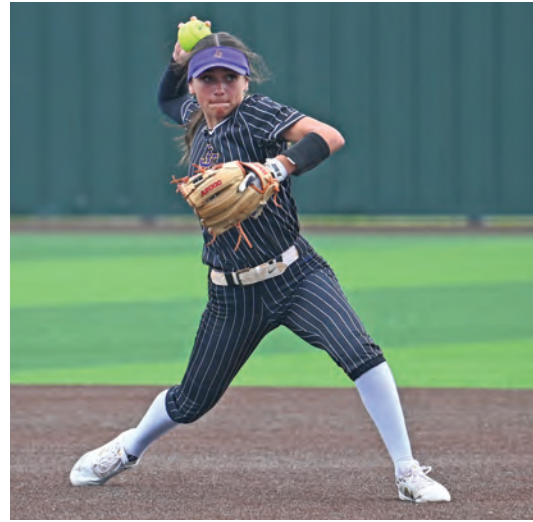




# REFERRAL INFORMATION & COMMUNITY RESOURCE GUIDE

2024-2025



# **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.*

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.



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

# COMMUNITY RESOURCES AND REFERRAL INFORMATION

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# Cypress-Fairbanks ISD Youth Service Specialists

## **Ariell Shackelford**

**281-371-2350**

Adam Elementary School  
Farney Elementary School  
Arnold Middle School  
Cy-Fair High School

Black Elementary School  
Goodson Middle School  
Cy-Creek High School TP/PP  
Cy-Fair High School TP/PP

## **Britney Brown**

**281-807-8000**

Horne Elementary School  
Kirk Elementary School  
Truitt Middle School  
Cy-Ridge High School TP/PP

Hairgrove Elementary School  
Lee Elementary School  
Cy-Ridge High School

## **Carrie Harris**

**281-463-5400**

Copeland Elementary School  
Metcalf Elementary School  
Kahla Middle School  
Langham Creek High School TP/PP

Holmsley Elementary School  
Aragon Middle School  
Langham Creek High School

## **Jason Jones**

**281-213-1773**

DigiSafe Coordinator

## **Joshua Bibbs**

**281-373-2300**

Danish Elementary School  
Warner Elementary School  
Anthony Middle School  
Cy-Ranch High School

Rennell Elementary School  
Woodard Elementary School  
Smith Middle School

## **Karisman Taylor**

**281-897-4200**

Hamilton Elementary School  
Matzke Elementary School  
Yeager Elementary School  
Hamilton Middle School

Hancock Elementary School  
Moore Elementary  
Bleyl Middle School  
Cy-Creek High School

# Cypress-Fairbanks ISD Youth Service Specialists

## **Kelley Rasmussen**

**281-213-1800**

A. Robison Elementary School  
Keith Elementary School  
Spillane Middle School  
Cy-Woods High School

Ault Elementary School  
Sampson Elementary School  
Carlton Center  
Cy-Woods High School TP/PP

## **Kimberly Hines**

**346-227-6074**

Andre' Elementary School  
Walker Elementary School  
Rowe Middle School  
Cy-Park High School TP/PP

M. Robinson Elementary School  
Thornton Middle School  
Cy-Park High School

## **LaShawn Hye**

**713-896-3400**

Bang Elementary School  
Gleason Elementary School  
Reed Elementary School  
Jersey Village High School

Frazier Elementary  
Post Elementary  
Cook Middle School

## **Lilia Ramos Rodriguez**

**713-460-6153**

Bane Elementary School  
Campbell Middle School  
Brautigam Center

Holbrook Elementary School  
Dean Middle School

## **Meisha Harris**

**281-955-4996**

Brosnahan Elementary School  
Hoover Elementary School  
McFee Elementary School  
ALC – West

Emery Elementary School  
Jowell Elementary School  
Sheridan Elementary School  
Cy-Ranch High School TP/PP

## **Nikki Sample**

**281-897-4199**

Emmott Elementary School  
Millsap Elementary School  
Willbern Elementary School  
ALC – East

Francone Elementary School  
Lamkin Elementary School  
Jersey Village High School TP/PP  
Carpenter Center

# Cypress-Fairbanks ISD Youth Service Specialists

## **Samantha Checotah**

**281-856-1000**

Birkes Elementary School  
Lowery Elementary School  
Labay Middle School  
Cy-Falls High School TP/PP

Fiest Elementary School  
Owens Elementary School  
Cy-Falls High School

## **Timira Maxwell**

**281-345-3012**

Byrd Elementary School  
Hemmenway Elementary School  
Postma Elementary School  
Cy-Springs High School TP/PP

Duryea Elementary School  
Hopper Middle School  
Cy-Springs High School

## **Yessenia Miza**

**281-856-3800**

Lieder Elementary School  
Wilson Elementary School  
Cy-Lakes High School

Tipps Elementary School  
Watkins Middle School  
Cy-Lakes High School TP/PP

## **Vacant**

**832-349-7671**

McGown Elementary School  
Salyards Middle School  
Swenke Elementary School  
Bridgeland High School

Pope Elementary School  
Sprague Middle School  
Wells Elementary School  
Bridgeland High School TP/PP

# Emergency Numbers & Referrals

## EMERGENCY NUMBER

911

### 988 Suicide & Crisis Lifeline

800-273-8255

Text Line

“TALK” to 741741

### Ben Taub Psychiatric Center

713-873-5130

*1502 Taub Loop, Houston, TX 77030*

### Childfind of America

1-800-426-5678

*Runaways & child abduction*

*Parenting conflict-Parent Help Program*

1-800-716-3468

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

### The Children’s Assessment Center

713-986-3300

*2500 Bolsover St, Houston, TX 77005*

*Assessment & counseling services for children*

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

### Cypress-Fairbanks ISD Police Department

281-897-4337

*24-hours, 7 days / week*

### Harris County Community Youth Service Center

713-295-2500

*24-hour telephone intake*

*Referral for community youth services*

### Harris County Constable Precinct 4

Administrative Office

832-927-6205

24-Hour Emergency Dispatch

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

# Emergency Numbers & Referrals

**Harris County Protective Services for Children & Adults** 713-394-4000

2525 Murworth Dr, Houston, TX 77054

Local Agency.

## Harris County Sheriff's Department

Child Abuse Unit 713-830-3250

Missing Persons & Runaways 713-221-6000

Non-Emergency Number 713-221-6000

## Houston Area Women's Center (HAWC)

Domestic Violence Hotline 713-528-2121

Sexual Assault Hotline 713-528-7273

*Includes shelter & counseling for battered women.*

## Houston Police Department

Juvenile Intake 832-394-1875

Patrol Station – Northbelt 832-394-4900

Patrol Station – Northwest 832-394-5500

Non-Emergency Dispatch 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



## Emergency Numbers & Referrals

**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)

**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  
<https://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** 877-541-7905 or 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  
[www.211texas.org](http://www.211texas.org)*

**United Way of Greater Houston** 713-685-2300

*50 Waugh Dr, Houston, TX 77007*

Information & Referral 713-957-4357 (HELP) or 211  
[www.unitedwayhouston.org](http://www.unitedwayhouston.org)

## Basic Needs & Financial Assistance

- Catholic Charities - Archdiocese of Galveston Houston** 713-526-4611  
*2900 Louisiana St, Houston, TX 77006*  
*Assist with basic needs, counseling assistance, and disaster recovery.*  
*Pregnancy and parenting services.*  
*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*  
*1st and 3rd 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)
- Catholic Charities - Archdiocese of Galveston-Houston** 713-526-4611  
**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.*
- FEMA Disaster Assistance** 1-800-621-3362  
[www.fema.gov](http://www.fema.gov)

## 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 Head-start 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 home.*

*Home repairs for low-income seniors (62 & older, and disabled individuals.*

*Harris County residents outside city limits of Houston, Pasadena, & Baytown.*

[www.csd.harriscountytexas.gov](http://www.csd.harriscountytexas.gov)

### **Katy Christian Assistance Ministries**

**281-391-5261**

#### Social Services

**281-391-9623**

*3506 Porter Rd., Katy, TX 77493*

#### Food Pantry

**281-391-9623**

*5506 1st St, Katy, TX 77493*

*Serves: All Katy ISD and Fort Bend residents*

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

### **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)

# Basic Needs & Financial Assistance

**Main Street Ministries - Operation I.D.** 281-833-3508

*First Presbyterian Church - 5100 Travis St, Houston, TX 77002*

*Must be referred by another agency.*

*Assist with Texas State IDs & birth certificates.*

[www.msmhouston.org/operation-id](http://www.msmhouston.org/operation-id)

**Memorial Assistance Ministries** 713-574-7536

*1625 Blalock Rd, Houston, TX 77080*

713-574-7533

*Basic needs (no food pantry), employment services.*

*Free individual tax preparation during tax season.*

*Rent & utility assistance by appt **only** on Tue & Thu*

*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*

[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 Assistance

281-885-4595

NAM Resale Store

281-880-9000

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

**Office of the Attorney General** 1-800-252-8014

*Child Support Division*

*P.O. Box 12017, Austin, TX 78711*

[www.texasattorneygeneral.gov/child-support](http://www.texasattorneygeneral.gov/child-support)

Acknowledgment of Paternity

1-866-255-2006

Child Support Payment & Case Information

1-800-252-8014

Medical Support Unit - P.O. Box 1328, Austin, TX 78762

1-800-522-2421

Houston - 6161 Savoy Dr., Ste. 400, Houston, TX 77036

713-974-4876

## Basic Needs & Financial Assistance

### Salvation Army

713-752-0677

*1500 Austin St, Houston, TX 77002*

*Serves all Harris County zip codes.*

*Rent, mortgage, food, clothing, water bill, furniture.*

*Christmas assistance with Toys for Tots & Angel Tree.*

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

### Boys & Girls Club Northwest

832-200-4620

*12507 Windfern Rd, Houston, TX 77064*

*After-school programs (ages 6-18) – Boys & Girls Club*

*Summer Camp Program / Cy-Fair ISD, Spring Break Program.*

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

### Social Security Administration

1-800-772-1213

*16200 Dillard Dr, Houston, TX 77040*

[www.socialsecurity.gov](http://www.socialsecurity.gov)

