



REFERRAL INFORMATION &
**COMMUNITY
RESOURCE
GUIDE**
2022-2023



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 21st 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

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Cypress-Fairbanks ISD Youth Service Specialists

Ariell Shackelford		281-373-2350
Goodson Middle School	Ault Elementary	
Hamilton Middle School	Keith Elementary	
Black Elementary	Farney Elementary	
Brenda Argueta		281-897-4025
Brittany Zacharie		281-897-4600
Cy Fair High School	Cy Fair High School TP / PP	
Arnold Middle School	Lamkin Elementary	
Adam Elementary	Millsap Elementary	
Carrie Harris		281-463-5400
Langham Creek High School	Langham Creek High School TP / PP	
Kahla Middle School	Holmsley Elementary	
Copeland Elementary		
Chandler French		832-349-7671
Bridgeland High School	Bridgeland High School TP / PP	
Salyards Middle School	Swenke Elementary	
Pope Elementary	Wells Elementary	
Chantal Samson		281-517-2111
Brautigam Center	Brautigam Center TP / PP	
Campbell Middle School	Moore Elementary	
Hamilton Elementary	Danish Elementary	
Darryl Bush		281-213-1988
Cy Ranch High School	Rennell Elementary	
Anthony Middle School	Warner Elementary	
Smith Middle School		
Hilda Bueno		281-856-3800
Cy Lakes High School	Cy Lakes High School TP / PP	
Watkins Middle School	Tipps Elementary	
Lieder Elementary	Wilson Elementary	

Cypress-Fairbanks ISD Youth Service Specialists

Jason Jones Jersey Village Cook Middle School Post Elementary	Gleason Elementary Bang Elementary	713-849-6757
Jessica Bradley Cy Ranch High School TP / PP Metcalf Elementary Woodard Elementary	Aragon Middle School Birkes Elementary Horne Elementary	281-856-5163
Karisman Taylor Cy Creek High School Bleyl Middle School Hancock Elementary	Matzke Elementary Yeager Elementary	281-897-4200
Kelley Rasmussen, MSW, LBSW Cy Woods High School Spillane Middle School Carlton Center	Cy Woods High School TP / PP A. Robison Elementary Sampson Elementary	281-213-1800
Kimberly Hines Cy Park High School Rowe Middle School Thornton Middle School Hemmenway Elementary	Cy Park High School TP / PP M. Robinson Elementary Walker Elementary	346-227-6074
Lilia Ramos Jersey Village TP / PP Dean Middle School Bane Elementary Frazier Elementary	Holbrook Elementary Kirk Elementary Reed Elementary	713-460-6153
Nikki Sample ALC - East Carpenter Center (ABC) Emmott Elementary	Francone Elementary Willbern Elementary	713-897-4174
Olivia McElrath Cy Ridge High School Truitt Middle School Lee Elementary	Cy Ridge High School TP / PP Owens Elementary Hairgrove Elementary	832-807-8000

Cypress-Fairbanks ISD Youth Service Specialists

Samantha Promise

Cy Falls High School
Labay Middle School
Fiest Elementary

281-856-1000

Cy Falls High School TP / PP
Lowery Elementary

Teneisha Green

Cy Springs High School
Hopper Middle School
Andre' Elementary

281-345-3012

Cy Springs High School TP / PP
Duryea Elementary
Postma Elementary

TBD

ALC – West
Emery Elementary
Hoover Elementary

281-955-4996

Jowell Elementary
McFee Elementary
Sheridan Elementary

Emergency Numbers & Referrals

EMERGENCY NUMBER

911

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

National Suicide Prevention Lifeline

1-800-273-8255 (TALK)

24-hours, 7 days / wk

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

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

Texas Youth Hotline
Call **1-800-210-2278**
Text **512-872-5777**
www.dfps.state.tx.us/Youth_Hotline

