



Mini Blue Book

Personal Medical Resource Guide



February 2023

Notes:

We have done our best to provide you with accurate information, but changes do occur, and what was correct when we went to print may no longer be correct. Be sure to call and verify that a service is available before going to an agency.



Inclusion in this booklet does not imply endorsement or recommendation by the Houston Ryan White Planning Council.

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Getting Help - What to do First

A case manager can help you get the services you need to make your life stable and healthy. Working with multiple agencies to get different services can be confusing and a case manager can help you find the services you need and are eligible for.

Together you can create a plan to get health care and address other needs like getting an ID, finding safe housing, and accessing food, transportation, and even health insurance.

Don't wait until the last minute to call your case manager for assistance. The case manager is there to answer questions and help you when you aren't sure what to do.

Write the details of your first appointment and the things you'd like to discuss on the next page.

If circumstances beyond your control keep you from going to your first appointment, call as soon as possible to discuss your situation and reschedule the appointment.

My Appointment

Date: _____ Time: _____

Where: _____

With: _____

Phone #: _____

Notes: _____

ADAP

AIDS Drug Assistance Program (ADAP)

TOLL FREE: (800) 255-1090

HOURS: M-F, 8am-5pm (except state holidays)

If you don't have health insurance* and need HIV medications, the Texas HIV Medication Program (THMP, commonly referred to as ADAP) may be able to help. It can take awhile to process your application so it's important to call as soon as possible.

Your case manager can help you complete the application and make sure it is correct. They can also connect you to other resources that can pay for your meds while you wait for ADAP approval.

If you have any questions call ADAP or your case manager for assistance.

***If you do have health insurance and meet eligibility requirements,** the Ryan White Program can pay for your premiums, co-pays and deductibles. Call Legacy Community Health at 832-548-5111, or ask your case manager for assistance.

My Current Meds

You can use this chart to list your current meds and also any drug allergies or reactions that you've had. This will help you when you see the doctor and also when you go to the pharmacy.

Medication	Dosage	For treatment of...
Lipitor EXAMPLE	40mg/1x day	high cholesterol

Drug Allergies/Reactions:

My Lab Work

CD4 or T-cells help protect the body from infection. On a regular basis, your doctor will draw blood to measure the number of T-cells; the higher the number the better.

The viral load test measures how much virus is in your blood. Unlike CD4 count, a low viral load is better. An *undetectable viral load* does **not** mean that the virus is gone, but that there is less in the blood than the test can measure.

Undetectable = Untransmittable (U=U). The CDC has confirmed that persons living with HIV *“who take antiretroviral therapy as prescribed and maintain an undetectable viral load have effectively no risk of sexually transmitting the virus to an HIV-negative partner.”*

Knowing your numbers can help you watch for changes in your health as well as check the impact of any new treatments.

Keep in mind that many things including age, gender, stress, medications, and infections can affect your test results.

Date	Viral Load	CD4/T-cell

Emergency Homeless Services

Covenant House 1111 Lovett Blvd. 713 523-2231

24 hour shelter for youth ages 18-21. METRO 56, 82.
Trevor Project (LGBTQ youth) text 'start' to 678678.

VA McGovern Center 1418 Preston 713 794-7533 ❶

Drop-in center for Veterans. Open 7 days, hours vary.
Homeless Veterans Program info: 713 794-7848.

Salvation Army 1717 Congress 713 223-8889 ❷

Supportive shelter for men and veterans. 24 hours.
METRO 6, 20, 30, 48, 137.

The Beacon 1212 Prairie 713 220-9737 ❸

Day shelter services. M-F 9am-2pm. METRO 6, 11, 51,
52, 137; METROrail: Preston; Project Access bus.

Salvation Army 1603 McGowen 713 650-6530

Supportive shelter for women and families. M-F 8am-
4:30pm. METRO 11, 54.

Star of Hope 1811 Ruiz 713 227-8900 ❹

Men's shelter. M-F 8am-4pm. METRO 6, 20, 30, 48, 137.

