

REFERRAL INFORMATION &  
**COMMUNITY**  
**RESOURCE GUIDE**  
2023-2024



# Cypress-Fairbanks Independent School District

## Community Resource and Referral Information Guide

### Our Vision

Learn, Empower, Achieve, Dream. LEAD

### Our Mission

*We maximize every student's potential through rigorous and relevant learning experiences, preparing students to be 21<sup>st</sup> Century global leaders.*



Many thanks to the Community Youth Specialists in  
Cypress-Fairbanks ISD for their efforts in compiling this resource  
directory.

This Community Resource Directory contains only a partial listing of the many resources that are available within our area and Harris County in general. We are not in a position to recommend one person or one facility over another.

# COMMUNITY RESOURCES AND REFERRAL INFORMATION

## Table of Contents

Cypress-Fairbanks ISD Youth Service Specialists.....	1-3
Emergency Numbers & Referrals.....	4-6
Basic Needs & Financial Assistance .....	7-11
Legal.....	12-13
Medical.....	14-17
Disabilities & Chronic Health Services.....	18-19
Domestic Violence Shelters & Services.....	20
GED / Vocational Programs.....	21
Grief / Bereavement Services.....	22-23
Drug & Alcohol Services .....	24-28
In-Patient (Hospitalization or Residential) for Mental Health and / or Substance Use.....	29-33
Other Support Services.....	35-39
Pregnancy / Gynecological Services .....	40-44
Shelters & Housing.....	45-46
Shelters for Children / Youth.....	47
Therapists, Counselors, and Psychologists.....	48-81
Psychiatrists.....	82-84
Index.....	85-91

## Cypress-Fairbanks ISD Youth Service Specialists

<b>Ariell Shackelford</b>		<b>281-373-2350</b>
Cy Creek High School TP / PP	Ault Elementary	
Goodson Middle School	Keith Elementary	
Hamilton Middle School	Farney Elementary	
Black Elementary		
<b>Brenda Argueta</b>		<b>281-897-4025</b>
<b>Britney Brown</b>		<b>281-897-4600</b>
Cy Fair High School	Cy Fair High School TP / PP	
Arnold Middle School	Lamkin Elementary	
Adam Elementary	Millsap Elementary	
<b>Carrie Harris</b>		<b>281-463-5400</b>
Langham Creek High School	Langham Creek High School TP / PP	
Kahla Middle School	Holmsley Elementary	
Copeland Elementary		
<b>Chandler Dornbush</b>		<b>832-349-7671</b>
Bridgeland High School	Bridgeland High School TP / PP	
Salyards Middle School	Swenke Elementary	
Sprague Middle School	Wells Elementary	
Pope Elementary	McGown Elementary	
<b>Chantal Samson</b>		<b>281-517-2111</b>
Brautigam Center	Brautigam Center TP / PP	
Campbell Middle School	Moore Elementary	
Hamilton Elementary	Danish Elementary	
<b>Darshall Lundy</b>		<b>281-955-4996</b>
ALC – West	McFee Elementary	
Emery Elementary	Sheridan Elementary	
Hoover Elementary	Brosnahan Elementary	
Jowell Elementary	Sheridan Elementary	
<b>Ellyna Triplett</b>		<b>281-856-5100</b>
Aragon Middle School	Jersey Village High School TP / PP	
Metcalf Elementary	Birkes Elementary	
Woodard Elementary	Horne Elementary	

## Cypress-Fairbanks ISD Youth Service Specialists

<b>Hilda Bueno</b> Cy Lakes High School Watkins Middle School Lieder Elementary	Cy Lakes High School TP / PP Tipps Elementary Wilson Elementary	<b>281-856-3800</b>
<b>Jason Jones</b> Jersey Village Cook Middle School Post Elementary	Gleason Elementary Bang Elementary	<b>713-849-6757</b>
<b>Joshua Bibbs</b> Cy Ranch High School Anthony Middle School Smith Middle School	Rennell Elementary Warner Elementary	<b>281-373-2300</b>
<b>Karisman Taylor</b> Cy Creek High School Bleyl Middle School Hancock Elementary	Matzke Elementary Yeager Elementary	<b>281-897-6466</b>
<b>Kelley Rasmussen, MSW, LBSW</b> Cy Woods High School Spillane Middle School Carlton Center	Cy Woods High School TP / PP A. Robison Elementary Sampson Elementary	<b>281-213-1800</b>
<b>Kimberly Hines</b> Cy Park High School Rowe Middle School Thornton Middle School Hemmenway Elementary	Cy Park High School TP / PP M. Robinson Elementary Walker Elementary	<b>346-227-6074</b>
<b>Lilia Ramos</b> Cy Ranch High School TP / PP Dean Middle School Bane Elementary Frazier Elementary	Holbrook Elementary Kirk Elementary Reed Elementary	<b>713-460-6153</b>

## Cypress-Fairbanks ISD Youth Service Specialists

### **Nikki Sample**

ALC - East  
Carpenter Center (ABC)  
Emmott Elementary

Francone Elementary  
Willbern Elementary

**281-897-4199**

### **Olivia McElrath**

Cy Ridge High School  
Truitt Middle School  
Lee Elementary

Cy Ridge High School TP / PP  
Owens Elementary  
Hairgrove Elementary

**832-807-8000**

### **Samantha Checotah**

Cy Falls High School  
Labay Middle School  
Fiest Elementary

Cy Falls High School TP / PP  
Lowery Elementary

**281-856-1000**

### **Timira Maxwell**

Cy Springs High School  
Hopper Middle School  
Andre' Elementary

Cy Springs High School TP / PP  
Duryea Elementary  
Postma Elementary

**281-345-3012**

## Emergency Numbers & Referrals

### EMERGENCY NUMBER

911

<b>988 Suicide &amp; Crisis Lifeline</b> <u>Text Line</u>	800-273-8255 “TALK” to 741741
<b>Ben Taub Psychiatric Center</b> <i>1502 Taub Loop, Houston, TX 77030</i>	713-873-5130
<b>Childfind of America</b> <i>Runaways &amp; child abduction</i> <i>Parenting conflict-Parent Help Program</i> <a href="http://www.childfindofamerica.org">www.childfindofamerica.org</a>	1-800-426-5678 1-800-716-3468
<b>The Children’s Assessment Center</b> <i>2500 Bolsover St, Houston, TX 77005</i> <i>Assessment &amp; counseling services for children</i> <a href="http://www.cachouston.org">www.cachouston.org</a>	713-986-3300
<b>Cypress-Fairbanks ISD Police Department</b> <i>24-hours, 7 days / wk</i>	281-897-4337
<b>Harris County Community Youth Service Center</b> <i>24-hour telephone intake</i> <i>Referral for community youth services</i>	713-295-2500
<b>Harris County Constable Precinct 4</b> <u>Administrative Office</u> <u>24-Hour Emergency Dispatch</u>	832-927-6205 281-376-3472
<b>Harris County District Attorney Juvenile Division</b>	713-274-0035
<b>Harris County Jail</b> (Public information line)	713-755-8430
<b>Harris County Juvenile Probation</b>	713-222-4100
<b>Harris County Protective Services For Children &amp; Adults</b> <i>2525 Murworth Dr, Houston, TX 77054</i> <i>Local Agency</i>	713-394-4000



## Emergency Numbers & Referrals

### Harris County Sheriff's Department

<u>Child Abuse Unit</u>	713-830-3250
<u>Missing Persons &amp; Runaways</u>	713-221-6000
<u>Non-Emergency Number</u>	713-221-6000

### Houston Area Women's Center (HAWC)

<u>Domestic Violence Hotline</u>	713-528-2121
<u>Sexual Assault Hotline</u>	713-528-7273

*Includes shelter & counseling for battered women  
Mon – Fri, 8:00a – 9p; Sat 8:30a to 5:30p*

### Houston Police Department

<u>Juvenile Intake</u>	832-394-1875
<u>Patrol Station – Northbelt</u>	832-394-4900
<u>Patrol Station – Northwest</u>	832-394-5500
<u>Non-Emergency Dispatch</u>	713-884-3131

### Jersey Village Police Department

713-466-5824

### NAMI National Information Helpline

800-950-NAMI

### National Center for Missing & Exploited Children

1-800-843-5678

### National Runaway Safeline

1-800-786-2929 (RUN-AWAY)

### Probate Courts 3 & 4 Mental Health Division

713-741-6020

Mental Health Warrants

Probate Court 3

832-927-1403

Probate Court 4

832-927-1404

### Rape Crisis

713-528-7273 (RAPE)

*Sexual assault hotline*

*Services through HAWC*

### Texas Abuse Hotline for Dept. of Family & Protective Services

Report Abuse

1-800-252-5400

[www.txabusehotline.org](http://www.txabusehotline.org)

## Emergency Numbers & Referrals

**Texas Missing Persons** **1-800-346-3243**  
*Clearinghouse – calls answered 24 hours a day*

**Texas Victim Information & Notification Everyday (VINE)**  
*Toll free* **1-877-894-8463 (TX-4-VINE)**  
[www.vinelink.com](http://www.vinelink.com)

**Texas Youth Helpline**  
Call **1-800-210-2278**  
Text **512-872-5777**  
[www.dfps.texas.gov/youth-helpline/](http://www.dfps.texas.gov/youth-helpline/)

**The Harris Center for Mental Health & IDD** **713-970-7000**  
*Formerly MHMRA*

**TRIAD Prevention Program** **713-295-2600**

**Texas 211** **211**  
*Local community referrals & resources*  
*Information for state of Texas benefits & services (i.e. CHIP, food stamps)*  
*Report fraud or abuse of Texas services & programs*

**United Way of Greater Houston** **713-685-2300**  
*50 Waugh Dr, Houston, TX 77007* **713-957-4357 (HELP) or 211**  
Information & Referral  
[www.unitedwayhouston.org](http://www.unitedwayhouston.org)

## Basic Needs & Financial Assistance

- Catholic Charities of Houston** 713-526-4611  
2900 Louisiana St, Houston, TX 77006  
Assist with basic needs, counseling assistance  
and disaster recovery  
Pregnancy and parenting services, and  
in-school counseling  
Senior and Veteran services  
[www.catholiccharities.org](http://www.catholiccharities.org)
- Cy-Fair Helping Hands (CFHH)** 281-858-1222  
9606 Kirkton Drive, Houston, TX 77095  
Food pantry open to anyone living in CFISD boundaries  
More specific outreach to the homeless population  
Mon and Thu 9:30a – 12:30p  
1<sup>st</sup> and 3<sup>rd</sup> Sat 9:30a – 12:30p  
[www.cyfairhelpinghands.org](http://www.cyfairhelpinghands.org)
- Cypress Assistance Ministries** 281-955-7684  
12390 Cypress N. Houston, Cypress, TX 77429  
Serves: 77065, 77095, 77429, 77433, 77084 (food only)  
Operation Jobs – All zip codes 281-955-5895  
Call to schedule an appt  
Walk-ins welcome on Tue & Thu  
[www.cypressassistance.org](http://www.cypressassistance.org)
- FEMA Disaster Assistance** 1-800-621-3362  
[www.fema.gov](http://www.fema.gov)
- Guadalupe Center** 713-227-9981  
326 S Jensen Dr, Houston, TX 77003 1-866-649-5862  
Catholic Charities program  
Rent & utility assistance, food pantry  
Photo ID & proof of address  
Tue – Thu 9a – 12pm

## Basic Needs & Financial Assistance

- Gulf Coast Community Services** 713-393-4700  
9320 Kirby Dr, Houston, TX 77054  
*Financial assistance – food, transportation, and electricity*  
*Case management services, early childhood services and*  
*headstart program*  
*Must be a resident of Harris County*  
[www.gccsa.org](http://www.gccsa.org)
- Harris County Community Services** 713-578-2000  
8410 Lantern Point, Houston, TX 77054  
*Assists low to moderate income families*  
*in obtaining a house*  
*Home repairs for low income seniors*  
*(62 & older) & disabled individuals*  
*Harris County residents outside city limits*  
*of Houston, Pasadena, and*  
*Baytown **only***  
<https://csd.harriscountytexas.gov>
- Harris County Department of Social Services** 713-696-7900  
9418 Jenson Dr, Houston, TX 77093  
*Assistance with electric, gas, water utilities,*  
*and rent*  
*Mon – Fri 8a – 5p*
- Katy Christian Assistance Ministries** 281-391-5261  
Social Services 281-391-9623  
3506 Porter Rd., Katy, TX 77493  
*Mon – Thu, 9a – 5p*
- Food Pantry 281-391-9623  
5506 1<sup>st</sup> St, Katy, TX 77493  
*Mon – Thu, 9a – 5p, closed for lunch from 12p -1p*  
*Serves: All Katy ISD and Fort Bend residents*  
[www.ktcm.org](http://www.ktcm.org)

## Basic Needs & Financial Assistance

- Lakewood United Methodist Church** 281-370-2273  
*11330 Louetta Rd, Houston, TX 77070*  
*Clothing / food pantry, by appt **only***  
*Serves: 77040, 77064, 77065, 77066, 77068, 77069,*  
*77070, 77375, 77377, 77379, 77389, 77373, 77429*  
[www.lakewoodumc.org](http://www.lakewoodumc.org)
- Memorial Assistance Ministries** 713-574-7536  
*1625 Blalock Rd, Houston, TX 77080*  
*Basic needs (no food pantry), employment services*  
*Free individual tax preparation during tax season*  
*Rent & utility assistance by appt **only** on Tue & Thu* 713-574-7533  
*Serves: 77040, 77041, 77092 & 15*  
*others **not** in CFISD boundaries*  
[www.maministries.org](http://www.maministries.org)
- Money Management International** 713-923-6339  
*12603 SW Frwy., Ste. 450, Stafford, TX 77477*  
*Tues – Thurs 9a – 3p*  
[www.moneymanagement.org](http://www.moneymanagement.org)
- Northwest Assistance Ministries** 281-885-4555  
*15555 Kuykendahl Rd, Houston, TX 77090*  
Financial Assistance Appt Line 281-583-5600  
Children’s Clinic (ages 0-18) 281-885-4630  
Meals on Wheels 281-885-4622  
Housing Assisstance 281-885-4595  
*Thrift Shops:*  
*15702 Bammel Village Dr, Houston, TX 77014* 281-880-9000  
[www.namonline.org/basic-needs](http://www.namonline.org/basic-needs)

## Basic Needs & Financial Assistance

<b>Office of the Attorney General</b>	<b>1-800-252-8014</b>
<u>Child Support Division</u>	
<i>P.O. Box 12017, Austin, TX 78711</i>	
<a href="http://www.texasattorneygeneral.gov/child-support">www.texasattorneygeneral.gov/child-support</a>	
<u>Acknowledgement of Paternity</u>	<b>1-866-255-2006</b>
<u>Child Support Payment &amp; Case Information</u>	<b>1-800-252-8014</b>
<u>Houston North</u>	<b>713-973-4300</b>
<i>450 N. Sam Houston Pkwy E, Ste 190, Houston, TX 77060</i>	
<u>Houston West</u>	<b>1-800-252-8014</b>
<i>4600 Highway 6 North, Ste. 400, Houston, TX 77084</i>	
<u>Houston Southwest</u>	<b>713-974-4876</b>
<i>6161 Savoy Dr., Ste. 400, Houston, TX 77036</i>	
<b>Operation I. D.</b>	<b>281-833-3500</b>
<i>First Presbyterian Church, 5100 Travis St, Houston, TX 77002</i>	
<i>Tue &amp; Thu 9a – 11:30a</i>	
<i>Must be referred by another agency</i>	
<i>Assist with Texas State IDs &amp; birth certificates</i>	
<a href="http://www.msmlhouston.org">www.msmlhouston.org</a>	
<b>Salvation Army</b>	<b>713-752-0677</b>
<i>1500 Austin St, Houston, TX 77002</i>	
<i>Serves all Harris County zip codes</i>	
<i>Hours are Mon-Fri 8:30a -12:00p and 1p - 4:30p</i>	
<i>Rent, mortgage, food, clothing, water bill, furniture</i>	
<i>Christmas assistance with Toys for Tots &amp; Angel Tree</i>	
<a href="http://www.salvationarmyhouston.org">www.salvationarmyhouston.org</a>	
<b>Salvation Army Northwest Corps Community Center / Boys &amp; Girls Club</b>	
<i>12507 Windfern Rd, Houston, TX 77064</i>	<b>832-200-4620</b>
<i>After-school programs (ages 6-18) – Boys &amp; Girls Club</i>	<b>832-200-4620</b>
<i>Summer Camp Program/Cy-Fair ISD</i>	
<i>Spring Break Program</i>	
<a href="http://www.salvationarmyhouston.org">www.salvationarmyhouston.org</a>	
<b>Social Security Administration</b>	<b>1-800-772-1213</b>
<i>16200 Dillard Dr, Houston, TX 77040</i>	
<a href="http://www.socialsecurity.gov">www.socialsecurity.gov</a>	

## Basic Needs & Financial Assistance

### Texas 211

877-541-7905 or 211

*Information & referral services*

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

### Texas Health & Human Services

#### Medicaid Line

1-800-252-8263

8511 N Rosslyn Rd, Houston, TX 77088

713-895-6800

*Serves: 77040, 77064, 77065, 77086, 77429, 77433*

*TANF / Food stamps / Medicaid / CHIP*

*Call 211 for location by zip code*

[www.hhs.texas.gov](http://www.hhs.texas.gov)

## Legal

- Catholic Charities of Houston** 713-526-4611  
*2900 Louisiana St, Houston, TX 77006*  
*Provide immigration legal assistance, refugee services, crime victims assistance, international foster home services for refugees, and unaccompanied minor immigrant services*  
[www.catholiccharities.org](http://www.catholiccharities.org)
- Dispute Resolution Centers** 713-274-7100  
*49 San Jacinto St, Ste 220, Houston, TX 77002*  
*Free mediation services within Harris County*  
[www.drchouston.org](http://www.drchouston.org)
- Harris County District Attorney's Office** 713-755-5888  
*Domestic Violence Division Division*  
*1200 Congress St., 2<sup>nd</sup> Floor, Houston, TX 77002*  
*Protective orders for matters involving family violence*  
[www.harcountytexas.com](http://www.harcountytexas.com)
- Houston Lawyer Referral Service** 713-237-9429  
*First referrals for qualified prescreened attorneys for hire*  
*Reduced fees program available based on qualification*  
[www.hlrs.org](http://www.hlrs.org)
- Houston Volunteer Lawyers / Make Justice Happen Client Intake** 713-228-0735  
*1111 Bagby, Ste FLB300, Houston, TX 77002*  
*Civil Legal Aid*  
*Free referrals (criminal & traffic matters are not handled)*  
[www.makejusticehappen.org](http://www.makejusticehappen.org)
- Justice of The Peace Courts**  
Pct. 4, Place 1 – Judge Lincoln Goodwin 713-274-6550  
*6831 Cypresswood Dr, Ste 4, Spring, TX 77379*  
Pct. 5, Place 2 - Judge Bob Wolfe  
*16715 Clay Rd, Ste 4, Houston, TX 77084*  
[Myip52@jp.hctx.net](mailto:Myip52@jp.hctx.net)  
[www.jp.hctx.net](http://www.jp.hctx.net)