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

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
- 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
1st and 3rd Sat 9:30a – 12:30p
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
- FEMA Disaster Assistance** 1-800-621-3362
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 <i>9320 Kirby Dr, Houston, TX 77054</i> <i>Financial assistance – food, transportation, and electricity</i> <i>Case management services</i> <i>Must be a resident of Harris County</i> www.gccsa.org	713-393-4700
Harris County Community Services <i>8410 Lantern Point, Houston, TX 77054</i> <i>Assists low to moderate income families</i> <i>in obtaining a house</i> <i>Home repairs for low income seniors</i> <i>(62 & older) & disabled individuals</i> <i>Harris County residents outside city limits</i> <i>of Houston, Pasadena, and</i> <i>Baytown only</i> www.csd.hctx.net	713-578-2000
Harris County Department of Social Services <i>9418 Jenson Dr, Houston, TX 77093</i> <i>Assistance with electric, gas, water utilities,</i> <i>rent, and mortgage</i>	713-696-7900
Katy Christian Assistance Ministries <u>Social Services</u> <i>5504 1st St, Katy, TX 77493</i> <i>Mon – Thu, 9a – 5p</i>	281-391-5261 281-391-9623
<u>Food Pantry</u> <i>5506 1st St, Katy, TX 77493</i> <i>Mon – Thu, 9am – 2pm, Thu 4pm – 7pm</i> <i>Serves: 77084, 77094, 77450, 77494</i> www.ktcm.org	281-391-9623

Basic Needs & Financial Assistance

Lakewood United Methodist Church <i>11330 Louetta Rd, Houston, TX 77070</i> <i>Clothing / food pantry, by appt only</i> <i>Serves: 77040, 77064, 77065, 77066, 77068, 77069,</i> <i>77070, 77375, 77377, 77379, 77389, 77373, 77429</i> www.lakewoodumc.org	281-370-2273
Memorial Assistance Ministries <i>1625 Blalock Rd, Houston, TX 77080</i> <i>Basic needs (no food pantry), employment services</i> <i>Rent & utility assistance by appt only on Tue & Thu</i> <i>Serves: 77040, 77041, 77092 & 15</i> <i>others not in CFISD boundaries</i> www.maministries.org	713-468-4516 713-574-7533
Money Management International <i>12603 SW Frwy., Ste. 450, Stafford, TX 77477</i> www.moneymanagement.org	866-889-9347
Northwest Assistance Ministries <i>15555 Kuykendahl Rd, Houston, TX 77090</i> <u>Financial Assistance Appt Line</u> <u>Children's Clinic (ages 0-18)</u> <u>Interfaith Homeless Network</u> <u>Meals on Wheels</u> <u>Supportive Housing Program</u> <i>Thrift Shops:</i> <i>15702 Bammel Village Dr, Houston, TX 77014</i> www.namonline.org	281-885-4555 281-583-5600 281-885-4630 281-885-4567 281-885-4623 281-885-4531 281-880-9000

Basic Needs & Financial Assistance

Office of the Attorney General	1-800-252-8014
<u>Child Support Division</u>	
<i>P.O. Box 12017, Austin, TX 78711</i>	
www.texasattorneygeneral.gov/child-support	
<u>Acknowledgement of Paternity</u>	1-866-255-2006
<u>Child Support Payment & Case Information</u>	1-800-252-8014
<u>Houston North</u>	713-973-4300
<i>450 N. Sam Houston Pkwy E, Ste 190, Houston, TX 77060</i>	
<u>Norchester Village</u>	1-800-252-8014
<i>13308 Jones Rd, Houston, TX 77070</i>	
<i>Serves: 77065, 77070, 77429</i>	
<u>Houston Northwest</u>	713-974-4876
<i>2110 E Governors Cir, Ste B, Houston, TX 77092</i>	
<i>Serves: 77092</i>	
Operation I. D.	281-833-3500
<i>First Presbyterian Church, 5100 Travis St, Houston, TX 77002</i>	
<i>Tue & Thu 9a – 11:30a</i>	
<i>Must be referred by another agency</i>	
<i>Assist with Texas State IDs & birth certificates</i>	
www.msmlhouston.org	
Salvation Army	713-752-0677
<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 & Angel Tree</i>	
www.salvationarmyhouston.org	
Salvation Army Northwest Corps Community Center / Boys & Girls Club	
<i>12507 Windfern Rd, Houston, TX 77064</i>	832-200-4620
<i>After-school programs (ages 6-18) – Boys & Girls Club</i>	832-200-4620
<i>Summer Camp Program/Cy-Fair ISD</i>	
<i>Spring Break Program</i>	
www.salvationarmyhouston.org	

