

## Psychiatric/Behavioral Counseling Resources

*The following is only a partial list of frequently used phone numbers of agencies in our area. Changes to services, hours, location and requirements are subject to change without notice.*

<p><b>Adapt Programs</b> (substance abuse) 2512 N Velasco St. Suite 300, Angleton, TX 77515 <a href="http://www.adaptprograms.com">www.adaptprograms.com</a> *Insurance <b>979.480.3327</b></p>	<p><b>Anchor Point</b> (network of organizations) 1905 Capri Lane, Seabrook, TX 77586 <a href="http://www.anchorpoint.us">www.anchorpoint.us</a> *Free/low cost services <b>832-632-1221</b></p>
<p><b>A Better Family Now</b> (families/couples counseling) 11200 Broadway, Ste 2743 <b>Pearland</b> <a href="https://abetterfamilynow.com/">https://abetterfamilynow.com/</a> *Self-pay 844.9.ABFNOW</p>	<p><b>Bay Area Council on Drugs and Alcohol</b> (Substance abuse) 2947 E. Broadway, Suite 400, Pearland, TX 77581 <a href="http://www.bacoda.org">www.bacoda.org</a> *Bilingual/Sliding Scale/Free online classes <b>1.800.510.3111</b></p>
<p><b>Bay Area Turning Point</b> (Shelter services) 210 S. Walnut, Webster, TX 77598 <a href="http://www.bayareaturningpoint.org">www.bayareaturningpoint.org</a> *Sexual assault/domestic violence services <b>281.338.7600</b></p>	<p><b>Behavior Plus Texas</b> (Autism, family counseling) 902 S. Friendswood Dr., Ste G Friendswood, TX 77546 <a href="http://www.behaviorplus.com/Index.php">http://www.behaviorplus.com/Index.php</a> <b>281.482.7587</b></p>
<p><b>LaShasta Bell, LPC-S</b> 713 2<sup>nd</sup> Street, League City, 77573 <a href="http://www.ichooseme.counseling.com">www.ichooseme.counseling.com</a> *Sliding scale with assessment <b>281.940.4115</b></p>	<p><b>BlueFlame Psychotherapy</b> 2243 Park Avenue, Pearland 775881 <a href="https://www.blueflamepsychotherapy.com/">https://www.blueflamepsychotherapy.com/</a> *Insurance/Sliding sale 832.616.1977</p>
<p><b>Bo's Place</b> (grief support) 10050 Buffalo Speedway Houston, TX 77054 <a href="http://www.bosplace.org">www.bosplace.org</a> *Free services <b>713.942.8339</b></p>	<p><b>Brazoria County Alliance for Children</b> 139 E. Myrtle Street, Angleton, TX 77515 <a href="http://www.cac-bc.org">www.cac-bc.org</a> *Free services for abused children <b>979-849-2500</b></p>
<p><b>The Bridge Across for Single Parents and Stepfamilies</b> Pearland - Red Dun Ranch, 14034 Hooper Rd, Houston, Texas 77047 (288 and Beltway 8) <a href="http://www.thebridgeacross.com/">http://www.thebridgeacross.com/</a> <b>832-779-2120</b></p>	<p><b>Center for Counseling &amp; Personal Development</b> 1506 Winding Way Friendswood, TX 77546 <a href="http://www.ccpdfriendswood.com/Contact-Us.html">http://www.ccpdfriendswood.com/Contact-Us.html</a> <b>281.482.5999</b></p>
<p><b>Center for Success and Independence</b> 3722 Pinemont Drive, Houston, TX 77018 <a href="https://tcsi.org/">https://tcsi.org/</a> *Residential and intensive outpatient treatment <b>713-426-4545</b></p>	<p><b>Champions Behavioral Health, PLLC</b> (grief, abuse, LGBTQ+) 11152 Westheimer Rd, Houston, TX 77042 <a href="http://www.championsbh.org">www.championsbh.org</a> <b>832-819-1099</b></p>
<p><b>Clearhope Counseling Center</b> 5151 E. Sam Houston Pkwy. S. Pasadena <a href="https://www.clearhopecounseling.com/">https://www.clearhopecounseling.com/</a> *Insurance/Sliding scale <b>281.760.8454</b></p>	