Star of Hope 2575 Reed Rd 713 222-2220

Women & family shelter. M-F 9am-4pm. METRO 87.

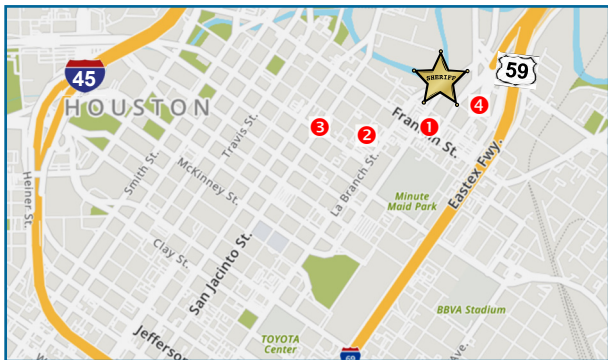
Domestic Violence assistance, shelter, and referrals:

Bay Area Turning Point 281 338-7600

Ft. Bend County Women's Center..... 281 342-4357

Houston Area Women's Center..... 713 528-2121

Emergency Homeless Services



Coalition for the Homeless **713 739-7514**

Homeless resource information. For the *Help Card & Street Guide* go to homelesshouston.org

The Way Home **832 531-6041**

Complete a Coordinated Access housing assessment to get on the path to housing. Proof of homelessness is required. *This is not a voucher program.* Intake M-F 9am-1pm. Call or email ca@homelesshouston.org for more information and eligibility requirements.

Harris Center 24 Hour Crisis Hotline **713 970-7000**

Help and referrals for anyone with an urgent mental health crisis. Press option 1. Text line: 832 479-2135.

Employment Resources

Being productive and active is important for your mental health and financial well being. There are many agencies that offer job readiness, skills training and employment assistance. Some provide clothes and bus cards for going to interviews and to work, access to a computer, and other valuable resources.

If you are able to work, you will benefit from a steady paycheck, possible health insurance and more choices.

Career and Recovery Resources	713 754-7095
Cypress Assistance Ministries	281 955-5895
Goodwill Job Connection Center	713 590-3123
Humble Area Assistance Ministries	281 446-3663
Memorial Assistance Ministries	713 468-4516
SER-Jobs for Progress	713 773-6000
W. Houston Assistance Ministries	832 252-7748
WorkFaith Connection	713 984-9611
Workforce Solutions	1-888-469-JOBS

Equal Employment Opportunity Commission

To file a complaint if you think you have been discriminated against at work or when applying:

 800-669-4000  eeoc.gov/how-file-charge

My Appointment

Date: _____

See page ____ for
address, map and
bus routes.

Time: _____

Where: _____

With: _____

Phone #: _____

Notes: _____

Hepatitis C Testing

Hepatitis C (HCV) is spread through blood to blood contact, such as sharing needles for tattoos, body piercing or injecting drugs, or renal dialysis. There is a small risk of transmission during sex, sharing razors, nail clippers or toothbrushes. You cannot get it from urine, sweat, or casual contact.

There is a vaccine available for Hepatitis A and B but not for Hepatitis C. A special blood test is the only way to tell if you have contracted HCV.

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Avenue 360 Health & Wellness	Page 34
Bee Busy Wellness Center	Page 36
Legacy Community Health	Page 40
St. Hope Foundation	Page 44
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Help-4-Hep Peer Helpline **877-HELP-4-HEP**
Talk with a real person for free, confidential info, support and referrals from people who have experience dealing with Hep C.  help4hep.org

St. Luke's Liver Health Outreach **877-64-LIVER**
Free testing for Hepatitis B and C, clinical trials, treatment information and resources.

My Appointment

Date: _____

See page ____ for
address, map and
bus routes.