Basic Needs & Financial Assistance

Social Security Administration

16200 Dillard Dr, Houston, TX 77040

www.socialsecurity.gov

1-800-772-1213

Texas 211

Information & referral services

www.211texas.org

877-541-7905 or 211

Texas Health & Human Services

Medicaid Line

8511 N Rosslyn Rd, Houston, TX 77088

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

TANF / Food stamps / Medicaid / CHIP

Call 211 for location by zip code

www.hhs.texas.gov

1-800-252-8263

713-895-6800

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
- Dispute Resolution Centers** 713-274-7100
49 San Jacinto St, Ste 220, Houston, TX 77002
Free mediation services within Harris County
www.drchouston.org
- Harris County District Attorney's Office** 713-755-5888
Family Criminal Law Division
1310 Prairie St., Houston, TX 77002
Protective orders for matters involving family violence
- 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
- Houston Volunteer Lawyers / Make Justice Happen** 713-228-0735
Client Intake
1111 Bagby, Ste FLB300, Houston, TX 77002
Civil Legal Aid
Free referrals (criminal & traffic matters are not handled)
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 Jeff Williams 703-274-0800
16715 Clay Rd, Ste 4, Houston, TX 77084
www.jp.hctx.net

Legal

Lone Star Legal Aid

1415 Fannin St, Houston, TX 77002

www.lonestarlegal.org

713-652-0077

1-800-733-8394

Office of the Attorney General

1201 Franklin St, Ste 2160, Houston, TX 77002

Crime Victim Services Division

Crime Victim's Compensation

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 to 4p by appointment only
Mental Health Services, Primary Care,
Health Education Classes
Non-insured **only**
www.christclinickaty.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

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

GoodRX

Provides discount coupons & prices for medication
at area pharmacies
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:
P.O. Box 300488, Houston, TX 77230
Download applications online
All health centers accept Medicaid, CHIP, sliding scale
www.harrishealth.org

Medical

- Northwest Health Center** **713-861-3939**
1100 W 34th 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***
- 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
- 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
- Northwest Assistance Ministries** **281-885-4555**
15555 Kuykendahl Rd, Houston, TX 77090
Children’s Clinic (ages 0-18) **281-885-4630**
www.namonline.org
- The Rose-Galleria** **281-484-4708**
5420 W Loop S, Ste 3300, Bellaire, TX 77401
Non-profit breast cancer organization
Provides screening services & support groups,
uninsured programs
Young Women’s Clinic
www.therose.org

Medical

- 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
- 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 1st 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
- Testing.com** 888-665-3488
STD At-home and lab testing information and resources
Please visit the website for more information
contact@testing.com
testing.com
- Tex Care Partnership** 1-800-647-6558
CHIP / Medicaid application center
www.chipmedicaid.org
- Texas Children’s Pediatric – Kingsland** 281-398-7353
21715 Kingsland Blvd, Ste 103, Katy, TX 77450
Well / Sick child services, immunizations
Sports physicals, vision screenings
*By appt **only***
Serving uninsured & under-insured
www.texaschildrenspediatrics.org

Medical

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

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

Disabilities & Chronic Health Services

- ADDA Southern Region** 281-894-4932
Attention deficit disorders & related conditions
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.aogh.org
- C.H.O.S.E.N. Clinic** 888-4UT-DOCS
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 (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
- 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

Disabilities & Chronic Health Services

**Lighthouse Guild: National Association for Parents
of Children with Visual Impairments (NAPVI)** 1-800-284-4422
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

Supplemental Security Income (SSI) 1-800-772-1213
16200 Dillard Dr, Houston, TX 77040
www.ssa.gov

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

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-tx.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.familytimeccc.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
- 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

GED / Vocational Programs

- Lone Star College**
Cy-Fair Campus 281-290-3460
9191 Barker Cypress Rd, Cypress, TX 77433
www.lonestar.edu/ged.htm
- 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
- Texas Challenge Academy** 1-877-822-0050
600 Highway 3013 West, Eagle, TX 77434 979-234-3531
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.texaschallengeacademy.com
- Texas Juvenile Crime Prevention – PVAMU** 936-261-5209
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
- Texas Workforce Solutions / Vocational Rehabilitative Service** 713-267-8550
450 N Sam Houston Pkwy, Ste 220, Houston, TX 77060
Formerly Department of Assistive & Rehabilitative Services
www.dars.state.tx.us
- Work Force Solutions** 1-888-469-5627
Katy 281-644-1030
24025 Kay Freeway, Ste D, Katy, TX 77494
Cypress Station 281-891-2850
70 FM 1960 W, Ste A, Houston, TX 77090
Willowbrook 281-807-9462
17725 Tomball Pkwy., Houston, TX 77064
www.wrksolutions.com