## Legal

### **Lone Star Legal Aid**

*500 Jefferson St, 1<sup>st</sup> Floor, Houston, TX 77002*

*Offers legal assistance at sliding scale rate*

[www.lonestarlegal.org](http://www.lonestarlegal.org)

**713-652-0077**

**1-800-733-8394**

### **Office of the Attorney General**

*808 Travis St, Houston, TX 77002*

*Crime Victim Services Division*

*Crime Victim's Compensation*

[www.oag.state.tx.us](http://www.oag.state.tx.us)

**1-800-983-9933**

## Medical

- Christ Clinic** 281-391-0190  
25722 Kingsland Blvd, Ste 101, Katy, TX 77494  
Mon-Fri, 9a - 5p, Fri 9a -3p by appointment only  
Mental Health Services, Primary Care,  
Health Education Classes  
Non-insured **only**  
[www.christclinic Katy.org](http://www.christclinic Katy.org)
- Clinica Hispana** 281-897-8142  
9720 Jones Rd, Ste 240, Houston, TX 77065  
Preventative care – low cost immunizations, physicals  
No appt necessary  
Accepts Medicaid, CHIP, and most insurance  
**Speaks Spanish**  
[www.clinicahispanahouston.com](http://www.clinicahispanahouston.com)
- Epiphany Community Health Outreach Services (ECHOS)** 713-270-0369  
9600 S Gessner Bldg E, Houston, TX 77071  
Application assistance: Gold Card, Medicaid, CHIP,  
food stamps, food pantry, dental services  
Medical Screenings: blood pressure, glucose, and sugar  
**Speaks Spanish**  
[www.echos-houston.org](http://www.echos-houston.org)
- GoodRX**  
Provides discount coupons & prices for medication  
at area pharmacies  
[www.goodrx.com](http://www.goodrx.com)
- Harris Health** 713-602-3300  
Eligibility Information Line 713-566-6509  
No longer scheduling eligibility appts  
Drop off completed applications at nearest Eligibility  
Center or mail to: Harris Health Financial Assistance Program  
P.O. Box 300488, Houston, TX 77230  
Download applications online  
All health centers accept Medicaid, CHIP, sliding scale  
[www.harrishealth.org](http://www.harrishealth.org)

## Medical

- Northwest Health Center** **713-861-3939**  
*1100 W 34<sup>th</sup> St, Houston, TX 77018*  
*Obstetrical / Gynecology, radiology, counseling, lab,*  
*pharmacy, etc.*
- Cypress Health Center** **713-873-5240**  
*12340 Jones Rd, Ste 100, Houston, TX 77070*  
*Medical services for adults & children*  
*Psychiatry & behavioral health for children **only***
- IBN Sina Foundation – Community Medical/Dental Centers** **281-977-7467**  
*11226 S. Wilcrest Dr., Houston, TX 77099*  
*Primary care, family medicine, dentistry,*  
*pediatric care, well exams, and some minor injuries*  
*Medicaid, CHIP, most insurances, sliding*  
*scale & an annual membership fee*  
<https://ibnsinafoundation.org>
- Ivy League Health** **713-930-3227**  
*23542 Westheimer Pkwy., Ste. 160A, Katy, TX 77450*  
*Primary care, family medicine, pediatric care,*  
*and urgent care*  
*Accepts most insurances and Texas CHIP only*  
*4 types of membership plans for the uninsured/low income*  
*English and Spanish; Mon.-Sat. 8a - 8 p*  
[www.leaguehealthhuc.com](http://www.leaguehealthhuc.com)
- Needy Meds** **1-800-503-6897**  
*Web based information source on medical assistance*  
*programs, also provides discounts on medical*  
*equipment as well*  
[www.needymeds.org](http://www.needymeds.org)
- Night Light Pediatric Urgent Care** **713-957-2020**  
*19708 NW Fwy, Ste 500, Houston TX 77065*  
*Mon-Fri, 3:00p – 11p, Sat. – Sun, 12p – 7p*  
*Pediatric services (newborn to 21 yrs)*  
*Accepts insurance (fee without insurance \$150)*  
*Tue: Sports Physicals \$35*  
[www.nightlightpediatrics.com](http://www.nightlightpediatrics.com)

## Medical

- Northwest Assistance Ministries** 281-885-4555  
*15555 Kuykendahl Rd, Houston, TX 77090*  
Children's Clinic (ages 0-18) 281-885-4630  
[www.namonline.org](http://www.namonline.org)
- The Rose-Galleria** 281-484-4708  
*6725 W Loop S, Ste 275, Bellaire, TX 77401*  
*Non-profit breast cancer organization*  
*Provides screening services & support groups,*  
*uninsured programs*  
*Young Women's Clinic*  
[www.therose.org](http://www.therose.org)
- San Jose Clinic** 713-228-9411  
*2615 Fannin St, Houston, TX 77002*  
Eligibility Line 713-490-2610  
*Children 0 – 17 yrs & 18 yrs old still in high school*  
*Low-cost children's healthcare including*  
*well-child check-ups*  
*Childhood illness evaluation & treatment*  
*School & sport physicals, dental care*  
*Sliding scale fee*  
***Only noninsured families accepted***  
***Speaks Spanish***  
[www.sanjoseclinic.org](http://www.sanjoseclinic.org)
- Spring Branch Community Health Center**  
*8575 Pitner Rd, Houston, TX 77080* 713-462-6545  
*1615 Hillendahl Blvd, Ste 100, Houston, TX 77055* 713-462-6565  
*5502 1<sup>st</sup> Street, Katy, TX 77493* 713-231-5757  
*7777 Westgreen Blvd., Cypress, TX 77433* 713-387-7180  
*Family medical & pediatric services,*  
*OB / GYN, dental & optometry*  
*Medicaid accepted & sliding scale*  
[www.sbchc.net](http://www.sbchc.net)
- Testing.com** 888-665-3488  
*STD At-home and lab testing information and resources*  
*Please visit the website for more information*  
[contact@testing.com](mailto:contact@testing.com)  
[testing.com](http://testing.com)

## Medical

- Texas Children's Pediatric – Kingsland** 281-398-7353  
21715 Kingsland Blvd., Ste. 103, Katy, TX 77450 281-398-7353  
11811 FM. 1960 W., Ste. 100, Houston, TX 77065 281-970-7363  
13203 Fry Rd., Ste. 600, Cypress, TX 77433 281-304-5559  
13215 Grant Rd., Ste. 100, Cypress, TX 77429 281-374-7457  
*Well / Sick child services, immunizations*  
*Sports physicals, vision screenings*  
*By appt **only***  
*Serving uninsured & under-insured*  
[www.texaschildrenspediatrics.org](http://www.texaschildrenspediatrics.org)
- Texas Department of Insurance** 1-800-578-4677  
*Provides information & responds to consumer complaints regarding insurance*  
<https://www.tdi.texas.gov>
- Tomagwa Healthcare Ministries** 281-357-0747  
455 School St, Ste 30, Tomball, TX 77375  
*Low income, adult & pediatric health clinic*  
*Low cost immunizations*  
*Cash basis **only***  
*No walk-ins, by Appt **only***  
*Call for zip codes served*  
[www.tomagwa.org](http://www.tomagwa.org)
- Trinity Holistic Wellness Center** 281-367-9292  
**Dr. Michael Schmidt, PhD, PScD, BCH, CI, CSH**  
22306 Sherrod Lane, Spring, TX 77389  
*Provides alternative therapies, including stem cell, ozone, neurofeedback, total wellness, pulsed electromagnetic fields, photon body sculpting, pain relief and beauty*  
*Self-pay*  
*Hours: Mon – Fri, 9:00a – 5:00p*  
[betterlifemind@gmail.com](mailto:betterlifemind@gmail.com)

## Disabilities & Chronic Health Services

- ADDA Southern Region** 281-894-4932  
*Attention deficit disorders & related conditions*  
[www.adda-sr.org](http://www.adda-sr.org)
- The ARC of Harris County** 713-957-1600  
*9401 Southwest Frwy, Houston, TX 77074*  
*Serves children & adults with intellectual and developmental disabilities*  
*Educational support services (no fees)*  
*Private pay **only***  
[www.thearc.org](http://www.thearc.org)
- UT Physicians C.H.O.S.E.N. Clinic** 888-4UT-DOCS  
832-325-7298  
*6410 Fannin St, Ste 500, Houston, TX 77030*  
*Primary care physicians providing comprehensive care & hospice for children with chronic illnesses and special health care needs*  
*Family support services & coordination with community based services*  
*Medicaid, CHIP, private insurance / out-of-network provider TCHP*  
[www.utphysicians.com](http://www.utphysicians.com) (select “pediatric clinic”)
- DebLin Health Concepts** 713-686-9194  
*4411 Dacoma St, Houston, TX 77092*  
*24 Hour Crisis Support Line* 713-398-7082  
*Case management for chronic persistent mental illness*  
*Home visits, school visits & out-patient behavioral health*  
*Therapists for mild to moderate chronic illness*  
*Medicaid, private insurance, sliding scale, and payment plans*  
[www.deblinhealthconcepts.com](http://www.deblinhealthconcepts.com)
- Family to Family Network** 713-466-6304  
*16225 Park Ten Pl, Ste 500, Houston, TX 77084*  
*Education, training, information, and support for families of children with disabilities*  
*Provides community referrals*  
[www.f2fn.org](http://www.f2fn.org)

## Disabilities & Chronic Health Services

**Lighthouse Guild: National Association for Parents  
of Children with Visual Impairments (NAPVI)** 1-800-284-4422  
[www.lighthouseguild.org](http://www.lighthouseguild.org)

**Medicaid – Application**  
2135 Hwy 6, Ste 100, Houston, TX 77077 281-597-5200  
Texas Health & Human Services Commission  
*Call 211 for location of nearest office*  
[www.yourtexasbenefits.com](http://www.yourtexasbenefits.com)

**Supplemental Security Income (SSI)** 1-800-772-1213  
*16200 Dillard Dr, Houston, TX 77040*  
[www.ssa.gov](http://www.ssa.gov)

**Texas Department of State Health Services** 713-767-3000  
*1100 W 49<sup>th</sup> St, Austin, TX 78756*  
Children with Special Health Care Needs (CHSCN) &  
Personal Care Services (PCS)  
*5425 Polk St, Ste J, Houston, TX 77023*  
*Medical assistance to children with certain  
medical diagnosis*  
[www.dshs.texas.gov](http://www.dshs.texas.gov)  
1-800-252-8023  
Ext. 3111

## Domestic Violence Shelters & Services

- Aid to Victims of Domestic Abuse (AVDA)** 713-224-9911  
*1001 Texas Ave, Ste 600, Houston, TX 77002*  
*Battery intervention & prevention program*  
*Legal representation for victims of domestic abuse*  
*Teens & adults*  
**Speaks Spanish**  
[www.avda.org](http://www.avda.org)
- Family Time Crisis & Counseling Center** 281-446-2615  
*1203 S Houston Ave, Humble, TX 77338*  
*Battered woman's shelter*  
*Legal advocacy, counseling services, thrift shop*  
*Free services to victims*  
*Sliding scale counseling for non-victims, case management, support groups*  
**Speaks Spanish**  
[www.familytimececc.org](http://www.familytimececc.org)
- Harris County Department of Education** 713-692-6216  
*6300 Irvington Boulevard Houston, TX 77022*  
*ESL Classes, GED Prep Classes, Citizenship Classes, Certification Programs*  
[www.hcde-texas.org](http://www.hcde-texas.org)
- Houston Area Women's Center (HAWC)** 713-528-6798  
*1010 Waugh Dr, Houston, TX 77019*  
**Emergency Shelter & Domestic Violence Hotline** 713-528-2121  
**Rape Crisis Number** 713-528-7273  
*Crisis counseling, support groups, individual counseling*  
*Services for individuals with disabilities, children's court services, community education*  
**Speaks Spanish**  
[www.hawc.org](http://www.hawc.org)
- NWAssistance Ministries – Family Violence Center**  
*15555 Kuykendahl Rd, Houston, TX 77090* 1-888-750-4673 (HOPE)  
*Case management services, therapy for women & children*  
*Resale Shop*  
*Legal advocate available for consultation*  
**Speaks Spanish** [www.namonline.org](http://www.namonline.org)



## GED / Vocational Programs

### **Lone Star College**

Cy-Fair Campus

9191 Barker Cypress Rd, Cypress, TX 77433

[www.lonestar.edu/ged.htm](http://www.lonestar.edu/ged.htm)

**281-290-3200**

### **Rotary Learning Center / Workforce Development Program** 281-885-4523

15555 Kuykendahl Rd, Houston, TX 77090

Free GED prep class, adult education, and ESL

[www.namonline.org](http://www.namonline.org)

### **Texas Challenge Academy**

600 Highway 3013 West, Eagle, TX 77434

Ages 16 to 18

Accredited high school based on military practices

Voluntary program for those at risk for dropping out or have already done so

Students can recover credits, earn GED,

or high school diploma

[www.tmd.texas.gov/texas-challenge-academy](http://www.tmd.texas.gov/texas-challenge-academy)

**1-877-822-0050**

**409-939-3772**

### **Texas Juvenile Crime Prevention – PVAMU**

Provides degree programs at Prairie View A&M

University, continuing education and in-service training for criminal justice and social service professionals.

[www.pvamu.edu](http://www.pvamu.edu)

**936-261-5209**

### **Work Force Solutions**

Katy

24025 Kay Freeway, Ste D, Katy, TX 77494

Cypress Station

70 FM 1960 W, Ste A, Houston, TX 77090

Willowbrook

17725 Tomball Pkwy., Houston, TX 77064

[www.wrksolutions.com](http://www.wrksolutions.com)

**1-888-469-5627**

**281-644-1030**

**281-891-2850**

**281-807-9462**

## Grief / Bereavement Services

- 3A Bereavement Foundation** **713-649-3232**  
*5330 Griggs Rd, Ste A108, Houston, TX 77021*  
*Assistance in preparing for funeral services,*  
*resource referrals, grief counseling, and crime*  
*victim services*  
*Call for qualification*  
[www.3abereavement.org](http://www.3abereavement.org)
- Bo's Place** **713-942-8339**  
*10050 Buffalo Spdwy, Houston, TX 77054*  
*Grief, counseling and support groups for 3 and up*  
*at no cost*  
[www.bosplace.org](http://www.bosplace.org)
- Compassionate Friends – Houston NW Chapter** **936-441-3840**  
*Provides grief counseling and support groups for*  
*parents, siblings and grandparents*  
*Cypress Creek Christian Church,*  
*6823 Cypresswood Dr, Spring, TX 77379*  
*Contact: David ([dbhendricks@hotmail.com](mailto:dbhendricks@hotmail.com))*  
[www.houstonnorthwesttcf.org](http://www.houstonnorthwesttcf.org)
- Grief Recovery Center** **832-413-2410**  
**Asma Rehman, LPC**  
*2000 North Loop West, Ste 100, Houston, TX 77018*  
*Provide counseling services for grief and loss,*  
*depression, anxiety, trauma, addictions, anger,*  
*stress, relationship issues and bi-polar disorder*  
*Aetna, Blue Cross Blue Shield, Cigna, Humana,*  
*Megellan Health, self-pay*  
*Hours: Mon – Fri, 9:00a – 9:00p,*  
*Sat, 8:00a – 4:00p*  
[www.griefrecoveryhouston.com](http://www.griefrecoveryhouston.com)
- Grief Share**  
*Grief counseling and support groups*  
*Go to website, enter zip code for a list of groups*  
*in you area*  
[www.griefshare.org](http://www.griefshare.org)

## Grief / Bereavement Services

### **Houston Hospice**

**713-467-7423**

*1905 Holcombe Blvd. Houston, TX 77030*

*Providing compassionate end of life care to patients and families in and/or out of home services*

*Bereavement support services*

*Butterfly program (children and youth bereavement support program)*

[www.houstonhospice.org](http://www.houstonhospice.org)

### **Project Joy & Hope**

**713-944-6569**

*3207 Tulip St, Houston, TX 77504*

**866-569-4673 (JOY-HOPE)**

*Residential housing and financial grants*

*for families with seriously ill children,*

*24-hour parent support line, college scholarships*

*available to high school seniors who have*

*experienced the death of a parent or sibling.*

[www.joyandhope.org](http://www.joyandhope.org)

## Drug & Alcohol Services

- Al-Anon, Ala-Teen** 713-683-7227  
9800 NW Fwy, Ste 201, Houston, TX 77092  
[www.houstonalananon.org](http://www.houstonalananon.org)
- Alcoholics Anonymous** 713-686-6300  
4140 Directors Row, Ste D, Houston, TX 77092  
Call for nearest group meeting or check online locations  
Free services  
[www.aahouston.org](http://www.aahouston.org)
- Arise Recovery Center** 888-734-2289  
10330 Lake Road, Unit H, Houston, TX 77070 281-500-8970  
1449 Hwy. 6, Ste. 360, Sugarland, TX 77478 713-547-4356  
1630 Park Ten Place, Ste. 620, Houston, TX 77084 713-804-6994  
224 Ed English Dr., Ste. C, Shenandoah, TX 77385 832-529-6775  
Alcohol and substance use counseling, intensive  
and outpatient services, individual, group, DBT,  
CBT, experiential, 12 steps, and relapse prevention  
Blue Cross Blue Shield, Humana, Aetna,  
Scott&White, Magellan Health, Ambetter health plans  
<https://ariserecoverycenters.com>
- Association for the Advancement of Mexican  
Americans (AAMA)** 713-967-6700  
6001 Gulf Freeway, Houston, TX 77023  
Out-patient, residential program for adult males (13-17)  
Programs targeting tobacco, alcohol, drug use and  
other related behavior in ages 14 to 20.  
Programs addressing behavioral and emotional  
problems; requires one parent to participate;  
ages 10 to 14.  
[www.aama.org](http://www.aama.org)
- BES Group & Solutions Plus** 832-389-2982  
4625 North Freeway, #127, Houston, TX 77022  
Classes for MIP, tobacco cessation, anger management,  
out-patient chemical dependency, minor drug offenders  
education program, lifeskills & parenting classes  
Payment per class or as court ordered, Medicaid accepted  
**Speaks Spanish**  
[www.soyoulive.com](http://www.soyoulive.com)

## Drug & Alcohol Services

- Cocaine Anonymous Helpline (CA)** 713-668-6822  
[www.ca-texas.org](http://www.ca-texas.org)
- The Council on Recovery** 713-942-4100  
303 Jackson Hill St, Houston TX 77007  
Formally Houston Council on Alcohol & Drug Abuse  
[www.councilonrecovery.org](http://www.councilonrecovery.org)
- Houston Northwest Rehab** 281-537-2800  
2611 FM 1960 W, Ste H120, Houston, TX 77068  
Adolescents (13 to 17 yrs) and adults  
Out-patient chemical dependency treatment  
Classes include DWI, intervention & education,  
anger management, tobacco awareness, MIP,  
theft, and drug offender education  
Medicaid accepted, private insurance, and self-pay  
Email: [hnwrinfo@aol.com](mailto:hnwrinfo@aol.com)
- Lifeway International & Cates Academy** 713-270-6753  
9920 W Sam Houston Prkwy. S, #410, Houston, TX 77099  
Early recovery alternative peer group  
Out-patient drug treatment (13 to 18 yrs old)  
Adolescents, young adults, and their parents  
Substance abuse, recovery-oriented social activities  
Academic Learning Center  
Some out of network insurance, sliding scale  
for peer groups  
[www.lifewayrocks.com](http://www.lifewayrocks.com)
- Magnolia City Detox** 713-965-6422  
1006 Windsor Lakes Blvd., Ste. 200, Conroe, TX 77384  
Alcohol and substance use detox services,  
dual diagnosis treatment  
Services-ADHD, anxiety, depression, and PTSD  
Residential and outpatient services  
Aetna, Humana, MHNet, Value Options, Verity Health,  
Friday Health Plans, Multiplan, Beacon Health Options,  
Magellan Healthcare  
<https://magnoliacitydetox.com/>

## Drug & Alcohol Services

### Narcotics Anonymous Helpline (NA) Helpline

[www.hascona.org](http://www.hascona.org)

### Palmer Drug Abuse Program (PDAP)

281-589-4602

Group Counselors – All Locations

Memorial – Spring Branch Area

725 Bateswood Dr, Houston, TX 77079

Free service, assessments, parent / youth drug support groups

Modified 12-step program, positive social activities

[www.pdaphouston.org](http://www.pdaphouston.org)

### PaRC Discovery Behavioral Health

832-975-0013

3043 Gessner Rd., Houston, TX 77080

Adolescents & Adults. Detox, Residential Treatment and IOP

Most major insurances accepted.