### Texas 211

877-541-7905 or 211

*Information & referral services*

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

### Texas Health & Human Services

1-800-252-8263

#### Medicaid Line

713-895-6800

*8511 N Rosslyn Rd, Houston, TX 77088*

#### Medical Management

1-800-964-2777

*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)

[www.yourtexas.benefits.com](http://www.yourtexas.benefits.com)

## Legal

**Catholic Charities - Archdiocese of Galveston-Houston** **713-526-4611**

*2900 Louisiana St, Houston, TX 77006*

*600 Bering Dr., Houston, TX 77057 – Refugee Resettlement*

*Provide immigration legal assistance, refugee services, crime victims' assistance, international foster home services for refugees, and unaccompanied minor immigrant services.*

[Immigrant Legal Assistance](#)

**713-595-4100**

[Refugee Services](#)

**713-874-6516**

[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**

**713-274-5800**

[Domestic Violence Division](#)

*1201 Franklin, 2nd Floor, Houston, TX 77002*

*Protective orders for matters involving family violence and resources.*

[www.harriscountytexas.com/domestic\\_violence](http://www.harriscountytexas.com/domestic_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](http://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](http://www.makejusticehappen.org)

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

# Legal

## 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)

## Lone Star Legal Aid

**713-652-0077**  
*500 Jefferson St, 1st Floor, Houston, TX 77002* **1-800-733-8394**  
*Offers legal assistance at sliding scale rate.*  
[www.lonestarlegal.org](http://www.lonestarlegal.org)

## Office of the Attorney General

*808 Travis St, Houston, TX 77002* **1-800-983-9933**  
Crime Victim Services Division **713-278-5800**  
*Crime Victim's Compensation – Texas*  
*P.O.Box 12198, Austin TX 78711*  
[www.texasattorneygeneral.gov](http://www.texasattorneygeneral.gov)  
[www.oag.state.tx.us](http://www.oag.state.tx.us)

# Medical

**Christ Clinic** **281-391-0190**

25722 Kingsland Blvd, Ste 101, Katy, TX 77494  
Mental health services, primary care, health education classes.  
By appointment only; 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**

9894 Bissonnet St., Ste. 900, Houston, TX 77036  
Application assistance: Gold Card, Medicaid, CHIP, food stamps, food pantry, dental services.  
Medical Screenings: blood pressure, glucose, and sugar.  
**Speaks Spanish**  
[www.echosHouston.org](http://www.echosHouston.org)

**GoodRx**

Provides discount coupons & prices for medication at area pharmacies.  
[www.goodrx.com](http://www.goodrx.com)

**Harris Health** **713-634-1000**

Eligibility Information Line **713-566-6509**  
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 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***

**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.*

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

**Needy Meds**

**1-800-503-6897**

*Web based information source on medical assistance programs.*

*Also provides discounts on medical equipment.*

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

**Night Light Pediatric Urgent Care**

**713-957-2020**

*19708 NW Fwy, Ste 500, Houston TX 77065*

*Pediatric services (newborn to 21 yrs.)*

*Accepts insurance (fee without insurance \$150)*

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

# Medical

## **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**

*Ages 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** non-insured families accepted.*

**Speaks Spanish**

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

## **Spring Branch Community Health Center**

Pitner - 8575 Pitner Rd, Houston, TX 77080

**713-462-6545**

Hillendahl - 1615 Hillendahl Blvd, Ste 100, Houston, TX 77055

**713-462-6565**

Katy - 5502 1st Street, Katy, TX 77493

**713-231-5757**

Cy-Fair - 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)

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

# Medical

## Texas Children's Pediatrics

Kingsland - 21715 Kingsland Blvd., Ste. 103, Katy, TX 77450 **281-398-7353**

Spring Branch - 1455 Wirt Rd., Houston, TX 77055 **713-468-4071**

Ashford - 14730 Barryknoll Ln., Houston, TX 77079 **281-496-9700**

Cypress - 13203 Fry Rd., Ste. 600, Cypress, TX 77433 **281-304-5559**

Lakewood - 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.*

[www.tdi.texas.gov](http://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, and neurofeedback therapy.*

*Self-pay.*

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

# Disabilities & Chronic Health Services

- Attention Deficit Disorders Association (ADDA)  
Southern Region** **281-894-4932**  
*9597 Jones Rd, Ste 334, Houston, TX 77065*  
*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.aohg.org](http://www.aohg.org)
- DebLin Health Concepts** **713-686-9194**  
*1214 North Post Oak Rd., Ste 100, Houston, TX 77055*  
**24 Hour Crisis Support Line** **713-398-7082**  
*Case management for chronic persistent mental illness*  
*Medicaid, private insurance, sliding scale, self-pay.*  
[www.deblincares.com](http://www.deblincares.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)
- Lighthouse Guild** **1-800-284-4422**  
[www.lighthouseguild.org](http://www.lighthouseguild.org)

# Disabilities & Chronic Health Services

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

**Texas Health & Human Services Commission** **281-597-5204**  
*2135 Hwy 6, Ste 100, Houston, TX 77077*  
*Call 211 for location of nearest office.*  
*Medicaid Application*  
[www.yourtexasbenefits.com](http://www.yourtexasbenefits.com)

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

**UT Physicians CHOSeN Clinic** **713-500-5656**  
*6410 Fannin St, Ste 500, Houston, TX 77030* **832-325-7111**  
*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/chosen](http://www.utphysicians.com/chosen)

## Domestic Violence Shelters & Services

<b>Aid to Victims of Domestic Abuse (AVDA)</b>	<b>713-224-9911</b>
<i>1001 Texas Ave, Ste 600, Houston, TX 77002</i>	
<i>Teen &amp; adults; Battery intervention &amp; prevention program</i>	
<i>Legal representation for victims of domestic abuse</i>	
<i>Speaks Spanish</i>	
<a href="http://www.avda-tx.org">www.avda-tx.org</a>	
<b>Family Time Crisis &amp; Counseling Center</b>	<b>346-220-8205</b>
<i>1203 S Houston Ave, Humble, TX 77338</i>	
<u>24/7 Hotline</u>	<b>281-446-2615</b>
<i>Battered woman's shelter.</i>	
<i>Legal advocacy, counseling services, thrift shop.</i>	
<i>Case management, support groups.</i>	
<i>Free services to victims.</i>	
<i>Sliding scale counseling for non-victims.</i>	
<b>Speaks Spanish</b>	
<a href="http://www.familytimeccc.org">www.familytimeccc.org</a>	
<b>Houston Area Women's Center (HAWC)</b>	<b>713-528-6798</b>
<i>1010 Waugh Dr, Houston, TX 77019</i>	
<u>Emergency Shelter &amp; Domestic Violence Hotline</u>	<b>713-528-2121</b>
<u>Rape Crisis Number</u>	<b>713-528-7273</b>
<i>Crisis counseling, support groups, individual counseling</i>	
<i>services for individuals with disabilities, children's court</i>	
<i>services, community education.</i>	
<b>Speaks Spanish</b>	
<a href="http://www.hawc.org">www.hawc.org</a>	
<b>Northwest Assistance Ministries - Family Violence Center</b>	<b>281-885-4555</b>
<u>24 Hour Family Violence Hotline</u>	<b>281-885-4673</b>
<i>15555 Kuykendahl Rd, Houston, TX 77090</i>	
<i>Case management services, therapy for women &amp; children.</i>	
<i>Resale Shop.</i>	
<b>Speaks Spanish</b>	
<a href="http://www.namonline.org">www.namonline.org</a>	

## GED / Vocational Programs

- Harris County Department of Education** 713-694-6300  
*6515 Irvington Blvd., Houston, TX 77022*  
[www.hcde-texas.org](http://www.hcde-texas.org)  
**Adult Education** 713-692-6216  
*ESL classes, GED prep classes, certification programs.*  
[www.hcde-texas.org/adult-education](http://www.hcde-texas.org/adult-education)
- Lone Star College**  
**Cy-Fair Campus - 9191 Barker Cypress Rd, Cypress, TX 77433** 281-290-3200  
[www.lonestar.edu/ged.htm](http://www.lonestar.edu/ged.htm)
- Northwest Assistance Ministries – Educational Programs** 281-885-4523  
*15555 Kuykendahl Rd, Houston, TX 77090*  
*Free adult education, ESL, and job training.*  
[www.namonline.org](http://www.namonline.org)
- 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](http://www.pvamu.edu)
- Texas Military Department - Texas Challenge Academy** 1-877-822-0050  
*600 Highway 3013 West, Eagle Lake, TX 77434*  
**Admissions & Recruitment** 409-939-3772  
*Ages 16 to 18; Voluntary accredited high school program for those at risk of dropping out or have already done so.*  
*Recover credits, earn GED, or high school diploma.*  
[www.tmd.texas.gov/texas-challenge-academy](http://www.tmd.texas.gov/texas-challenge-academy)
- Work Force Solutions** 1-888-469-5627  
**Katy - 24025 Katy Freeway, Ste D, Katy, TX 77494** 281-644-1030  
**Cypress Station - 70 FM 1960 W, Ste A, Houston, TX 77090** 281-891-2850  
**Willowbrook - 17725 Tomball Pkwy., Houston, TX 77064** 281-807-9462  
[www.wrksolutions.com](http://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](http://www.3abereavement.org)
- Bo's Place** **713-942-8339**  
*10050 Buffalo Spdwy, Houston, TX 77054*  
*Free grief counseling and support groups*  
[www.bosplace.org](http://www.bosplace.org)
- Compassionate Friends of Northwest Houston** **936-441-3840**  
*5201 Spring Cypress Rd., Spring, TX 77379*  
*Provides grief counseling and support groups for parents, siblings, and grandparents.*  
*Contact: David 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*  
*Counseling services for grief/loss, depression, anxiety, trauma, addictions, anger, stress, relationship issues, and bipolar disorder.*  
*Aetna, Blue Cross Blue Shield, Cigna, Humana, Magellan Health, United Healthcare, self-pay.*  
[www.griefrecoveryhouston.com](http://www.griefrecoveryhouston.com)
- Grief Share** **1-800-395-5755**  
*Grief counseling and support groups*  
*Go to website, enter zip code for a list of groups in your area.*  
[www.griefshare.org](http://www.griefshare.org)