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
- 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
- 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)
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
- Grief Share**
Grief counseling and support groups
Go to website, enter zip code for a list of groups
in you area
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

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

Drug & Alcohol Services

- Al-Anon, Ala-Teen** 713-683-7227
9800 NW Fwy, Ste 201, Houston, TX 77092
www.houstonalanon.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
- 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 to 17 **only**)
Services open to all
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
- Cocaine Anonymous Helpline (CA)** 713-668-6822
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

Drug & Alcohol Services

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

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

Narcotics Anonymous Helpline (NA) Helpline

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

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

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

Symetria Recovery Spring

281-528-4041

635 Rayford Rd, Ste E, Spring, TX 77386

832-225-4203

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

Teen & Family Services

713-464-3950

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

Drug & Alcohol Services

Westpark Springs Hospital

832-501-3383

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

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)

www.woodlandsprings@spsh.com

In-Patient (Hospitalization or Residential) for Mental Health and / or Substance Abuse

- 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, TRICARE
www.tcsi.org
- Cypress Creek Hospital** **281-586-7600**
17750 Cali Dr, Houston, TX 77090
Admissions **281-586-5956**
Adolescents (13 yrs & older), adults,
in-patient & out-patient services
www.cypresscreekhospital.com
- Devereux Texas Treatment Network** **281-335-1000**
1150 Devereux Dr, League City, TX 77573 **1-800-373-0011**
Adolescents & adults
Long-term residential treatment facility
Speaks Spanish
www.devereux.org
- 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
- IntraCare North Hospital** **281-893-7200**
1120 Cypress Station, Houston, TX 77090
Adults, adolescents, children
Medicaid / CHIP accepted
Speaks Spanish
www.intracare.org

In-Patient (Hospitalization or Residential) for Mental Health and / or Substance Abuse

- 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
- Kingwood Pines Hospital** **281-404-1001**
2001 Ladbroke Dr, Kingwood, TX 77339
Children, adolescents, adults, geriatrics
Medicaid / Medicare accepted
www.kingwoodpines.com
- La Hacienda Treatment Center** **1-844-651-1708**
145 La Hacienda Way, 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
- McLean OCD Institute/Houston** **713-526-5055**
Chad Brandt, PhD
708 E 19th 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.houstonocdprogram.org
- Memorial Hermann Prevention & Recovery Center** **832-987-2544**
1-877-464-7272
3043 Gessner Rd, Houston, TX 77080
*Adults **only**, chemical dependency*
*Adolescent program – In-patient chemical
dependency treatment*
Insurance accepted (not Medicaid)
Speaks Spanish
www.mhparc.org

In-Patient (Hospitalization or Residential) for Mental Health and / or Substance Abuse

Menninger Clinic

713-275-5400

12301 Main St, Houston, TX 77035

Admissions

*Treatment for addiction, substance abuse,
and eating disorders*

www.menningerclinic.org

Odyssey House of Cenikor Foundation

1-888-236-4567

5629 Grapevine St, Houston, TX 77085

Adolescents (13 to 17)

Residential treatment, all chemical dependencies

Medicaid, state funded beds for children without insurance

www.freerehabcenters.org or www.cenikor.org

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

Right Step

713-528-3709

902 W Alabama St, Houston, TX 77006

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

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

In-Patient (Hospitalization or Residential) for Mental Health and / or Substance Abuse

Westpark Springs Hospital

832-501-3383

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

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)*

www.woodlandsprings@spsph.com

Other Support Services

- AIDS Foundation Houston, Inc.** 713-623-6796
6260 Westpark Dr, Ste 100, Houston, TX 77057
Free testing; education and outreach services
www.aidshelp.org
- Allconnect** 877-396-0170
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
- American Foundation for Suicide Prevention** 281-757-1394
Provides suicide prevention programs within
Southeast Texas
www.Chazim@afsp.org
afsp.org/southeasttexas
- Ascent Psychotherapy Center** 281-393-9695
Valerie Kuykendall-Rogers, MA, LPC-S 877-393-9695
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
- Attention Deficit Disorders Association (ADDA)** 281-894-4932
9597 Jones Rd, Ste 334, Houston, TX 77065
ADD information
Referral & support
www.adda-sr.org
- Big Brothers & Big Sisters of Greater Houston** 888-887-2447
1003 Washington Ave, Houston, TX 77002
www.bbbstx.org/houston