Time: _____

Where: _____

With: _____

Phone #: _____

Notes: _____

HIV and STD Testing

It is very important to talk about safer sex with your partners and ask if they have been tested for HIV and STDs. The only way to know if someone has contracted HIV is to get tested.

If you think you have been exposed to an STD get tested and treated as soon as possible. Having an STD increases your risk of contracting HIV or another STD.

See the next page for information on PrEP for the prevention of HIV.

AAMA	Page 26
AccessHealth	Page 28
AIDS Foundation Houston	Page 30
AIDS Healthcare Foundation	Page 32
Avenue 360 Health & Wellness	Page 34
Bee Busy Wellness Center	Page 36
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St. Hope Foundation	Page 44
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PrEP (pre-exposure prophylaxis) is a way to prevent HIV by taking a pill every day. PrEP was approved by the FDA and is safe and highly effective for preventing HIV when it is taken as prescribed.

The providers listed here can provide resources, information and help accessing PrEP.

AIDS Foundation Houston	Page 30
AIDS Healthcare Foundation	Page 32
Avenue 360 Health & Wellness	Page 34
Bee Busy Wellness Center	Page 36
Legacy Community Health	Page 40
The Montrose Center	Page 42
Planned Parenthood	866 383-3103
St. Hope Foundation	Page 44
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Info about PrEP: [📄 cdc.gov/hiv/basics/prep.html](https://www.cdc.gov/hiv/basics/prep.html)

Info about PrEP, where to get it and how to pay for it: [📄 greaterthan.org](https://www.greaterthan.org)

Find a PrEP provider in Texas (listed by city):
[📄 dshs.texas.gov/hivstd/prep/providers.shtm](https://dshs.texas.gov/hivstd/prep/providers.shtm)

Housing Resources

Housing assistance is available to people with low and moderate incomes, including homeless and disabled persons.

Safe, affordable housing can keep you off the streets, out of shelters and on the road to a better life. Call one of the agencies below or speak to your case manager for information.

AAMA	Page 26
AIDS Foundation Houston	Page 30
Avenue 360 Health & Wellness	Page 34
Catholic Charities	Page 38
The Montrose Center	Page 42

City of Houston HOPWA 713 868-8328
Housing Opportunities for Persons with AIDS: short-term rent, mortgage and utility assistance, community residences. Call for a list of providers.

Harris Co. Housing and Community Resource Center
Resource Coordinators **832 927-4955**
Info on rentals, housing related services, financial assistance, emergency shelters and much more. Call or search online. *See page 48 for more info.*

 housingandcommunityresources.net

My Appointment

Date: _____

See page ____ for
address, map and
bus routes.

Time: _____

Where: _____

With: _____

Phone #: _____


Notes: _____

Mental Health Counseling

There are many things that can make you feel alone, depressed, angry or confused. Sometimes help is needed to sort things out.

Individual, couple, family and group counseling is available. Services are often provided free of charge or based on your personal income.

If you need someone to talk to, please contact one of the agencies below or call your case manager for help.

AAMA	Page 26
Avenue 360 Health & Wellness	Page 34
Catholic Charities	Page 38
Legacy Community Health	Page 40
The Montrose Center	Page 42
St. Hope Foundation	Page 44
Harris Center 24 Hr Crisis Hotline	713 970-7070
National Suicide and Crisis Lifeline	9-8-8
Trevor Project	866 488-7386
LGBTQI+ youth specialists. Call, text 'start to 678678, or webchat:  thetrevorproject.org	

My Appointment

Date: _____

See page ____ for
address, map and
bus routes.

Time: _____

Where: _____

With: _____

Phone #: _____

Notes: _____

Substance Use Treatment

Alcohol, drugs and nicotine weaken the body. If you would like to quit or cutback, there are treatment options available. Services are often free of charge or on sliding fee scale based on your personal income.

Contact one of the agencies below for more information or call your case manager for help to find the best treatment for your situation.