## Grief / Bereavement Services

### **Houston Hospice**

**713-467-7423**

*1905 Holcombe Blvd. Houston, TX 77030*

*Providing end of life care to patients and families*

*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 & financial grants for families with seriously ill children, 24-hr. 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.houstonalanon.org](http://www.houstonalanon.org)
- Alcoholics Anonymous** **713-686-6300**  
5151B Mitchelldale, Ste B10, 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**  
North Houston / Cypress **281-500-8970**  
10330 Lake Road, Unit H, Houston, TX 77070  
Sugarland **713-493-0599**  
1449 Hwy. 6, Ste. 360, Sugarland, TX 77478  
West Houston / Energy Corridor **713-804-6994**  
16430 Park Ten Place, Ste. 620, Houston, TX 77084  
The Woodlands **832-529-6775**  
224 Ed English Dr., Ste. C, Shenandoah, TX 77385  
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, Bldg. E, 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 10-14.  
[www.aama.org](http://www.aama.org)

## Drug & Alcohol Services

**BES Group & Solutions Plus** **832-220-5752**

Northwest Location - 13201 Northwest Fwy, Ste 503. Houston, TX 77040

*Classes for MIP, tobacco cessation, anger management, out-patient chemical dependency, minor drug offenders' education program, life skills & parenting classes.*

*Payment per class or as court ordered, Medicaid accepted.*

***Speaks Spanish***

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

**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 Cypress Creek Pkwy., Bldg. H, Ste 120, Houston, TX 77068

*Ages 13 & up; Out-patient chemical dependency treatment*

*Classes include DWI, intervention & education, tobacco awareness, MIP, theft, and drug offender education.*

*Medicaid accepted, private insurance, and self-pay.*

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

**Lifeway International** **713-459-9427**

12955 memorial Dr. Houston, TX 77079

*Early recovery alternative peer group; substance abuse, recovery-oriented social activities; academic learning center.*

*Out-patient drug treatment ages 13 to 18 yrs. old*

*Some out of network insurance, sliding scale.*

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

## Drug & Alcohol Services

- Magnolia City Detox** **855-952-7866**  
*1006 Windsor Lakes Blvd., Ste. 200, Conroe, TX 77384*  
*Alcohol and substance use detox services, residential/outpatient services, dual diagnosis treatment, ADHD, anxiety, depression, and PTSD.*  
*Aetna, Humana, MHNet, Value Options, Verity Health, Magellan, Friday Health Plans, Multiplan, Beacon Health options, Tricare/West.*  
[www.magnoliacitydetox.com](http://www.magnoliacitydetox.com)
- Narcotics Anonymous Helpline (NA) Helpline** **713-661-4200**  
[www.hascona.com](http://www.hascona.com)
- Palmer Drug Abuse Program (PDAP)** **281-589-4602**  
Group Counselors – All Locations **to Join: 281-589-4833**  
Memorial – Spring Branch Area  
*3730 Kirby Dr., Ste 1200A, Houston, TX 77098*  
*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** **832-975-0578**  
*3043 Gessner Rd., Houston, TX 77080*  
*Ages 10 to up; PHP and IOP; detox and residential treatment care.*  
*Ages 16 to 23; Eating Disorder Treatment.*  
*Ages 11 to 18 yrs. old; Mood and Anxiety Program; PHP & IOP.*  
[www.parcbh.com](http://www.parcbh.com)  
[www.parcbh.com/locations/houston/?utm\\_source=google&utm\\_medium=local](http://www.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)

### The Right Step

713-528-3709

12350 Wood Bayou Dr. Houston, TX 77013

844-768-1079

Ages 18 & up; Intensive out-patient program, detox services, residential treatment, screening & assessment, drug testing, recovery maintenance, supportive, and out-patient services

Private insurance, Medicaid

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

### Smart Recovery

440-951-5357

206 Fellows Rd., Houston, TX 77047

713-553-1716

Virtual online alcohol/substance use recovery program

In person and virtual meetings

<https://meetings.smartrecovery.org/meetings>

### Symetria Recovery

281-528-4041

Houston Outpatient Clinic

281-343-3654

17347 Village Green Dr., Ste. 104, Houston, TX 77040

Provides intensive out-patient drug treatment, medication assisted treatment for adults.

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

[www.symetriarecovery.com/locations/texas-rehabs/spring-suboxone-clinic](http://www.symetriarecovery.com/locations/texas-rehabs/spring-suboxone-clinic)

## Drug & Alcohol Services

### Teen & Family Services

713-464-3950

303 Jackson Hill, Houston, TX 77707

*Ages 13 to 18; Substance abuse screenings, substance abuse, recovery & prevention, behavior problems, anger management, parent/child conflict.*

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

### Westpark Springs Hospital

832-586-8316

Westpark Springs Changes Jersey Village (Cy-Fair)

346-309-0103

17040 US-290 Frontage Rd., Jersey Village, TX 77040

Westpark Springs Richmond

832-535-2770

6902 S Peek Rd, Richmond, TX 77407

*Ages 12 & up; Dual diagnosis program for mental health and substance abuse. Partial hospitalization program. Intensive outpatient program.*

*Psychiatric counseling, medication management, family therapy, computer assisted therapy, drug rehabilitation, and family support group.*

*Private insurance, Medicaid, and self-pay.*

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

### Woodland Springs Hospital

936-270-7520

15860 Old Conroe Rd., Conroe, TX 77384

*Ages 13 & up; Provides mental, behavioral, and substance use treatment. Inpatient and outpatient treatment, psychiatric counseling, medication monitoring and management, group & family therapy, detox, and support.*

*Private insurance, Medicaid, Medicare, Tricare, and self-pay.*

[www.woodlandspringshealth.com](http://www.woodlandspringshealth.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.*

[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, and 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*

[www.charliehealth.com](http://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**

*Ages 13 & up; 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 Abuse**

**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*

*Ages 18 & older (17 on a case-by-case basis).*

*In-patient, partial hospitalization, and out-patient treatment for chemical dependency.*

[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*

*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 Abuse**

## **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**

**832-410-8197**

*3043 Gessner Rd, Houston, TX 77080*

*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)

## **The Right Step Houston**

**713-528-3709**

*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.rightsteprehabhouston.com](http://www.rightsteprehabhouston.com)

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

## **Sun Behavioral Houston**

**713-659-0555**

*7601 Fannin, Houston, TX 77054*

*Children, adolescents & adults' inpatient hospital for mental health.*

*In-patient & out-patient services*

*Medicaid & most major insurances accepted.*

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

## Other Support Services

- Adaptive Behavioral Health** **713-505-1269**  
*2855 Mangum Rd., Ste. A415, Houston, TX 77092*  
*9212 Fry Rd., Ste. 105, Cypress, TX 7433*  
*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.*
- Alliance for Multicultural Community Services** **713-776-4700**  
*6420 Hillcroft Ave, Ste 411, Houston, TX 77081*  
*Serves legal refugees, immigrants, and low-income residents.*  
[www.alliancetxt.org](http://www.alliancetxt.org)
- Allies in Hope** **713-623-6796**  
*2328 Fannin St., Houston, TX 77002*  
*Free testing; education and outreach services.*  
[www.aihhouston.org](http://www.aihhouston.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.org](http://www.ascentpsychotherapycenter.org)

## Other Support Services

- Big Brothers & Big Sisters of Greater Houston** 888-887-2447  
*1003 Washington Ave, Houston, TX 77002*  
[www.bbbstx.org/houston](http://www.bbbstx.org/houston)
- Catholic Charities - Archdiocese of Galveston-Houston** 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 - 713-526-4611  
*2615 Fannin St, Houston, TX 77002*
- St. John Vianney Catholic Community 713-874-6602  
*625 Nottingham Oaks Trl., Houston, TX 77079*
- St. Ignatius Loyola Catholic Church 281-370-3401  
*7810 Cypresswood Dr, Spring, TX 77379*  
[www.ignatiusloyola.org](http://www.ignatiusloyola.org)
- Christ the Good Shephard Catholic Church 281-376-7831  
*18511 Klein Church Rd, Spring, TX 77379*  
[www.cgscodogh.org](http://www.cgscodogh.org)
- Prince of Peace Catholic Community 281-469-2686  
*19222 Tomball Parkway, Houston, TX 77070*  
[www.pophouston.org](http://www.pophouston.org)
- CDC National STD & AIDS Hotline** 1-800-232-4636 (CDC-INFO)  
*AIDS & STD information*  
[www.cdc.gov](http://www.cdc.gov)

