

20. TERREBONNE PARISH

A. Urgent Care and Free/Low-Cost Clinics

Louisiana Department of Health- Terrebonne Parish Health Unit	
Services Included	Services related to family planning, medical clinic, pregnancy testing, immunizations, STD testing/treatment, tuberculosis testing, health education and nutrition, high risk nutrition, and pregnancy.
Payment Options	Call for payment information.
Location	600 Polk St., Houma, LA 70360
Contact Information	(985) 857-3601
Hours	Monday – Friday: 8:00 AM – 4:30 PM
Website	http://ldh.la.gov/index.cfm/directory/detail/4833

Thibodeaux Regional Urgent Care	
Services Included	Provides services to treat colds, flu, fever, ear infections, bladder infections, cuts & bruises, burns, physical exams (for work and school), sprains, strains & fractures, etc.
Payment Options	Accepts most major carriers. Call for more payment information. Does not accept Medicaid at this time.
Location	1411 St Charles St., Houma, LA 70360
Contact Information	(985) 709-0136
Hours	Monday – Sunday: 9:00 AM – 8:00 PM
Website	https://www.urgentcarehouma.com/

Delta Urgent Care	
Services Included	Provides services for illnesses, injuries, X-Rays, physicals, vaccinations, and occupational health.
Payment Options	Accepts many healthcare providers including Medicare. Call for more payment information.
Location	1340 Grand Caillou Rd., Houma, LA 70363
Contact Information	(985) 262-4424
Hours	Monday – Sunday: 9 AM – 8 PM
Website	http://deltaurgentcarela.com/

All Access Walk In Clinic	
Services Included	Provides services for minor infections, minor injuries, sprains and strains, wart removal, back to school excuses/school sports exams, etc.
Payment Options	Call for payment information. Prices found on website below.
Location	855 Belanger Street, Suite 106, Houma, LA 70360
Contact Information	(985) 709-0311
Hours	Monday – Friday: 9:00 AM – 5:00 PM
Website	http://allaccesswalkinclinic.com/

Fast Pace Health Urgent Care Crowley	
Services Available	Offers a wide range of medical services to treat adults and children, including illnesses and injuries, blood work, camp physicals, employment physicals, flu shots, school physicals, sports physicals, and x-rays.
Payment Options	Accepts self-pay and most major health insurance plans.
Location	9414 East Park Avenue, Houma, LA 70363
Contact Information	(985) 601-5895
Hours	Monday – Friday: 9 AM – 6 PM, Saturday – Sunday: Closed
Website	https://www.fastpacehealth.com/location/houma?utm_campaign=website-link&utm_medium=organic&utm_source=local-listing

Ochsner Urgent Care	
Services Included	Allergy tests, diagnostic tests, flu tests, and lab tests.
Payment Options	Call for payment information.
Location	5922 W. Main St., Suite A, Houma, LA, 70360
Contact Information	(985) 262-8015
Hours	Monday – Friday: 8:00 AM – 7:30 PM Saturday – Sunday: 9:00 AM – 5:30 PM
Website	https://www.ochsner.org/locations/urgent-care-houma

B. Behavioral Health/Addictive Disorders Resources

Terrebonne Behavioral Health Center	
Services Included	Services related to anxiety, panic disorders, phobias, obsessive-compulsive disorder, post-traumatic stress disorder, depression, bipolar disorder, schizophrenia, and addiction.
Payment Options	Call for payment information.
Location	5599 Highway 311, Houma, LA 70360
Contact Information	(985) 857-3615
Hours	Monday/Friday: 7:30 AM – 4:30 PM Tuesday/Wednesday/Thursday: 7:30 AM – 7:00 PM Wednesday: 7:30 AM – 7:00 PM Thursday: 7:30 AM – 7:00 PM
Website	http://www.sclhsa.org/terrebonne-behavioral-health-center/

Beacon Behavioral Hospital (Houma-Outpatient)	
Services Included	Provides comprehensive and confidential treatment to those suffering from depression and other mood disorders, changes in behavior, psychosis and major declines in functioning.
Payment Options	Call for payment information.
Location	5789 Highway 311, Suite 2, Houma, LA 70360
Contact Information	(985) 346-0436
Hours	Hours are subject to change. Call for more information.
Website	https://www.beaconbh.com/