AAMA	Page 26
Avenue 360 Health & Wellness	Page 34
Career & Recovery Resources	713 754-7000
The Montrose Center	Page 42
ReCenter Houston	832 649-6696

If you need additional support, call one of these groups to find a meeting in your area.

Alcoholics Anonymous	713 686-6300
Cocaine Anonymous.....	713 668-6822
Narcotics Anonymous	713 661-4200

My Appointment

Date: _____

See page ____ for
address, map and
bus routes.

Time: _____

Where: _____

With: _____

Phone #: _____

Notes: _____

Transportation Resources

It can be hard to get medical care and related services without transportation. If you are eligible, a case manager can provide a bus pass so you can get to your medical appointments. Add your own money to your bus pass to ride everywhere at reduced cost!

The agencies below offer bus passes to get you to your medical appointments, or help with van transportation to social service providers.

AIDS Foundation Houston	Page 30
AIDS Healthcare Foundation	Page 32
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METRO offers a variety of services - METRO bus, METRORail, and METROLift. For information on fares and schedules visit ridemetro.org or call/text 713 635-4000. Available 8am-5pm daily.

My Appointment

Date: _____

See page ____ for
address, map and
bus routes.

Time: _____

Where: _____

With: _____

Phone #: _____

Notes: _____

Service Providers



**ASSOCIATION FOR THE
ADVANCEMENT OF MEXICAN
AMERICANS**

**204 Clifton Street
Houston, TX 77011**



(713) 926-9491



www.aama.org



Monday-Friday 8am-5pm



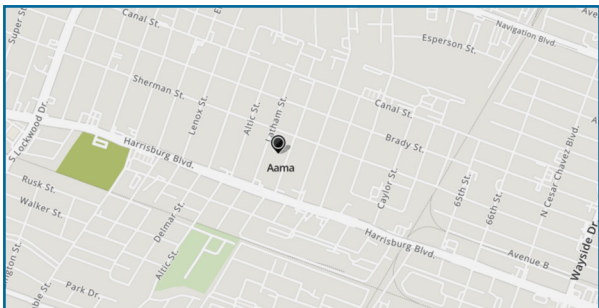
20, METRORail



AAMA provides substance use counseling for individuals and families; testing and risk reduction counseling for HIV, Hepatitis C, and syphilis (walk-ins welcome), as well as HIV related case management. AAMA can help connect you to medical care, transportation, housing and other supportive services.

Other programs include free GED, ESL and computer classes, cultural events, sports activities, summer camp for students, and prevention and parenting skills training.

My Appointment



**Date
& Time:** _____

**Contact
person:** _____

Notes:

Service Providers



**400 Austin Street
Richmond, TX 77469**



(281) 342-4530



www.myaccesshealth.org



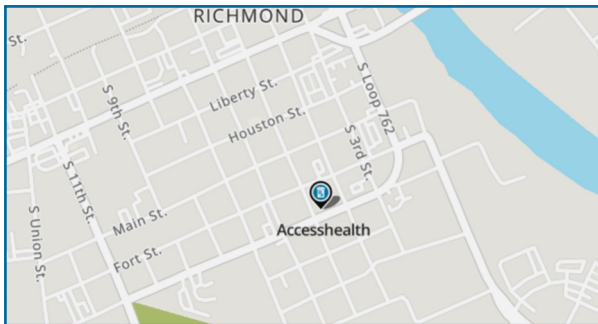
Monday-Friday 7am-7pm, Saturday 8am-12pm



AccessHealth is a Federally Qualified Health Center with 5 clinics in Fort Bend and Waller counties. They provide medical care for adults and children, women's services, behavioral health services, dental care, chronic illness management, on-site pharmacy, lab, immunizations, medication assistance, and WIC.

The HIV Program offers medical case management to adults to ensure treatment support. Mental health counseling for individuals, families, and couples is offered to all ages. If eligible, gas cards for medical transportation are provided as needed and available.