## Other Support Services

- Collaborative for Children** **713-600-1100**  
*2200 Post Oak Blvd., Ste. 1000, Houston, TX 77056*  
*Childcare referral services & parent information line*  
[www.collabforchildren.org](http://www.collabforchildren.org)  
[www.findchildcarenow.com](http://www.findchildcarenow.com)
- YMCA - D. Bradley McWilliams 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)
- YMCA - Brenda and John Duncan Family** **713-467-9622**  
*10655 Clay Rd, Houston, TX 77041*  
[www.ymcahouston.org/locations/brenda-and-john-duncan-ymca](http://www.ymcahouston.org/locations/brenda-and-john-duncan-ymca)
- YMCA – Langham Creek** **281-859-6143**  
*16725 Longenbaugh Dr., Houston, TX 77095*  
[www.ymcahouston.org/locations/langham-creek-family-ymca](http://www.ymcahouston.org/locations/langham-creek-family-ymca)
- Family Houston** **713-861-4849**  
*4950 Memorial Dr., Houston, TX*  
*1300 Bay Area Blvd., Bldg. A, Ste. 240, Houston, TX 77007*  
*12300 Parc Crest Dr., Stafford, TX 77477*  
*1600 Lake Front Circle, Ste. 200, The Woodlands, TX 77380*  
*531 FM359 South, Brookshire, TX 77423*  
*Assisting with basic needs, financial coaching and education, mental health services.*  
*Community resources.*  
[www.familyhouston.org](http://www.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.***  
[www.familytimeccc.org](http://www.familytimeccc.org)

## Other Support Services

### **Gamblers Anonymous**

10900 Northwest Frwy., Houston, TX 77092    **713-684-0654 / 855-442-7105**  
National Hotline    **800-426-2537 / 855-222-5542**  
[www.gamblersanonymous.org](http://www.gamblersanonymous.org)

### **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 Group**

**1-877-995-9292**

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.*  
[www.medcarepediatric.com](http://www.medcarepediatric.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)

## Other Support Services

**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 24-Hour Helpline** **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 7 to 24.*

[www.montrosecenter.org/micro-sites/hatch-youth](http://www.montrosecenter.org/micro-sites/hatch-youth)

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

*Southeast Texas - 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)

[www.madd.org/southeastx](http://www.madd.org/southeastx) or [southeast.tx@madd.org](mailto:southeast.tx@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 Illness (NAMI)** **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.*

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

## Other Support Services

- 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.*  
*2nd Sunday at Montrose Center at 2:00p*  
*Monthly meetings available throughout Houston area.*  
[www.pflaghouston.org](http://www.pflaghouston.org)
- Precinct IV - Domestic Violence Unit** 832-927-6156  
*6831 Cypresswood Dr, Spring, TX 77379*  
Non-Emergency (M-F) 281-376-3472  
Emergency (Dispatch) 281-376-3472
- 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](http://www.siaawso.org)
- The Trevor Project** 866-488-7386  
*A national, 24-hour, confidential suicide hotline for gay & questioning youth.*  
*Focus on LGBT youth in crisis, regardless of age or sexual orientation.*  
[www.thetrevorproject.org](http://www.thetrevorproject.org)



## Pregnancy / Gynecological Services

### Alternatives in Motion

281-821-6508

2034 Pine Woods Way, Spring, TX 77386

800-776-6508

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 primary and reproductive preventative healthcare services for Harris County adolescents and young adults, age 13-24.

**Speaks Spanish**

[www.bcm.edu/community/healthcare-outreach-health-clinic](http://www.bcm.edu/community/healthcare-outreach-health-clinic)

### Care Net Pregnancy Center of Houston

Champions - 14530 Wunderlich Dr, Houston, TX 77069

281-444-8554

Cypress - 12311 Queenston Blvd, Houston, TX 77095

832-653-6494

Northeast - 9232 Will Clayton Pkwy., Humble, TX 77338

346-477-4400

All services are free.

Pregnancy testing, free ultrasounds, 23 life skills classes.

Comprehensive support & referral services.

**Speaks Spanish**

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

## Pregnancy / Gynecological Services

**Catholic Charities - Archdiocese of Galveston-Houston** 713-526-4611

**Blessed Beginnings Life Center** 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, car 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 testing, counseling services for parents.*

*All services are free, provided through child's 5th birthday.*

***Speaks Spanish***

[www.catholiccharities.org/blessedbeginnings](http://www.catholiccharities.org/blessedbeginnings)

### **DePelchin Children's Center- 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.*

*Clients must be referred by Bishop with The Church of Jesus Christ of Latter-Day Saints*

[www.providentliving.churchofjesuschrist.org](http://www.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://adoptionsbygladney.com/>

# Pregnancy / Gynecological Services

## Harris County Public Health

### 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.*

### ***Speaks Spanish***

<https://publichealth.harriscountytexas.gov/>

## Harris Health

713-566-6509

### Acres Home Health Center

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.yourtexasbenefits.com](http://www.yourtexasbenefits.com)

## Pregnancy / Gynecological Services

### **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 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)

## Pregnancy / Gynecological Services

### **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.twoliveschanged.org](http://www.twoliveschanged.org)

### **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)

### **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.texaswic.org](http://www.texaswic.org)

# 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.*  
<http://www.csd.harriscountytexas.gov>
- 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)
- New Hope Housing** 713-222-0290  
*3315 Harrisburg Blvd., Ste. 400, Houston, TX 77003*  
*Affordable housing for modest to low-income people/families.*  
*11 properties in Houston metro area.*  
*Provides access to onsite social services agencies.*  
[www.newhopehousing.com](http://www.newhopehousing.com)

## Shelters & Housing

<b>Northwest Assistance Ministries – Housing Services</b>	<b>281-885-4555</b>
<i>15555 Kuykendahl Rd, Houston, TX 77090</i>	
<i>Supportive housing program; various social services.</i>	
<u>NAM Housing Assistance</u>	<b>281-885-4595</b>
<a href="http://www.namonline.org">www.namonline.org</a>	
<b>Project Joy &amp; Hope</b>	<b>713-944-6569</b>
<i>3207 Tulip St, Pasadena, TX 77504</i>	
<i>P.O. Box 5111, Pasadena, TX 77508</i>	<b>866-569-4673 (JOY-HOPE)</b>
<u>24-hour parent support line</u>	<b>713-851-9792</b>
<i>Residential housing &amp; financial grants for families.</i>	
<a href="http://www.joyandhope.org">www.joyandhope.org</a>	
<b>Salvation Army</b>	
<i>1603 McGowen St, Houston, TX 77004</i>	<b>713-650-0133</b>
<u>Family Residence</u>	<b>713-650-6530</b>
<u>Social Services</u>	<b>713-658-9205</b>
<i>Serves all families except couples &amp; single women.</i>	
<a href="http://www.salvationarmyhouston.org">www.salvationarmyhouston.org</a>	

## Shelters For Children / Youth

### **Boys & Girls Country**

**281-351-4976**

*18806 Roberts Rd, Hockley, TX 77447*

*Residential placement for children ages 5 & up, when families/caregivers are experiencing a difficult time and unable to care for them.*

*No DFPS custodial issues. Sibling groups accepted.*

[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.*



# Therapists, Counselors, and Psychologists

## **Achor Counseling and Associates**

**281-781-8444**

*110 Cypress Station Dr., Ste. 157, Houston, TX 77090*

*Ages 3-17; Anxiety, depression, and trauma.*

*In-office and telehealth sessions.*

*Accepts most insurance and Medicaid.*

[Achor123@sbcglobal.net](mailto:Achor123@sbcglobal.net)

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

## **Admore Behavioral Therapy**

**713-910-0296**

*5821 Southwest Frwy., Reading Room, Houston, TX 77057*

*Age 3 & up, behavioral therapy, virtual counseling, in person targeted mental health case management.*

*Traditional Medicaid, most insurance accepted*

*(No Tricare or Cigna).*

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

## **Agape Counseling**

**800-969-8373**

*5718 Westheimer Rd., Ste. 1000, Houston, TX 77057*

*Anger, stress management, anxiety, family, group.*

*Behavioral management.*

*Telehealth services available.*

*Traditional Medicaid, Community Health Choice,*

*Superior Health, Parkland Health.*

***Speaks Spanish***

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

## **Alliance Counseling Works**

**512-763-2186**

*17510 Huffmeister Rd., Ste. 102, Cypress, TX 77429*

*Ages 10 & up; Individual, families, and couples.*

*CBT, OCD, LGBTQ+, anxiety, coparenting, divorce.*

*In person, telehealth services.*

*Aetna, Cigna, Curative, Evernorth.*

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

# Therapists, Counselors, and Psychologists

**Allyson C. Carter, 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 & up; depression, anxiety, and LGBTQ friendly.  
Blue Cross Blue Shield Insurance.  
[www.dragonflycfc.com](http://www.dragonflycfc.com)*

**Amber Edwards, M.A., NCC, LPC**

**832-549-1356**

*6601 Cypresswood Dr., Spring, TX 77379  
Ages 8 & up, couples, families.  
Mood disorders, trauma, grief, spectrum disorders, and  
LGBTQ friendly.  
Telehealth avail; United Healthcare, Blue Cross Blue  
Shield, Aetna, Cigna  
[www.soulfueltherapy.com](http://www.soulfueltherapy.com)*

**Apollos Center for Healing and Growth  
Fairfield Baptist Church**

**832-706-2360**

*27240 Highway 290, Cypress, TX 77433  
Ages 0 & up; Provides low-cost individual, group/family  
Christian counseling, play therapy, EMDR, PTSD.  
Self-pay.  
[www.fairfieldbaptist.com/ministries/counseling](http://www.fairfieldbaptist.com/ministries/counseling)*

# Therapists, Counselors, and Psychologists

## Art in Counseling, LLC

281-247-6460

### Rachel Blank

19510 Pecan Fits Place, Cypress, TX

Ages: 6-99; Suicidal Ideation, Non-Suicidal Self-Injury, grief/Trauma, anxiety, depression.

