



REFERRAL INFORMATION &
**COMMUNITY
RESOURCE
GUIDE**

2025-2026



Cypress-Fairbanks Independent School District

Community Resource and Referral Information Guide

Our Vision

Learn, Empower, Achieve, Dream. LEAD

Our Mission

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

This Community Resource Directory provides a partial listing of the numerous services available within our local area and the broader Harris County region. The inclusion of any individual, organization, or facility does not imply endorsement. We are not in a position to recommend or favor one provider over another.



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

**COMMUNITY RESOURCE
AND
REFERRAL INFORMATION**

Table of Contents

Cypress-Fairbanks ISD Youth Service Specialists.....1-3
Emergency Numbers & Referrals.....4-6
Basic Needs & Financial Assistance.....7-10
Legal.....11-12
Medical.....13-16
Disabilities & Chronic Health Services.....17-18
Domestic Violence Shelters & Services19
GED / Vocational Programs.....20
Grief / Bereavement Services.....21-22
Drug & Alcohol Services.....23-27
In-Patient (Hospitalization or Residential) for Mental
Health and / or Substance Abuse.....28-30
Other Support Services.....31-36
Pregnancy and Gynecological Services.....37-40
Shelters and Housing.....41-42
Shelters for Children Youth.....43
Therapists, Counselors and Psychologists.....44-78
Psychiatrists.....79-82
Index.....83-87

Cypress-Fairbanks ISD Youth Service Specialists

Aerial Johnson

713-896-3400

Bang Elementary School
Post Elementary
Cook Middle School
Jersey Village High School

Gleason Elementary School
Reed Elementary School
Jersey Village High School TP/PP

Ariell Shackelford

281-371-2350 / 832-319-4822

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 / 832-370-3669

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

Desiree' Dodd

832-349-7600 / 832-509-6279

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

Jason Jones

281-213-1773

DigiSafe Coordinator

Karisman Taylor

281-897-4200 / 505-507-7136

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

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

Kelley Rasmussen

281-213-1800 / 713-515-0533

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

Cypress-Fairbanks ISD Youth Service Specialists

Kimberly Hines

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

346-227-6074 / 832-882-0973

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

Lilia Ramos Rodriguez

Bane Elementary School
Campbell Middle School
Brautigam Center
Danish Elementary School

713-460-6153 / 832-851-6902

Holbrook Elementary School
Dean Middle School
Frazier Elementary School

Meisha Harris

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

281-955-4996 / 832-778-1778

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

Nikki Sample

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

281-897-4199 / 832-978-7181

Francone Elementary School Lamkin
Elementary School Carpenter Center

Samantha Checotah

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

281-856-1000 / 281-740-4510

Fiest Elementary School
Owens Elementary School
Cy-Falls High School

Timira Maxwell

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

281-345-3012 / 713-206-5466

Duryea Elementary School
Hopper Middle School
Cy-Springs High School

Cypress-Fairbanks ISD Youth Service Specialists

Yessenia Miza

Lieder Elementary School
Wilson Elementary School
Cy-Lakes High School

281-856-3800 / 281-734-6614

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

TBD

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

TBD

Rennell Elementary School
Warner Elementary School
Anthony Middle School

Cy-Ranch High School Woodard
Elementary School
Smith Middle School

*YSS campus assignments are subject to change.
If you have difficulty reaching a YSS please contact the CFISD Guidance &
Counseling Office at 281-897-6467*

Emergency Numbers & Referrals

EMERGENCY NUMBER

911

988 Suicide & Crisis Lifeline	800-273-8255
<u>Text Line</u>	“TALK” to 741741
Ben Taub Psychiatric Center	713-970-4640
<i>1502 Taub Loop, Houston, TX 77030</i>	
Childfind of America	1-800-426-5678
<i>Runaways & child abduction</i>	
<i>Parenting conflict-Parent Help Program</i>	1-800-716-3468
www.childfindofamerica.org	
The Children’s Assessment Center	713-986-3300
<i>2500 Bolsover St, Houston, TX 77005</i>	
<i>Assessment & counseling services for children</i>	
www.eachouston.org	
Cypress-Fairbanks ISD Police Department	281-897-4337
<i>24-hours, 7 days / week</i>	
Harris County Community Youth Service Center	713-295-2500
<i>24-hour telephone intake</i>	
<i>Referral for community youth services</i>	
Harris County Constable Precinct 4	
<u>Administrative Office</u>	832-927-6205
<u>24-Hour Emergency Dispatch</u>	281-376-3472
Harris County District Attorney Juvenile Division	713-274-0035
Harris County Jail (Public information line)	346-286-2840
Harris County Juvenile Probation	713-222-4100
Harris County Protective Services for Children & Adults	713-394-4000
<i>2525 Murworth Dr, Houston, TX 77054</i>	
<i>Local Agency.</i>	

