



Directory of Free or Low-Cost Health and Health-Related Services in Lubbock

Prepared by the City of Lubbock Board of Health, Revised May 2011

2-1-1 Texas South Plains

- **Group Info:**
(2-1-1) is the abbreviated dialing code for free information and referrals about local community organizations and resources. It serves as the first number to call to link individuals and families to appropriate resources and information. 2-1-1 is available 24 hours a day, 7 days a week in multiple languages.

People calling 2-1-1 in Texas are connected directly to their local Area Information Center (AIC). The AIC maintains a comprehensive regional database of resources including federal, state, and local government agencies, community based organizations, and qualified private businesses. The South Plains region has an AIC which is located in Lubbock and serves the fifteen surrounding counties, including Bailey, Cochran, Crosby, Dickens, Floyd, Garza, Hale, Hockley, King, Laredo, Lubbock, Lynn, Motley, Terry, and Yoakum.

(2-1-1) Texas is a program of the [Health and Human Services Commission](#) and the City of Lubbock Community Services Block Grant Program, in collaboration with South Plains Association of Governments. In addition to the help line and website, 2-1-1 Texas South Plains provides a printed resource directory known as the Health & Human Services Information & Referral Directory or "Red Book," which is available for \$10.

- **Contact Info:**
Aida Martinez Director
Texas South Plains
Phone: 806-762-8721 Fax: 806-765-9544
[Email:](#)
- **Web Link:**
www.211txsouthplains.org

Advocacy, Inc

1212-13th Street, Suite 101
765-7794

Hours of Operation: 8 a.m. to 5 p.m. Monday-Friday

Legal aid for persons with mental illness or developmental disabilities. Provides information and referral, education, and technical assistance. The mission is to protect, advocate, and advance the rights of persons with disabilities. Bilingual staff. Facilities accessible to persons with disabilities.

American Cancer Society

3411-73rd Street

792-7126

Hours of Operation: 8 a.m. to 5 p.m. Monday-Friday

Patient Services: Hospital equipment, gift items, transportation, information, patient-visitor programs, patient/family support programs, and housing.

Arnett Benson Medical & Dental Clinic

3301 Clovis Rd.

Lubbock, TX 79415

806-765-2611

Catholic Families Services of Lubbock

102 Avenue J

765-8475

Hours of Operation: 8:30 a.m. to 5:00 p.m. Monday-Friday

Some of the services and resources offered include a food pantry; clothing and household good vouchers; utility; prescription medication; and eye glass assistance - no contacts. Other programs offered will help low-income, mostly single parents complete their college education by providing financial assistance and advice to help with with tuition, textbooks, rent, childcare, mileage reimbursement, and utilities expenses. Find additional [scholarship programs](#). Call (806) 725-5211.

Chatman Community Health Center

2301 Cedar Ave.

Lubbock, TX 79404-1629

806-749-0024

www.chclubbock.org

CHCL Community Dental Clinic

1702 Parkway Dr.

Lubbock, TX 79403-4404

806-765-2611 x1029

Community Health Center of Lubbock, Inc.

1313 Broadway, Suite 5

Lubbock, TX 79401

Phone: (806) 765-2611

Fax: (806) 765-2604

Email: msullivan@chcl.tachc.org

Web: www.tachc.org/about/membership/member_directory/chcl.asp

Director: Michael P. Sullivan

HCH Coordinator: Christina Brito

Medical Director: Darnel Dabu, MD, MPH

UDS Number: 062910

Project Description

The Community Health Center of Lubbock (CHCL) has been a Health Care for the Homeless grantee since 1994. CHCL provides comprehensive health care and social services to individuals who are homeless in Lubbock. This is accomplished through a network of collaborating agencies and other health care providers. CHCL provides primary and preventive care while working closely with other agencies to find needed resources. CHCL has a vision clinic on-site. CHCL also serves as a clearinghouse for multiple services for persons who are homeless. CHCL's goal is to treat persons who are homeless with dignity and respect and to meet their diverse needs in a holistic manner.

Services

The CHCL provides services both on-site and off-site at four other satellite clinics. On the premises, staff provides in-depth assessment, information, referral, and case management services. Medical services are provided by full-time physicians and include primary care for adults and children, prenatal, obstetrics and women's health care, dental services, and vision services. Social services include food and clothing vouchers, hygiene boxes, rent and utility subsidies for marginally-housed or at-risk clients, bus passes, and health education. Group, family, and individual counseling, nutritional supplements, and health care screenings are also available.