Adolescents (10-18) & Adults. PHP & IOP.

Most major insurances accepted

Eating Disorder Treatment (Cypress ages 16-23,

Residential, PHP & IOP)

Mood and Anxiety Program (Houston ages 11-18 PHP & IOP)

[https://parcbh.com/locations/houston/?utm\\_source=google&utm\\_medium=local](https://parcbh.com/locations/houston/?utm_source=google&utm_medium=local)

### Phoenix House

713-426-2637

2525 North Loop West, Ste. 100, Houston, TX 77008

Provides drug and alcohol prevention education,

residential addiction treatment, and outpatient counseling.

Adolescent in person and virtual intensive outpatient ages: 13-18

[www.phoenixhousetx.org](http://www.phoenixhousetx.org)

## **Drug & Alcohol Services**

### **Resource Education Center**

**281-463-9292**

*4654 Hwy 6 N, Ste 301, Houston, TX 77084*

*Education classes for all ages include DWI, MIP, domestic violence, anger management, theft, and drug offender*

*Substance abuse counseling, parenting education*

*Certificate awarded upon completion accepted by courts*

*Intensive & supportive out-patient services available*

[www.resourceedcenter.com](http://www.resourceedcenter.com)

### **Right Step**

**713-528-3709**

*902 W Alabama St, Houston, TX 77006*

**844-768-1079**

*Intensive out-patient program, detox services, residential treatment, screening & assessment, drug testing, recovery maintenance, supportive out-patient services*

*Private insurance, some Medicaid*

[www.rightstep.com](http://www.rightstep.com)

### **Rising Renewal Counseling**

**346-306-2404**

*14871 Skinner Rd., Cypress, TX 77429*

*Adolescents & adults; individuals, couples, family counseling, depression, family conflict, peer relationships, relationship issues, anger management, anxiety, codependency, coping skills, school issues, self esteem, stress, substance use; Telehealth Spanish; Self-Pay & Sliding Scale.*

[www.adrianawallace.com](http://www.adrianawallace.com)

### **Smart Recovery**

**440-951-5357**

*7304 Mentor Ave., Ste. F, Mentor OH 44060*

*Virtual online alcohol/substance use recovery program*

*In person and virtual meetings*

<https://smartrecovery.org>

## Drug & Alcohol Services

### **Symetria Recovery Spring**

635 Rayford Rd, Ste E, Spring, TX 77386  
Provides intensive out-patient drug treatment  
and medication assisted treatment for adults.  
Private insurance accepted, self-pay  
Hours: Mon – Fri, 6:00a – 5:00p,  
Sat, 7:00a – 8:30p  
[www.symetriarecovery.com](http://www.symetriarecovery.com)

**281-528-4041**  
**832-225-4203**

### **Teen & Family Services**

11140 Greenbay St, Houston, TX 77024  
Substance abuse screenings, substance abuse  
recovery & prevention, behavior problems  
anger management, parent / child conflict  
Adolescent peer group for kids with high risk  
behavior (ages 13 to 18)  
[www.teenandfamilyservices.org](http://www.teenandfamilyservices.org)

**713-464-3950**

### **Westpark Springs Hospital**

6902 S Peek Rd, Richmond, TX 77407  
Provides in-patient and out-patient treatment,  
psychiatric counseling, medication management,  
group therapy, family therapy, computer assisted  
therapy, drug and rehabilitation and  
family support groups  
Private insurance, Medicaid and self-pay  
(verify coverage with your insurance  
provider for specific services)  
[www.westparksprings.com](http://www.westparksprings.com)

**832-501-3383**

### **Woodland Springs Hospital**

Provides mental, behavioral and substance use  
treatment for ages 13 and up. Provides  
in-patient and out-patient treatment, psychiatric  
counseling, medication management, group &  
family therapy, detox, and family support.  
Private insurance, Medicaid, Medicare, Tricare  
and self-pay (verify coverage with your insurance  
provider for specific services)  
[www.woodlandspringshealth.com](http://www.woodlandspringshealth.com)

**936-270-7520**



## **In-Patient (Hospitalization or Residential) for Mental Health and / or Substance Use**

- The Center for Success & Independence** **713-426-4545**  
*3722 Pinemont Dr, Houston, TX 77018*  
*Ages 12 to 17*  
*Substance abuse, mental health, and Mode*  
*Behavior issues*  
*Intensive in-patient & out-patient treatment available*  
*Medicaid, private pay, private insurance*  
[www.tcsi.org](http://www.tcsi.org)
- Charlie Health** **866-508-7084**  
*108 Wild Basin Road S., Ste. 250, Austin TX 78746*  
*Intensive outpatient services via telehealth only*  
*Individual, family, group therapy; suicidal ideation,*  
*self injury, grief, trauma, LGBTQ support,*  
*medication monitoring*  
*United Healthcare, Aetna, Blue Cross Blue Shield, Humana, Tricare,*  
*Optum, TX Children's*  
<https://www.charliehealth.com>
- Cypress Creek Hospital** **281-586-7600**  
*17750 Cali Dr, Houston, TX 77090*  
*7825 Highway 6 North, Ste. 112, Houston, TX 77095 – Cyfair* **346-517-0050**  
Admissions **281-586-5956**  
*Adolescents (13 yrs & older), adults,*  
*in-patient & out-patient services*  
[www.cypresscreekhospital.com](http://www.cypresscreekhospital.com)
- Devereux Texas Treatment Network** **281-316-5400**  
*1150 Devereux Dr, League City, TX 77573* **1-800-373-0011**  
*Adolescents & adults*  
*Long-term residential treatment facility*  
*Accept most major insurances*  
**Speaks Spanish**  
[www.devereux.org](http://www.devereux.org)

## **In-Patient (Hospitalization or Residential) for Mental Health and / or Substance Use**

- Houston Behavioral Healthcare Hospital** **832-834-7710**  
*2801 Gessner Rd, Houston, TX 77080*  
*Children, adolescents, adults,*  
*in-patient & out-patient services*  
*Medicaid / CHIP accepted, private insurance*  
[www.houstonbehavioralhealth.com](http://www.houstonbehavioralhealth.com)
- Kemah Palms Recovery Center** **1-855-568-0218**  
*1013 Delesandri Ln, Kemah, TX 77565*  
*In-patient, partial hospitalization, and out-patient*  
*treatment for chemical dependency*  
*Ages 18 & older (17 on a case-by-case basis)*  
[www.kemahpalms.com](http://www.kemahpalms.com)
- Kingwood Pines Hospital** **281-404-1001**  
*2001 Ladbrook Dr, Kingwood, TX 77339*  
*Children, adolescents, adults, geriatrics*  
*Medicaid / Medicare accepted*  
[www.kingwoodpines.com](http://www.kingwoodpines.com)
- La Hacienda Treatment Center** **1-844-552-1450**  
*145 La Hacienda Way SW, Hunt, TX 78024*  
*In-patient treatment for chemical*  
*dependency (18 & over)*  
*Take all insurance programs except for*  
*Medicaid, Medicare, and TRICARE*  
*Local contact: Patti Sullivan*  
[www.lahacienda.com](http://www.lahacienda.com)
- Menninger Clinic** **713-275-5400**  
*12301 Main St, Houston, TX 77035*  
Admissions  
*Treatment for addiction, substance use,*  
*and eating disorders*  
*Inpatient and outpatient programs*  
*for ages 12 to 17 and adults.*  
*Accepts Aetna for adolescent services*  
[www.menningerclinic.org](http://www.menningerclinic.org)

## **In-Patient (Hospitalization or Residential) for Mental Health and / or Substance Use**

### **OCD Institute/Houston**

**713-526-5055**

*708 E 19<sup>th</sup> St, Houston, TX 77008*

*Provides residential, partial hospitalization  
and out-patient services for anxiety treatment  
for adults, adolescents and children*

*Hours: Mon – Fri 9:00a to 5:00p*

*Self-pay*

[www.ocditexas.com](http://www.ocditexas.com)

### **Odyssey House of Cenikor Foundation**

**1-888-236-4567**

*5629 Grapevine St, Houston, TX 77085*

*Adolescents (13 to 17); Inpatient and outpatient care for adults  
Residential treatment, all chemical dependencies*

*Medicaid, state funded beds for children without insurance*

*Accepts private insurance, self-pay and sliding scale fee*

[www.freerehabcenters.org](http://www.freerehabcenters.org) or [www.cenikor.org](http://www.cenikor.org)

### **PaRC Discovery Behavioral Health**

**832-410-1562**

*3043 Gessner Rd, Houston, TX 77080*

**1-877-464-7272**

*Drug and alcohol rehab for teens, ages 13 to 17 and adults.*

*Medicare, Medicaid, Tri-care, Amerigroup, STAR and CHIP*

[www.parcbh.com](http://www.parcbh.com)

### **PATH Program – UT Physicians**

**713-500-7840**

*6410 Fannin St. #824 Houston, TX 77030*

*Day treatment program for children ages 9-18  
years with complex medical issues who also  
have behavioral/emotional challenges.*

*Services include coordination and consultation with  
medical providers, individual and family therapy,  
nutritional services and an educational component.*

[www.utphysicians.com](http://www.utphysicians.com)

## **In-Patient (Hospitalization or Residential) for Mental Health and / or Substance Use**

### **Right Step**

**844-582-7114**

*12350 Wood Bayou Dr., Houston, TX 77013  
In-patient care for chemical dependency  
Intensive out-patient services, transitional  
life program, medical detox programs  
Medicaid, CHIP accepted  
Private insurance & self-pay  
[www.rightstep.com](http://www.rightstep.com)*

### **Sun Behavioral Houston Inpatient Hospitalization for Mental Health**

**713-659-0555**

*7601 Hannin, Houston, TX 77054  
Children, adolescents & adults  
In-Patient & Out-Patient Services  
Medicaid & most major insurances accepted  
<https://sunhouston.com>*

### **West Oaks Hospital**

**713-995-0909**

*6500 Hornwood Dr, Houston, TX 77074  
Adults, adolescents, and children  
In-patient & out-patient services  
Medicaid / CHIP accepted  
**Speaks Spanish**  
[www.westoakshospital.com](http://www.westoakshospital.com)*

### **Westpark Springs Hospital**

**832-586-8316**

*6902 S Peek Rd, Richmond, TX 77407  
Provides in-patient and out-patient treatment,  
psychiatric counseling, medication management,  
group therapy, family therapy, computer assisted  
therapy, drug and rehabilitation and  
family support groups  
Private insurance, Medicaid and self-pay  
(verify coverage with your insurance  
provider for specific services)  
[www.westparksprings.com](http://www.westparksprings.com)*

## **In-Patient (Hospitalization or Residential) for Mental Health and / or Substance Use**

### **Woodland Springs Hospital**

**936-270-7520**

*15860 Old Conroe Rd, Conroe, TX 77384*

*Provides out-patient mental health and  
addiction programs available fully online,  
including assessment*

*Treats depression, bi-polar disorder, PTSD  
OCD, anxiety, substance and other*

*Private insurance, Medicaid and self-pay  
(verify coverage with your insurance  
provider for specific services)*

<https://woodlandspringshealth.com>

## Other Support Services

- Adaptive Behavioral Health** **713-505-1269**  
2855 Mangum Rd., Ste. A415, Houston, TX 77092  
9212 Fry Rd., Ste. 105, Katy, TX 77449  
*Provide crisis intervention, behavioral problems, medication Management, conflict resolution, trauma, intensive outpatient services*  
*Drug and alcohol addiction counseling.*  
*All Medicaid/Medicare insurances accepted, most insurances*
- AIDS Foundation Houston, Inc.** **713-623-6796**  
6260 Westpark Dr, Ste 100, Houston, TX 77057  
*Free testing; education and outreach services*  
[www.afhouston.org](http://www.afhouston.org)
- Allconnect** **833-885-1909**  
*Educational resources for LGBTQIA+ teens*  
*Hours: Mon – Fri, 8:00a – 10:00p*  
*Sat, 9:00a – 7:00p*  
*Sun, 10:00a – 7:00p*  
<https://www.allconnect.com/blog/lgbtq-youth-online-resources>
- Alliance for Multicultural Community Services** **713-776-4700**  
6440 Hillcroft Ave, Ste 411, Houston, TX 77081  
*Serves legal refugees, immigrants, and low-income residents*  
[www.alliancetxt.org](http://www.alliancetxt.org)
- American Foundation for Suicide Prevention** **888-333-2377**  
*Provides suicide prevention programs within Southeast Texas*  
[www.afsp.org](http://www.afsp.org)
- Ascent Psychotherapy Center** **281-717-4202**  
**Valerie Kuykendall-Rogers, MA, LPC-S**  
3880 Greenhouse Rd, Ste 414, 415 & 422, Houston, TX 77084  
*Provides individual (Adults/Adolescents), couples counseling, faith based health care screenings, consultations and online therapy*  
*Molina Medicaid and private insurance accepted*  
[www.ascentpsychotherapycenter.com](http://www.ascentpsychotherapycenter.com)

## Other Support Services

<b>Attention Deficit Disorders Association (ADDA)</b> 9597 Jones Rd, Ste 334, Houston, TX 77065 ADD information Referral & support <a href="http://www.adda-sr.org">www.adda-sr.org</a>	<b>281-894-4932</b>
<b>Big Brothers &amp; Big Sisters of Greater Houston</b> 1003 Washington Ave, Houston, TX 77002 <a href="http://www.bbbstx.org/houston">www.bbbstx.org/houston</a>	<b>888-887-2447</b>
<b>Brenda and John Duncan Family YMCA</b> 10655 Clay Rd, Houston, TX 77041 <a href="http://www.ymcahouston.org/locations/brenda-and-john-duncan-ymca">www.ymcahouston.org/locations/brenda-and-john-duncan-ymca</a>	<b>713-467-9622</b>
<b>Catholic Charities (counseling services)</b> <i>Services provided for anxiety, behavioral issues, grief, trauma, marriage, family, separation, divorce and caregiver support for mentally ill/physically challenged loved ones</i> <i>Accepts some insurance and sliding scale</i> <i>Call to schedule an appointment for any of the locations listed below</i>	<b>713-874-6602</b>
<b>Family Counseling/Locations</b> <u>Moran Health Center</u> 2615 Fannin St, Houston, TX 77002	<b>713-874-6502</b> <b>713-526-4611</b>
<u>St. John Vianney Catholic Community</u> 625 Nottingham Oaks Trl, Houston, TX 77079	<b>713-874-6602</b>
<u>St. Ignatius Loyola Catholic Church</u> 7810 Cypresswood Dr, Spring, TX 77379 <a href="http://www.ignatiusloyola.org">www.ignatiusloyola.org</a>	<b>281-370-3401</b>
<u>Christ the Good Shepherd Catholic Church</u> 18511 Klein Church Rd, Spring, TX 77379 <a href="http://www.cgscddogh.org">www.cgscddogh.org</a>	<b>281-376-7831</b>
<u>Prince of Peace Catholic Community</u> 19222 Tomball Parkway, Houston, TX 77070 <a href="http://www.pophouston.org">www.pophouston.org</a>	<b>281-469-2686</b>

## Other Support Services

**CDC National STD & AIDS Hotline** 1-800-232-4636 (CDC-INFO)  
[AIDS & STD information](#)  
[www.cdc.gov](http://www.cdc.gov)

**Collaborative for Children** 713-600-1100  
2200 Post Oak Blvd., Ste. 100, Houston, TX 77056  
Child care referral services & parent information line  
[www.collabforchildren.org](http://www.collabforchildren.org)  
[www.findchildcarenow.com](http://www.findchildcarenow.com)

**D. Bradley McWilliams YMCA at Cypress Creek** 281-469-1481  
19915 Hwy 249, Houston, TX 77070  
[www.ymcahouston.org/locations/d-bradley-mcwilliams-ymca-cypress--creek](http://www.ymcahouston.org/locations/d-bradley-mcwilliams-ymca-cypress--creek)