Telehealth. Self-pay Only.

[rachel@artsincounseling.com](mailto:rachel@artsincounseling.com)

<https://artsincounseling.clientsecure.me/#home>

## 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.

Blue Cross Blue Shield, United Healthcare, Aetna

**Speaks 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

**Fax: 281-966-1534**

Case management, Mental health rehabilitative services, counseling and outpatient therapy, medication training, crisis intervention and skills building training (in home).

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

[support@behavioralpathfinder.com](mailto:support@behavioralpathfinder.com)

# Therapists, Counselors, and Psychologists

## **Bench Therapy**

**281-839-2229**

### **Brooke Medina**

*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.*

*Health Savings Account, and self-pay.*

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

## **Bilingual Psychologists**

**713-939-1229**

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

*7826 Hillmont Rd., Houston, TX 77040*

*Full assessment & diagnosis for children & adolescents. All Medicaid, CHIP, Blue Cross Blue Shield, Magellan, United Healthcare, Humana, First Health, Anthem, and Coventry Health Care.*

***Speaks Spanish and Portuguese***

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

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

## **Birds of a Feather Wellness & Counseling**

**713-923-0954**

### **Heidi Zimmerman**

*17302 House Hahl Rd., Ste. 312, Cypress, TX 77433*

*Individual, family therapy; anxiety, depression, ADHD, personal development, workplace support services.*

*Self-pay, out of network reimbursement.*

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

# Therapists, Counselors, and Psychologists

## Brighter Futures Counseling & Consulting

832-622-8929

### **Dr. Lisa Henderson Hubbard**

950 Echo Ln., Ste. 200, Houston, TX 77024

*Christian counseling for children, teen, and adult, group, couples, marriage/family, anger, grief, anxiety, depression, suicidal ideation, self-harm, text anxiety, self-esteem.*

*Self-pay.*

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

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

## Building Resilience in Youth after Traumatic Experiences (B.R.Y.T.E.) at U.T. Health

713-500-2326

1941 East Rd., Ste. 2100, Houston, TX 77054

*Ages 6-17; Assessment, treatments, and telemedicine therapy to trauma survivors*

[www.med.uth.edu/psychiatry/building-resilience-in-youth-after-traumatic-experiences-b-r-y-t-e/](http://www.med.uth.edu/psychiatry/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)

## Calabri Health

567-277-6373

2100 Travis St., Ste.355, Houston, TX 77002

*Age 5 & up; Clinical psychological assessment, coping skills. Nurturing families; Medication monitoring, crisis intervention & prevention.*

*Traditional Medicaid, Medicaid, Superior health, Aetna, Wellpoint, Baylor-Scott & White.*

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

# Therapists, Counselors, and Psychologists

**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.  
Medicaid, private insurance, and sliding scale.*

**Candis Firchau, MA, LPC-S, MS, NCC, EMDR**

**281-635-3723**

*14555 Skinner Rd, Cypress, TX 77429  
Ages 6 & up; Individual, couples and family therapy.  
PTSD/trauma, autism, anxiety, bi-polar, depression, and DID.  
Serves children and adults with disabilities.  
Cigna, Blue Cross Blue Shield, Tri-West, Out of Network,  
Sliding Scale.  
**Speaks Spanish**  
[www.candisfirchau.com](http://www.candisfirchau.com)*

**Carla Cage, LPC**

**210-255-7586**

*3707 FM 1960 West, Ste 200Q, Houston, TX 77014  
Ages 7 and up; Anger management, anxiety, behavioral  
issues, grief therapy, art/play therapy, CBT, DBT, EMDR  
and Solution Focused Brief therapy.  
[carglacage@yahoo.com](mailto:carglacage@yahoo.com)*

**Catherine King, LMFT, LPCS**

**832-740-2974**

*7825 Hwy 6 N, Ste 102-C, Houston, TX 77095  
Ages 6 & up; Individuals & family therapy.  
Developmental delay, autism, behavioral issues, special  
education background.  
PPO insurance only.*

# Therapists, Counselors, and Psychologists

- Catholic Charities - Archdiocese of Galveston-Houston** **713-526-4611**  
*2900 Louisiana St, Houston, TX 77006*  
*Sliding scale.*  
***Speaks Spanish***
- Center for Creative Resources** **713-461-7599**  
*3801 Kirby Dr., Ste., Houston, TX 77098*  
*Family & individual counseling.*  
*Medicaid, CHIP, insurance, and sliding scale accepted.*  
[www.therapyhouston.org](http://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.cfetexas.com](http://www.cfetexas.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)

# Therapists, Counselors, and Psychologists

## 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. 210, Houston, TX 77068

Individual counseling, medication management.

Medicaid, Medicare, United Healthcare, Aetna, Blue Cross Blue Shield, Tricare, Optum.

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

## Counseling Concepts, P.C.

**Monica Dunwoody M.A., LPC**

Memorial - 13615 St. Mary's Ln, Houston, TX 77079

713-828-0593

Pearland – 2118 Grand Blvd, Pearland, TX 77581

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)



# Therapists, Counselors, and Psychologists

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

**Kimberly Davis, PLLC**

**281-215-3625**

*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, Optum, United Healthcare, UMR,  
University of TX-EAP, and Traditional Medicaid*

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

## **Covenant Healing, LLC**

**346-230-1207**

*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*

***Speaks Spanish***

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

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

## **Cy-Hope Counseling Center**

**713-466-1360**

Cypress – 12715 Telge Rd, Cypress, TX 77429

Waller – 1210 A St., Ste. G, Waller, TX 77484

*Children, adolescents, adults, groups.*

*Marriage & evaluation services.*

*Self-pay & sliding scale.*

[www.cy-hopecounseling.org](http://www.cy-hopecounseling.org)

[frontdesk@cy-hopecounseling.org](mailto:frontdesk@cy-hopecounseling.org)

## Therapists, Counselors, and Psychologists

**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.*

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

**Cypress Counseling and Behavioral Center**

**281-837-6912**

**Maria Guerrero, MA, LPC**

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

*17832 Mound Rd., Ste. A, Cypress, TX 77433*

*Individual, family, and couples counseling.*

*Immigration evaluations.*

*Grief, trauma, anger management, depression, anxiety, trauma based sexual and gender identities. CBT, DBT, and EDMR methods*

*Assessment, learning disability, and personality testing.*

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

***Speaks Spanish***

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

**Cypress Therapy and Counseling**

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

**281-205-7997**

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

*Children, adolescent, and adults; individual, family.*

*Marriage and family, anxiety, depression, self-injury.*

*United Healthcare, Aetna, Cigna.*

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

# Therapists, Counselors, and Psychologists

## Dawn of Grace Behavioral Health

**Joye Lewis**

**713-444-0704**

*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.*

[www.dawnofgrace.com/behavioral-health-care](http://www.dawnofgrace.com/behavioral-health-care)

## DBT Dynamics

**713-306-7058**

**Debbie Foe, MA, LPC, LCDC**

**Scott C. Peacock, MA, LPC, LMFT, LCDC**

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

*Ages 11 & up; Individual, couples and family counseling. DBT, personality disorders, addiction, self-harm, depression, bipolar, anxiety, ODD, stress management, addiction & recovery, parenting support.*

*Self-pay.*

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

## Dialectical Behavior Therapy Center

**Karyn Hall, Ph.D.**

**713-973-2800**

*1348 Heights Blvd, Houston, TX 77008*

*Ages 13 & up; DBT, eating disorders, self-injury.*

*Depression, borderline intensive/regular out-patient program.*

*Aetna, Cigna & self-pay.*

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

# Therapists, Counselors, and Psychologists

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

**Shawnesse Herbert, MA, LPC**

**346-431-0859**

*13100 Wortham Center Dr., Ste. 352, Houston, TX 77065  
Individuals, family, couples, anxiety, depression, CBT, and  
mindfulness coaching.*

*United Healthcare, Oscar Health, Oxford, Aetna.*

<https://www.discoverselfmbct.com>

## **District Counseling**

**346-800-7601**

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

*Ages 5 and up; Depression, anxiety, trauma.*

*Relationship counseling and life transitions counseling.*

*Psychological evaluations to immigrations cases.*

*Telehealth services available. Psychiatry assistance on site.*

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

***Speaks Spanish, Korean, Portuguese, and Hindi***

*Cypress - 12262 Queenston Blvd, Ste. F, Houston, TX 77095*

*Tree House - 17828 Mound Rd., Cypress, TX 77433*

*Ages 2.5 & up; Individual counseling for anxiety, depression,  
ADHD, autism, play therapy, learning disability, art therapy,  
and evaluation.*

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

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

## **Douglas Harbrueger, LPC, NCC, M.Ed.**

**832-925-2295**

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

*Ages 10 & up; Individuals, families, and groups.*

*Depression, self-harm, trauma, grief, anxiety, divorce, and life  
transitions.*

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

*Healthcare/Optum, Oscar, Oxford, self-pay, and sliding scale.*

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

# Therapists, Counselors, and Psychologists

**DePelchin Children’s Center – FAYS Program** **713-664-3459**

*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***

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

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

*5225 Katy Frwy., Ste. 103, Houston, TX 77006*

*Ages 4 & up; grief/loss, depression, suicidal ideations, life transition, eating disorder, trauma.*