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<b>Charlie Health</b> Virtual therapy *Insurance/Self-pay <a href="http://www.charliehealth.com">www.charliehealth.com</a> 866.540.1622	<b>Counseling Futures</b> 211 E Parkwood Ave, Ste 208, Friendswood, 77546 *Insurance/Medicaid/Sliding scale <a href="http://www.counselingfutures.com">www.counselingfutures.com</a> <b>713.678.0403</b>
<b>Community Health Network</b> (behavioral health, pediatric care, women’s health, dental, medical, and pharmacy) 2552 E. Broadway Suite 102, Pearland, TX 77581 <a href="http://www.mychn.org">www.mychn.org</a> *Insurance/Medicaid/Sliding scale <b>281-824-1480</b>	
<b>Counseling Connections for Change</b> 2549 Roy Road, Pearland, TX 77584 <a href="http://www.counselingconnections.org/">http://www.counselingconnections.org/</a> *Insurance/Sliding scale <b>281.724.3128</b>	<b>Downtown Counseling Services</b> 105 N. Gordon Street, Ste. 202 Alvin, TX 77511 <a href="http://www.downtowncounseling.com">www.downtowncounseling.com</a> *Insurance <b>281.585.0000</b>
<b>Drug Rehab Services</b> (referral agency) Helpline: 1.800.304.2219 <a href="https://www.addicted.org/texas-long-term-drug-rehab.html">https://www.addicted.org/texas-long-term-drug-rehab.html</a>	<b>Eating Recovery Center – Houston</b> 7515 S. Main Street Suite 400 77030 <a href="http://www.eatingrecoverycenter.com/programs/houston">www.eatingrecoverycenter.com/programs/houston</a> *Insurance <b>281.299.3120</b>
<b>Ellie Mental Health Pearland</b> 2950 Cullen Parkway, Suite 102 Pearland, TX 77584 832.905.9211 <a href="https://elliementalhealth.com/locations/pearland-tx/">https://elliementalhealth.com/locations/pearland-tx/</a>	<b>Family Psych Solutions</b> 8603 Broadway Suite 140 Pearland <a href="https://familypsychsolutions.com/">https://familypsychsolutions.com/</a> *Insurance <b>281.504.8004</b>
<b>The Family Relationship Center PLLC</b> 549 N. Egret Bay Blvd. Ste 300 League City, TX 77573 <a href="http://www.thefamilyrelationshipcenter.com">www.thefamilyrelationshipcenter.com</a> *Insurance 832.720.4330	<b>Flow-of-Light Natural Health</b> Dr. Helen Shih Holistic Solution for Social-Emotional Health 4231 Bellaire Blvd, Ste T, Houston, TX 77025 <a href="https://www.lightwithin.us/">https://www.lightwithin.us/</a> <b>832-645-2810</b>
<b>Friendswood Christian Counseling</b> 307 S. Friendswood Dr. Suite E2, Friendswood <a href="http://www.friendswoodchristiancounseling.com">www.friendswoodchristiancounseling.com</a> *Insurance 832.855.0861	<b>Friendswood Counseling Center</b> 3526 E FM 528 Rd, Ste 207 Friendswood <a href="https://www.friendswoodcc.com/">https://www.friendswoodcc.com/</a> *Insurance/Sliding scale 281.819.7004
<b>The Grief Recovery Method</b> <b>Heart Matters:</b> Counseling Families & Building Healthy Relationships 601 Cien Rd., Kemah, TX 77565 <a href="http://www.susanamorell.com">www.susanamorell.com</a> <b>832-752-5742</b>	<b>Gulf Coast Center – Brazoria County</b> <b>281.585.7490</b>  <b>Gulf Coast Center – Galveston County</b> <b>409.763.2373</b>
<b>Gulf Coast Center 24 Hour Crisis Line (Brazoria/Galveston County)</b> <b>1.866.729.3848</b> <b>10000 Emmett F. Lowry, Ste 1220, Texas City 77591</b> <b>Child, Adolescent, and Adult Services available</b> *Insurance/Sliding Scale/Bilingual <a href="https://gulfcoastcenter.org/">https://gulfcoastcenter.org/</a>	