**Family Houston** 713-861-4849  
4950 Memorial Dr., Houston, TX  
1300 Bay Area Blvd., Bldg. A, Ste. 240, Houston, TX 77058  
12300 Parc Crest Dr., Stafford, TX 77477  
1600 Lake Front Circle, Ste. 200, The Woodlands, TX 77380  
Assisting with basic needs, financial coaching and education, mental health services  
Community resources  
<https://familyhouston.org>

**Family Time Crisis & Counseling Center** 346-220-8205  
1203 S Houston Ave, Humble, TX 77338  
Battered woman's shelter, counseling, legal advocacy  
Counseling free of charge for victims & sliding scale for non-victims  
Case manager speaks Spanish; no Spanish speaking counselors  
at this time.  
[www.familytimececc.org](http://www.familytimececc.org)

**Gamblers Anonymous**  
Houston Hotline 713-684-0654/855-442-7105  
National Hotline 800-426-2537/855-222-5542  
[www.gamblersanonymous.org](http://www.gamblersanonymous.org)

**Langham Creek Family YMCA** 281-859-6143  
16725 Longenbaugh Dr, Houston, TX 77095  
[www.ymcahouston.org/langham-creek](http://www.ymcahouston.org/langham-creek)



## Other Support Services

- MCH Family Outreach** 713-682-8911  
*5005 Mitchelldale St, Ste 119, Houston, TX 77092*  
*Offers hope & support to families struggling to meet the challenges of parenting.*  
*GAP Program: Grandparents as Parents Program*  
*Family Solutions Program*  
*Foster Care Program (voluntary or DFPS placement)*  
[www.MCH.org](http://www.MCH.org)
- MedCare Pediatric Rehab Center** 713-773-5100  
Stafford Clinic  
*12371 S Kirkwood Rd, Stafford, TX 77477*  
*Children up to age 21*  
*Speech, occupational, and physical therapy*  
*Aquatic therapy offered during summer months*  
*In-home services available at Stafford clinic only*  
*Medicaid and Private insurance*  
[www.carelistings.com](http://www.carelistings.com)
- Mental Health America of Greater Houston** 713-523-8963  
*2211 Norfolk St, Ste 810, Houston, TX 77098*  
*Advocacy, education*  
[www.mhahouston.org](http://www.mhahouston.org)
- The Montrose Center** 713-529-0037  
*401 Branard St, Houston, TX 77006*  
*Counseling & a variety of support service for the LGBT community*  
[www.montrosecenter.org](http://www.montrosecenter.org)
- LGBT Switchboard 713-529-3211  
*24-hour helpline for LGBT individuals; crisis counseling and intervention for hate crimes, domestic violence, and sexual assault*
- Hatch Youth 713-529-3590  
*Support group to empower LGBTQ youth to become positive contributors to society; ages 13 to 20*  
[www.hatchyouth.org](http://www.hatchyouth.org)

## Other Support Services

**Mothers Against Drunk Drivers (M.A.D.D.)** **281-590-2222**

*15355 Vantage Parkway W. Ste. 220, Houston, TX 77032*

*Services offered: victim advocacy and services.*

*Emotional/attorney referrals, mental health*

*counseling and assistance with court accompaniment*

[www.madd.org](http://www.madd.org)

**MyHealth Teams**

*Self-help social network system for 41 -49 different chronic conditions*

*Log onto the website for more information on how to connect with a social network*

[www.Myhealthteams.com](http://www.Myhealthteams.com)

**National Alliance on Mental Health Illness** **English: 713-970-4483**

*9401 SW Fwy, Ste 1234, Houston, TX 77074*

**Spanish: 713-970-4481**

*NAMI strives to offer hope, reform, and resources to our Houston community through support, education, and advocacy efforts*

*Free online, in-person support groups*

*Hours: Mon – Fri, 9:00a –5:00p*

[www.namigreaterhouston.org](http://www.namigreaterhouston.org)

**Overeaters Anonymous** **713-973-6633**

*5645 Hillcroft St. Houston, TX 77036*

*Offers a program of recovery from compulsive eating*

[www.oahouston.org](http://www.oahouston.org)

**Parents, Families, and Friends of Lesbians & Gays (PFLAG)** **713-467-3524**

*Support & education for family & friends of*

*LGBT individuals*

*2<sup>nd</sup> Sunday at Montrose Center at 2:00p*

*Monthly meetings available throughout Houston area*

[www.pflag.org](http://www.pflag.org)

**Presbyterian Children’s Home and Services** **281-949-8694**

*10242 Greenhouse Rd., Unit 501, Cypress, TX 77433*

*Foster care support services and programs, offers individual, family and group therapy, anxiety, depression, grief, Autism, ADHD, and learning disabilities*

<https://pchas.org>

## Other Support Services

### **Survivors of Incest Anonymous**

*Self-help group for adult survivors of childhood  
sexual abuse*

*Log into website for support group information/location*

[www.siawso.org](http://www.siawso.org)

### **The Trevor Project**

*A national, 24-hour, confidential suicide hotline  
for gay & questioning youth*

*Focus on LBGT youth in crisis, regardless of age  
or sexual orientation*

[www.thetrevorproject.org](http://www.thetrevorproject.org)

**866-488-7386**

### **Victims Assistance Program, Precinct IV**

*6831 Cypresswood Dr, Spring, TX 77379*

Non-Emergency (M-F)

Emergency (Dispatch)

**832-927-6205**

**281-376-3472**

**281-376-3472**

## Pregnancy / Gynecological Services

- Alternatives in Motion** 281-821-6508  
800-776-6508  
2034 Pine Woods Way, Spring, TX 77386  
Open 24-hours a day  
Licensed adoption agency, housing & comprehensive adoption services  
Transportation to scheduled medical appointments  
**Speaks Spanish**  
[www.aimadoptions.org](http://www.aimadoptions.org)
- Baylor Teen Health Clinic** 713-708-4951  
*Please check website for locations and contact information*  
Free and confidential promiary and reproductive preventative healthcare services for Harris County adolescents and young adults, age 13-24.  
**Speaks Spanish**  
<https://www.bcm.edu/community/healthcare-outreach-health-clinic/>
- Care Net Pregnancy Center of NW Houston** 281-444-8554  
14530 Wunderlich Dr, Houston, TX 77069  
12311 Queenston Blvd, Houston, TX 77095 832-653-6494  
All services are free  
Pregnancy testing, free ultrasounds, 23 lifeskills classes, consultation & counseling  
Comprehensive support & referral services  
**Speaks Spanish**  
[www.houstonpregnancy.com](http://www.houstonpregnancy.com)
- Catholic Charities Blessed Beginnings Life Center** 713-526-4611  
713-874-6760  
326 S. Jensen Dr., Houston, TX 77003  
Prenatal and parenting classes, covering over 40 topics, including fetal development, postpartum physical care, breastfeeding, shaken baby syndrome, care seat safety, age-appropriate play and positive discipline.  
Assistance with baby items such as diapers, bottles, clothes, cribs, car seats, and learning toys for eligible clients.  
Pregnancy testings, counseling services for parents.  
All services are free, provided through child's 5<sup>th</sup> birthday.  
**Speaks Spanish**  
[www.catholiccharities.org/blessedbeginnings](http://www.catholiccharities.org/blessedbeginnings)

## Pregnancy / Gynecological Services

### DePelchin Birth Mother Program

Emergency 24-Hour Maternity Line

713-582-7129 (call or text)

*Adoption services, kinship care, adoptive placement  
Provide referral and resources for pregnant parents,  
teen moms and fathers*

[www.depelchin.org](http://www.depelchin.org)

[iap@depelchin.org](mailto:iap@depelchin.org)

### Family Services

281-537-0211

16333 Hafer Rd, Houston, TX 77090

*Free counseling & support services for unwed,  
expectant mothers. Can also provide counseling  
to others at a set fee. Call the office to learn  
more about the fee. Clients must be referred by  
Bishop with The Church of Jesus Christ of Latter  
Day Saints*

<https://providentliving.churchofjesuschrist.org>

### Gladney Center for Adoption

1-800-452-3639

16903 Red Oak Dr., Ste 203, Houston, TX 77090

713-665-1212

*Adoption programs with post adoption services*

***Speaks Spanish***

<https://adoption.gladneyadoption.com/adoption-in-texas>

### Harris County Public Health & Humble Clinic

Humble Clinic

832-927-1330

1730 Humble Plaza Dr, Humble, TX 77338

*Provides prevention services, wellness checkups,  
immunizations, dental and birth control*

*Medicaid accepted; \$8 per visit for adults*

*Appointment required; same day appointments  
may be available*

*Mon – Fri, 8:00a – 5:00p*

***Speaks Spanish***

<https://publichealth.harriscountytexas.gov>

## Pregnancy / Gynecological Services

- Harris Health Acres Home Health Center** 713-566-6509  
*818 Ringold St, Houston, TX 77088*  
*Download application online*  
*Provides pediatric/adult primary care, adult dentistry, ophthalmology and podiatry*  
*Provides nutrition/health education, counseling and social services*  
*All services require an appointment; application based qualification*  
[www.harrishealth.org](http://www.harrishealth.org)
- March of Dimes**  
Healthy Baby Hotline 713-623-2020  
Pregnancy & Newborn Health Education Center 888-663-4637  
*Speaks Spanish*  
[www.marchofdimes.org](http://www.marchofdimes.org)
- Medicaid / CHIP Application** 877-541-7905 or 211  
[www.youtexasbenefits.com](http://www.youtexasbenefits.com)
- New Life Adoption** 281-955-1001  
*11439 Spring Cypress Rd, Building C, Tomball, TX 77377*  
*Non-profit adoption agency, free counseling and services for pregnant women*  
*Provides pre and post adoption services for pregnant teen moms*  
*No parent consent required for services*  
[www.newlifeadopt.com](http://www.newlifeadopt.com)
- Planned Parenthood**  
Administrative Office 713-522-6240  
Northwest Health Center 713-514-1107  
*13169 NW Fwy, Ste 115, Houston, TX 77040*  
Spring Center 713-514-1102  
*4747 Louetta Rd, Spring, TX 77388*  
*Offers education, clinic, teen services, birth control and other forms of contraception*  
*Medicaid*  
*Speaks Spanish*  
*Locate nearest clinic via phone (1-800-230-PLAN) or online*  
[www.plannedparenthood.org/health-center](http://www.plannedparenthood.org/health-center)

## Pregnancy / Gynecological Services

- Pregnancy Help Center** 281-578-0078  
*1450 E Summitry Cir, Katy, TX 77449*  
*Free pregnancy testing, childbirth education and preparation for women and soon-to-be fathers, parenting classes & counseling, comprehensive support services, provide limited ultrasounds*  
[www.phckaty.org](http://www.phckaty.org)
- Presbyterian Children's Home & Services** 281-949-8694  
*Licensed child placement agency*  
*Counseling services offered to all members of adoption triad: birth parents, adoptive parents, and adoptees*  
*Foster & adoptive contract through TDFPS*  
[www.pchas.org](http://www.pchas.org)
- Regional Maternal Child Health Program (UTMB Katy Clinic)** 409-266-1888  
*511 Park Grove Dr, Katy, TX 77450*  
*Prenatal & delivery services to teenage mothers*  
*Low income, indigent, uninsured families served*  
*Medicaid / CHIP accepted*  
**Speaks Spanish**  
[www.utmb.edu](http://www.utmb.edu)
- Two Lives Changed** 832-593-8336  
*P.O. Box 194, Brookshire, TX 77423*  
*Christian-based support group for teen families*  
*Assistance with diapers, clothing, baby necessities, as well as teach parenting and life skills*  
[www.theteenlifecenter.com](http://www.theteenlifecenter.com)
- UT Physicians OB-GYN Clinic** 832-325-7200  
*6410 Fannin St, Ste 350, Houston, TX 77030*  
*Open Mon – Fri, 8:00a – 5:00p*  
*Medicaid, private insurance accepted*  
**Speaks Spanish**  
[www.utphysicians.com](http://www.utphysicians.com)

## Pregnancy / Gynecological Services

**Women, Infants, Children Program (WIC)**

**800-942-3678**

Appt Line

**713-407-5800**

*Nutritional & educational programs for pregnant, breastfeeding, and post-partum women*

*Infants & children up to 5 yrs old*

*Call for eligibility information & locations near your home*

***Speaks Spanish***

<https://www.wic-eligibility-requirements>



## Shelters & Housing

- The Beacon** 713-220-9737  
*1212 Prairie St. Houston, TX 77002*  
*Homeless shelter & supportive housing*  
[www.beaconhomeless.org](http://www.beaconhomeless.org)
- Coalition for the Homeless** 713-739-7514  
*2000 Crawford St, Ste 700, Houston, TX 77002*  
[www.homelesshouston.org](http://www.homelesshouston.org)
- Harris County Community Services** 713-578-2000  
*8410 Lantern Pt, Anx M, Houston, TX 77054*  
**Disaster Recovery** 832-927-4951  
*13013 NW Fwy, Houston, TX 77040*  
*Assists low to moderate income families in*  
*obtaining a house*  
*Home repairs for low-income seniors (62 & older)*  
*and disabled individuals*  
*Harris County residents outside city limits of Houston*  
*Pasadena, and Baytown **only***  
[www.csd.hctx.net](http://www.csd.hctx.net)
- Houston Housing Authority** 713-260-0600  
*2640 Fountainview Dr. Houston, TX 77057*  
*Low rent public housing, housing choice voucher*  
[www.housingforhouston.com](http://www.housingforhouston.com)
- Northwest Assistance Ministries** 281-885-4555  
*Housing Department*  
*15555 Kuykendahl Rd, Houston, TX 77090*  
*Supportive housing program; various social services*  
<https://www.namonline.org>

## Shelters & Housing

### **Project Joy & Hope**

**713-944-6569**

*3207 Tulip St, Pasadena, TX 77504*

*P.O. Box 5111, Pasadena, TX 77508*

**866-569-4673 (JOY-HOPE)**

#### **24-hour parent support line**

**713-851-9792**

*Residential housing & financial grants for families  
(one time grant up to \$500) with seriously ill  
children who are receiving medical treatment  
at Texas Medical Center*

*College scholarships offered*

*Support groups available for siblings once a month*

*Sibshops (events for siblings)*

[www.joyandhope.org](http://www.joyandhope.org)

### **Salvation Army**

*1603 McGowen St, Houston, TX 77004*

**713-650-0133**

Family Residence

**713-650-6530**

Social Services

**713-658-9205**

*Serves all families except couples & single women*

[www.salvationarmyhouston.org](http://www.salvationarmyhouston.org)

## Shelters for Children/Youth

- Boys & Girls Country** 281-351-4976  
*18806 Roberts Rd, Hockley, TX 77447*  
*A home for children ages 5 & up*  
[www.boysandgirlscountry.org](http://www.boysandgirlscountry.org)
- Covenant House** 713-523-2231  
*1111 Lovett Blvd, Houston, TX 77006*  
*Shelter for homeless youth (18 to 24)*  
[www.covenanthousetx.org](http://www.covenanthousetx.org)
- Kinder Emergency Shelter**  
**Harris County Children's Protective Services** 832-927-6380  
*6300 Chimney Rock Rd, Houston, TX 77081* 713-295-2500  
*Voluntary 30-day emergency shelter*  
*Parent involvement required*  
<https://resources.harriscountytexas.gov/Our-Services/Services-for-Children>

## Therapists, Counselors, and Psychologists

**Admore Behavioral Therapy** 713-910-0296

5821 Southwest Frwy., Reading Room, Houston, TX 77057  
Individual and group therapy services, physical,  
speech rehabilitation, psychological evaluation/assessments  
<https://www.admoregroup.com>

**Adriana Wallace, LCDC** 346-306-2404

**Rising Renewal Counseling**

14871 Skinner Rd., Cypress, TX 777429  
Alcohol, substance use, depression, family conflict, anxiety, coping  
skills, stress, anger management, peer relationships, couple issues  
Self-pay  
Spanish speaking  
<https://www.adrianawallace.com>

**Allyson C. Stucker, LPC** 713-301-5668

16341 Mueschke Road. Suite 105 Cypress, TX 77433  
Counseling for children 6 years and older, mediations  
Self-pay, AETNA, Blue Cross Blue Shield  
[www.3degreescmc.com](http://www.3degreescmc.com)

**Amanda Brinkmeyer, LPC** 281-384-4056

17302 House Hahl Road, #336, Cypress TX 77433  
Ages 14-18, Adult  
Depression, anxiety, and LGBTQ friendly  
Blue Cross Blue Shield Insurance  
[www.dragonflycfc.com](http://www.dragonflycfc.com)

**Amanda Whisenhunt, M. ED., LPC-S** 832-730-0352

**New Hope Counseling Center, PLLC**

8350 Hwy 6 North, Houston, TX 77095  
Free 10 minute phone consultation  
Individual, group and family counseling  
Children, adolescents, adults and families  
Faith-based and online counseling available  
Self-pay  
[www.newhcounselingc.com](http://www.newhcounselingc.com)

## Therapists, Counselors, and Psychologists

- Amber Edwards, M.A., NCC, LPC** **346-225-2873**  
*17302 House Hahl Road., Ste D, Cypress TX 77433*  
*Ages 8 & up, adult, couples, families*  
*Mood disorders, trauma, grief, spectrum disorders,*  
*and LGBTQ friendly*  
*In-home counseling available (a few sessions*  
*required in office)*  
[www.soulfueltherapy.com](http://www.soulfueltherapy.com)
- Amy Wine, M.A., LPC, LMFT, CCTP** **832-421-8714**  
*17920 Huffmeister Rd., #150, Cypress, TX 77429*  
*Play therapy, individual, marriage and family*  
*therapist, clinical trauma*  
*Ages 4 & up*  
[www.amywine.com](http://www.amywine.com)
- Anchor Counseling and Associates** **281-781-8444**  
*110 Cypress Station Dr., Ste. 157, Houston, TX 77090*  
*Ages 3-17*  
*Anxiety, depression, and trauma*  
*Private insurance and Medicaid*  
[www.anchorcounseling.com](http://www.anchorcounseling.com)
- Andrea Challenger-Hinds, LPC** **832-648-4305**  
**Seeds of Hope Counseling Firm**  
*2626 South Loop West, Ste 318, Houston, TX 77054*  
*Individual, couple counseling, free 5-min over the*  
*phone consultation with Andrea*  
*Ages: Preteens/Tweens (11 – 13),*  
*Adolescents/Teenagers (14 – 19), Adults*  
*Traditional Medicaid accepted*  
*Insurances accepted: BCBS, Cigna, Aetna, EAP's, ACI,*  
*FEI, ESI, Ceredian Life Works, UT EAP, UnitedHealthcare*  
*Optum*  
*Work Hours: Appointments only (times may vary, evening*  
*appointments available, Saturdays optional), tele-health*  
*available*  
*E-mail: [andrea@seedsofhopetx.com](mailto:andrea@seedsofhopetx.com)*  
[seedsofhopetx.com](http://seedsofhopetx.com)