*Medical/illness related counseling, trauma, groups offered.*

*United Healthcare, Aetna, self-pay.*

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

**Edmund Guilfoyle, PhD** **281-955-6655**

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

*Adolescents, adults, families; Psychological assessments and testing.*

*Sliding scale, some private insurance accepted, Medicare.*

**Eduvention** **346-377-6650**

*7171 Highway 6 North, Ste. 211, Houston, TX 77095*

*Counseling support for all ages and families, case management*

*Traditional Medicare, Molina, Aetna, Humana, self-pay.*

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

# Therapists, Counselors, and Psychologists

## Ellie Mental Health

**Sarah Dunn, MA, LPC-S – Cypress West Clinic Director**

Cypress West Clinic

**281-377-3743**

*8118 Fry Rd., Ste. 203, Cypress, TX 77433*

*Ages 5 & up; Individual, couples, and group therapy, grief/loss therapy, trauma informed, LBGTQ, autism,*

*Blue Cross Blue Shield, Cigna, Magellan, TMHP,*

*UnitedHealth/Optum, Medicaid, sliding scale, self-pay*

[www.elliementalhealth.com/locations/cypress-west-tx](http://www.elliementalhealth.com/locations/cypress-west-tx)

[elliecats@elliementalhealth.com](mailto:elliecats@elliementalhealth.com)

## Erickson Counseling & Mediation PLLC

**832-455-5729**

**Michael D. Erickson MA, LPC**

*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.*

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

## Faith Wilson, MA, LPC

**713-515-3188**

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

*Asperger's & autism, anxiety, depression, marriage & family, sexual addictions, substance abuse.*

*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**

*Psychosocial rehabilitation, case management & skills training, development to youth & families.*

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

# Therapists, Counselors, and Psychologists

## 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***

## Family Ties – Family Resources Services

936-931-2299

2114 Field Store Rd., Waller, TX 77484

24 Hour Hotline

1-866-675-1199

*Ages 5 & up; Crisis issues, VOCA, bullying, victimization trauma.*

*Therapy to child & adult victims of sexual assault, domestic or family violence, prevention/support programs.*

*Walk-ins accepted.*

***Speaks Spanish***

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

## Find your Destiny Counseling Services

832-810-0981

4201 Cypress Creek Pkwy., Ste. 355, Houston, TX 77068

*Ages 4 & up; Mental health, mental rehabilitative services.*

*Skills training, crisis intervention, medication management.*

*Medicaid, Cigna, United; offer telehealth services.*

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

## Gloria Champion, LPC-S

346-235-3939

12816 Willow Centre Dr. Suite F Houston, TX 77066

*Ages 3 & up; Individuals, couples.*

*Private insurance, Medicaid, and sliding scale*

***Speaks Spanish***

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

# Therapists, Counselors, and Psychologists

**Greater Houston Counseling Services, PLLC** **832-717-7166**

Cypress - 8118 Fry Rd, #601, 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)

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

*Call for location and intake; Ages 3 & up.*  
*Outpatient, IDD services, behavioral health services.*  
*Medicaid & CHIP accepted, sliding scale.*  
[www.theharriscenter.org](http://www.theharriscenter.org)

**Heritage Behavioral Health Consultants** **713-365-9015**

**Julie Summers, MA, LPC**  
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)

**Hope Alive Christian Counseling** **281-656-2548**

**Cecelia E. Johnson, PhD, LPC**  
1400 Broadfield Blvd., Ste 200, Houston, TX 77084  
*Online counseling only. Christian based counseling, marriage counseling, and individual adult counseling only.*  
*Blue Cross Blue Shield, United Healthcare, Aetna and UMR.*  
[www.hopealive.us](http://www.hopealive.us)



# 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

*Ages 12 & adult; individual, group, couples,  
and family therapy.*

*Self-harm, play therapy, support for the  
LGBTQ+, depression, anxiety.*

*Some insurance, self-pay, and sliding scale  
available.*

***Speaks Hindi, Urdu, and Vietnamese***

[www.hopeandharmonytherapy.com](http://www.hopeandharmonytherapy.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 Circle of Hope

832-962-8891

7324 Southwest Fwy., #835, Houston, TX 77074

*Mental health rehabilitative services, psychosocial  
services. Skills training and developmental services,  
crisis interventions, individual therapy services.*

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

# Therapists, Counselors, and Psychologists

## Houston Family Psychology, PLLC

713-702-3770

### **Ehrin Weiss, PhD**

*1454 Campbell Rd., Ste. 201, Houston, TX 77055*

*Child, teen, and adult counseling, OCD; Telehealth available.*

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

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

## Houston Galveston Institute

832-471-6538

*2116 Thompson Rd., Ste. 107, Richmond, TX 77469*

*Family & individual therapy.*

*Sliding scale.*

***Speaks Spanish***

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

## Houston Psychotherapists, Inc.

832-237-2673 (COPE)

### **Sammie Jones, MA, LPC.**

*North Cypress Medical Center - Professional Building 1*

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

*Adolescents, adults, couples.*

*Self-injury, family issues, adolescent behavior, and development.*

*Traditional Medicaid / CHIP, insurance, sliding scale.*

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

## Impact Healthcare and Wellness

### **Danielle Patton, LPC**

832-432-0303

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

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

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

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

# Therapists, Counselors, and Psychologists

## **J & K Ranch Kennels**

**832-428-6253**

**M. K. Kelley Smith, B.S.W.**

*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.jandkranch-kennels.com](http://www.jandkranch-kennels.com)

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

**713-882-4268**

*15 Ranch Creek Way, Magnolia, TX 77354*

*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 L. Aune Counseling**

**832-704-4320**

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

**Jennifer Aune, M.A., LPC**

**936-337-4803**

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

**832-640-9606**

*Ages 12 & up; Individuals, and couples.*

*Family & women issues, self-injury, substance abuse, ADHD.*

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

*Optum, PHSF, Tricare, Value Options, Beacon Health Options.*

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

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

## Therapists, Counselors, and Psychologists

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

**832-639-1161**

*1776 Woodstead Ct., Ste. 102, The Woodlands, TX 77380*

*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.*

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

**281-323-2276**

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

*Ages 4 and up; Specializes in play therapy, anxiety, depression, and parent coaching.*

*Private pay.*

[www.jennifernicholscounseling.com](http://www.jennifernicholscounseling.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.*

**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*

*Neurofeedback.*

*Most insurances accepted.*

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

# Therapists, Counselors, and Psychologists

## **Kendred Wellness Center, PLLC**

**713-597-2377**

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

*1000 Cypress Creek Pkwy, Ste 118, Houston, TX 77090*

*Ages 5 & up; psychological testing, evaluations, individual & family counseling, risk assessments, substance abuse, grief/loss counseling.*

*Medicaid, CHIP, Blue Cross Blue Shield, Cigna, United Healthcare, Humana.*

[www.kendredwellnesscenter.org](http://www.kendredwellnesscenter.org)  
[contact@kendredwellnesscenter.org](mailto:contact@kendredwellnesscenter.org)

## **Kinghaven Counseling Group**

**713-457-4372**

Houston - 6315 Gulfton St, Ste 100, Houston, TX 77081

Cypress - 11811 FM 1960 Rd., W, Ste 130, Houston, TX 77065

Fallbrook - 11455 Fallbrook Dr., Ste. 101, Houston, TX 77065

Kingwood - 1420 FM 1960 Rd., E. Ste. 116, Humble, TX 77338

Sugarland - 3425 Highway 6, Ste. 103, Sugarland, TX 77478

*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)

## **L & A Professional Services**

**832-683-4275**

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

*The Center for Healing Therapy and Wellness*

*25511 Buddle Rd. The Woodlands, TX 77380*

*Ages 10 & up; individual, groups, couples, and families.*

*Massage therapy and meditation classes available.*

*Private insurance AETNA, Cigna, Blue Cross Blue Shield.*

*Self-pay & sliding scale available, tele-health available*

[admin@landaproservices.com](mailto:admin@landaproservices.com)  
[www.landaproservices.com](http://www.landaproservices.com)

# Therapists, Counselors, and Psychologists

## Lavender Counseling & Wellness Center, LLC

**Robin Williams-Riggans, LPC**

281-220-6799

*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://lavendercw.com>

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

978-400-3016

**Shannon Martin, LPC**

*7676 Hillmont St., Houston, TX 77070*

*Ages 9 & up; CBT, motivational interviewing, emotional focused therapy, ADHD, transitions, LGBTQ, divorce.*

*United Healthcare, Blue Cross Blue Shield, Aetna, Cigna, Molina, Sliding Scale.*

*Telehealth options*

**Speak Spanish**

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

## Life Cycles Counseling

281-299-8607

**Marcel Gamboa, LPC**

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

*Serving teens and adults.*

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

*Traditional Medicaid, Aetna, Cigna, Blue Cross Blue Shield, Superior Health Plan, Humana, United/Optum and various EAP.*

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

# Therapists, Counselors, and Psychologists

## 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, Superior, Community Health Choice, United Healthcare

**Speak Spanish**

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

## Linda Twichell, MA, LPC

832-492-0671

Ages 8 & up; adolescents, adults, couples, families.  
Anxiety, depression, family conflict, grief, and loss.  
Aetna, Blue Cross Blue Shield, Cigna and sliding scale.  
Virtual services only & evening appointments available.