My Appointment



Date
& Time:
Contact
person:

Notes:

Service Providers



6260 Westpark Dr., Suite 100
Houston, TX 77057



(713) 623-6796



www.aidshelp.org



Monday-Friday 9am-5pm. Call for intake.

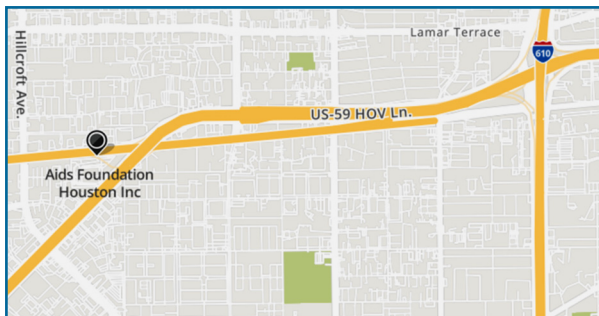


Hillcroft Transit Center



AFH provides services to people affected by and living with HIV. Programs include re-entry services for those who are homeless exiting incarceration, including medical transportation for eligible recently released individuals. AFH provides housing and supportive services programs for single women living with HIV and for homeless youth ages 18-24 regardless of HIV status. An appointment is required. Prevention Services include HIV/STI testing and linkage to medical care, PrEP, nPep, Rapid Start, and much more.

My Appointment



**Date
& Time:**
**Contact
person:**

Notes:

Service Providers



AIDS HEALTHCARE
FOUNDATION



www.aidshealth.org



Monday-Friday 8am-5pm



Binz Healthcare Center

1200 Binz Street, Suite 1290; Houston 77004



(713) 524-8700



1, 34, METRORail

Full service clinic providing comprehensive medical care and case management to people living with HIV. Call for information about PrEP.

Fannin Healthcare Center

7400 Fannin Street, Suite 1118; Houston 77054



(713) 520-6360

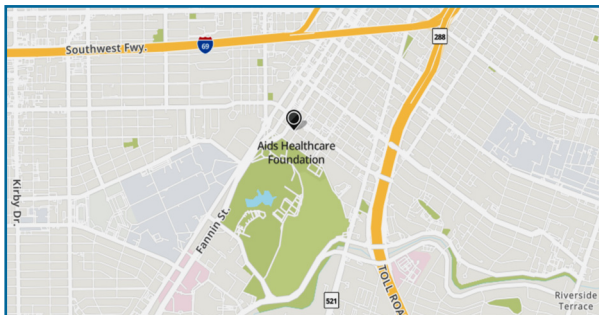


84, METRORail

Gynecologist, well woman exams, and prenatal care for women living with HIV; access to clinical trials.

Out of the Closet thrift store - 1435 Westheimer.
AHF pharmacy on-site, free HIV testing.

My Appointment



Date
& Time:
Contact
person:

Notes:

Service Providers



2150 West 18th Street, Suite 300
Houston, TX 77008



(713) 426-0027



<https://avenue360.org>



Monday-Thursday 8am-6pm, Friday 8am-5pm



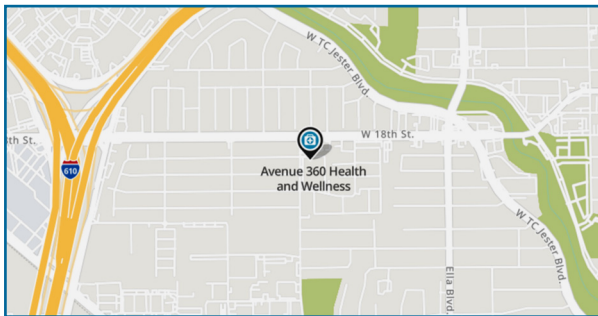
26



Avenue 360 is a Federally Qualified Health Center with 7 clinics across the Houston area. Avenue 360 provides medical care for adults and children, women's services, transgender health and wellness, mental health services, HIV/STD, syphilis and Hepatitis C testing, and on-site pharmacy.