## Therapists, Counselors, and Psychologists

**Anne Friedman, PhD** 713-524-8253  
**Mindful Being**

5200 Montrose Blvd, Houston, TX 77006  
Mindful meditation, anxiety, impulse control, focus  
and attention training

[www.mindfulbeinghouston.com](http://www.mindfulbeinghouston.com)

[MG@lifecyclescounseling.com](mailto:MG@lifecyclescounseling.com)

**April Davis, M.A., LPC** 832-929-4445  
**Fingerprint Family Services, LLC**

Teleservices only  
Servicing children, adolescents, and adults  
Solution focused based therapy  
CBT, behavioral, marriage/family, faith based therapy  
Private pay

[www.fingerprintsounseling.clientsecure.me](http://www.fingerprintsounseling.clientsecure.me)

**BALEV Counseling & Wellness** 832-675-0222

9110 Wheat Cross Dr, Ste A, Houston, TX 77095  
Serving children, teens, individual adults, couples  
and families  
Specialties include CBT, EMDR, DBT, Solution  
Focused, Trauma Informed, Experiential Therapy  
and Pastoral Counseling  
Insurance: Blue Cross / Blue Shield, UnitedHealthcare

**Speak Spanish**

<https://balevcounselingandwellness.com>

**Behavioral Health Consultants** 713-463-9449

9525 Katy Fwy, Ste 312, Houston, TX 77024  
Ages 5 & older  
Some Medicaid & most insurance

[www.bhchouston.com](http://www.bhchouston.com)

**Behavioral Pathfinder** 281-800-1061

16100 Cairnway Dr., Ste. 353, Houston, TX 77084  
Case management, Mental health rehabilitative  
services, counseling and outpatient therapy,  
medication training, crisis intervention and \  
skills building training (in home)

Fax: 281-966-1534

[www.behavioralpathfinder.com](http://www.behavioralpathfinder.com)

## Therapists, Counselors, and Psychologists

### **Bilingual Psychologists**

713-939-1229

#### **Jorge Carrillo, PhD, LSSP, RSOTP**

5246 Dow Rd, Houston, TX 77040

Service office: 7826 Hillmont Rd., Houston, TX 77040

Full assessment & diagnosis for children & adolescents

Autism, developmental delays, emotional disturbance,

learning disability,

Applied Behavior Analysis (ABA), biomedical

interventions, nutrition

All Medicaid, CHIP, BC / BS, Magellan, UnitedHealthcare,

Humana, First Health, Anthem and Coventry

Health Care

**Speaks Spanish and Portuguese**

[www.houstonautismcenter.com](http://www.houstonautismcenter.com)

#### **Brooke Duffy-Roberts, PhD, LMFT, LPC**

832-532-6755

25329 Buddle Rd., Ste 503, Spring, TX 77380

832-704-4320

Adolescents (12 & older), individuals, and couples

Family & women issues, self-injury, substance abuse,

ADHD

Sat appts available

Blue Cross Blue Shield, Multiplan, UnitedHealthcare,

Cigna, Optum, PHSF, Tricare, Value Options,

Beacon Health Options

[help@jenniferaune.com](mailto:help@jenniferaune.com)

[www.jenniferaune.com](http://www.jenniferaune.com)

#### **Brooke Medina**

281-839-2229

#### **Bench Therapy**

13722 Office Park Dr., Ste. B, Houston, TX 77070

Individual, couples, and family therapy, EMDR,

eating disorders, CBT, and register play therapy,

and Spectrum disorders

Credit card, Health Savings Account, and Cash.

[www.benchtherapy.com](http://www.benchtherapy.com)

## Therapists, Counselors, and Psychologists

**Building Resilience in Youth after Traumatic Experiences**      713-500-2326  
**At U.T. Health**

*1941 East Rd., Ste. 2100, Houston, TX 77054*  
*Assessment, treatments, and telemedicine therapy*  
*to trauma survivors*  
*Ages: 6-17*

<https://med.uth.edu/psychiatry/public-services/building-resilience-in-youth-after-traumatic-experiences-b-r-y-t-e/>

**Calderas Counseling**      346-314-0022

*8900 Eastloch Drive, Ste. 300, Spring TX 77379*  
*Individual, couples, adolescents/teens, depression,*  
*anxiety, grief/loss, life transitions, PTSD, trauma,*  
*domestic violence, LGBTQ, and life/career coaching*  
*Cigna, self-pay*  
***Speaks Spanish***  
[www.calderascounseling.com](http://www.calderascounseling.com)

**Candice G. Moore MA, LPC**      713-766-5359

*10601 Grant Rd, Ste 117, Houston TX 77070*  
*Intensively trained in dialectical behavior therapy*  
*Ages 10 & up – groups & individuals*  
*Evenings & weekends*  
*Mon – Thur 10am – 5pm, Fri 12pm – 5pm*  
*Medicaid, private insurance, and sliding scale*  
[cgm@candicegmoore.com](mailto:cgm@candicegmoore.com)

**Candis Firchau, MA, LPC-S, MS, NCC, EMDR**      281-635-3723

*14555 Skinner Rd, Cypress, TX 77429*  
*Individual, couples and family therapy, PTSD/trauma,*  
*autism, anxiety, bi-polar, depression, and DID*  
*Serves children and adults with disabilities*  
*Ages: Children (6 – 10), Preteens/Tweens (11 – 13),*  
*Adolescents/Teenagers (14 – 19) Adults, Elders (65+)*  
*Insurances accepted: Cigna, Blue Cross Blue Shield,*  
*Tri-West, Out of Network, Sliding Scale*  
***Speaks Spanish***  
[www.candisfirchau.com](http://www.candisfirchau.com)



## Therapists, Counselors, and Psychologists

- Carla Cage, LPC** **210-255-7586**  
*3707 FM 1960 West, Ste 200Q, Houston, TX 77014*  
*Serviing ages 7 and up*  
*Anger management, anxiety, behavioral issues,*  
*grief therapy, art/play therapy, CBT, DBT, EMDR*  
*and Solution Focused Brief therapy*  
*Mon – Fri 9am – 6pm; Sat (by appointment only)*  
[carglacage@yahoo.com](mailto:carglacage@yahoo.com)
- Catherine King, LMFT, LPCS** **832-740-2974**  
**832-610-3716**  
*7825 Hwy 6 N, Ste 102-C, Houston, TX 77095*  
*Individuals (ages 6 & up) & family therapy*  
*Developmental delay, children with Autism,*  
*behavioral issues, special education background*  
*After-school & Sat appts available*  
*Some insurance & sliding scale*  
*Blue Cross / Blue Shield; self-pay*
- Catholic Charities Department of the Archdiocese of Galvestion - Houston**  
*2900 Louisiana St, Houston, TX 77006* **713-526-4611**  
*Sliding scale*  
*Speaks Spanish*
- Cecelia E. Johnson, PhD, LPC** **281-656-2548**  
**Hope Alive Christian Counseling**  
*1400 Broadfieldl Blvd., Ste 200, Houston, TX 77084*  
*Online counseling only*  
*Christian based counseling, marriage counseling, and*  
*individual adult counseling only*  
*Blue Cross / Blue Shield, UnitedHealthcare, Aetna*  
*and UMR*  
[www.hopealive.us](http://www.hopealive.us)
- Center for Creative Resources** **713-461-7599**  
*816 Hawthorne St, Houston, TX 77006*  
*Family & individual counseling*  
*Medicaid, CHIP, insurance, and sliding scale accepted*  
<https://mentalhealthtx.org/eo/facilities/center-for-creative-resources-main-office/>

## Therapists, Counselors, and Psychologists

### Center for Family Consultation

713-526-4751

#### Victor Loos, PhD – Director

2524 Nottingham St, Houston, TX 77005  
Counseling services for children, adolescents  
and families. ADHD, Autism, Asperger, and  
Learning Differences  
Psychological evaluation  
Medicaid / CHIP accepted  
**Speaks Spanish**  
[www.cfctexas.com](http://www.cfctexas.com)

### Charlie Health

469-883-5560

108 Wild Basin Rd. S., Ste. 250, Austin, TX 78746  
Individual, group & family counseling, intensive outpatient,  
Suicidal ideation, non-suicidal, self-injury, grief, trauma,  
anxiety, depression, spectrum disorders, substance use,  
LGBTQ+, anger/aggression, medication management.  
United Healthcare, Aetna, Cigna, Blue Cross Blue Shield  
Humana, Tricare, Medicaid, TX Children's, Optum  
Ages: 11- 33  
Telehealth services only  
[www.charliehealth.com](http://www.charliehealth.com)

### Community Counseling

832-447-1422

16124 Becker Rd., Bldg. E, Hockley, TX 77447  
Children, adolescent, adults, play and family therapy, grief, trauma  
anxiety, depression, substance abuse, anger/aggression  
EMDR, trauma therapy.  
English only, Spanish – telehealth  
<https://www.communitycounseling.com>

### Compass Mental Health & Wellness

281-836-5452

3934 Cypress Creek Pkwy., Ste. 105, Houston, TX 77068  
Individual counseling, medication management  
Medicaid, Medicare, United Health, Aetna,  
Blue Cross Blue Shield, Tricare, Optum  
[www.compassmhw.com](http://www.compassmhw.com)

## Therapists, Counselors, and Psychologists

- Counseling Concepts, P.C.** 713-828-0593  
**Monica Dunwoody M.A., LPC**  
*13615 St. Mary's Ln, Houston, TX 77079*  
Pearland 281-660-0327  
*Ages 4 years and up*  
*Depression, relationships, ADHD, teen issues, anger management, self-esteem*  
*Saturday appointments available, flexible scheduling*  
*Medicaid / CHIP accepted, insurance, self-pay, sliding scale*  
[www.counselingconceptshouston.com](http://www.counselingconceptshouston.com)
- Covenant Healing, LLC** 346-230-7007  
*17302 House Hahl Rd, Ste 313, Cypress, TX 77433*  
*14811 St. Mary's Lane, Ste 288, Houston, TX 77079*  
*Ages 7-18, adult, military families, marriage, and first responders*  
*Faith-based counseling, PTSD, tele-counseling options*  
*Sliding scale, bilingual*  
<https://www.covenanthealing.org/>
- Cy-Hope Counseling Center** 713-466-1360  
*12715 Telge Rd, Cypress, TX 77429*  
*Children, adolescents, adults, groups*  
*Marriage & evaluation services*  
*Self-pay & sliding scale*  
<https://cy-hopecounseling.org>
- Cynthia R. Carter, M.S., LPC, LMFT** 281-746-3406 ext. 0  
*14525 FM 529 Rd., Ste. 200, Houston, TX 77095*  
*Depression, anxiety, suicidal ideation, self harm, trauma/abuse, grief/loss, adjustment issues, behavioral problems, ADHD, anger management, self esteem, parenting skills and support*  
*In-office and virtual sessions*  
*Most insurances accepted, sliding scale, and private pay available.*  
[www.CynthiaRCartertherapy.com](http://www.CynthiaRCartertherapy.com)

## Therapists, Counselors, and Psychologists

### **Cypress Counseling and Psychotherapy**

**281-837-6912**

*12242 Queenston Blvd., Ste. C and F, Houston, TX 77095*

*Children, adolescents, and adult counseling*

*Assessment, learning disability, and personality testing*

*CBT, DBT, and EDMR methods*

*Anxiety, depression, trauma-based, sexual and gender identities*

*Immigration evaluations*

*BS/BC, Cigna, Atena, United Health*

[www.cypresscounselors.com](http://www.cypresscounselors.com)

### **Danielle Patton, LPC**

**832-432-0303**

### **Impact Healthcare and Wellness**

*13910 Champion Forest Dr., Ste. 111, Houston, TX 77069*

*Individual, couples, family, trauma-based counseling,*

*depression, anxiety, LGBTQIA counseling, premarital services.*

<https://impacthealthcareandwellness.com>

### **David B. Martin**

**713-489-5473**

### **Martin Counseling, LPC**

*472 Park Grove Dr., Katy, TX 77450*

*Children, adolescent, and adult counseling*

*Anxiety, depression, grief/loss, family and life transitions therapy*

*Blue Cross/Blue Shield, Cigna, Aetna,*

*Concern Health-EAP, United Health/Optum,*

*and Anthem Healthcare*

*Spanish, Hindi, and Turkish*

*Info@HoustonLPC.com*

[www.martincounseling.com](http://www.martincounseling.com)

### **Dawn-Petrice Youngs, LPC**

**281-315-0386**

### **Youngs Counseling, PLLC and Neurofeedback of Cypress, LLC**

*16712 Huffmeister Rd., Bldg. 200C, Cypress, TX 77433*

*Individuals (5 yrs & older), couples, and families*

*Anxiety, depression, academic stress, divorce, grief, trauma and life transitions*

*Aetna, Cigna & self-pay*

*Reduced rate with interns*

*Free one-time consultation available*

*Call/text to set-up a free 15 minute consultation*

[www.youngscounseling.com](http://www.youngscounseling.com)

## Therapists, Counselors, and Psychologists

**Debbie Foe LPC, LCDC & Associates** 713-306-7058

**Scott C. Peacock LCDC, LPCI**

*10330-BB Lake Rd, Houston, TX 77070*

*Personality disorders, addiction, self-harm,*

*depression, oppositional defiant*

*Some weekend & evening appts; 11 yrs & up*

*Self-pay*

[www.dbtdynamics.com](http://www.dbtdynamics.com)

**Dialectical Behavior Therapy Center** 713-973-2800

*1348 Heights Blvd, Houston, TX 77008*

*Karyn Hall PhD*

*Children (5 yrs & older) & adults*

*DBT, eating disorders, self-injury, depression, borderline*

*Intensive out-patient program, regular out-patient program*

*Some insurance (Aetna, Cigna, UnitedHealthcare) & self-pay*

[www.dialecticalbehaviortherapy.com](http://www.dialecticalbehaviortherapy.com)

**Douglas Harbrueger, LPC, NCC, M.Ed.** 281-925-2295

*16712 Huffmeister Rd., Bldg.200C, Cypress, TX 77429*

*Pre-teens (10yr.+), adolescents, adults, families and groups*

*depression, anxiety, self-harm, trauma, grief, divorce*

*and life transitions.*

*Aetna, Blue Cross Blue Shield, Cigna, Optum, Oscar,*

*Oxford, United Healthcare*

*No EAP'S accepted, Self-Pay, sliding scale*

[www.nextstepssc.org](http://www.nextstepssc.org)

**Eddins Counseling Group** 832-559-2622

*5225 Katy Frwy., Ste. 103, Houston, TX 77007*

*Adult, child, and family counseling*

*Grief/loss, depression, suicidal, life transition, eating disorders*

*Medical/illness related counseling*

<https://eddinscounseling.com/>

## Therapists, Counselors, and Psychologists

### **Edmund Guilfoyle, PhD**

**281-955-6655**

*9950 Cypresswood Dr., Ste. 224, Houston, TX 77070*

*Adolescents, adults, families*

*Psychological assessments, ADHD, testing*

*Sliding scale / some private insurance accepted,*

*Medicare accepted*

*Limited office hours*

### **Ehrin Weiss, PhD**

#### **Houston Family Psychology, PLLC**

**713-702-3770**

*9525 Katy Fwy, Ste 200, Houston, TX 77024*

*Provides anxiety treatment, child counseling,*

*teen counseling and parenting counseling*

*Online counseling is available*

*Office hours limited*

*Self-pay; assistance with out-of-network insurance*

*reimbursements*

[www.houstonfamilypsychology.com](http://www.houstonfamilypsychology.com)

### **Elizabeth Pennington, MA, LPC, RPT**

#### **Apollos Center for Healing and Growth**

**832-706-2360**

#### **Fairfield Baptist Church**

*27240 Highway 290, Cypress, TX 77433*

*Provides low cost individual, group and*

*family christian counseling services*

*Play therapy; EMDR services for PTSD*

*Serving ages 0 to adult*

*Self-pay based upon licensing of the*

*counselor selected*

[www.fairfieldbaptist.com/ministries/counseling](http://www.fairfieldbaptist.com/ministries/counseling)

### **Erica Cleveland, MA, LPC**

**281-892-9986**

#### **Mindful Transformation**

*20008 Champion Forest Dr, Ste 601, Spring, TX 77379*

*Trauma, anxiety, MDMR, CBT/DBT,*

*grief, behavioral, depression, oppositional,*

*defiant and addiction*

*Blue Cross / Blue Sheild, Cigna, Tricare, UnitedHealthcare*

*Sliding scale*

*Weekends/Evenings*

[www.mtspringcounseling.com](http://www.mtspringcounseling.com)

## Therapists, Counselors, and Psychologists

### **Faith Wilson, MA, LPC**

713-234-1403

*14515 Briar Hills Pkwy, Ste 200, Houston, TX 77077*

*Asperger's & autism, marriage & family,*

*sexual addictions, drug abuse,*

*depression and anxiety*

*Private insurance and self-pay*

[https://faithwilson.business.site/?utm\\_source=gmb&utm\\_medium=referral](https://faithwilson.business.site/?utm_source=gmb&utm_medium=referral)

### **Family Alliance Network**

832-446-3221

*5206 Cypress Creek Pkwy, Ste 104, Houston, TX 77069*

After Hours Crisis Line

832-937-8251

*Provides psychosocial rehabilitation, case management*

*and skills training, and development to youth and*

*families*

*Strictly outpatient services*

[www.familyalliancenetworg.org](http://www.familyalliancenetworg.org)

### **Family Services of Greater Houston**

713-861-4849

*4625 Lillian St, Houston, TX 77007*

*Ages 3 & up*

*Counseling, play therapy, case management,*

*financial coaching, and veterans programs*

*Medicaid & private insurance,*

*sliding scale starting at \$25*

***Speaks Spanish***

### **FAYS Program**

713-664-3459

### **DePelchin Children's Center**

*4950 Memorial Dr, Houston, TX 77007*

*Services for at-risk youth (ages 3 – 17) & their family*

*Counseling, parenting support,*

*and child abuse prevention*

*Services are free*

***Speaks Spanish***

<https://www.depelchin.org/uncategorized/depelchins-fays-program-provides-free-counseling-services-to-help-families/>

## Therapists, Counselors, and Psychologists

**Frank Ortiz, MS, LPC, NCC**

**346-800-7601**

**District Counseling at Cypress Houston**

*12262 Queenston Blvd, Ste C, Houston, TX 77095*

*Serving age 5 and up*

*Provides depression, anxiety, trauma, life*

*transitions and relationship counseling*

*Psychological evaluations for immigration cases*

*Tele-health services available*

*Blue Cross / Blue Shield, Cigna and self-pay*

*Psychiatry assistance on site*

***Speak Spanish, Korean, German and Portugese***

[www.mydistrictcounseling.com](http://www.mydistrictcounseling.com)