Compass Behavioral Center of Houma	
Services Available	18-bed psychiatric hospital that provides comprehensive psychiatric health services to adults and seniors.
Payment Options	Accepts Medicaid, Medicare, commercial insurance, and self-pay payments. Check with facility for details.
Location	6472 West Main Street, Houma, LA 70360
Contact Information	(985) 223-0161
Hours	Hours are subject to change. Call for more information.
Website	https://www.compasshealthcare.com/locations/compass-behavioral-center-of-houma/

Beehive Behavioral Health, LLC	
Services Included	Provides behavioral therapy, anxiety therapy, depression therapy, relationship therapy, adolescent therapy, and trauma therapy
Payment Options	Accepts cash, check, and some insurance. Call for more payment information.
Location	801 Barrow St., Suite 313, Houma, LA 70360
Contact Information	(985) 492-0481
Hours	Business Hours: Monday-Thursday: 10:00 AM – 7:00 PM; Friday: 10:00 AM – 5:00 PM; Saturday: By appointment; Sunday: Closed.
Website	https://www.houmathery.com/

C. Senior Care

Home Instead Senior Care	
Services Included	Offers several different forms of in-home care that fit the needs of family members including companionship, personal care, meals, transportation, household duties, and hospice care.
Payment Options	Rates vary. Accepts some insurance including long-term care and VA benefits.
Location	400 Iberia St., New Iberia, LA 70562 Serves Houma, LA
Contact Information	(337) 374-2212
Hours	Schedule in advance, but services are available 24/7.
Website	https://www.homeinstead.com/location/395

Terrebonne Homecare, Inc.	
Services Included	Provides homecare home health services including wound care certified nursing, skilled nursing, certified home health aides, IV therapy, occupational therapy, speech therapy, physical therapy, social services, and 24-hour call.
Payment Options	Call for payment information.
Location	760 W. Tunnel Blvd., Houma, LA 70361
Contact Information	(985) 873-7000
Hours	Hours are subject to change. Call for more information.
Website	http://qualityathome.com/index.htm

Council on Aging-Terrebonne	
Services Included	Provides home-delivered/congregate meals, homemaker assistance, personal care, transportation to/scheduling medical appointments, wellness education, material aid, and bill pay.
Payment Options	No payment needed.
Location	995 W. Tunnel Blvd. Houma, LA 70360
Contact Information	(985) 868-8411
Hours	Hours are subject to change. Call for more information.
Website	https://www.terrebonnecoa.org/

D. Food Banks

Terrebonne Parish Consolidated Government- Food Distribution Center	
Services Included	Provides a food pantry.
Payment Options	No payment needed.
Location	809 Barrow St., Houma, LA 70360
Contact Information	(985) 873-6817
Hours	Call for hours.
Website	https://www.foodpantries.org/li/terrebonne_parish_consol_government_70360

Terrebonne Churches United Food Bank	
Services Included	Provides food and household goods to low-income individuals.
Payment Options	No payment needed
Location	922 Sunset Ave., Houma, LA 70360
Contact Information	(985) 851-5523
Hours	Distribution Hours: Monday/Saturday: 8:30 AM Wednesday: 12:30 PM
Website	https://tcufoodbank.org/

E. Transportation

Good Earth Transit	
Services Included	Parish-wide transportation system committed to providing safe and reliable transit and quality service for Terrebonne Parish residents.
Payment Options	Fare boxes accept all coins and bills.
Location(s)	Downtown Bus Terminal – 7616 West Main Street, Houma, LA 70363 Main Office – 137 Intracoastal Drive, Houma, LA 70363
Contact Information	(985) 850-4616
Hours	Monday – Friday: 8:00 AM – 5:00 PM
Website	http://www.tpcg.org/index.php?f=public_transit
Additional Notes	Bus drivers are not allowed to carry or make change for passengers.

Louisiana Department of Health	
Services Included	Transportation to medical appointments by insurance providers.
Payment Options	Call insurance provider for more information.
Location	Serves Community members of Terrebonne parish.
Contact Information	Aetna Better Health: (877) 917-4150 Amerigroup: (866) 430-1101 AmeriHealth Caritas: (888) 913-0364 Louisiana Healthcare Connections: (855) 369-3723 United Healthcare Community Plan: (866) 726-1472
Hours	Call your insurance provider for more information.
Website	http://ldh.la.gov/index.cfm/page/352
Additional Notes	Available to Medicaid recipients free of charge; Children under 17 must be picked up by an adult; must call at least 3 business days in advance of appointment.