Services for people living with HIV include case management, bus passes, medical and dental care, medication assistance, housing related services, and Omega House hospice.

My Appointment




**Date
& Time:** _____
**Contact
person:** _____

Notes:

Service Providers




**8785 W. Bellfort
Houston, TX 77031**

 **(713) 771-2292**

 **<https://mybbwc.org>**

 **Monday-Friday 8:30am-6pm**

 **68, 8, 46**

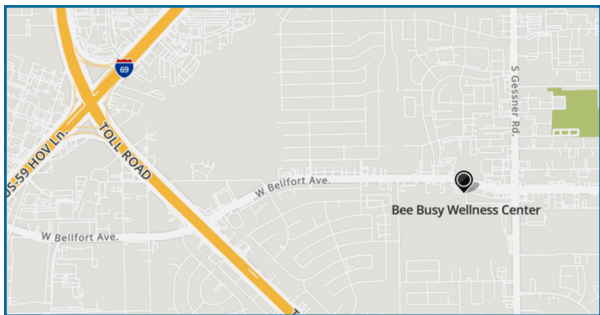


BBWC is a Federally Qualified Health Center with 3 locations, providing medical care for adults and children, women's services, dental care, health screenings, weight management, pharmacy, x-ray and ultrasound, preventative care, PrEP and nPEP for HIV prevention, STI screening and treatment, athletic physicals, immunizations/vaccinations, mental health care, and health education.

You can make an appointment online (does not guarantee service time, you may have to wait inline).

Services are provided regardless of ability to pay.

My Appointment



**Date
& Time:**
**Contact
person:**

Notes:

Service Providers



2900 Louisiana Street

Houston, TX 77006



(713) 526-4611



www.catholiccharities.org



Monday-Friday 8am-5pm

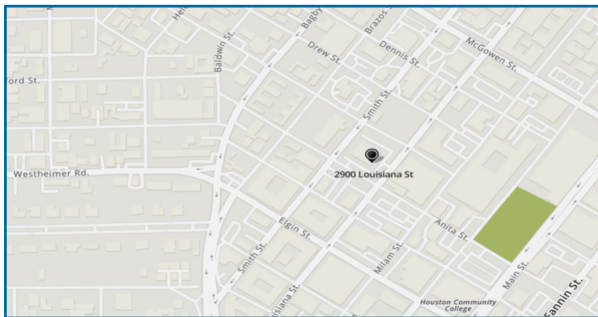


82



Provides rental assistance to low income families and individuals facing eviction; behavioral health services for individuals and families of any income level; Disaster Recovery Program; Family Assistance Program providing emergency food and financial assistance; education and employment services for single mothers; supportive programs for seniors and women veterans; and supportive services and legal assistance for refugees and immigrants, including shelter and foster care for children who come to the U.S. alone.

My Appointment




Date
& Time: _____
Contact
person: _____

Notes:

Service Providers



**1415 California Street
Houston, TX 77006**

 **(832) 548-5100**

 **www.legacycommunityhealth.org**

 **Monday-Friday 8am-8pm, Saturday 8am-5pm**

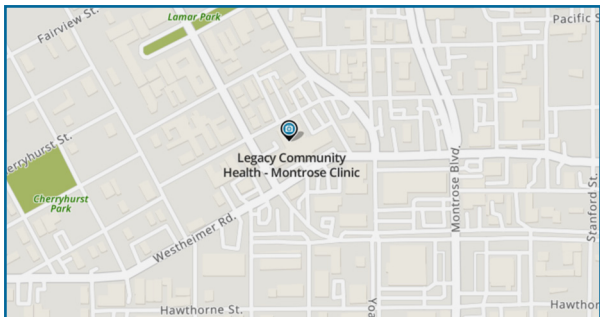
 **82**



Legacy is a Federally Qualified Health Center with 20 locations in SE Texas. Legacy provides medical care for adults and children, women's services, HIV and chronic illness management, dental and vision care, behavioral health services, transgender health and wellness, on-site pharmacy, HIV/STD screening and treatment, prevention education and PrEP, nutritional counseling, personal training, and social services. You can schedule an appointment online.