**Glenda Demas, LPC**

**832-291-8363**

**Pearls of Change Wellness, LLC**

*2717 Commercial Center Blvd., E200, Katy, TX 77494*

*Individual, couple, and family counseling*

*Children, adolescents and adults*

*Anxiety, depression, self-injurious behavior, and suicidal ideations*

*Gender identity, adjustment disorders, and medical/illness counseling*

[www.pearlsofchange.com](http://www.pearlsofchange.com)

**Gloria Champion, LPC-S**

**346-235-3939**

*12816 Willow Centre Dr. Suite F Houston, TX 77066*

*Children (3 yrs & up), adults, couples*

*Evening hours are available*

*Private insurance, Medicaid, and sliding scale*

***Speaks Spanish***

[www.woodnotecounseling.com](http://www.woodnotecounseling.com)

**Greater Houston Counseling Services, PLLC**

**832-717-7166**

*8118 Fry Rd, #1203, Cypress, TX 77433*

*Provide individual therapy for eating disorders,*

*LGBT issues, mood disorders, depression, anxiety,*

*PTSD, borderline personality, family issues,*

*separation anxiety and emotional*

*disturbances for children and adolescents*

*Self-pay and some insurances accepted*

[www.greaterhoustoncounselingsrvcs.com](http://www.greaterhoustoncounselingsrvcs.com)



## Therapists, Counselors, and Psychologists

- Gurpreet Singh** 832-756-2749  
**Spencer and Associates Therapeutic and Alliance**  
*13715 Office Park Dr., Houston, TX 77070*  
*Ages 10 and up*  
*Play therapy, family, individual therapy, depression, and bereavement*  
*Private insurance, Medicaid/CHIP, and Sliding scale*  
[www.spencertherapies.com](http://www.spencertherapies.com)
- The Harris Center for Mental Health & IDD** 713-970-7000  
*Call for location and intake*  
*Medicaid & CHIP accepted, sliding scale*  
[www.theharriscenter.org](http://www.theharriscenter.org)
- Healing Hearts Drama Therapy Program, LLC** 832-263-1241  
*17550 West Little York, Ste. 7, Houston, TX 77084*  
*Services provided once a week: Group, individual and family therapy, CBT, narrative (storytelling), and Trauma Informed*  
*Ages: 9-17yrs. old*  
*Medicaid, Blue Cross Blue Shield, United Health, Magellan, Devoted, Cigna and Texas Children's Self-Pay*  
<https://healing-hearts-presents-reality-productions.ueniweb.com>
- Heidi Zimmerman** 713-923-0954  
**Birds of a Feather Wellness & Counseling**  
*17302 House Hahl Rd., Ste. 312, Cypress, TX 77433*  
*Individual, family therapy; anxiety, depression, ADHD, personal development, work place support services*  
*Self-Pay, out of network reimbursement*  
[www.birdsofafeatherwellness.com](http://www.birdsofafeatherwellness.com)

## Therapists, Counselors, and Psychologists

- Hope & Harmony Therapy, LLC** 281-900-9575  
**Debbie Martin M.Ed., MA, LPC, LMFT-A**  
*3880 Greenhouse Rd, Ste 10, Houston, TX 77084*  
*Multicultural therapy practice*  
*Ages 12 through adult; individual, group, couples,*  
*and family therapy*  
*Self-harm, play therapy, support for the*  
*LGBTQ Community*  
*Some insurance, self-pay, and sliding scale available*  
*Weekends & evenings available*  
***Speaks Hindi, Urdu and Vietnamese***  
[www.hopeandharmonytherapy.com](http://www.hopeandharmonytherapy.com)
- H.O.P.E. Psychotherapy of Houston** 281-373-5200  
**Debbie Edmunds, MA, LPC-S & Associates**  
*17510 Huffmeister Rd, Ste 103, Cypress, TX 77429*  
*Children, adolescents, adult, family, couples*  
*Self-injury, depression, addiction, ADHD,*  
*internet addiction, eating disorders, anxiety,*  
*spectrum disorders*  
*Some Medicaid, private insurance,*  
*sliding scale, and self-pay*  
[www.hopepsychotherapyofhouston.com](http://www.hopepsychotherapyofhouston.com)
- Houston Center for Christian Counseling** 281-398-0022  
*609 Park Grove Dr, Unit B, Katy, TX 77450*  
*Children, adolescents, adults*  
*Christian counseling, marriage, family*  
*Private insurance (Aetna, Cigna,*  
*Blue Cross Blue Shield, Crime Victims*  
*United Healthcare) and private pay (\$150/session)*  
[www.christiancounselinghouston.com](http://www.christiancounselinghouston.com)
- Houston Galveston Institute** 832-471-6538  
*2116 Thompson Rd., Ste. 107, Richmond, TX 77469*  
*Family & individual therapy*  
*Sliding scale*  
***Speaks Spanish***  
[www.talkhgi.org](http://www.talkhgi.org)

## Therapists, Counselors, and Psychologists

### **The Inner Mind**

**281-503-1553**

*633 East Fernhurst, Ste 1304*

*Katy, TX 77450*

*Adolescents and adults*

*Offer counseling, coaching and consulting services*

*Offer in-office and tele-health appointments*

*Private insurance and self-pay accepted*

[www.Theinnermind.org](http://www.Theinnermind.org)

[info@theinnermind.org](mailto:info@theinnermind.org)

### **Janet Nicholas, MA, LPC, LCDC**

**713-882-4268**

*26113 Oakridge Dr, Ste C, Woodlands TX 77380*

*Adolescents & adults; traditional in-office*

*counseling & equine assisted psychotherapy,*

*learning & teambuilding, comprehensive*

*career assessments, therapeutic placement consulting*

[www.JanetNicholas.com](http://www.JanetNicholas.com)

### **Jennifer Doyle, MS, LPC, LCDC**

**832-639-1161**

*10601 Grant Rd, Ste 114, Houston, TX 77070*

*Children, adolescents, adults, and family therapy*

*Registered play therapist*

*Specializes in trauma, substance abuse, depression,  
and anxiety*

*Self-pay, some Medicaid, and some private  
insurance accepted*

## Therapists, Counselors, and Psychologists

### **Jennifer Nichols, MA, LPC-S**

**281-323-2276**

*11711 Cypress N. Houston Rd, Cypress, TX 77429*

*Service ages 4 and up*

*Specializes in play therapy, anxiety, depression  
and parent coaching*

*Private pay*

[www.JenniferNicholsCounseling.com](http://www.JenniferNicholsCounseling.com)

### **Joye Lewis**

**713-444-0704**

#### **Dawn of Grace Behavioral Health**

*12238 Queenston Blvd., Ste. D, Houston, TX 77095*

*Children, adolescents, adults, suicidal ideation,  
non-suicidal self-injury, grief, trauma, anxiety,  
depression, spectrum disorders, support LGBTQ+,  
anger/aggression, medication management*

*Blue Cross Blue Shield, United Healthcare, Aetna, Cigna, Friday Health  
Plan, and CompPsych*

<https://www.dawnofgrace.com/behavioral-health-care>

### **Julie Summers, MA, LPC**

**713-365-9015**

#### **Heritage Behavioral Health Consultants, Inc. Group Practice**

*1325 Campbell Rd, Houston, TX 77055*

*Children, adolescents, adults, couples*

*Divorce recovery, grief, eating disorders, spectrum  
disorders, personality disorders, anger management,  
ADHD, EMDR*

*Self-pay and Interns with Sliding scales*

[www.heritagebehavioral.com](http://www.heritagebehavioral.com)

## Therapists, Counselors, and Psychologists

### **Katy Counseling**

**832-406-4303**

*1526 Katy Gap Rd., Ste. 803, Katy, TX 77494*  
*Individual, family, group therapy, depression, anxiety, teens, adolescents, and adults, trauma, grief/loss, addiction, life transitions, behavioral issues, CBT, EMDR, DBT, accelerated resolution, and Lens Neuro feedback*  
*Most insurances accepted*  
<https://www.katycounseling.com>

### **Kelly Smith**

**832-428-6253**

### **Equine Learning & Team-Building for Organization**

*Team building utilizing equine assisted model for groups of 7 and up*  
*Leadership classes and teacher in-service classes*  
*Private pay*  
[www.jandranch-kennels.com](http://www.jandranch-kennels.com)

### **Kimberly Hopkins, M.Ed., LPC**

**713-597-2377**

### **Kendred Wellness Center, PLLC**

*1000 Cypress Creek Pkwy, Ste 118, Houston, TX 77090*  
*Psychological testing, evaluations, individual counseling, family support, risk assessments, substance abuse counseling, grief/loss counseling, and behavior consultations*  
*Ages 5 & up*  
*Medicaid, CHIP, Blue Cross / Blue Shield*  
*Cigna, UnitedHealthcare, Humana*  
[contact@kendredwellnesscenter.org](mailto:contact@kendredwellnesscenter.org)  
[www.kendredwellnesscenter.org](http://www.kendredwellnesscenter.org)

### **Kimberly Davis, PLLC**

**281-215-3625**

### **Courage to Talk Counseling, PLLC**

*12345 Jones Rd., Ste. 287-14, Houston, TX 77070*  
*Individual, family and group;*  
*depression, trauma, anxiety, and EMDR*  
*Aetna, Ambetter, Blue Cross Blue Shield, Community Health Choice, Magellan, Optum United Healthcare, UMR, and University of TX-EAP*  
[www.couragetotalkcounseling.org](http://www.couragetotalkcounseling.org)

## Therapists, Counselors, and Psychologists

### **Kinghaven Counseling Group**

**713-457-4372**

*Houston office: 6315 Gulfston St, Ste 100,*

*Houston, TX 77081*

*Cypress office: 11811 FM 1960 Rd., W, Ste 130*

*Houston, TX 77065*

*Home & school-based therapy services*

*for children, teens, adults, couples and families*

*Substance use counseling, intensive outpatient,*

*recovery coach and parenting group*

*Medicaid, Medicare, private insurance*

[www.kinghavencounseling.com](http://www.kinghavencounseling.com)

### **Kristin Sanders, LCSW-S**

**281-743-3468**

#### **The Olive Tree Counseling and Supervision**

12262 Queenston Blvd., Ste. E, Houston, TX 77095

Trauma, anxiety, depression, autism/autism spectrum

disorder, LBTQIA, life transitions, transgender,

self-esteems, work stress/burn out, bi-polar, and

chronic illness, and family conflict, CBT, DBT

and SFB.

United Healthcare, Medicare, Aetna, Blue Cross Blue Shield

<https://theolivetreecounseling.com>

### **L & A Professional Counseling Services**

**832-683-4275**

#### **The Center for Healing Therapy and Wellness**

##### **Lisa A. Wines, PhD, CSC, LPC, CEO**

*17240 Huffmeister Rd, Suite 104, Cypress, TX 77429*

*Services for individuals, groups, couples, and families*

*Massage therapy and meditation classes available*

*Ages 10 yrs & older*

*Private insurance (AETNA, Cigna, Blue Cross*

*Blue Shield), self-pay & sliding scale available*

*Online or distance counseling available*

[admin@landaproservices.com](mailto:admin@landaproservices.com)

[www.landaproservices.com](http://www.landaproservices.com)

## Therapists, Counselors, and Psychologists

**Leslie Truitt Schulte, MS, LPC, LMRT** **281-376-8006**  
*6823 Cypresswood Dr, Spring, TX 77379*  
*Adolescents (13 & older), individuals, and couples*  
*Family & women issues, self-injury, substance abuse, ADHD*  
*Sat appts available*  
*Sliding scale & insurance*

**Life Enhancement Services** **800-553-6040**  
*350 Glenborough Dr., Ste. 138, Houston, TX 77067*  
*Crisis intervention, ADHD, individual therapy,*  
*anger management, depression, grief counseling,*  
*medication management, at-risk youth,*  
*Medicaid, Texas Children's, Molina*  
*Community Health Choice, Superior,*  
*and United Healthcare*  
**Speak Spanish**  
[www.lesgroup.info](http://www.lesgroup.info)

**Linda Twichell, MA, LPC** **832-492-0671**  
*10601 Grant Rd, Ste 118, Houston, TX 77070*  
*Children (6 & up), adolescents, adults, couples, families*  
*Anxiety, depression, family conflict, grief and loss*  
*Aetna, Blue Cross / Blue Shield, Cigna and sliding scale*  
*Evening & Sat appts available*  
[www.twichellcounseling.com](http://www.twichellcounseling.com)

**Lone Star Behavioral Health Out-Patient Facility** **281-351-6644**  
*30903 Quinn Rd, Tomball, TX 77375*  
*Ages 18 & older*  
*Dual diagnosis, mental illness, substance abuse,*  
*and behavioral problems*  
*Utilizes Equine Assisted Psychotherapy*  
*treatment component*  
*Medicare, self-pay*  
[www.lonestarbehavioralhealth.com](http://www.lonestarbehavioralhealth.com)

## Therapists, Counselors, and Psychologists

### **The Lotus Circle Counseling, PLLC**

**346-444-0706**

#### **Jackeline Hurtado, LPC-S**

*15840 FM 529, Ste.310, Houston, TX 77095*

*Servicing ages 15 to adults*

*Provides individual, family counseling services*

*Anxiety, depression, bi-polar depression disorder,  
borderline personality, life transition, self-harm,  
and trauma*

*DBT certified*

*Cigna, Aetna, Blue Cross Blue Shield,  
and United Health*

***Speaks Spanish***

[www.thelotuscirclecounseling.com](http://www.thelotuscirclecounseling.com)

### **Marcel Gamboa, LPC**

**281-299-8607**

#### **Life Cycles Counseling**

*5870 Highway 6 North, Ste 310, Houston, TX 77084*

*Servicing teens and adults*

*Depression, anxiety, bi-polar disorder, trauma/PTSD,  
gender/orientation, addictions, grief/loss, and  
self-harm/suicidal ideations*

*Mon – Fri 9:00a – 6:00p*

*Traditional Medicaid, Aetna, Cigna, Blue Cross Blue Shield,  
Beacon-Value Options, Community Health Choice,  
Superior Health Plan, Humana, United/Optum and various  
EAP*

[MG@lifecyclescounseling.com](mailto:MG@lifecyclescounseling.com)

### **Margaret Hood Black, MA, LPC**

**713-562-7819**

*19222 Tomball Pkwy, Tomball, TX 77070*

*11507 Huffmeister Rd, Houston, TX 77065*

*Adults & adolescents, marriage & family therapy,  
eating disorders, borderline personalities,  
self-mutilating behaviors*

*Private pay*

[www.margarethoodblack.com](http://www.margarethoodblack.com)



## Therapists, Counselors, and Psychologists

- Maria Guerrero, MA, LPC** **281-837-6912**  
**Cypress Counseling and Psychotherapy PLLC**  
*12242 Queenston Blvd, Ste C & F, Houston, TX 77095*  
*Provides individual, family and couples counseling services for grief, trauma, anger management, depression*  
*Tele-health services provided*  
*Cigna, Blue Cross Blue Shield, Aetna and self-pay*  
*Hours: Mon – Fri, 8:00a - 8:00p, Sat, 8:00a to 6:00p*  
*and Sun, 8:00a to 6:00p*  
***Speaks Spanish***  
[www.cypresscounselors.com](http://www.cypresscounselors.com)
- Marvelous Counseling and Therapy** **281-508-4466**  
*13700 Veterans Memorial Dr., Houston, TX 77014*  
*Therapy and case management services*  
*Ages 3 and up*  
*Medicaid/CHIP, Private insurance and sliding scale*  
[www.marvelouscounseling.com](http://www.marvelouscounseling.com)
- Mary Elijah M.Ed., LPC, RPT** **832-334-9659**  
*10601 Grant Rd, Ste 114, Houston, TX 77070*  
*Ages 3 & up*  
*Anxiety, play therapy, depression, ADHD, adoption, special needs*  
*Traditional Medicaid & private insurance*  
*After-school & Sat hours available*  
<http://www.maryelijahlpc.com/>  
[Mary.Elijah@sbcglobal.net](mailto:Mary.Elijah@sbcglobal.net)
- Mary Engle, MA, LPC** **281-398-2509**  
*5502 5<sup>th</sup> Street, Katy, TX 77493*  
*Christian counseling*  
*All ages*  
*Trauma, EMDR, play therapy, grief, anger, and depression*  
*Self-pay, out-of-network insurance paperwork can be filed*  
[www.maryenglelpc.com](http://www.maryenglelpc.com)

## Therapists, Counselors, and Psychologists

**Mercedes Dominguez, M.Ed., LPC**

**281-440-0606**

*4422 Cypress Creek Pkwy, Ste 415, Houston, TX 77068*

*Ages 12 & up*

*Insurance & self-pay*

*Mornings and evenings (Mon, Tues, Wed, Th, and Saturdays)*

***Speaks Spanish***

[www.mercedesdominguez.com](http://www.mercedesdominguez.com)

**Michael D. Erickson MA, LPC**

**832-455-5729**

**Erickson Counseling & Mediation PLLC**

*11107 McCracken Circle #A, Cypress, TX 77429*

*Children, adolescents and adults*

*Diagnose and treat ADHD, depression, anxiety and behavioral concerns*

*Mediation for families and parties in civil disagreement*

*Scheduling is flexible*

*Most insurances accepted*

[Ericksoncounseling.com](http://Ericksoncounseling.com)

**Mindpath Health**

**281-375-4513**

*10425 Huffmeister Rd., Ste. 440, Houston, TX 77065*

*Counseling and psychiatric services including medication management, anxiety, depression, bi-polar disorder, obsessive compulsive disorders, and trauma*

*In person and telehealth*

*Blue Cross Blue Shield, Cigna, Humana,*

*United Health, Oscar, Oxford, and*

*Self pay*

[www.mindpath.com/location/houston/cypress/](http://www.mindpath.com/location/houston/cypress/)

**Mindy McKay, MA., LPC-S**

**832-421-8814**

*16718 House Hahl Road., Ste D, Cypress TX 77433*

*Ages 10-18, Adult*

*Christian focused*

*Anxiety, depression, bipolar disorder, women's issues and divorce*

*Cost range is \$130 - \$150, and does accept sliding scale*

[www.therapycypress.com](http://www.therapycypress.com)