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<p><b>Hopeful Texas, PLLC</b> 1100 E NASA Pkwy Suite 101, Houston, TX 77058 281.549.4705 <a href="http://www.hopefultexas.com">www.hopefultexas.com</a> Accepts all major medical insurance and cash</p>	<p><b>Innovative Alternatives, Inc.</b> 1335 Regents Park Dr. Suite 240 Houston, TX 77058 <a href="http://www.innovativealternatives.org">www.http://innovativealternatives.org</a> <b>713-222-2525</b></p>
<p><b>Journey2Life Counseling &amp; Community Services, PLLC</b> 3512 E Broadway #506, <b>Pearland</b> <a href="http://www.journey2lifeccs.com">www.journey2lifeccs.com</a> 832.779.3736</p>	<p><b>Judah Christian Counseling and Recovery PLLC</b> 3017 Yost Blvd. Pearland, TX 77581 <a href="https://www.judahchristiancounseling.com/">https://www.judahchristiancounseling.com/</a> 346.302.8089</p>
<p><b>Kemah Palms Recovery Center</b> (Alcohol/Drug Treatment) 1013 Delesandri Ln, Kemah, TX 77565 <a href="http://www.kemahpalms.com">www.kemahpalms.com</a> *Insurance/Self-pay <b>855.568.0218</b></p>	<p><b>Carol &amp; Ronald Krist Samaritan Center</b> (Clear Lake) 16441 Space Center Blvd. Building C Ste 100 77058 <a href="http://www.samaritanhouston.org">www.samaritanhouston.org</a> *Insurance/Sliding scale <b>281.480.7554</b></p>
<p><b>LearningRx – Sugarland</b> (Tutoring; Brain training classes) 13505 Southwest Freeway Sugarland, TX 77478 <a href="http://www.learningrx.com/sugarland">www.learningrx.com/sugarland</a> <b>281.429.8600</b></p>	<p><b>Dr. Doreen Lerner</b> (Psychologist) 2225 CR 90, Suite 201-A <b>Pearland</b> <a href="https://www.doreenlernerphd.com/">https://www.doreenlernerphd.com/</a> *Insurance <b>281.412.7231</b></p>
<p><b>Lifeway International</b> (in-patient facility, substance abuse) 12955 Memorial Drive, Houston, TX 77099 <a href="http://www.lifewayrocks">www.lifewayrocks</a> *Insurance/Self-pay <b>1.877.270.6753</b></p>	<p><b>Majestic Counseling and Consulting, L.L.C.</b> 12234 Shadow Creek, Pearland <a href="https://www.majesticcounselingandconsulting.com">https://www.majesticcounselingandconsulting.com</a> *Insurance/Sliding scale <b>281.824.3288</b></p>
<p><b>Memorial Heights Counseling</b> 720 N Post Oak Road Suite 280 Houston, TX 77024 Individual outpatient counseling and psychotherapy <a href="http://www.memorialheightscounseling.com">www.memorialheightscounseling.com</a> <b>713-701-9794</b></p>	<p><b>Memorial Hermann Hospital (PaRC)</b> <b>Intervention, Prevention and Recovery Center</b> (adolescent alcohol and drug program) 3043 N. Gessner, Houston 77080 <a href="https://parcbh.com/locations/houston/">https://parcbh.com/locations/houston/</a> <b>832.706.2497</b></p>
<p><b>The Menninger Clinic</b> (Baylor College of Medicine) 12301 Main Street Houston, TX 77035 Outpatient services and assessments <a href="https://www.menningerclinic.com/">https://www.menningerclinic.com/</a> <b>713-275-5400</b></p>	<p><b>MYS Counseling &amp; Assessments</b> 20351 Highway 6, Suite B Manvel, TX 77578 <a href="http://myscounseling.com/">http://myscounseling.com/</a> *Insurance/Self-pay <b>979.233.1584</b></p>
<p><b>NAMI Gulf Coast</b> (Education and family support) 2206 N. Gordon, Alvin, TX 77511 <a href="http://www.namigulfcast.org">www.namigulfcast.org</a> *Insurance/Free programs <b>281-585-3100</b></p>	<p><b>New Dimensions Day Treatment Center</b> 1345 Space Park Dr. Suite C, Houston, TX 77058 <a href="http://www.nddtreatment.com/">http://www.nddtreatment.com/</a> *Insurance/Sliding scale/Bilingual <b>281.333.2284</b></p>
<p><b>New Horizon Hospital – Outpatient Services</b> 2243 North Park Avenue, <b>Pearland</b> <a href="https://nhhpsychiatry.com/">https://nhhpsychiatry.com/</a> *Insurance <b>281.616.3324</b></p>	<p><b>Pathways Behavioral Health, Inc.</b> 440 Louisiana St. Set 803, Houston, TX 77002 <a href="http://www.pbhinc.org">www.pbhinc.org</a> *insurance, All Texas Medicaid/Medicare Plans 346.624.4946</p>

