



I'm Interested! Who Do I Contact to see if I can participate?

- If you are living in a state hospital, you can ask your social worker for help.
- If you are living in a community, you can call your local mental health center.

*If you are unsure which mental health center to contact, you can visit this webpage:

<http://www.dshs.state.tx.us/mhsa/lmha-list/>

Home and Community Based Services-Adult Mental Health (HCBS-AMH)



Website:
<http://www.dshs.state.tx.us/mhsa/hcbs-amh/>

Email:
HCBS-AMH@dshs.state.tx.us

Home and Community Based Services-Adult Mental Health (HCBS-AMH)

A Guide for Adults with Mental Health Needs



SERVICES TO HELP YOU LIVE IN YOUR COMMUNITY

A Recovery Manager will help you plan for your recovery, get services and work towards goals.

Help at home:

- Daily help and support in your home;
- Learning skills so you can live on your own;
- Helping you get a job of your choice;
- Changes you need in your home that will help you be safe, healthy and independent;
- Meals delivered to your home ;
- Help with buying items for your home (dishes, sheets, furniture) or other housing set-up needs;
- Special equipment or supplies you need that will help you be independent; and
- Help getting around your community

Help with recovery:

- Meeting with a therapist about your goals;
- Meetings with a peer who is also in recovery from mental illness and/or substance use;
- Support for family caregivers;
- Group and individual meetings about drugs and alcohol; and
- A nurse that will help you with medications you take and care for any long term health problems

YOU MAY BE ABLE TO GET THESE SERVICES IF:

- You are an adult (18 years or older) with a mental health diagnosis;
- You are able to get Medicaid;
- You meet additional requirements, such as:
 - You have spent a long period of time living in a psychiatric hospital; or
 - You have had multiple arrests or visits to the emergency room

PLACES YOU CAN LIVE:

- Your own house or apartment;
- Assisted living facilities; and
- Share a home with others

WE CAN HELP YOU LEARN ABOUT YOUR HOUSING RIGHTS

These rights include:

- Giving you choices of places to live;
- Making sure you have privacy and are treated with dignity and respect;
- Making sure you:
 - Have the chance to get a job;
 - Are a part of community activities;
 - Can control life choices; and
 - Have the chance to get community services

WE WANT YOU TO GET BACK ON YOUR FEET. WE CAN HELP YOU:

- Make better choices for your mind and body;
- Find a safe place to live;
- Reach your daily life goals;
- Have friendships with others in your community;
- Believe in yourself; and
- Be your best

What if I have more questions?

Website:

<http://www.dshs.state.tx.us/mhsa/hcbs-amh/>

Email:

HCBS-AMH@dshs.state.tx.us



Recovery