## Therapists, Counselors, and Psychologists

- Momentum Behavioral Health Concepts, LLC** 281-888-3977  
**Syreeta Scudder – Early MS, LCDC, BCBT, CART, SAP**  
*7676 Hillmont St, Ste 320, Houston, TX 77040*  
*Ages 11 & up*  
*Workshops & counseling for individuals,*  
*groups, and families*  
*ADHD, autism, substance abuse, truancy,*  
*anger management / rage, conflict resolution,*  
*and life coaching*  
[www.MBHConcepts.com](http://www.MBHConcepts.com)
- Monarch School and Institute** 713-479-0800  
*2815 Rosefield Dr, Houston, TX 77080*  
*Provide and focus on educating those with*  
*neurodevelopmental disorders and educational*  
*delay. Treatments and therapy for ADHD, Autism*  
*spectrum disorders, learning, anxiety,*  
*mood, and obsessive compulsive disorder*  
[www.monarchschool.org](http://www.monarchschool.org)
- Morgan’s Helping Hands, LLC** 281-826-9171  
*14525 FM 529, Ste. 104, Houston, TX 77095*  
*Individual, family, adolescent, adults,*  
*social skill development, specialization in autism,*  
*ADHD, school conflict, and teens.*  
*Cigna, United Healthcare*  
<https://morganshelpinghands.com>
- New Dimensions Treatment Center** 800-685-9796  
*Intensive and partial hospitalization treatment*  
*for mental health and substance use*  
*Serving ages 13 and up*  
*Aetna, Blue Cross / Blue Shield, Cigna, Humana,*  
*United Healthcare, Magellan, Beacon Health*  
*Options*  
[www.nddtreatment.com](http://www.nddtreatment.com)

## Therapists, Counselors, and Psychologists

- Next Stage Counseling and Wellness** **832-543-7255**  
*16151 Cairnway Dr., Ste 206, Houston, TX 77084*  
*Servicing children, adolescents, and adults*  
*Individual, couples, and family therapy*  
*Specialize in sexual trauma for children and adolescents*  
*Private pay*  
[www.Nextstagecounseling.com](http://www.Nextstagecounseling.com)
- Nicole Bankhead, LPC, NBCC, CCTP** **281-944-7922**  
**Serenity Wellness and Counseling Center**  
*17802 Mound Road, Cypress, TX 77433*  
*Individual, family, and couples therapy,*  
*eating disorders, LENS Neurofeedback,*  
*animal-assisted therapy, EMDR, ADHD, PTSD*  
*Most insurances accepted and flexible*  
*spending accounts*  
<https://serenitywellnessandcounseling.com/>
- Northwest Assistance Ministries – Mental Health Services** **281-885-4555**  
**15555 Kuykendahl Rd., Houston, TX 77090**  
*Children, adolescents & adults*  
*play therapy, family therapy, suicidal ideation,*  
*non-suicidal self-injury, grief/trauma,*  
*anxiety/depression, spectrum disorders,*  
*substance use, support for LGBTQ+*  
*anger/aggression*  
*No cost for all NAM clients*  
[www.namonline.org](http://www.namonline.org)
- The Parris Foundation** **713-315-6446**  
*4410 Navigation Blvd, Houston, TX 77011*  
*Provides individual, family and group counseling*  
*services to crime victims, assistance with*  
*scholarships, educational outreach and training*  
*and development. Services are provided*  
*in-office and home-based*  
*Medicaid and sliding fee scale payments*  
*accepted*  
[www.parrisfoundation.org](http://www.parrisfoundation.org)

## Therapists, Counselors, and Psychologists

- Parrish Counseling** 832-501-3747  
*12262 Queenston Blvd, Ste E, Houston, TX 77095*  
*Serving children, adolescents, couples, blended families*  
*Specialties include ADHD, family conflicts, anxiety, mood swings, life transitions, grief/loss, impulsivity problems, depression and college students*  
<https://parrishcounseling.com/>
- Polly Clinical Services** 832-323-8474  
**Paulishia Augillard, LPC**  
*5870 Hwy 6 N., Ste 308, Houston, TX 77084*  
*Anxiety, depression, individual and couples therapy*  
*No insurance accepted*  
[www.pollyclinicalservices.org](http://www.pollyclinicalservices.org)
- Rachel Blank** 281-247-6460  
**Art in Counseling, LLC**  
*19510 Pecan Fits Place, Cypress, TX*  
*Suicidal Ideation, Non-Suicidal Self-Injury, Grief/Trauma, anxiety, depression*  
*Ages: 6-99*  
*Telehealth. Self-Pay Only*  
[rachel@artincounseling.com](mailto:rachel@artincounseling.com)  
<https://artsincounseling.clientsecure.me/#home>
- Rebecca Ray** 281-766-3376  
**Ray Family Therapy**  
*12238 Queenston Blvd., Ste. F, Houston, TX 77095*  
*Adolscents and adults, family therapy, suicidal ideation, grief, trauma, anxiety, depression, substance use, LGBTQ+ support, anger/aggression, couples*  
*Private pay, Telehealth services available*  
<https://www.rayfamilytherapy.com>
- Re:MIND Depression and Bi-Polar Support** 713-600-1131  
*P.O. Box 27607, Houston, TX 77227*  
*Free and confidential support groups for individuals living with and/or family and friends affected by depression and bi-polar disorders*  
[www.remindsupport.org](http://www.remindsupport.org)

## Therapists, Counselors, and Psychologists

### **Renewing Hope Counseling Center**

**713-365-0700**

*11777 Katy Frwy, Ste 350, Houston, TX 77079*

*Individual, family, and couples therapy, assessments for ADHD, intelligence abilities, bi-polar, depression, psychopathology, and personality disorders*

[www.renewinghope.net](http://www.renewinghope.net)

### **Restoring Hope Counseling**

**832-569-7673**

*5206 FM 1960 Rd. W. Ste. 103, Houston, TX 77069*

*Kids, teens, adults, counseling for depression, anxiety, trauma. Trained in CBT, CPT, EMDR and play therapy.*

*Lower free options and major insurance accepted*

*In person and virtual service available*

*On-line scheduling available.*

[www.rchouston.com](http://www.rchouston.com)

### **Robert Schindler, PhD**

**281-631-9977**

*14351-B Torrey Chase Blvd, Houston, TX 77014*

*Tele-health services provided*

*Children, adolescents, adults, and couples counseling*

*Christian counseling, ADHD, and other psychological issues*

*No female adolescents*

*Private insurance, sliding scale*

[www.levergreenps.blogspot.com](http://www.levergreenps.blogspot.com)

### **Robin Williams-Riggans**

**281-220-6799**

### **Lavender Counseling & Wellness Center, LLC**

*16100 Cairnway Dr., Ste. 210, Houston, TX 77084*

*Individual, family, group services; anxiety, ADHD grief, family conflict, LGBTQ+, life transitions, trauma, PTSD, and domestic violence*

*Aetna, Amerigroup, Anthem, Beacon Health Options,*

*Cigna, Molina, Optum, Superior, and United Healthcare*

<https://www.lcwellness.llc>

## Therapists, Counselors, and Psychologists

**Rosell Jenkins, PhD**

**281-447-9355**

**MW Solutions**

*507 N Sam Houston Pkwy E, Ste 204, Houston, TX 77060*

*Individuals, couples, families, group therapy,*

*women's issues, relationship issues,*

*depression & anxiety, grief/loss, substance*

*use, psych testing*

*CHIP, Medicaid, private insurance, Blue Cross Blue Shield,*

*UnitedHealthcare, Aetna, and Cigna: out of network*

[www.drrosell.com](http://www.drrosell.com)

**Sammie Jones, MA, LPC**

**832-237-2673 (COPE)**

**Houston Psychotherapists, Inc.**

North Cypress Professional Building

*21216 NW Fwy, Ste 450, Cypress, TX 77429*

*Adolescents, adults, couples, self-injury,*

*adolescent behavior & development, family issues*

*Traditional Medicaid / CHIP,*

*insurance, sliding scale*

[www.houstonpsychotherapists.com](http://www.houstonpsychotherapists.com)

**Sandra Willett, MS, LMFT-A**

**713-373-7983**

*11107 McCracken Cir, Unit D, Cypress, TX 77429*

*Individual, couples, and families*

*Parenting, anxiety, depression, grief,*

*trauma, and self-harm*

*Private pay; evening & Sat appts available*

***Speaks Spanish***

**The Semicolon Group**

**281-475-6760**

*13820 Champion Forest Dr., Ste 150, Houston, TX 77069*

*Ages 12 and up*

*Suicide, suicide group and self-harm*

*Sliding scale*

<https://thesemicolongroup.com>

## Therapists, Counselors, and Psychologists

**Shannon Martin, LPC**

**978-400-3016**

**Let's Talk, I'll Listen Counseling Center**

*7676 Hillmont St., Houston, TX 77070*

*CBT, motivational interviewing, emotional focused therapy, ADHD, transitions, LGBTQ, divorce, ages 9 and up*

*United Healthcare, Blue Cross Blue Shield,*

*Aetna, Cigna, Molina, Sliding Scale*

*Telehealth options*

*Evenings and Weekends available*

***Speaks Spanish***

[www.letstalkyou.com](http://www.letstalkyou.com)

**Shawnesse Herbert, MA, LPC**

**346-431-0859**

**Discover S.E.L.F., PLLC**

*13100 Wortham Center Dr., Ste. 352, Houston, TX 77065*

*Individuals, family, couples, anxiety, depression,*

*CBT, and mindfulness coaching*

*Cigna, United Healthcare, Aetna, Blue Cross Blue Shield*

<https://www.discoverselfmbct.com>

**Shield-Bearer Counseling Centers**

**281-894-7222**

*12237 Jones Rd, Ste 114, Houston, TX 77070*

*Individual therapy, couples and family*

*Services addressing stress, anxiety,*

*depression, trauma including crime, human trafficking and natural disasters.*

*Support group for addiction,*

*parenting, grief coping skills and more*

*Age: 4 and up*

*Tele-therapy available*

*Sliding scale*

*Private insurance / no walk-ins*

***Speaks Spanish***

[www.shieldbearer.org](http://www.shieldbearer.org)



## Therapists, Counselors, and Psychologists

### **Social Motion Skills**

**713-461-7200**

*4400 Harrisburg Blvd., Houston, TX 77011  
Social skills classes for children, adolescents,  
and adults with social & learning deficits,  
including ADHD & autism spectrum disorders  
Age 3 yrs & up  
No formal diagnosis necessary  
Self-pay **only**; Evening classes available  
<https://socialmotionskills.org>*

### **Spectrum of Hope**

**281-894-1423**

*12110 Huffmeister Rd, Cypress, TX 77429  
Provide services and treat autism spectrum  
disorders. Licensed autism treatment center, and  
applied behavior analysis offered.  
**Speaks Spanish**  
[www.spectrumofhope.com](http://www.spectrumofhope.com)*

### **Taylor Counseling Group**

**281-560-3193**

*24900 Pitkin Rd., Ste. 290, Spring, TX 77386  
Individual, family, couples, LGBTQIA+, depression,  
anxiety, grief/loss  
Trauma, and play therapy  
In person and telehealth services available  
Aetna, Blue Cross Blue Shield, Anthem, Cigna, Scott & White Health  
TriWest (preauthorized), United Health-Optum, FSA, and HAS  
<https://taylorcounselinggroup.com>*

### **Therapy Cypress**

**832-421-8814**

*16518 House Hahl Rd., Ste. 3, Cypress, TX 77433  
Ages 5 and up  
Anxiety, depression, relationship issues and bi-polar  
Self-pay and sliding scale  
[www.therapycypress.com](http://www.therapycypress.com)*

## Therapists, Counselors, and Psychologists

### **The Therapy Team**

**346-273-7673**

*1002 Village Square Dr., Tomball, TX 77375*

*Individual, relationship, family therapy,  
and informational workshops*

*CBT, solution focused therapy*

*Individualized payment plans*

<https://www.thetherapyteamtexas.com/>

### **Thomas Counseling Center**

**832-287-3422**

*12242 Greenhouse Rd., Ste. 1502, Cypress, TX 77433*

*Well known in the Cypress community for  
helping families find wholeness and wellness in  
their marriages and child/parent relationships.*

*Specialize in marriage and family counseling,  
including play therapy for children and  
teen counseling. Also provide help for those battling  
anxiety, depression, addiction, anger management  
or trauma.*

<https://www.counselingcypress.com/>

### **Tiffany Bynum, LPC-S**

**713-742-2965**

### **Tender Devotions Counseling Services**

*2626 South Loop West, Ste 318, Houston, TX 77054*

*Individual therapy, grief counseling, anger  
management, couples therapy, faith based  
counseling*

*Ages: Preteens/Tweens (11 – 13),*

*Adolescents/Teenagers ( 14 – 19)Adults*

*Traditional Medicaid accepted*

*Insurances accepted: Cigna, Superior Health*

*BCBS, Aetna, Ambetter and Magellan*

*Work Hours: Appointments only (times may vary, evening  
appointments available, Saturdays optional)*

*E-mail: [tdcservices1@yahoo.com](mailto:tdcservices1@yahoo.com)*

<https://www.tenderdevotions.com/>

## Therapists, Counselors, and Psychologists

**Tiffany Edwards**

**877-765-9694**

**Your Mind Your Gym, PLLC**

*Virtual mental health gym, specifically for professional adults*

*Anxiety, stress, and burnout, and supportive mind strengthening exercises*

*Aetna, Blue Cross Blue Shield, Cigna, Oscar Health, Oxford, United*

<https://yourmindyourgym.com/>

**Tiffany Priska, MA, LPC-S**

**281-205-7997**

**Cypress Therapy and Counseling**

*17774 Cypress Rosehill Rd, #200, Cypress, TX 77429*

*Mood disorders, marriage & family counseling, postpartum, anxiety, depression and self injury*

*Saturdays available by appointment*

<https://cypresstherapyandcounseling.com/>

**Tracy Richied, LCSW**

**713-385-8230**

*14340 Torrey Chase Blvd, Ste 325, Houston, TX 77014*

*Teens & adults, marriage counseling*

*Private insurance & sliding scale*

*Evening & weekend appts available*

<https://www.resiliencecenterhouston.com>

**Tranquil Hearts Counseling Center**

*16712 Huffmeister Rd., Bldg. 400B, Cypress, TX 77429*

**Erin Silva, M.Ed, LPC**

**281-433-1363**

*Play therapy and art therapy, grief and loss,*

*abuse, self-esteem, self-harm and suicidal ideation*

*ADHD, divorce, anxiety, stress, depression and anger management*

*Adjustment disorders, parent training, special needs and addiction*

*Children, teens and adults*

*Some evening availability*

[esilvacounseling@gmail.com](mailto:esilvacounseling@gmail.com)

## Therapists, Counselors, and Psychologists

### **Julie Casten, MA, LPC**

773-329-7556

*Addiction, anger management, career adjustments/concerns, loss or grief, parenting, women's issues, relationship issues, self-esteem, stress management, mood and anxiety disorders, trauma, and PTSD (EMDR)*  
*Self-pay, sliding scale*  
*Some evenings & weekends available*

### **Alison Lampton, M.Ed., LPC**

832-630-0777

*Anxiety, stress, depression, self-esteem, Infertility, life transitions, grief and loss*  
*Children, teens and adults*  
*Some evening and weekend availability*  
*UnitedHealthcare / Optum insurance*  
[Alisonlampton@gmail.com](mailto:Alisonlampton@gmail.com).

### **Jessica Jensen, MA, LPC**

979-221-8749

*Specialized areas: child, adolescent, adult; life transitions, career counseling, anxiety, depression and self-esteem*  
*Some evening and weekend availability*  
[Jensencounselingllc@gmail.com](mailto:Jensencounselingllc@gmail.com)

### **University of Texas Psychiatry Out-Patient Clinic**

713-486-2700

*1941 East Rd, Ste 2100, Houston, TX 77054*  
*Child & adolescent clinic*  
*Psychiatric services available*  
*Medicaid and private insurance accepted*

### **Victoria Strange, MS, NCC, LPC**

713-234-6214

*6400 Washington Ave, Houston, TX 77007*  
*Neurofeedback (ages 8 & up),*  
*general talk therapy (ages 15 & up)*  
*Anxiety, depression, ADHD, sleep issues,*  
*traumatic brain injury, grief, PTSD*  
*Some sliding scale, self-pay, BC / BS,*  
*and Cigna insurance*  
[www.resetyourpath.com](http://www.resetyourpath.com)

## Therapists, Counselors, and Psychologists

### **The Village Life Center – Texas**

**713-739-9725**

#### Crisis Line

**281-620-9011**

*2101 Crawford St, Ste 208, Houston, TX 77002*

*Offer intensive, out-patient mental health services  
for children, adolescents and adults*

*Medicaid accepted*

*Weekends by appointment only*

[www.villagelifecenter.com/Texas](http://www.villagelifecenter.com/Texas)

### **Vo Counseling & Consulting**

**713-530-4677**

#### **Hanh Vo, PhD, LPC-S**

*4201 Cypress Creek Parkway, Ste. 504, Houston, TX 77068*

*Families, couples, children, and adolescents*

*Intergenerational conflict, acculturation issues*

*Self-pay, all insurance accepted*

***Speaks Vietnamese***

[www.vocounseling.com](http://www.vocounseling.com)

### **West Houston Counseling Center**

**832-460-1761**

*633 E Fernhurst Dr, Ste 1102, Katy, TX 77450*

*Trauma trained counselors serving children, teens  
and adults. Couples therapy, group therapy, play  
therapy, EMDR, CBT and LENS neurofeedback  
available*

***Speak Spanish, Hindi, Bengali and Urdu***

<https://www.westhoustoncounseling.com/>

### **Woodlands Behavioral Health Clinic**

**281-528-4226**

*2700 Research Forest Dr, Ste. 130, The Woodlands, TX 77384*

*Adults & children 2 years and up*

*ADD / ADHD, autism spectrum disorders, behavioral,  
emotional & social counseling, and coaching*

*Psychiatric & psychological evaluations*

*Private pay per clinician*

[www.addwoodlands.com](http://www.addwoodlands.com)