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

## Lone Star Behavioral Health

Out-Patient Facility - 30903 Quinn Rd, Tomball, TX 77375

281-351-6644

In-Patient Facility - 16303 Grant Rd. Cypress, TX 77429

281-516-6200

Ages 18 & up; 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*

*Ages 15 to adults; Individual, family therapy, anxiety, depression, bi-polar depression disorder, borderline personality, life transition, self-harm, and trauma, DBT certified.*

*Cigna, Aetna, Blue Cross Blue Shield, UnitedHealth.*

***Speaks Spanish***

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

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

**713-562-7819**

*19222 Tomball Pkwy, Tomball, TX 77070*

*Teens to adults; marriage & family therapy, eating disorders, borderline personalities, self-mutilating behaviors.*

*Private pay.*

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

## **Martin Counseling, LPC**

**713-489-5473**

### **David B. Martin, MA, LPC-S**

*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.*

***Speaks Spanish, Hindi, and Turkish***

[Info@houstonlpc.com](mailto:Info@houstonlpc.com)

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



## Therapists, Counselors, and Psychologists

- Marvelous Counseling and Therapy** **281-508-4466**  
*13700 Veterans Memorial Dr., Ste 100 Houston, TX 77014*  
*Ages 3 and up; Therapy and case management services.*  
*Medicaid/CHIP, Private insurance and sliding scale.*  
[www.marvelouscounseling.com](http://www.marvelouscounseling.com)
- Mary Elijah M.Ed., LPC, RPT** **832-334-9659**  
*12337 Jones Rd., Ste. 241, Houston, TX 77070*  
*Ages 3 & up; Anxiety, play therapy, ADHD,*  
*depression, adoption services.*  
*Blue Cross Blue Shield, United Healthcare, Aetna,*  
*Cigna, EAP's.*  
*After-school & Sat hours available.*  
[www.maryelijahlpc.com](http://www.maryelijahlpc.com)  
[mary.elijah@sbcglobal.net](mailto: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](http://www.maryenglelpc.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](http://www.mercedesdominguez.com)

# Therapists, Counselors, and Psychologists

## Mindful Being

713-524-8253

**Anne Friedman, PhD**

*5200 Montrose Blvd, Houston, TX 77006*

*Mindful meditation, anxiety, impulse control, focus and attention training*

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

## Mindful Transformations Counseling Center

281-892-9986

**Erica Cleveland, MA, LPC**

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

*Tomball - 18635 North Eldridge Pkwy., Ste. 102, Tomball, TX 77377*

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

*Depression, ODD, addiction.*

*Blue Cross Blue Shield, Cigna, Tricare, United Healthcare, sliding scale.*

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

## Mindpath Health

713-913-1645 x4

*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 Healthcare, Oxford, and self-pay.*

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

# Therapists, Counselors, and Psychologists

## **The 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**

*7520 Cherry Park Dr., Ste A1, Houston, TX 77095*  
*Individual, family, adolescent, adults, social skill development, specialization in autism, ADHD, school conflict, and teens.*  
*Cigna, United Healthcare.*  
[www.morganshelpinghands.com](http://www.morganshelpinghands.com)

## **MW Solutions**

**281-447-9355**

### **Rosell Jenkins, PhD**

*9659 N. Sam Houston Pkwy., Ste. 150 #222, Humble, TX 77396*  
*Individuals, marry/family, and group therapy, women's issues, anxiety.*  
*Grief/loss, substance abuse and use; psychological testing.*  
*CHIP, Medicaid, private insurance, Blue Cross Blue Shield, Aetna, Cigna United Healthcare.*  
[www.drrosell.com](http://www.drrosell.com)

# Therapists, Counselors, and Psychologists

## Navita Health

254-442-9355

*9186 Six Pines, Ste. 175, The Woodlands, TX 77380*

*Ages 13-17; DBT, TF-CBT, multiple modalities, therapies, IOP/PHP.*

*Self-pay.*

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

## New Dimensions Treatment Center

866-757-3594

*Ages 13 and up; Intensive and partial hospitalization treatment for mental health and substance use.*

*Aetna, Blue Cross Blue Shield, Cigna, Humana, United Healthcare, Magellan, Beacon Health Options.*

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

## New Hope Counseling Center, PLLC

832-730-0352

**Amanda Whisenhunt, M. ED., LPC-S**

*8350 Hwy 6 North, Houston, TX 77095*

*Free 10-minute phone consultation.*

*Adults, individual, group, and family therapy.*

*Faith-based and online counseling available.*

*Self-pay.*

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

## Next Stage Counseling and Wellness

832-543-7255

**16151 Cairway Dr., Ste 206, Houston, TX 77084**

*Serving 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)

# Therapists, Counselors, and Psychologists

**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 Olive Tree Counseling and Supervision**      **281-743-3468**

**Kristin Sanders, LCSW-S**

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

*Trauma, anxiety, depression, autism/autism spectrum disorder, LBTQIA, life transitions, transgender, self-esteem, work stress/burn out, bi-polar, chronic illness, family conflict, CBT, DBT and SFB.*

*United Healthcare, Medicare, Aetna, Blue Cross Blue Shield.*

[www.theolivetrecounseling.com](http://www.theolivetrecounseling.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](http://www.parrisfoundation.org)

# Therapists, Counselors, and Psychologists

## **Parrish Counseling**

**281-804-6373**

### **Lindsey Parrish, LPC**

*14150 Huffmeister Rd., Ste. 200, Cypress, TX 77429*

*Serving children, adolescents, couples, blended families.*

*Specialties include ADHD, family conflicts, anxiety, mood swings, life transitions, grief/loss, impulsivity problems, depression, and college students.*

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

## **Pearls of Change Wellness, LLC**

**832-291-8363**

### **Glenda Demas, LPC**

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

*Children, teen, & adults; Individual, couple, and family counseling.*

*Anxiety, depression, self-harm, suicidal ideations, gender identity, adjustment disorders, and medical/illness counseling.*

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

## **Psychology Express**

**651-505-3273**

### **Cypress / Bridgeland Clinic**

*17110 House Hahl Rd., Ste. C1, Cypress, TX 77433*

*Ages 3 & up; Individuals, couples, and family therapy.*

*DBT, CBT, & EMDR; exposure response, trauma, diagnostic, LGBTQ+, AV, ADHD.*

*Blue Cross/Blue Shield, Aetna, all out of network.*

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

# Therapists, Counselors, and Psychologists

## Ray Family Therapy

**Rebecca Ray**

**281-766-3376**

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

*Adolescents and adults, family therapy, suicidal ideation, grief, trauma, anxiety, depression, substance use, LGBTQ+ support, anger/aggression, couples.*

*Private pay, Telehealth services available.*

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

## Reality Productions Therapeutic Theater

**832-263-1241**

*17550 West Little York, Ste. 7, Houston, TX 77084*

*Ages 9 – 17; Services provided once a week: Group, individual and family therapy, CBT, narrative (storytelling), and trauma Informed.*

*Medicaid, Blue Cross Blue Shield, United Healthcare,*

*Magellan, Devoted, Cigna and Texas Children's, Self-pay.*

[www.healing-hearts-presents-reality-productions.ueniweb.com](http://www.healing-hearts-presents-reality-productions.ueniweb.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)

## 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)

# Therapists, Counselors, and Psychologists

## Restoring Hope Counseling

832-569-7673

Champions - 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.rhchouston.com](http://www.rhchouston.com) or [www.rhchouston.com/contact-champions](http://www.rhchouston.com/contact-champions)

## Rising Renewal Counseling

346-306-2404

**Adriana Wallace, LCDC**

14871 Skinner Rd., Cypress, TX 77429

*Adolescents & adults; individuals, couples, and family counseling.*

*Alcohol, substance use, depression, family conflict, anxiety, coping skills, stress, anger management, peer relationships, couple issues.*

*Self-pay, Sliding scale referrals by CFISD resource guide.*

*Telehealth available.*

*Speaks Spanish*

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

## Robert Schindler, PhD

281-631-9977

14351-B Torrey Chase Blvd, Houston, TX 77014

*Age 12 & up; individual and couples counseling, faith based;*

*ADHD and psychological issues. No female adolescents.*

*Private insurance, sliding scale. Telehealth services provided.*

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



# Therapists, Counselors, and Psychologists

## **Seeds of Hope Counseling Firm**

**832-648-4305**

**Andrea Challenger-Hinds, LPC**

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

*Ages 11 & up; Individual and couple counseling.*

*Traditional Medicaid, Blue Cross Blue Shield, Cigna, Aetna, EAP's, ACI, UH-Optum, Ceredian Life Works, FEI, and ESI.*

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

[andrea@seedsofhoptx.com](mailto:andrea@seedsofhoptx.com)

## **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.*

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

## **Serenity Wellness and Counseling Center**

**281-944-7922**

*17802 Mound Road, Ste. B, 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.*

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

## **Sequoia Counseling Center**

**832-421-8714**

*17920 Huffmeister Rd., #150, Cypress, TX 77429*

*Ages 4 & up; Play therapy, individual, marriage/family, and clinical trauma.*

*Self-pay and sliding scale on case-by-case basis.*

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

# Therapists, Counselors, and Psychologists

## Shield Bearer Counseling Centers

281-894-7222

12237 Jones Rd, Ste 114, Houston, TX 77070  
Ages 4 & up; Individual therapy, couples, and family,  
Stress, anxiety, depression, trauma including crime,  
human trafficking, and natural disasters.  
Support group for addiction, parenting, grief coping  
skills and more.  
Telehealth services available.  
Private insurance, sliding scale.