Provides assistance with medications, co-pays and health insurance costs for people living with HIV.

My Appointment



Date
& Time: _____
Contact
person: _____

Notes:

Service Providers



**401 Branard Street, 2nd Floor
Houston, TX 77006**



(713) 529-0037



www.montrosecenter.org



Monday-Friday 8am-7pm



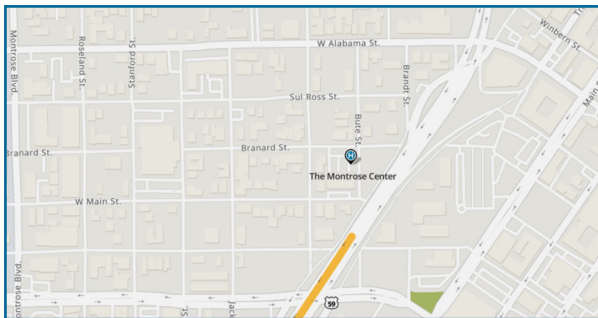
25



Provides individual, couple and group mental health counseling; individual and group outpatient substance use treatment and 12-step groups; and peer-based Recovery Coaching. Provides social and housing programs for older adults and emergency food for clients who need immediate help.

Services for people living with HIV include re-entry services (discharge planning), short term rent and deposit assistance through HOPWA, emergency financial assistance, bus cards, case management and service linkage.

My Appointment




**Date
& Time:** _____
**Contact
person:** _____

Notes:

Service Providers



**6800 West Loop South, Suite 560
Bellaire, TX 77401**

 **(713) 778-1300 (intake)**

 **www.offeringhope.org**

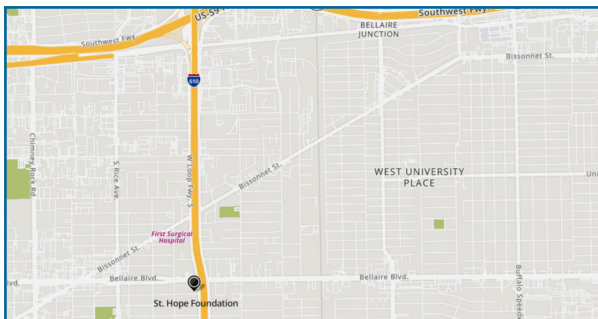
 **Monday-Thursday 8am-6pm, Friday 9am-2pm**

 **2**



SHF is a Federally Qualified Health Center with 6 locations in 4 counties in SE Texas. SHF provides medical care for adults and children, women's services, chronic illness management, dental and vision care, podiatry, on-site pharmacy, behavioral health services, psychiatry, HIV/STD and Hepatitis C screening and treatment, prevention education and PrEP, case management, access to clinical research, nutritional counseling and bus passes/van transportation. You can schedule an appointment online.

My Appointment




**Date
& Time:**
**Contact
person:**

Notes:

Service Providers

THOMAS STREET HEALTH CENTER HARRIS HEALTH SYSTEM

2015 Thomas Street
Houston, TX 77009

 (713) 873-4000

 Monday-Friday 7:30am-4:30pm

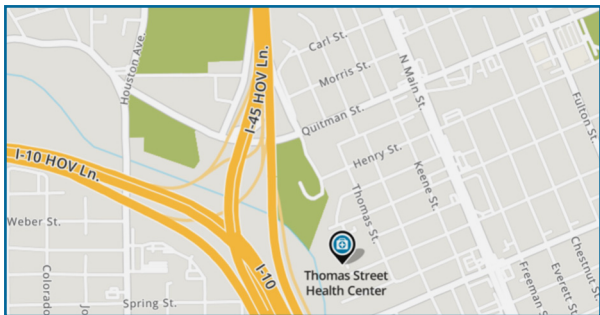
 METRORail



TSHC was the first freestanding HIV clinic in the US; the clinic will be moving to a new location in 2023.