## Psychiatrists

- Carlos Benjamin Vargas** 713-840-7956  
8707 Meadowcroft Dr, Houston, TX 77063 281-404-5306  
*Children ages 5 and up*  
*Self-pay*  
*Insurance accepted: Blue Cross / Blue Shield, and Compsych*  
**Speaks Spanish**  
[www.synergiehealing.com](http://www.synergiehealing.com)
- Daniela M. White, MD** 713-426-3100  
5225 Katy Fwy, Ste 650, Houston, TX 77007  
*All ages*  
*General psychiatry*  
*Transcranial Magnetic Stimulation (TMS) for treatment of depression*  
*Insurance & private pay insurance*  
<https://lifestance.com/provider/daniela-white-md/>
- Cornerstone Psychiatry Associates** 281-580-8086  
**Bernard Rosenburg, MD**  
14340 Torrey Chase Blvd, Ste 160, Houston, TX 77014  
*General psychiatric services (ages 6 & up)*  
*Self-pay*  
[www.cornerstonepsych.com](http://www.cornerstonepsych.com)
- Family Psychiatry of the Woodlands** 281-367-1015  
8701 New Trails Dr, Ste 150, Spring, TX 77381  
*Children (5 & up), adolescent and adult services*  
*Self-pay*  
*Private insurance, military insurance accepted*  
[www.woodlandspsych.com](http://www.woodlandspsych.com)
- Harris Center for Mental Health & IDD Crisis Unit** 713-970-7000  
1502 Taub Loop, Houston, TX 77030  
*Emergency Psychiatric Care – 24-hours*  
*Out-patient Services – ages 18 and under*  
9401 Southwest Fwy. Houston, TX 77074  
*Medicaid, CHIP, sliding scale, uninsured*  
**Speaks Spanish**  
<https://www.theharriscenter.org/>

## Psychiatrists

- Houston Adult Psychiatry** 832-384-1560  
*2180 N Loop W, Ste 450, Houston, TX 77018*  
*18 & older*  
*Insurance*  
[www.houstonadultpsychiatry.com](http://www.houstonadultpsychiatry.com)
- Memorial Herman Mental Health Crisis Clinic** 713-338-6422 (MHCC)  
**Spring Branch** 713-932-5230  
*10780 Westview Dr, Ste C, Houston, TX 77043*  
**Northeast** 281-913-9550  
*9813 Memorial Blvd, Ste A, Humble, TX 77338*  
**Meyerland** 713-723-3135  
*4850 West Bellfort Houston, TX 77035*  
*Walk-ins – please call first, hours vary & include*  
*evenings & some weekends*  
*No ADD or ADHD medication is provided,*  
*only prescription*  
*Insurance, Medicaid, sliding scale*
- Memorial Psychiatry** 713-973-1007  
*929 Gessner Rd, Ste 2000, Houston, TX 77024*  
*General psychiatry services (ages 6 & up)*  
*Self-pay; Cigna and UnitedHealthcare*
- Mitchell Young, MD** 713-522-4505  
*1118 Barkdull St, Houston, TX 77006*  
*Children, adolescent, and adult psychiatry*  
*Self-pay*
- Pediatric & Adolescent Health Center (Harris Health)**  
5870 Hwy 6, Ste 108, Houston, TX 77084 713-873-6860  
12340 Jones Rd, Ste 100, Houston, TX 77070 713-873-5240  
*Psychiatric services for children & adolescents **only***  
*Medicaid, CHIP, Harris County Health*  
[www.harrishealth.org](http://www.harrishealth.org)
- Red Oak Psychiatry Associates** 281-893-4111  
**Dr.'s Ginsberg**  
*17115 Red Oak Dr, Ste 109, Houston, TX 77090*  
*Children, adolescent, and adult services*  
*Private insurance **only***

## Psychiatrists

- Sulcata Psychiatry** **281-747-8588**  
*12075 Spring Cypress Rd., Ste. D, Tomball, TX 77375*  
*Child, adolescent, and adult psychiatric services,*  
*PTSD, Autism, depression, ADHD, anxiety,*  
*and trauma*  
*Aetna, Blue Cross Blue Shield, United Health,*  
*Oxford, Oscar, FSA and HAS*  
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# Index

## 3

3ABereavement Foundation 22

## A

Adaptive Behavioral Health 34  
Adams, Janet 63  
ADDA Southern Region 18  
Admore Behavioral Therapy 48  
Aid to Victims of Domestic Abuse (AVDA) 20  
AIDS Foundation Houston, Inc. 34  
Al-Anon, Ala-Teen 24  
Alcoholics Anonymous 24  
Allconnect 34  
Alliance for Multicultural Community Services 34  
Alternatives in Motion 40  
American Foundation for Suicide Prevention 34  
Anchor Counseling & Associates 49  
Apollos Center for Healing & Growth 58  
Argueta, Brenda 1  
Arise Recovery Center 24  
Art in Counseling, LLC 73  
Ascent Psychotherapy Center 34  
Association for the Advancement of Mexican Americans (AAMA) 24  
Attention Deficit Disorder Association (ADDA) 35  
Augillard, Paulishia 73

## B

BALEV Counseling & Wellness 50  
Bankhead Nicole 72  
Baylor Teen Health Clinic 40  
Behavioral Health Consultants 50  
Behavioral Pathfinder 50  
Bench Therapy 51  
Ben Taub Psychiatric Center 4  
BES Group & Solutions Plus 24  
Bibbs, Joshua 2

Big Brothers & Big Sisters of Greater Houston 35  
Bilingual Psychologists 51  
Birds of a Feather Wellness & Counseling 61  
Blank, Rachel 73  
Bo's Place 22  
Boys & Girls Country 47  
Brenda & John Duncan Family YMCA 35  
Brinkmeyer, Amanda 48  
Britney Brown 1  
Bueno, Hilda 1  
Building Resilience in Youth after Traumatic Experiences at U.T. Health 52  
Burden, Julie 64  
Bynum, Tiffany 78

## C

Cage, Carla 53  
Calderas Counseling 52  
Care Net Pregnancy Center of NW Houston 40  
Carrillo, Jorge 51  
Carter, Cynthia 55  
Casten, Julie 80  
Catholic Charities 7, 12,35, 40, 53  
CDC National STD & AIDS Hotline 36  
Center for Creative Resources 53  
Center for Family Consultation 50  
Challenger-Hinds, Andrea 49  
Champion, Gloria 60  
Charlie Health 29, 54  
Checotah, Samantha 3  
Childfind of America 4  
Christ Clinic 14  
Cleveland, Erica 58  
Clinica Hispana 14  
Coalition for the Homeless 45  
Cocaine Anonymous Helpline(CA) 25

## E

Collaborative for Children	38	Eddins Counseling Group	57
Community Counseling	54	Edmunds, Debbie	62
Compass Mental Health and Wellness	54	Edwards, Amber	49
Compassionate Friends—Houston NW Chapter	22	Edwards, Tiffany	79
Cornerstone Psychiatry Associates	82	Elijah, Mary	69
Counseling Concepts, P.C.	55	Engle, Mary	69
Courage to Talk Counseling	65	Epiphany Community Health Outreach Services (ECHOS)	14
Covenant Healing	55	Equine Learning and Team Building for Organization	65
Covenant House	47	Erickson Counseling & Mediation, PLLC	70
Cy-Fair Helping Hands (CFHH)	7	Erickson, Michael	70
Cy-Hope Counseling Center	55		
Cypress Assistance Ministries	7		
Cypress Counseling and Psychotherapy, PLLC	56, 69		
Cypress Creek Family YMCA	36		
Cypress Creek Hospital	29		
Cypress-Fairbanks ISD Police Dept.	4		
Cypress Therapy & Counseling	79		

## D

Davis, April	50
Davis, Kimberly	65
Dawn of Grace Behavioral Health	64
DebLin Health Concepts	18
Demas, Glenda	60
DePelchin Birth Mother Program	41
DePelchin Children's Center	59
Devereux Texas Treatment Network	29
Dialectical Behavior Therapy Center	57
Discover S.E.L.F., PLLC	76
Dispute Resolution Centers	12
District Counseling at Cypress Houston	60
Dominguez, Mercedes	70
Dornbush, Chandler	1
Doyle, Jennifer	63
Duffy-Roberts, Brook	51
Dunwoody, Monica	55

## F

Family Alliance Network	59
Family Houston	36
Family Psychiatry of the Woodlands	82
Family Services	41
Family Services of Greater Houston	59
Family Time Crisis & Counseling Center	20, 36
Family to Family Network	18
FAYS Program	59
FEMA Disaster Assistance	7
Fingerprint Family	50
Firchau, Candis	52
Foe, Debbie	57
Friedman, Anne	50

## G

Gamblers Anonymous	36
Gamboa, Marcel	68
Gladney Center for Adoption	41
GoodRX	14
Greater Houston Counseling Services	60
Grief Recovery Center	22
Grief Share	22
Guadalupe Center	7
Guerrero, Maria	69
Guilfoyle, Edmund	58
Gulf Coast Community Services	8

## H

H.O.P.E. Psychotherapy of Houston	62
Harbrueger, Douglas	57
Harris, Carrie	1
Harris Center for Mental Health & IDD Crisis Center	82
Harris County Children's Protective Services	47
Harris County Community Services	8, 45
Harris County Community Youth Service Center	4
Harris County Constable Precinct 4	4
Harris County Department of Education	20
Harris County Department of Social Services	8
Harris County District Attorney Juvenile Division	4
Harris County District Attorney's Office	12
Harris County Jail	4
Harris County Juvenile Probation	4
Harris County Protective Services For Children & Adults	4
Harris County Public Health & Humble Clinic	41
Harris County Sheriff's Dept.	5
Harris Health	14, 15, 42, 83
Healing Hearts Drama Therapy Program, LLC	61
Heathman, Jared	84
Herbert, Shawnesse	76
Heritage Behavioral Health Consultants, Inc. Group Practice	64
Hines, Kimberly	2
Hood Black, Margaret	68
Hope Alive Christian Counseling	53
Hope & Harmony Therapy, LLC	62
Hopkins, Kimberly	65
Houston Adult Psychiatry	83
Houston Area Women's Center	5, 20
Houston Behavioral Healthcare Hospital	30
Houston Center for Christian Counseling	62

Houston Family Psychology	58
Houston Galveston Institute	62
Houston Hospice	23
Houston Housing Authority	45
Houston Lawyer Referral Service	12
Houston Northwest Rehab	25
Houston Police Department	5
Houston Psychotherapists, Inc.	75
Houston Volunteer Lawyers / Make Justice Happen	12
Hurtado, Jackeline	68

## I

IBN Sina Foundation	15
Impact Healthcare & Wellness	56
Ivy League Health	15

## J

Jenkins, Rosell	75
Jensen, Jessica	80
Jersey Village Police Department	5
Johnson, Cecelia E.	53
Jones, Jason	2
Jones, Sammie	75
Justice of The Peace Courts	12

## K

Katy Christian Assistance Ministries	8
Katy Counseling	65
Kemah Palms Recovery Center	30
Kendred Wellness Center, PLLC	65
Kinder Emergency Shelter	47
King, Catherine	53
Kinghaven Counseling Group	66
Kingwood Pines Hospital	30
Kuykendall-Rogers, Valerie	34

## L

L & A Professional Counseling Services	66
La Hacienda Treatment Center	30
Lakewood United Methodist Church	9
Lampton, Alison	80
Langham Creek Family YMCA	36
Lavender Counseling and Wellness Center, LLC	74
Let's Talk, I'll Listen Counseling Center	76
Lewis, Joy	64
Life Cycles Counseling	68
Life Enhancement Services	67
Lifeway International & Cates Academy	25
Lighthouse Guild	19
Lone Star Behavioral Health Out-Patient Facility	67
Lone Star College	21
Lone Star Legal Aid	13
Loos, Victor	54
Lundy, Darshall	1

## M

Magnolia City Detox	25
March of Dimes	42
Martin Counseling	56
Martin, David	56
Martin, Debbie	62
Martin, Shannon	76
Marvelous Counseling & Therapy	69
Maxwell, Timira	3
MCH Family Outreach	37
McElrath, Olivia	3
McKay, Mindy	70
MedCare Pediatric Rehab Center	37
Medicaid – Application	19
Medicaid / CHIP Application	42
Medina, Brooke	51
Memorial Assistance Ministries	9
Memorial Herman Mental Health Crisis Clinic	83
Memorial Psychiatry	83
Menninger Clinic	30

Mental Health America of Greater Houston	37
Mindful Being	50
Mindful Transformation	58
Mindpath Health	70
Momentum Behavioral Health Concepts, LLC	71
Monarch School Institute	71
Money Management International	9
Moore, Candice	52
Morgan's Helping Hands, LLC	71
Mothers Against Drunk Drivers (M.A.D.D.)	38
MyHealth Teams	38

## N

NAMI National Information Helpline	5
Narcotics Anonymous Helpline (NA) Helpline	26
National Alliance on Mental Health Illness	38
National Center for Missing & Exploited Children	5
National Runaway Safeline	5
Needy Meds	15
New Dimensions Treatment Center	71
New Hope Counseling Center	48
New Life Adoption	42
Next Stage Counseling & Wellness	72
Nicholas, Janet	63
Nichols, Jennifer	64
Night Light Pediatric Urgent Care	15
Northwest Assistance Ministries	9, 16, 45, 72
Northwest Assistance Ministries- Family Violence Center	20

## O

OCD Institute/Houston	31
Odyssey House of Cenikor Foundation	31
Office of the Attorney General	10, 13
Operation I.D.	10
Ortiz, Frank	60
Overeaters Anonymous	38

## P

Palmer Drug Abuse Program (PDAP)	26
PaRC Discovery Behavioral Health	26, 31
Parents, Families, and Friends of Lesbians & Gays (PFLAG)	38
Parrish Counseling	73
Path Program	31
Patton, Danielle	56
Peacock, Scott C.	57
Pearls of Change Wellness	60
Pennington, Elizabeth	58
Phoenix House	26
Planned Parenthood	42
Polly Clinical Services	73
Pregnancy Help Center	43
Presbyterian Children's Home and Services	38, 43
Priska, Tiffany	79
Probate Courts 3 & 4 Mental Health Division	5
Project Joy & Hope	23, 46

## R

Ramos, Lilia	2
Rape Crisis	5
Rasmussen, Kelley	2
Ray, Rebecca	73
Red Oak Psychiatry Associates	83
Regional Maternal Child Health Program (UTMB Katy Clinic)	43
Rehman, Asma	22
Re:MIND Depression & Bi-Polar Support	73
Renewing Hope Counseling Center	74
Resource Education Center	27
Restoring Hope Counseling	74
Richied, Tracy	79
Right Step	27, 32
Rising Renewal Counseling	27, 48
Rosenburg, Bernard	82
Rotary Learning Center/Workforce Development Program	21

## S

Salvation Army	10, 46
Salvation Army/Boys & Girls Club	10
Sample, Nicki	3
Samson, Chantal	1
Sanders, Kristan	66
San Jose Clinic	16
Schindler, Robert	74
Scudder, Syreeta	71
Seeds of Hope Counseling Firm	49
Serenity Wellness and Counseling Center	72
Shackelford, Ariell	1
Shield-Bearer Counseling Centers	76
Silva, Erin	79
Singh, Gurpreet	61
Smart Recovery	27
Smith, Kelly	65
Social Motion Skills	77
Social Security Administration	10
Spectrum of Hope	77
Spring Branch Community Health Center	16
Strange, Victoria	80
Stucker, Allyson	48
Suicide Prevention Lifeline	4
Summers, Julie	64
Sun Behavioral Houston Inpatient Hospitalization for Mental Health	32
Sulcata Psychiatry	84
Supplemental Security Income	19
Survivors of Incest Anonymous	39
Symetria Recovery Spring	28

## T

Tarnow Center for Self Management	84
Taylor Counseling Group	77
Taylor, Karisman	2
Teen & Family Services	28
Tender Devotions Counseling Services	78
Testing.com	16
Tex Care Partnership	16
Texas 211	6, 11

## U

<p>Texas Abuse Hotline for Dept. of Family &amp; Protective Services 5</p> <p>Texas Challenge Academy 21</p> <p>Texas Children’s Pediatric – Kingsland 17</p> <p>Texas Department of Insurance 17</p> <p>Texas Department of State Health Services 19</p> <p>Texas Health &amp; Human Services Medicaid Line 11</p> <p>Texas Juvenile Crime Prevention-PVAMU 21</p> <p>Texas Missing Persons 6</p> <p>Texas Victim Information &amp; Notification Everyday (VINE) 6</p> <p>Texas Youth Hotline 6</p> <p>The ARC of Harris County 18</p> <p>The Beacon 45</p> <p>The Center for Success &amp; Independence 29</p> <p>The Children’s Assessment Center 4</p> <p>The Council on Recovery 25</p> <p>The Harris Center for Mental Health &amp; IDD 6, 61</p> <p>The Inner Mind 63</p> <p>The Lotus Circle Counseling 68</p> <p>The Montrose Center 37</p> <p>The Olive Tree Counseling and Supervision 66</p> <p>The Parris Foundation 72</p> <p>The Rose-Galleria 16</p> <p>The Semicolon Group 75</p> <p>The Therapy Team 78</p> <p>The Trevor Project 39</p> <p>The Village Life Center-Texas 81</p> <p>Therapy Cypress 77</p> <p>Thomas Counseling Center 78</p> <p>Tomagwa Healthcare Ministries 17</p> <p>Tranquil Hearts Counseling Center 79, 80</p> <p>TRIAD Prevention Program 6</p> <p>Trinity Holistic Wellness Center 17</p> <p>Triplett, Ellyna 1</p> <p>Truitt Schultea, Leslie 67</p> <p>Twichell, Linda 67</p> <p>Two Lives Changed 43</p>	<p>United Way of Greater Houston 6</p> <p>University of Texas Psychiatry Outpatient Clinic 80, 84</p> <p>UT Physicians C.H.O.S.E.N. Clinic 18</p> <p>UT Physicians OB-GYN Clinic 41</p>
<b>V</b>	
	<p>Vargas, Carlos Benjamin 82</p> <p>Victims Assistance Program, Precinct IV 39</p> <p>Vo Counseling &amp; Consulting 81</p> <p>Vo, Hanh 81</p>
<b>W</b>	
	<p>Wallace, Adriana 48</p> <p>Weiss, Ehrin 58</p> <p>West Houston Counseling Center 81</p> <p>West Oaks Hospital 32</p> <p>Westpark Springs Hospital 28, 32</p> <p>Whisenhunt, Amanda 48</p> <p>White, Daniela M. 82</p> <p>Willett, Sandra 75</p> <p>Williams-Riggans, Robin 74</p> <p>Wilson, Faith 58</p> <p>Wine, Amy 49</p> <p>Wines, Lisa A. 66</p> <p>Women, Infants, Children Program (WIC) 44</p> <p>Woodland Springs Hospital 28, 33</p> <p>Woodlands Behavioral Health Clinic 81</p> <p>Work Force Solutions 21</p>
<b>Y</b>	
	<p>Young, Mitchell 83</p> <p>Youngs, Dawn-Petrice 56</p> <p>Your Family Psychiatrist 84</p> <p>Your Mind Your Gym, PLLC 79</p>

**Z**

**Zimmerman, Heidi**

**61**







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