Other Support Services

Brenda and John Duncan Family YMCA 713-467-9622
10655 Clay Rd, Houston, TX 77041
www.ymcahouston.org/locations/brenda-and-john-duncan-ymca

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
talking_cure@yahoo.com or <https://candisfirchau.com>*

Catholic Charities (counseling services) 713-874-6602
*Services provided for anxiety, behavioral issues, grief,
trauma, marriage, family, separation, divorce and
caregiver support for mentally ill/physically
challenged loved ones
Accepts some insurance and sliding scale
Call to schedule an appointment for any of the locations listed below*

Family Counseling/Locations 713-874-6502
Moran Health Center
2615 Fannin St, Houston, TX 77002

St. John Vianney Catholic Community
625 Nottingham Oaks Trl, Houston, TX 77079

St. Ignatius Loyola Catholic Church
7810 Cypresswood Dr, Spring, TX 77379

Christ the Good Shephard Catholic Church
18511 Klein Church Rd, Spring, TX 77379

Prince of Peace Catholic Community
19222 Tomball Parkway, Houston, TX 77070
www.catholiccharities.org/our-services/strengthening-families/counseling-services

Other Support Services

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

Collaborative for Children 713-600-1234
1111 N Loop W, Ste 600, Houston, TX 77008
Child care referral services & parent information line
www.collabforchildren.org
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

Family Time Crisis & Counseling Center 281-446-2615
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

Gamblers Anonymous
Houston Hotline 855-442-7105
National Hotline 855-222-5542
www.texasga.org
www.gamblersanonymous.org

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.greaterhoustoncounselingservices.com

Other Support Services

- Langham Creek Family YMCA** 281-859-6143
16725 Longenbaugh Dr, Houston, TX 77095
www.ymcahouston.org/langham-creek
- 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
- MedCare Pediatric Rehab Center**
Stafford Clinic 713-995-9292
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
- Mental Health America of Greater Houston** 713-523-8963
2211 Norfolk St, Ste 810, Houston, TX 77098
Advocacy, education
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
- 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

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
- MyHealth Teams**
Self-help social network system for 41 different chronic
conditions
Log onto the website for more information on how to
connect with a social network
www.Myhealthteams.com
- National Alliance on Mental Health of Greater Houston** 713-970-4419
9401 SW Fwy, Ste 1234, Houston, TX 77074
NAMI strives to offer hope, reform, and resources
to our Houston community through support, education,
and advocacy efforts
Hours: Mon – Fri, 9:00a – 4:00p
www.namigreaterhouston.org
- Overeaters Anonymous** 713-973-6633
5645 Hillcroft St. Houston, TX 77036
www.oahouston.org
- Parents, Families, and Friends of Lesbians & Gays (PFLAG)** 713-467-3524
Support & education for family & friends of
LGBT individuals
2nd Sunday at St. Paul United Methodist Church at 2pm
Monthly meetings available
www.pflaghouston.org
- Survivors of Incest Anonymous**
Self-help group for adult survivors of childhood
sexual abuse
Log into website for support group information/location
www.siaawso.org

Other Support Services

The Trevor Project

866-488-7386

*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

Victims Assistance Program, Precinct IV

832-927-6205

6831 Cypresswood Dr, Spring, TX 77379

Non-Emergency (M-F)

281-376-3472

Emergency (Dispatch)

281-376-3472

Pregnancy / Gynecological Services

Alternatives in Motion

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

281-821-6508

800-776-6508

Baylor Teen Health Clinic

Open Mon – Th

Primary, reproductive, preventive, and comprehensive medical care

Case management services

(females: ages 14 to 24, males: 14 to 24)

metropolitan area; reproductive care & preventative medical services

To find a clinic location go to:

www.bcm.edu/healthcare/care-centers/teen-health-clinic

Speaks Spanish

Care Net Pregnancy Center of NW Houston

14530 Wunderlich Dr, Houston, TX 77069

12311 Queenston Blvd, Houston, TX 77095

All services are free

Pregnancy testing, free ultrasounds, 23 lifeskills classes, consultation & counseling