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<b>Pearland Counseling Center</b> 2217 Park Avenue, Pearland 77581 <a href="https://www.pearlandcounselingcenter.com/">https://www.pearlandcounselingcenter.com/</a> *Insurance/Sliding scale/Bilingual <b>281.886.7309</b>	<b>Pearland Psychiatry - Dr. Selma Raheem</b> 1506 E. Broadway Suite 103 <b>Pearland</b> <a href="http://www.abetterfamilynow.com">www.abetterfamilynow.com</a> *Insurance/Sliding scale <b>832.947.3562</b>
<b>Debra K. Matos, LCSW-C, (LGBTQ+, 11-adult)</b> <b>Certified Psycho-dramatist</b> 907 S. Friendswood Drive, Ste 217 Friendswood *Insurance/Sliding scale 240.813.9663	<b>Premier Psychological Services</b> 3730 Kirby Drive, Suite 800 Houston, TX 77098 <a href="http://www.premierepsychservices.com">www.premierepsychservices.com</a> *Insurance/Sliding scale <b>713.521.7575</b>
<b>The PsyClinic</b> 330 East Medical Center Blvd. Webster, TX 77598 <a href="http://www.thepsyclinic.com/">http://www.thepsyclinic.com/</a> *Bilingual/Insurance <b>281.837.6463</b>	<b>Dr. Jennifer Rothfleisch (Psychologist)</b> 2225 CR 90 Suite 221 <b>Pearland</b> <b>713.338.9121</b>
<b>Psych+</b> <a href="https://psychplus.com">https://psychplus.com</a> <a href="mailto:info@psychplus.com">info@psychplus.com</a> Houston: 832.869.4818 *Insurance/Sliding scale Psychiatric services and Individual/Group Psychotherapy	
<b>Safe Haven Counseling Center</b> 9639 Scarsdale Suite 103 <b>Pearland</b> 77581 <a href="http://www.mysafehavenrefuge.org">www.mysafehavenrefuge.org</a> *Insurance/Sliding scale <b>281.946.0997</b>	<b>Teen &amp; Family Services (Substance abuse)</b> 2504 Almeda-Genoa, Houston 77047 <a href="https://www.teenandfamilyservices.org/">https://www.teenandfamilyservices.org/</a> *Sliding scale/Financial aid available <b>713.464.3950</b>
<b>Texas Children's Hospital (Psychiatry/Psychology)</b> 6621 Fannin St. Houston, TX 77030 <a href="http://www.texaschildrens.com">www.texaschildrens.com</a> *Insurance <b>832.824.1000</b>	<b>Texas NeuroRehab Center (Neuropsychiatric treatment)</b> 1106 W Dittmar Rd, Austin, TX 78745 <a href="http://texasneurorehab.com/">http://texasneurorehab.com/</a> *Insurance <b>1.800.252.5151</b>
<b>UTMB – Psychiatry and Behavioral Sciences</b> 400 Texas Avenue, Webster <a href="https://www.utmb.edu/psychiatry/child-and-adolescent-psychiatry">https://www.utmb.edu/psychiatry/child-and-adolescent-psychiatry</a> *Insurance <b>281.338.2798</b>  <b>Building Resilience in Youth after Traumatic Experiences (B.R.Y.T.E)</b> Telemedicine therapy services to children and families 713.500.2326 (BEAM) <a href="mailto:Psy.bryte@uth.tmc.edu">Psy.bryte@uth.tmc.edu</a>	
<b>University of Houston Psychological Services Dept. (Clear Lake)</b> <a href="https://www.uhcl.edu/psychological-services-clinic/">https://www.uhcl.edu/psychological-services-clinic/</a> *Sliding scale <b>281.283.3330</b>	<b>Youth and Family Counseling</b> 2335 Texas Street <b>Pearland</b> <a href="http://www.yfcs.org/">http://www.yfcs.org/</a> *Sliding scale or free – no insurance accepted <b>979.849.7751</b>

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Additional resources can also be found at

[www.211texas.org](http://www.211texas.org)

<https://namigulfcoast.org/resources/resource-and-crisis-manual/>

or contact a School Counselor.

**Hotlines/Crisis Numbers**

24-Hour Crisis Response Hotline – Gulf Coast Center- Galveston/Brazoria Co.	1-866-729-3848
National Suicide Prevention Lifeline	988
24/7 Crisis TEXT line	Text “GO” to 741741
Harris County Mobile Crisis Unit	713-970-4621
National Runaway Switchboard	1.800.RUNAWAY
Disability Rights	713.974.7691
Harris County Psychiatry Center	713.741.5000
Mental Health America of Greater Houston	713.522.5161
Shelter Information	211

***Service providers - Please contact Dr. Chenda Moore, Coordinator of Guidance Services, at 281.485.3203, for additions, deletions, or changes to information.***

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