diversion and mental health treatment options for justice involved veterans who have suffered military-related traumas.

For more information about the Veterans Mental Health Program:

(512) 463-6091

OR

[vmhp@tvc.texas.gov](mailto:vmhp@tvc.texas.gov)

## **KATY VA OUTPATIENT CLINIC**

### **SERVICES AVAILABLE**

- Clinic Hours: 8:00 a.m. - 4:30 p.m.
- Primary care services for Veterans
- Women's Health
- Behavioral Health services including individual and group counseling
  - Psychiatric Services
  - Psychological Services
- Social Work Services including individual and group counseling
  - Primary Care
  - Mental Health
  - Substance Use Disorder
- Personal Care: Highly qualified primary care providers, specialty care referrals to the Michael E. DeBakey VA Hospital
- Audiology Services
- Optometry

- Optician Services
- Tele-retinal imaging services for diabetic patients
- Prosthetic Services
- Physical Therapy
- Occupational Therapy
- Nutrition Education
- Laboratory: Blood drawing services available from 7:30 a.m. - 3:00 p.m.
- Prescriptions: Routine prescriptions processed through the mail or myHealthVet
- Pharmacy Medication Education
- Claims and benefits counseling (Texas Veterans Commission)
- General Diagnostic Radiology
- Mammograms
- Limited Tele-Health Services

**TO MAKE AN APPOINTMENT:**

Call the Network Telecare and Appointment Center at 713-794-8985 or toll free 1-800-639-5137

**PHYSICAL ADDRESS AND PHONE NUMBER**

750 Westgreen Blvd  
Katy, TX 77450

Phone: 281-578-4600

**HOUSTON VA MEDICAL CENTER**

2002 Holcombe Blvd  
Houston, TX 77030

713-791-1414  
OR  
1-800-553-2278

# HOUSTON VET CENTERS

**For assistance after-hours, weekends, or holidays at all Vet Centers, call:  
1-877-WAR-VETS (1-877-927-8387)**

## **HOUSTON SOUTHWEST VET CENTER**

3000 Richmond Avenue, Suite 355  
Houston, TX 77098  
Phone: 713-523-0884 OR 1-877-927-8387

### **Hours of Operation:**

- Monday: 8:00 am - 7:30 pm
- Tuesday: 8:00 am - 7:30 pm
- Wednesday: 8:00 am - 7:30 pm
- Thursday: 8:00 am - 8:00 pm
- Friday: 8:00 am - 4:30 pm
- Saturday: 8:00am - 4:30pm (1st Saturday of each month)
- Sunday: Closed

## **HOUSTON VET CENTER**

14300 Cornerstone Village Dr., Suite 110  
Houston, TX 77014  
Phone: 281-537-7812 OR 281-537-7812

### **Hours of Operation:**

- Monday: 8:00 am - 7:30 pm
- Tuesday: 8:00 am - 7:00 pm
- Wednesday: 8:00 am - 7:00 pm
- Thursday: 8:00 am - 7:30 pm
- Friday: 8:00 am - 4:30 pm
- Saturday: Open on the 1st Saturday of each month from 8:00 am - 4:30 pm
- Sunday: Closed

## **HOUSTON WEST VET CENTER**

701 N. Post Oak Road Suite 102  
Houston, TX 77024  
Phone: 713-682-2288 Or 713-682-2288

### **Hours of Operation:**

- Monday: 8:00 am - 8:00 pm
- Tuesday: 8:00 am - 8:00 pm
- Wednesday: 8:00 am - 8:00 pm
- Thursday: 8:00 am - 8:00 pm
- Friday: 8:00 am - 4:30 pm
- Saturday: Open on the 1st Saturday of each month from 8:00 am - 4:30 pm
- Sunday: Closed

## VA TOLL FREE NUMBERS

<b>VA BENEFITS:</b>	1-800-826-1000
<ul style="list-style-type: none"><li>• Burial</li><li>• Death Pension</li><li>• Dependency Indemnity Compensation</li><li>• Direct Deposit</li><li>• Directions to VA Benefits Regional Offices</li><li>• Disability Compensation</li><li>• Disability Pension</li><li>• Education</li><li>• Home Loan Guaranty</li><li>• Medical Care</li><li>• Vocational Rehabilitation and Employment</li></ul>	
<b>BENEFICIARIES IN RECEIPT OF PENSION BENEFITS</b>	1-877-294-6380
<b>DEBT MANAGEMENT CENTER</b> (Collection of Non-Medical Debts)	1-800-827-0648
<b>CHILDREN OF WOMEN VIETNAM VETERANS (CWVV)</b>	1-877-345-8179
<b>FOREIGN MEDICAL PROGRAM (FMP)</b>	1-888-820-1756
<b>CIVILIAN HEALTH AND MEDICAL PROGRAM OF THE DEPARTMENT OF VETERANS AFFAIRS (CHAMPVA)</b>	1-800-733-8387
<b>EDUCATION/GI BILL</b>	1-888-442-4551
<b>HEALTH CARE BENEFITS</b>	1-877-222-8387
<b>SMOKING CESSATION COUNSELORS</b>	1-855-QUIT-VET (1-855-784-8838)
<b>COMBAT CALL CENTER</b>	1-877-WAR-VETS (1-877-927-8387)

**LIFE INSURANCE:**

Service members and/or Veterans Group  
Life Insurance Program

1-800-419-1473

All other VA Life Insurance Programs

1-800-669-8477

**MAMMOGRAPHY HELPLINE**

1-888-492-7844

**CHAMPVA MEDS BY MAIL**

1-888-385-0235 (or)  
1-866-229-7389

**SPECIAL ISSUES:**

- Gulf War
- Agent Orange
- Project Shad
- Mustard Agents and Lewisite
- Ionizing Radiation

1-800-749-8387

**STATUS OF HEADSTONES AND  
MARKERS**

1-800-697-6942

**TELECOMMUNICATIONS DEVICE FOR  
THE DEAF (TDD)**

Dial 711