Comprehensive support & referral services

Speaks Spanish

www.houstonpregnancy.com

281-444-8554

832-653-6494

Catholic Charities

2900 Louisiana St, Houston, TX 77006

Up to age 25, quarterly support groups

In-home case management program & educational curriculum

All services are free

Speaks Spanish

www.catholiccharities.org

713-526-4611

713-874-6666

Pregnancy / Gynecological Services

DePelchin Birth Mother Program

Emergency 24-Hour Maternity Line

713-582-7129

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

www.depelchin.org

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*

www.providentliving.churchofjesuschrist.org

Gladney Center for Adoption

1-800-452-3639

Central Office & Maternity Home (Ft Worth, TX)

Kathy Suchon, LPC, Local Caseworker

817-313-1367

Adoption programs with post adoption services

Speaks Spanish

www.adoptionsbygladney.com

Harris County Public Health & Humble Clinic

Humble Clinic

281-446-4222

1730 Humble Plaza Dr, Humble, TX 77388

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

Medicaid accepted; \$8 per visit for adults

Appointment required

Speaks Spanish

www.hcphe.org

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

March of Dimes

Healthy Baby Hotline

713-623-2020

Pregnancy & Newborn Health Education Center

888-663-4637

Speaks Spanish

www.marchofdimes.org

Medicaid / CHIP Application

877-541-7905 or 211

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

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

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
- Presbyterian Children's Homes & Services** 512-212-5700
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
- 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
- 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
- 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

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

www.hcphe.org/services-programs/services/WIC

Shelters & Housing

- The Beacon** 713-220-9737
1212 Prairie St. Houston, TX 77002
Homeless shelter & supportive housing
www.beaconhomeless.org
- Coalition for the Homeless** 713-739-7514
2000 Crawford St, Ste 700, Houston, TX 77002
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
- Houston Housing Authority** 713-260-0600
2640 Fountainview Dr. Houston, TX 77057
Low rent public housing, housing choice voucher
www.housingforhouston.com
- Northwest Assistance Ministries** 281-585-5600
Housing Department 281-885-4531
15555 Kuykendahl Rd, Houston, TX 77090
Supportive housing program; various social services
<https://www.namonline.org>

Shelters & Housing

Project Joy & Hope

3207 Tulip St, Pasadena, TX 77504

P.O. Box 5111, Pasadena, TX 77508

24-hour parent support line

*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

713-944-6569

866-569-4673 (JOY-HOPE)

713-851-9792

Salvation Army

1603 McGowen St, Houston, TX 77004

Family Residence

Social Services

Serves all families except couples & single women

www.salvationarmyhouston.org

713-650-0133

713-650-6530

713-658-9205

Shelters for Children/Youth

Boys & Girls Country

18806 Roberts Rd, Hockley, TX 77447

A home for children ages 5 & up

www.boysandgirlscountry.org

281-351-4976

Covenant House

1111 Lovett Blvd, Houston, TX 77006

Shelter for homeless youth (18 to 24)

www.covenanthousetx.org

713-523-2231

Kinder Emergency Shelter

Harris County Children's Protective Services

6300 Chimney Rock Rd, Houston, TX 77081

Voluntary 30-day emergency shelter

Parent involvement required

832-927-6380

713-295-2500

Therapists, Counselors, and Psychologists

- Alicia Snow, PhD** 713-240-8609
502 Mason St, Tomball, TX 7737
Clinical psychologist offering Christian counseling, depression, anxiety, medical issues, grief, and Asperger
Self-pay
www.aliciasnow.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
- 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
- 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.newhcounseling.com
- 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

Therapists, Counselors, and Psychologists

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.amywinecounseling.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

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@seedsofhoptx.com

seedsofhoptx.com

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

MG@lifecyclescounseling.com

Therapists, Counselors, and Psychologists

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

BALEV Counseling & Wellness

832-402-9893

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

Bilingual Psychologists

713-939-1229

Jorge Carrillo, PhD, LSSP, RSOTP

5246 Dow Rd, Houston, TX 77040

Servicing 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.houstonpsychologicalassociates.com

www.houstonautismcenter.com

Therapists, Counselors, and Psychologists

- 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
help@jenniferaune.com
www.jenniferaune.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
www.candicegmoore.com
cgm@candicegmoore.com
- 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
- Catherine King, LMFT, LPCS** 832-740-2974
7825 Hwy 6 N, Ste 102-C, Houston, TX 77095 832-610-3716
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

Therapists, Counselors, and Psychologists

Catholic Charities Department of the Archdiocese of Galveston - 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