Services provided include HIV primary care, including women's, adolescent, and transgender health, Rapid Start of medications for newly diagnosed, specialty care, case management, behavioral health services, physical therapy and wellness, ADAP pharmacy, access to clinical trials, HIV prevention (HIV testing, PrEP, nPEP), on-site eligibility, and patient transportation assistance.

Harris Health System has medical and dental clinics throughout Harris County, visit harrishealth.org for more information.



Date
& Time:
Contact
person:

Notes:

Helpful Resources

AVDA

713 224-9911

 avda-tx.org

Free legal representation for victims of domestic abuse: protective orders, divorce, child custody and support. Advocates provide safety planning, trauma counseling, help with crime victims compensation, referrals and more. Monday-Friday 8am-5pm.

Dispute Resolution Center

713 274-7100

 drc.harriscountytexas.gov

Free mediation service to help resolve disputes out of court for matters such as landlord/tenant, consumer/merchant, divorce and more. No legal advice or criminal matters. Monday-Friday 8am-5pm.

Harris Co. Housing and Community Resource Center

 HRC@csd.hctx.net

832 927-4955

 housingandcommunityresources.net

Find rental property, help for first time home buyers, employment, medical services, clothing, food, transportation, disaster recovery, Covid-19, etc. Call or email a Resource Navigator Monday-Friday 8am-4:30pm, or you can search online 24 hours.


[illegible]

Helpful Resources

Katine Nechman McLaurin

713 808-1000

 lawknm.com  

Legal services in immigration, GLBT family law and criminal defense matters. Free consultation for people living with HIV.  info@lawkn.com

Medicaid

800 252-8263

 hhs.texas.gov/services/health/medicaid-chip.gov

Information about Texas Medicaid and the Children's Health Insurance Program (CHIP) which provide health coverage for low-income children, families, seniors and people with disabilities.

Medicare

800 633-4227

 www.medicare.gov

Information and assistance with Medicare. Chat, search health/drug plans and find providers online.

Michael E. DeBakey VAMC

713 791-1414

 www.houston.va.gov

Medical care for Veterans and their families; bus passes available for clients of the HIV Clinic. Monday-Friday 8am-4:30pm; emergency room open 24 hours.

[illegible]

Helpful Resources

Social Security

800 772-1213

 www.ssa.gov


Get information, forms, locate an office and apply for benefits online. Call for live help Monday-Friday 8am-7pm; automated system available 24 hours.

Texas Attorney General - Child Support **800 252-8014**

 www.oag.state.tx.us/child-support

Assistance to establish paternity, as well as to establish, enforce and modify child support.

If you are a non-custodial parent needing assistance with access and visitation:

call 866-292-4636 Monday-Friday 1pm-5pm, or go to  www.txaccess.org.

Texas Department of Insurance

800-252-3439

Auto, health, home, life insurance information, providers, consumer tips, how to file a complaint and get help resolving a claim.

 tdi.texas.gov/consumer/index.html    

Texas Transgender Alliance Resource Guide

Searchable database of resources for transgender individuals in Texas.

 nrg.e-compas.com/TXTA

[illegible]


Need help? Dial 2-1-1, a free helpline operated by the United Way of Greater Houston.

A great way to find the help you need is by calling 2-1-1. Get free, confidential information and referrals to places that can assist with food, housing, employment, counseling and much more. You can dial 2-1-1 from anywhere in the state - available 24 hours a day, 7 days a week in many languages.

You can also search the United Way database online:
<http://referral.unitedwayhouston.org/>

To have a copy of the complete Blue Book resource guide mailed to you for FREE, please contact:

Ryan White Planning Council Office of Support

 **832 927-7926**

 **FeedbackRWPC@harriscountytexas.gov**

 **rwpcHouston.org**



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