**Speaks Spanish**

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

## Social Motion Skills

713-461-7200

4400 Harrisburg Blvd., Houston, TX 77011  
Ages 3 & up; Social skills classes for children, adolescents,  
and adults with social & learning deficits, including ADHD  
& autism spectrum disorders.  
Self-pay **only**; Evening classes available.  
[www.socialmotionskills.org](http://www.socialmotionskills.org)  
[www.facebook.com/SocialMotionsSkills/](https://www.facebook.com/SocialMotionsSkills/)

## Spectrum of Hope

281-894-1423

12110 Huffmeister Rd, Cypress, TX 77429  
Ages 3-21; Provide services and treat autism spectrum  
disorders. Licensed autism treatment center, and applied  
behavior analysis offered.  
Most insurance accepted.  
**Speaks Spanish**  
[www.spectrumofhope.com](http://www.spectrumofhope.com)

# Therapists, Counselors, and Psychologists

## Spencer & Associates Therapeutic Alliance

832-756-2749

Houston – 12340 Jones Rd. Ste 290, Houston, TX 77070

Katy – 24285 Katy Fwy, 4<sup>th</sup> floor, Katy, TX 77494

*Ages 5 and up; Individual, play therapy; depression, grief/bereavement.*

*Private insurance, Medicaid/CHIP, and sliding scale.*

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

## Taylor Counseling Group

281-560-3193

The Woodlands - 24900 Pitkin Rd., Ste. 290, Spring, TX 77386

*Individual, family, couples, LGBTQIA+, depression, anxiety, grief/loss, trauma, play therapy.*

*Aetna, Blue Cross Blue Shield, Anthem, Cigna, Scott & White Health TriWest (preauthorized), United Healthcare-Optum, FSA, and HAS.*

[www.taylorcounselinggroup.com/locations/the-woodlands](http://www.taylorcounselinggroup.com/locations/the-woodlands)

## Tender Devotions Counseling Services

713-742-2965

### Tiffany Bynum, LPC-S

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

*Age 11 & up; Individual therapy, grief counseling, anger management, couples therapy, faith-based counseling.*

*Traditional Medicaid accepted, Cigna, Superior Health, Aetna, Blue Cross/Blue Shield, Magellan, Ambetter.*

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

[tdcservices1@yahoo.com](mailto:tdcservices1@yahoo.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.*  
[www.thetherapyteamtexas.com](http://www.thetherapyteamtexas.com)

## **Thomas Counseling Center**

**832-287-3422**

*10242 Greenhouse Rd., Ste. 1502, Cypress, TX 77433*  
*Ages 4 & up; Individuals, couples, and family therapy.*  
*EMDR, play therapy, ADHD testing, anxiety,*  
*depression, addiction.*  
*In office/telehealth services available.*  
[www.counselingcypress.com](http://www.counselingcypress.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.*

## **Tranquil Hearts Counseling Center**

*16712 Huffmeister Rd., Bldg. 400B, Cypress, TX 77429*  
[www.tranquilheartscounselingcenter.com](http://www.tranquilheartscounselingcenter.com)

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

**281-433-1363**

*Play therapy, grief and loss, anger management, divorce,*  
*ADHD, abuse, self-esteem, self-harm, suicidal ideation,*  
*anxiety, stress, depression, adjustment disorders, parent*  
*training and special needs.*  
*Children, teens, and adults; Some evening availability.*  
[esilvacounseling@gmail.com](mailto:esilvacounseling@gmail.com)

## Therapists, Counselors, and Psychologists

**Julie Casten, MA, LPC**

**773-840-0916**

*Addiction, anger management, career adjustments/concerns, loss/grief, mood and anxiety disorders, parenting, women's issues, relationship and marital issues, self-esteem, stress management, trauma, and PTSD (EMDR).*

*Aetna, United Healthcare-UHC\UBH, sliding scale, self-pay.*

[Julie.casten@yahoo.com](mailto:Julie.casten@yahoo.com)

**Alison Lampton, M.Ed., LPC** Error! Bookmark not defined.

**832-630-0777**

*Anxiety, stress, depression, self-esteem, Infertility, life transitions, grief, and loss.*

*Children, teens, and adults. Some evening and weekend availability.*

*United Healthcare, Aetna, Cigna, and Optum insurance.*

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

**Jessica Jensen, MA, LPC**

**979-221-8749**

*Child, adolescents, and adults. Life transitions, career counseling, anxiety, depression, and self-esteem.*

[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*

*Ages 8 & up; Individual therapy, Neurofeedback, anxiety, depression, ADHD, grief, PTSD, traumatic brain injury.*

*Blue Cross/Blue Shield, Aetna, and Cigna insurance, self-pay.*

[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.*

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

## **Vo Counseling & Testing**

**346-770-3002**

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

*4201 Cypress Creek Parkway, Ste. 250, Houston, TX 77068*

*Families, couples, children, and adolescents,  
psychological testing.*

*Intergenerational conflict, acculturation issues.*

*Self-pay, all insurance accepted.*

***Speaks Vietnamese***

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

## **West Houston Counseling Center**

**281-940-8515**

*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***

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

# Therapists, Counselors, and Psychologists

**The Woodlands Behavioral Health and Wellness Center** 281-528-4226

*2700 Research Forest Dr, Ste. 130, The Woodlands, TX 77381*

*Ages 2 & 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)

**Youngs Counseling, PLLC**

**Dawn-Petrice Youngs, LPC**

**281-315-0386**

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

*Ages 5 & up; Individuals, couples, and families.*

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

*Aetna, Cigna, Blue Cross Blue Shield & self-pay.*

# Psychiatrists

- Carlos Benjamin Vargas** 713-840-7956  
8707 Meadowcroft Dr, Houston, TX 77063 281-404-5306  
*Children ages 5 and up.*  
*Insurance accepted, Blue Cross/Blue Shield,*  
*Compsych, self-pay.*  
***Speaks Spanish***  
[www.synergiquehealing.com](http://www.synergiquehealing.com)
- Cornerstone Psychiatry Associates** 281-580-8086  
**Bernard Rosenburg, MD**  
14340 Torrey Chase Blvd, Ste 160, Houston, TX 77014  
*Ages 6 & up; General psychiatric services.*  
*Self-pay.*
- Daniela M. White, MD** 713-426-3100  
8588 Katy Fwy, Ste. 350, Houston, TX 77024  
*All ages; General psychiatry.*  
*Transcranial Magnetic Stimulation (TMS) for*  
*treatment of depression.*  
*Aetna, Blue Cross/Blue Shield, Cigna, United Healthcare.*  
[www.lifestance.com/provider/daniela-white-md](http://www.lifestance.com/provider/daniela-white-md)
- Family Psychiatry of the Woodlands** 281-367-1015  
8701 New Trails Dr, Ste 150, Spring, TX 77381  
*Ages 5 & up; General psychiatric services.*  
*Self-pay, private insurance, military insurance accepted.*  
[www.woodlandspsych.com](http://www.woodlandspsych.com)
- The Harris Center for Mental Health & IDD - Crisis Unit** 713-970-7000  
1502 Taub Loop, Houston, TX 77030  
***Emergency Psychiatric Care – 24-hours.***  
*Medicaid, CHIP, sliding scale, uninsured.*  
***Speaks Spanish***  
[www.theharriscenter.org](http://www.theharriscenter.org)



# Psychiatrists

## Harris Health - Pediatric & Adolescent Health Center

Danny Jackson Health Ctr – 5503 N. Fry Rd. Katy, TX 77449    **713-982-7071**  
Cypress - 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)

## Houston Adult Psychiatry

**832-384-1560**

2180 N Loop W, Ste 450, Houston, TX 77018  
*18 & older; psychotic disorder, mood disorders, autism,  
substance abuse.*  
*Most insurance accepted.*  
[www.houstonadultpsychiatry.com](http://www.houstonadultpsychiatry.com)

## Memorial Hermann Mental Health Crisis Clinic    713-338-6422 (MHCC)

Spring Branch 10780 Westview Dr, Ste C, Houston, TX 77043    **713-932-5230**  
Northeast 9813 Memorial Blvd, Ste A, Humble, TX 77338    **281-913-9550**  
Meyerland 4850 West Belfort Houston, TX 77035    **713-723-3135**  
*Walk-ins – please call first, hours vary & include  
evenings & some weekends.*  
*Insurance, Medicaid, sliding scale.*

## Memorial Psychiatry

**713-973-1007**

929 Gessner Rd, Ste 2000, Houston, TX 77024  
*Ages 6 & up; General psychiatry services.*  
*Self-pay; Cigna and United Healthcare.*  
[www.memorialpsychiatry.com](http://www.memorialpsychiatry.com)

## Mitchell Young, MD

**713-522-4505**

1118 Barkdull St, Houston, TX 77006  
*Children, adolescent, and adult psychiatry.*  
*Self-pay.*

# Psychiatrists

## Red Oak Psychiatry Associates

281-893-4111

### Dr. Lawrence D. Ginsberg

17115 Red Oak Dr, Ste 109, Houston, TX 77090

Children, adolescent, and adult services.

Private insurance **only**.

## 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 Healthcare,

Oxford, Oscar, FSA and HAS.

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

## Tarnow Center for Self-Management

713-621-9515

1001 W Loop S, Ste 215 Houston, TX 77027

Ages 7 & up; Diagnostic testing, individual, family,  
group therapy, psychiatric services available.

Self-pay.

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

## University of Texas Psychiatry Out-Patient Clinic

713-486-2700

1941 E Rd, Ste 2100, Houston, TX 77054

Child & adolescent psychiatry clinic.

Medicaid, insurance accepted.

# Psychiatrists

## **UT Health Harris County Psychiatric Center / Dunn Behavioral Sciences Center**

**713-500-1500**

*5615 H. Mark Crosswell Jr., St., Houston, TX 77021  
Ages 4 -17; Group, individual therapy, substance  
abuse, depression, and mood disorders, generalized  
anxiety disorder, PTSD, attachment disorder,  
borderline personality disorder, psychosis, AU and  
developmental disorders, suicidality, self-harm,  
aggression.*

[www.uth.edu/dunn-behavioral-sciences-center/](http://www.uth.edu/dunn-behavioral-sciences-center/)

## **Your Family Psychiatrist**

### **Jared Heathman, MD**

**281-849-4080**

*12247 Queenston Blvd, Ste D, Houston, TX 77095  
Provides in-patient and out-patient treatment,  
on-line psychiatrist, and in-person services.  
QB testing for ADHD, genetic testing.  
Self-pay.*

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

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