



300 E. Edgewood Dr.	Friendswood, TX 77546
friendswoodfamilymed.com	Monday – Friday 7 am – 4 pm
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Community Resource List

The following list has been put together for patients, families & caregivers to use for meeting patient needs & concerns. If you have need for a resource not listed, please contact our office &, if possible, we will help.

Medication cost assistance

- Patients Rising: <https://www.patientsrising.org/>
- Rx Assist: rxassist.org
- Good Rx: goodrx.com
- Rx Hope: rxhope.com
- Rx Outreach: rxoutreach.org
- SingleCare: singlecare.com

Transportation assistance

Ambulatory Patient (Patient is able to walk without any assistance,):

- Patients Rising Concierge: <https://www.patientsrising.org/>
- Uber: uber.com
- Lyft: lyft.com/rider

Non-Ambulatory Patient (Patient has difficulty walking needs a wheelchair, electric scooter or other help.)

- Patients Rising Concierge: <https://www.patientsrising.org/>
- Medbridge Transport: (713) 766-0391 medbridgetransport.com
- METROLift: Customer Service: (713) 635-4000 (call or text) or ridemetro.org/riding-metro/transit-services/metrolift-paratransit

Explanations on the variety of Medicare Plans – Knowledge about the variety of Medicare plans
medicare.gov/sign-up-change-plans/different-types-of-medicare-health-plans

Availability of county-funded health resources for low-income families

- **County specific** Indigent Health Care Programs can be found at: hhs.texas.gov/services/health/county-indigent-health-care-program
- **Community Health Network:** Community Health Network is a **nonprofit health system** that facilitates specialty & acute care hospitals, surgery centers, home care services, & behavioral & employer health services. Email: wecare@sfachn.org Phone: (281) 824-1480 Website: mychn.org/
- **Ibn Sina Foundation:** The Ibn Sina Foundation was established in 2001 by a group of local physicians, business & healthcare professionals. The vision was to bridge the growing gap between the health care needs of a rapidly expanding population of under-served families & the ability of existing public institutions to meet their needs. Ibn Sina Foundation’s humble beginnings are of extra ordinary measures for low income & indigent families who have no access to health care & cannot afford expensive health related services. Email: info@ibnsinafoundation.org Phone: (281) 848-7979 Website: <https://www.ibnsinafoundation.org/>
- **Harris Health System** (formerly Harris County Hospital District): Health care assistance for eligible residents of Harris County that meet certain household income requirements. Main Number (713) 634-1000 Eligibility Call Center (713) 566-6509 Website: <https://www.harrishealth.org/access-care/patient-eligibility>

Community Resource List, Continued

Availability of county-funded health resources for low-income families, continued

- **Brazoria County Indigent Health Care Program (CIHCP)** is a county program that provides medically necessary health care benefits to individuals who meet the income, resource, residency, & household criteria; & who are ineligible for TX Medicaid. <https://www.brazoriacountytx.gov/departments/health-department/indigent-health-care-program> Angleton Office (979) 864-1884 or Alvin Office (281)585-3024
- **New Dimensions Day Treatment Centers** is a behavioral health facility that offers psychiatric & chemical dependency treatment on an outpatient basis. (866) 945-1730 <https://nddtreatment.com/>

In-Patient Behavioral Health Services

- Texas Behavioral Health: (713) 429-5325
- Oceans Behavioral Hospital: (832) 619-8836 <https://oceanshealthcare.com>
- West Oaks Hospital: (713) 995-0909 <https://westoakshospital.com>

Assistance for families of dementia patients – Local Memory Care facilities:

- Sterling Oaks Assisted Living Memory: (346) 385-0123 <https://www.sterlingoaksalf.com/>
- Brookdale Pearland: (832) 915-4024 <https://www.brookdale.com/en/communities/brookdale-pearland.html>
- Emeritus at Friendswood Price & Availability (855) 344-4048; General Info: (281) 648-5454 <https://www.seniorcare.com/assisted-living/tx/friendswood/emergitus-at-friendswood/40149/>
- The Cottages at Clear Lake – League City (713) 597-2720 <https://www.alzcottages.com/>
- Village on The Park – Friendswood (349) 271-7379 <https://www.cardinalbay.org/senior-living/tx/friendswood/village-on-the-park-friendswood/>

Diabetic education classes

- University of Texas Medical Branch (UTMB) Stark Diabetes Center – The diabetes education program at the UTMB Stark Diabetes Center has been Recognized by the American Diabetes Association (ADA) for Quality Self-Management Education (832) 505-2300 <https://www.utmbhealth.com/services/diabetes>
- H-E-B Wellness Nutrition Services – A food-first philosophy rooted in science. Phone: (855) 803-9355 Email: nutritionservices@heb.com Website: <https://www.heb.com/wellness/nutrition-services>

Assistance for Homebound Patients

- Right at Home: (409) 203-2013 <https://www.rightathome.net>
- Visiting Angels: (979) 256-4282 <https://www.visitingangels.com>
- Home Helpers Care of SE Houston: (281) 559-7845 <https://homehelpershomecare.com/se-houston/>
- Brightstar Care Friendswood: (281) 606-4335 <https://www.brightstar.com/friendswood>
- Senior Helpers: (281) 640-3122 <https://www.seniorhelpers.com>

Addiction Support

- Alcoholics Anonymous: www.aa.org
- Alcoholics Anonymous: Alvin (281) 585-9669
- Alcoholics Anonymous: League City (281) 332-9800
- Alcoholics Anonymous: Texas City (409) 948-1591
- Alcoholics Anonymous: Houston (713) 947-2989
- Sex Addicts Anonymous: <https://saa-recovery.org>
- Texas Gamblers Anonymous: <http://www.texasga.org>
- Narcotics Anonymous: <https://www.na.org>

Community Resource List, Continued

Suicide Resources

- National Suicide Prevention Lifeline <https://988lifeline.org/> Dial 988 The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.
- Texas Suicide Prevention Collaborative: <https://texassuicideprevention.org/> Suicide Safer Homes PDF: http://texassuicideprevention.org/wp-content/uploads/2021/05/Suicide-Safer-HomesFINAL2019PDF_v10-1.pdf
- Suicide Prevention Resource Center: (800) 273-8255 <https://www.sprc.org/>

Nutrition Support

Houston Food Bank: (832) 369-9390 <https://www.houstonfoodbank.org/>

Low-Cost Dental Care

- Ibn Sina Foundation: <https://www.ibnsinafoundation.org/>
- Community Health Network: (281) 824-1480 <https://mychn.org/>

Low-Cost Vision Care

- National Eye Institute: Website has a large amount of information on financial aid to assist with vision care <https://nei.nih.gov/health/financialaid>

Employment Resources

- Texas Workforce Commission: Website contains a wealth of resources pertaining to job training & labor laws. Also contains one of Texas' largest job databases. (800) 628-5115 <https://www.twc.texas.gov/services/job-search>

Respite Care Resources

- Visiting Angels: (979) 256-4282 www.visitingangels.com
- A Place For Mom: (866) 329-6954 www.aplaceformom.com
- Synergy Home Care: (713) 742-6636
- Friendship Haven: (281) 992-4300 <https://friendshiphaven.net>

National Domestic Violence Hotline

Texas Family Violence Program – (800) 799-7233 <https://hhs.texas.gov/services/safety/family-violence-program>

Find additional resources in your area

<https://usoncology.findhelp.com/>

How to access care outside of clinic hours

Please call our on-call provider at (281) 485-9034 for urgent needs. (This number is **not** used for scheduling or medication refills.) If you have an emergency, call 911.