24 hour emergency on-call, Asthma, Behavioral Health Care Services, Blood Pressure Monitoring, Cancer Screening, Case Management/Social Services, Contraceptives (issued w/counseling), Dental Care, Diabetes Testing/Care, Family Planning, Flu Vaccinations, Gynecology, Health/Nutritional Education, HIV/AIDS screening/education, Immunizations, Labs, Medications/Prescription, Mental Health Counseling, Mobile Van/Transportation, Obstetrics, Optometry Services, Outreach, Pediatrics, Pharmacy, Physical Exams, Primary Health Care, Referrals for Specialty Care, Smoking Cessation, TB screening/education, Well Child Check-ups Linkages

CHCL has developed extensive linkages with local agencies and other health care providers in the community, including Lubbock Regional MHMR (substance abuse and mental health services), Covenant Community Outreach (health education, mammography services, counseling, nutrition services), United Coalition Pharmacy (prescription services), Neighborhood House (emergency assistant services, including food voucher and utility assistance), Heartline (clothing assistance), Salvation Army (rent and/or mortgage assistance, emergency shelter, hot meals), First United Methodist Church (hot meals), Lakeridge United Methodist Church (hygiene boxes), and Family Promise (transitional housing for families).

Statistics

Children's Advocacy Center of the South Plains

720 Texas Avenue
Lubbock, TX 79401
(806) 740-0251
Fax (806) 740-0252

[Send Email](#)



CAC provides a multidisciplinary approach to the investigation, treatment and prosecution of child abuse in a neutral child friendly environment which is designed to lessen further trauma to the child victim and their non-offending family members.

Contact Lubbock, Inc.

Crisis Line 765-8393
Offers trained volunteers to answer crisis intervention line at listening center. Telephone conversations only. All calls confidential.

Family Guidance & Outreach Center, Inc.

5 Briercroft Office Park
Lubbock, TX 79412
(806) 747-5577
Fax (806) 747-5119

[Send Email](#)



A non-profit organization dedicated to the prevention of child abuse and neglect. Offers prevention of child abuse and neglect. Trained volunteer caseworkers provide support, community resource referrals, and information on positive parenting and child development to families in stress or families who are potentially abusive or neglectful.

Family Promise of Lubbock, Inc.

PO Box 1258
Lubbock, TX 79408
(806) 744-5035
Fax (806) 744-5025

[Send Email](#)



We provide counseling and support services for homeless families with children. Our name, Family Promise, encompasses a wide array of services in addition to temporary shelter and

meals to assist families moving from "homelessness to self-sufficiency". Our volunteers pledge to honor and help realize the potential of each family as families work to achieve lasting independence.

Head Start & Early Head Start Division

P.O. Box 610, Levelland, Texas
806 762-8815 or 806-894-2207

To qualify for the program, children must meet the age requirement of 3-5 years old for Head Start and 0-3 years old for Early Head Start. They must also qualify under the federal low-income guidelines. Services are completely free of charge. Children with special needs and/or disabilities receive comprehensive services, including assistance with educational evaluations, diagnosis and treatment. Also included are medical, visual, hearing, developmental, speech and language screening. Mental health evaluations and play therapy are provided on an ongoing, as needed basis.

High Point Village

10911 Slide Road
Lubbock, TX 79424
(806) 698-0015

[Send Email](#)



High Point Village is a faith-based nonprofit organization developed to provide a high-quality enrichment center and residential living community for individuals with special needs. High Point Village enriches the lives of those with functional disabilities through a variety of vocational, educational, and social activities and fosters a needed sense of community.

Hospice of Lubbock, Inc.

4314 S.W. Loop 289
795-2751

Hours of Operation: 8:30 a.m. to 5:00 p.m. Monday-Friday

Offers home care for people experiencing terminal illnesses with limited life expectancy.

Provides family/individual counseling for issues concerning chronic/terminal illnesses, death, crisis intervention, and bereavement support for all ages.

John Buesseler Eye Clinic

1318 Broadway
Lubbock, Texas 79401-3206
Phone - 806-765-2611 x1029

Lubbock City Health Department

The City of Lubbock Health Department is a Texas Vaccines for Children Provider. Visit the [Texas Vaccines for Children Program Website](#) for more information.