Center for Creative Resources 713-461-7599
816 Hawthorne St, Houston, TX 77006
Family & individual counseling
Medicaid, CHIP, insurance, and sliding scale accepted
www.therapyhouston.org

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

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

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

281-660-0327

Covenant Healing, LLC

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

www.CovenantHealingLLC@gmail.com

346-230-7007

Cy-Hope Counseling Center

12715 Telge Rd, Cypress, TX 77429

Children, adolescents, adults, groups

Marriage & evaluation services

Self-pay & sliding scale

www.frontdesk@cy-hopecounseling.org

713-466-1360

Cypress Counseling and Psychotherapy

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

281-837-6912

Therapists, Counselors, and Psychologists

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, Tri-Health, United Health/Optium,
Concern Health-EAP, Anthem Healthcare*

Spanish, Hindi, and Turkish

Info@HoustonLPC.com

www.martincounseling.com

Dawn-Petrice Youngs, LPC

281-315-0386

Youngs Counseling, PLLC and Neurofeedback of Cypress, LLC

16341 Mueschke Rd. Suite 105 Cypress, TX 77433

*Individuals (12 yrs & older), couples, and families
Anxiety, depression, academic stress, divorce, grief,
and life transitions*

Insurance (Blue Cross Blue Shield, AETNA) & self-pay

Free one-time consultation available

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

therapist@youngscounseling.com

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

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

Therapists, Counselors, and Psychologists

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

www.eddinscounseling.com

Edmund Guilfoyle, PhD

281-955-6655

8203 Willow Place Dr S, Ste 150, Houston, TX 77070

Adolescents, adults, families

Psychological assessments, ADHD, testing

Sliding scale / some private insurance accepted,

Medicare accepted

Ehrin Weiss, PhD

713-636-5371

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

Elizabeth Pennington, MA, LPC, RPT

409-292-9172

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

Therapists, Counselors, and Psychologists

- 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 Sheield, Cigna, Tricare, UnitedHealthcare
Sliding scale
Weekends/Evenings
www.mtspringscounseling.com
- 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
- 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.familyalliancenetork.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
www.familyhouston.org

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

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

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

Gurpreet Singh **832-756-2749**

Spencer and Associates Therapeutic and Alliance

13715 Office Park Dr., Houston, TX 77070

Ages 3 and up

Play therapy, family, individual therapy, depression, and bereavement

Private insurance, Medicaid/CHIP, and Sliding scale

www.spencertherapies.com

Therapists, Counselors, and Psychologists

- The Harris Center for Mental Health & IDD** 713-970-7000
Call for location and intake
Medicaid & CHIP accepted, sliding scale
www.mhmrharris.org
- 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
- 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
Traditional Medicaid, private insurance,
sliding scale, and self-pay
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

Therapists, Counselors, and Psychologists

- Houston Galveston Institute** 713-526-8390
2990 Richmond Ave, Ste 530, Houston, TX 77098
Family & individual therapy
Sliding scale
Speaks Spanish
www.talkhgi.org
- 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
info@theinnermind.org
- Janet Adams, MS, LMFT, LPC** 281-772-4562
11107 McCracken Cir, Unit D, Cypress, TX 77429
Adolescents, couples, and families
Self-harm, brain injuries, depression, grief and anxiety
Private pay; Blue Cross Blue Shield & Cigna;
evening & Sat appts available
Speaks Spanish
www.janetadams counseling.com
- 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
- Jennifer Doyle, MS, LPC, LCDC** 832-589-5735
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.BridgesCounselingCenter.org

www.JenniferNicholasCounseling.com

Julie Burden, M.Ed, LPC, RPT

281-304-1677

17510 Huffmeister Rd, Ste 104, Cypress, TX 77429

Adults, adolescents, and children

Parenting, marriage & family counseling, ADHD

www.heartfilledjourneys.com

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

Kelly Smith

832-428-6253

Equine Assisted Psychotherapy

12007 West Morgan Dr, Houston, TX 77065

*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

Therapists, Counselors, and Psychologists

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

www.kendredwellnesscenter.org

Kinghaven Counseling Group

713-457-4372

Houston office: 6315 Gulfton 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 abuse counseling, intensive outpatient,

recovery coach and parenting group

Medicaid, Medicare, private insurance

www.kinghavencounseling.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

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
- 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
- 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
- The Lotus Circle Counseling, PLLC** 346-444-0706
Jackeline Hurtado, LPC-S
15840 FM 529, Ste 212, 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

