

## 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](http://www.bayareacouncilondrugsandalcohol.homestead.com)

### **Tri-County Services**

(Montgomery County Mental Health Services)  
Phone 936-521-6300; 1-800-550-8408  
[www.tcmhmr.org](http://www.tcmhmr.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](http://www.council-houston.org)

### **Fort Bend Regional Council on Substance Abuse, Inc.**

Phone 281-207-2400;  
[www.fortbendcouncil.org](http://www.fortbendcouncil.org)

### **UT System Smoking Cessation Resources**

[www.utsystem.edu/offices/employee-benefits/lw/tobacco-cessation](http://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