The Immunization Clinic offers all childhood vaccines as well as a limited amount of adult vaccines. All vaccines administered in the clinic are received from the Texas Department of State Health Services Pharmacy in Austin, TX, GlaxoSmithKline Pharmaceuticals, Sanofi Pasteur Pharmaceuticals, and Merck Pharmaceuticals. The vaccines are stored according to vaccine manufacturers' guidelines and are monitored 7 days per week, 365 days per year. Continuing education is provided throughout the year to keep clinicians up-to-date with changes in the recommended immunization schedule.

The immunization clinic is a WALK-IN clinic. No appointment is necessary. A shot record is required at the time immunizations are requested and all children under the age of 17 years must be accompanied by a parent or guardian. For a listing of immunization clinic hours call (806) 775-2914. For vaccine pricing and additional information call (806) 775-3090.

Sexually Transmitted Disease (STD) Clinic

The STD clinic offers testing, diagnosis, and treatment of most sexually transmitted diseases. This clinic is by appointment only and clients requesting to be seen should call (806) 775-2933 at 8:00 am the morning of the day to be seen to make a same day appointment. All persons seen in the STD clinic must have minimal testing performed and will be charged a \$20 visit fee. Persons returning to see the physician will be charged an additional \$10 visit fee.

Routine testing offered includes: Gonorrhea, Chlamydia, Syphilis, and HIV. Prevention and risk reduction counseling is provided to each person who is seen.

Additional testing includes: Wet Preps and Herpes testing.

Lubbock County Medical Indigent Program

University Medical Center Hospital
Resource Assistance Department
(806) 775-9014 or (800) 383-8039

LIFE/RUN Centers for Independent Living

4902 34th Street, Suite #5
Lubbock, TX 79410
(806) 795-5433
Fax (806) 795-5607

[Send Email](#)



A non-profit agency that provides services to people with disabilities. We help with housing, nursing home relocation into the community, interpreting services for the deaf and hard of hearing, advocacy, independent living skills training, benefits counseling and more.

Lubbock Meals on Wheels, Inc.

2304-34th Street

792-7971

Hours of Operations: 8:00 a.m. -4:30 p.m. Monday-Friday

Provides nutritious home-delivered meals to those persons who are homebound, disabled and need assistance with meals. Seek to break the social isolation experienced by the homebound by providing warm, caring, friendly contact through our volunteers.

Lubbock Special Needs Defenders' Office

602 Broadway, Unit #B

Lubbock, TX 79401

(806) 749-0007

Fax (806) 749-0009

[Send Email](#)



Provides quality legal representation and assistance to the indigent with mental health needs by partnering with the criminal justice system, community resources, and governmental offices to facilitate the best possible outcome for the client.

Lubbock Lighthouse

1308 Ave Q, Ste. A

Lubbock, TX 79401

(806) 744-3419

[Send Email](#)



Lubbock Lighthouse is the only outpatient treatment center to offer Methadone Therapy, and Suboxone Therapy for Opiate Addiction & Heroin Addiction.

Lubbock MHMR

Available Adult Services

Outreach, Screening, Assessment and Referral (OSAR)

This program serves as an essential link between prevention, intervention and treatment services and plays an integral role in assuring that people in need of services receive access to the appropriate level and type of substance abuse services through effective coordination with service providers.

State Incentive Grant Planning Coalition

This coalition is charged with the development and implementation of a comprehensive resource plan for substance abuse prevention in a 15-county area.

HIV Street Outreach

HIV Outreach is a program which provides prevention and intervention services for people whose behavior places them at an increased risk for contracting the HIV virus. Outreach workers take risk-reduction education and prevention strategies directly into areas having significant numbers of persons at-risk. HIV testing is done by the outreach workers at Lubbock County Jail, and other high risk people are referred to the City Health Department for testing.

Opioid Pharmacotherapy (Methadone Clinic)

The Methadone Clinic is a service for people who are addicted to opiates. The service assists them in developing the life skills necessary to stabilize their lives and families. Counseling and education are also provided to help people learn skills to prevent relapse.

Co-Occurring State Incentive Grant Systems Project

This project provides funding through a voucher arrangement that makes additional community supports available to individuals with a co-occurring psychiatric and substance use diagnosis. Examples of services that can be purchased include housing assistance, childcare, transportation, clothing, educational and vocational assistance, medical care and temporary food assistance.

Therapeutic Treatment Community (Billy Meeks Center)

The Transitional Treatment Center (TTC) is the aftercare component of the treatment program for people released from In-Prison Therapeutic Community (IPTC) or Substance Abuse Felony Punishment Facility (SAFP) programs. Through a contract with the Texas Department of Criminal Justice (TDCJ), the TTC provides temporary housing, chemical dependency treatment and other supports for transition back into the community.