Therapists, Counselors, and Psychologists

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

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

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

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

Therapists, Counselors, and Psychologists

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

www.mary.elijah@sbcglobal.net

Mary Engle, MA, LPC

281-398-2509

5502 5th 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

Mental Wellness Services

281-447-9355

Rosell Jenkins, PhD

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

Individuals, couples, families, group

Women's issues, relationship issues,

depression & anxiety, grief/loss,

substance abuse, psych testing

CHIP, Medicaid, private insurance

(Blue Cross Blue Shield, UnitedHealthcare)

AETNA & Cigna: out of network

www.mwsolutionspc.com

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

Therapists, Counselors, and Psychologists

- 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
- 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
- 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
- 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

Therapists, Counselors, and Psychologists

- New Dimensions Treatment Center** 831-381-6799
Rebecca Rucker, MA, LPC-S, LMFT
*Intensive and partial hospitalization treatment
for mental health and substance abuse
Serving ages 13 and up
Aetna, Blue Cross / Blue Shield, Cigna, Humana,
United Healthcare, Magellan, Beacon Health
Options*
www.nddtreatment.com
- 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
- 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
- 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/>

Therapists, Counselors, and Psychologists

- 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.paulishia.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
- 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
- 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
- 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

Therapists, Counselors, and Psychologists

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

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

www.semicolongroup.com

Shield-Bearer Counseling Centers

281-894-7222

12237 Jones Rd, Ste 114, Cypress, TX 77070

Individual therapy, couples and family

Services addressing stress, anxiety,

depression, trauma including crime, human trafficking

and natural disasters. Support group for depression,

addiction, anger management, self-injury,

parenting and more

Tele-therapy available

Private insurance / no walk-ins

Speaks Spanish

www.shieldbearer.org

Social Motion Skills

713-461-7200

10694 Haddington Dr, Ste G, Houston, TX 77043

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>

www.facebook.com/SocialMotionsSkills/

Therapists, Counselors, and Psychologists

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

STAR Program

713-664-3459

DePelchin Children's Center

4950 Memorial Dr, Houston, TX 77007

Services for at-risk youth (under 18) & their family

Counseling, parenting support,

and child abuse prevention

Services are free

Speaks Spanish

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

Thomas Counseling Center

832-287-3422

12242 Quenston Blvd., Ste H, Houston, TX 77095

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/>

Therapists, Counselors, and Psychologists

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: Children (6 – 10), 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: tdcservices@tenderdevotions.com

tenderdevotions.com

Tiffany Priska, MA, LPC-S

281-205-7997

Cypress Therapy and Counseling

17774 Cypress Rosehill Rd, #400, Cypress, TX 77429

Mood disorders, marriage & family counseling, postpartum, and self injury

Saturdays available by appointment

www.serenitycypress.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

www.ccctherapy.com

Therapists, Counselors, and Psychologists

Tranquil Hearts Counseling Center

17920 Huffmeister Rd, Ste 250, 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

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.

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

Therapists, Counselors, and Psychologists

- 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
- 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
- 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
- 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/>

Therapists, Counselors, and Psychologists

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

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.synerqiquehealing.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
Lifestance.com
www.danielawhite-md.com
- 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
- 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
- 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
www.mhmrharris.org/neuro-psychiatric-center.asp

Psychiatrists

- Houston Adult Psychiatry** 832-384-1560
2180 N Loop W, Ste 450, Houston, TX 77018
18 & older
Insurance
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
- 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

- Tarnow Center for Self-Management** 713-621-9515
1001 W Loop S, Ste 215 Houston, TX 77027
Children (ages 7 and up), and adults
Self-pay
www.tarnowcenter.com
- University of Texas Psychiatry Out-Patient Clinic** 713-486-2700
1941 E Rd, Ste 2100, Houston, TX 77054
Child & adolescent clinic
Psychiatric services available
Medicaid, insurance accepted
- Your Family Psychiatrist** 281-849-4080
Jared Heathman, MD
12247 Queenston Blvd, Ste D, Houston, TX 77095
Provides in-patient and out-patient treatment,
on-line psychiatrist and in-person services
Hours: Mon – Th 8:00a – 6:00p, and
Fri 8:00a to 12:00p
Self-pay
www.yourfamilypsychiatrist.com

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