All services are based on the individual's needs and choices, and are structured to help the person manage their illness, encouraging independent and productive lives.

In what areas are these services available?

Outreach, screening and referral services are available in a 42-county area ([see coverage-area map](#)). Other Substance Abuse services are available within a smaller coverage area within the greater 42-county area. Services are available without discrimination on the basis of race, color, national origin, sex or disability.

How are these services paid for?

Lubbock Regional MHMR Center accepts Medicare, Medicaid, and most forms of private health insurance. For persons who are not eligible for health coverage, fees are assessed on the basis of proof of the individual's (or in some cases the family's) complete income, with no one denied

services due to an inability to pay.

How can someone receive help or learn more about Substance Abuse Services?

If you are in a crisis situation, you can call Lubbock Regional MHMR Center's Crisis Line anytime, 24 hours a day, 7 days a week at **(806) 740-1414**, or toll-free at **(800) 687-7581**.

If you are not in a crisis situation, and you would like to find out more about how to access services for someone with a chemical dependency, please call Triage/Assessment at **(806) 740-1421**. We will be happy to discuss available services and arrange an initial appointment to begin the evaluation process, if appropriate.

The Lubbock Impact/TTUHSC Free Clinic does not take appointments. We see patients on a first come, first serve basis. All walk-ins are welcome. Registration opens at 6:00pm. We see all ages.

Basic Medical Services:

- * Treatment of common urgent care presentations such as but not limited to: cold, rash, cough, runny nose, headaches, fever, diarrhea, aches and pains, etc
- * Care of minor injuries, abrasions, and abscesses
- * Lab services (blood, urine, stool)
- * EKGs

Additional Health Services:

- * Most medications are paid for
- * Dental Screenings once a month (1st Wednesday of the month)
- * Diabetes Education
- * Resource Counseling/Evaluation for medical assistance programs
- * Nutrition Education
- * Transportation provided courtesy of Lubbock Impact. Please call 806-799-4320

We DO NOT provide:

- * Physicals (for work, school, etc)
- * Immunizations
- * STD Testing
- * Narcotic prescriptions
- * Imaging (XRays, CT Scans, Ultrasounds, MRI, etc)
- * Emergency Care
- * Surgeries
- * Physical Therapy

For additional services that we are not able to provide, please contact:

- * Planned Parenthood

Briercroft Office Park, Building 14

phone: (806) 795-7123

- * Larry Combest Wellness Center

301 40th Street

phone: (806) 743-9355.

- *Community Health Center of Lubbock

1318 Broadway

phone: (806) 765-2611

Lubbock Vet Center

3112-50th Street

792-9782

Hours of Operations: 8:00 a.m. to 4:30 p.m. Monday-Friday

Offers individual and group readjustment counseling, marital/family counseling, and alcohol/drug abuse counseling. Spouse/significant others support group is also available.

Provides benefits assistance and referrals

Lutheran Social Services

Low income, unemployed, and working poor Lubbock Texas residents can turn to this agency. Dial (806) 741-0459. Health care and emergency assistance is offered. The services are provided to local, low income and other residents who are in need of food, utility, rent help, and prescription assistance. In addition, diapers and hygiene products are also available. If you need medical care, Health for Friends clinic offers quality health care services for people who might not be able to otherwise have access to health care because they cannot afford health insurance, or can't pay medical bills. [Learn more](#) on national health care programs.

Muscular Dystrophy Association

4601 50th Street, Suite #113

Lubbock, TX 79414

(806) 793-5632

Fax (806) 793-7946

[Send Email](#)



MDA is a voluntary healthcare agency dedicated to enhancing the lives of those living with neuromuscular disease. This includes an expansive network of program services such as adult and children's clinics, medical equipment, support group sessions, summer camp and much needed research to find the causes and cures of over 40 forms of MD, including ALS.

National Multiple Sclerosis Society

3610 22nd Street Suite 301

Lubbock, TX 79410

(806) 687-4816

Fax (806) 687-4817

[Send Email](#)



The mission of the National Multiple Sclerosis Society is to end the devastating effects of multiple sclerosis. We achieve our mission through delivery of programs and services to people

with MS and their families and caregivers, and through support of research into the cause and cure of MS.

Parenting Cottage, Inc

3818 50th Street
Lubbock, TX 79413
(806) 795-7552
Fax (806) 780-6233

[Send Email](#)



The vision of the Parenting Cottage is to build strong communities by building strong families. The Parenting Cottage utilizes evidence based curriculum and certified parenting coaches to provide age appropriate skills for parents that helps them to help their child in learning language skills, thinking skills, social skills and improve school readiness.

Parkway Community Health Center

406 Martin Luther King Blvd.
Lubbock, TX 79403-5210
806-765-2611 x1029

Planned Parenthood Association of Lubbock

#14 Briercroft Office Park (79412)
PO Box 6193
Lubbock, TX 79493
(806) 795-7123
Fax (806) 795-7172

[Send Email](#)



Family planning, reproductive medical services for women and men

Rape Crisis Center

763-7273 or 763-3232
Hours of Operation: 24 hours of day, seven days a week
Provides a 24-hour hotline. Offers crisis intervention and long-term counseling. Provides documentation of the sexual assault exam.

Refuge Services

806-748-7202

We are a Christian based non-profit organization providing therapies to individuals of all ages. We do individual, marital and family therapy using the horses for veterans. We also provide hippotherapy (PT/OT) & therapeutic riding. We serve over 100 clients per week. The mission is to provide a therapeutic setting for physical therapists, occupational therapists, speech-language therapists, or licensed mental health professionals to come together to incorporate horses into their treatment plan.

Contact Info:

Kendra Jones

Assistant to the Director of Therapy Services

8405 Blvd.

Lubbock, TX 79404

Phone: 806-748-7202

[Email:](#)

Web Link:

www.refugeservices.org

Ronald McDonald House Charities of the SW Inc

3413 10th Street

Lubbock, TX 79415

(806) 744-8877

Fax (806) 744-3652

[Send Email](#)



Provides home-away-from-home for families of critically ill children receiving treatment in Lubbock hospitals.

Sick Children's Clinic

1002 Avenue A

Lubbock, Texas 79401 If you are in need of these services call 806.762.1805.

The Sick Children's Clinic, a free, all-volunteer clinic that treats sick children up to age 15. Prescriptions at the on-site pharmacy are free, too. The days and hours of operation depend upon doctors' schedules. The clinic does not do well-baby checks, school physicals or immunizations. It is a ministry of Second Baptist Church.

Salvation Army of Lubbock

1120-17th Street

Hours of Operation: 9:00 a.m. to 5:00 p.m. Monday-Friday

This charity organization may be able to provide individuals with limited emergency financial assistance, and help is available only once every six months. These services provided to low

income individuals include: free food, clothing vouchers, food vouchers, utility and cooling bills assistance, rent assistance, mortgage and foreclosure prevention assistance, and prescription assistance. Dial (806) 765-9434, or [find additional](#) mortgage programs.

South Plains Community Action Association

411 Austin Street
PO Box 610
Levelland, TX 79336
(806) 894-6104
Fax (806) 894-5349

[Send Email](#)



The goals of South Plains Community Action has remained consistent for over 40 years in providing better focus of available resources and supporting the needs of low income disadvantaged individuals through the CSBG Program, WorkForce & Child Care Programs, Head Start, WIC, Family Planning, SPARTAN Transportation and Housing Programs.

Texas Tech University Family Therapy Clinic

Room 163, Human Sciences Building
742-3074

Hours of Operation: 8:00 a.m. to 9:00 p.m. Monday-Thursday

Offers counseling and therapy in the following areas: marriage adjustment, divorce adjustment, eating disorders, battering/family violence, sleep problems, conduct disorders, incest and sexual abuse, depression/anxiety, drug and alcohol abuse.

Texas Tech University Psychology Clinic

Psychology Building, Room 111
742-3737

Hours of Operation: 9:00 a.m. to 9:00 p.m. Monday-Thursday

Offers outpatient mental health services and vocational/educational counseling. Provides assessment and counseling for adults, children, and couples with MHMR referral.

Walker House

1614 Avenue K
Lubbock, TX 79401-5042
806-765-2611 x1029

Hours of Operation: 9:00 a.m. to 5:00 p.m., Monday-Friday

Provides a halfway house for recovering alcohol/drug abuse clients. Group home offers supervised living, individual counseling, job readiness training, personal/social adjustment training.

Women's Protective Services

Crisis Line 747-6491 748-5292

Hours of Operation: 24 hours a day, seven days a week

Shelter Program: Offers a safe, secure place for victims of family violence and their children.