Emergency Numbers & Referrals

Harris County Sheriff's Department

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

Houston Area Women's Center (HAWC)

<u>Domestic Violence Hotline</u>	713-528-2121
<u>Sexual Assault Hotline</u>	713-528-7273
<i>Includes shelter & counseling for battered women.</i>	

Houston Police Department

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

Jersey Village Police Department

713-466-5824

NAMI National Information Helpline

800-950-NAMI

National Center for Missing & Exploited Children

1-800-843-5678

National Runaway Safeline

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

Probate Courts 3 & 4 Mental Health Division

713-741-6020

<u>Mental Health Warrants</u>	
<u>Probate Court 3</u>	832-927-1403
<u>Probate Court 4</u>	832-927-1404

Rape Crisis

713-528-7273 (RAPE)

Sexual assault hotline

Services through HAWC

Texas Abuse Hotline for Dept. of Family & Protective Services

<u>Report Abuse</u>	1-800-252-5400
www.txabusehotline.org	

Emergency Numbers & Referrals

Texas Missing Persons

1-800-346-3243

Clearinghouse – calls answered 24 hours a day.

Texas Victim Information & Notification Everyday (VINE)

Toll Free

1-877-894-8463 (TX-4-VINE)

www.vinelink.com

Texas Youth 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

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

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.
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.
www.catholiccharities.org
- Cy-Fair Helping Hands (CFHH)** 281-858-1222
9204 Emmott Rd., Houston, TX 77040
Food pantry open to anyone living in CFISD boundaries.
More specific outreach to the homeless population.
Mon and Thu 9:30a – 12:30p
1st and 3rd Sat 9:30a – 12:30p
www.cyfairhelpinghands.org
- Cypress Assistance Ministries** 281-955-7684
12390 Cypress N. Houston, Cypress, TX 77429
Serves: 77065, 77095, 77429, 77433, 77084 (food only)
Operation Jobs – All zip codes 281-955-5895
Call to schedule an appt. Walk-ins welcome on Tue & Thu.
www.cypressassistance.org
- FEMA Disaster Assistance** 1-800-621-3362
www.fema.gov
- 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

Basic Needs & Financial Assistance

Harris County Community Services	713-578-2000
<i>8410 Lantern Point, Houston, TX 77054</i>	
<i>Assists low to moderate income families in obtaining a home.</i>	
<i>Home repairs for low-income seniors (62 & older, and disabled individuals.</i>	
<i>Harris County residents outside city limits of Houston, Pasadena, & Baytown.</i>	
www.csd.harriscountytexas.gov	
Katy Christian Assistance Ministries	281-391-5261
<u>Social Services</u>	281-391-9623
<i>3506 Porter Rd., Katy, TX 77493</i>	
<u>Food Pantry</u>	281-391-3730
<i>3506 1st St, Katy, TX 77493</i>	
<i>Serves: All Katy ISD and Fort Bend residents</i>	
www.ktcm.org	
Lakewood United Methodist Church	281-370-2273
<i>11330 Louetta Rd, Houston, TX 77070</i>	
<i>Clothing / food pantry, by appt only.</i>	
<i>Serves: 77040, 77064, 77065, 77066, 77068, 77069, 77070, 77375, 77377, 77379, 77389, 77373, 77429.</i>	
www.lakewoodumc.org	
Main Street Ministries - Operation I.D.	281-833-3508
<i>First Presbyterian Church - 5100 Travis St, Houston, TX 77002</i>	
<i>Must be referred by another agency.</i>	
<i>Assist with Texas State IDs & birth certificates.</i>	
www.msmhouston.org/operation-id	
Memorial Assistance Ministries	713-468-4516
<i>1625 Blalock Rd, Houston, TX 77080</i>	
<i>Basic needs (no food pantry), employment services.</i>	
<i>Free individual tax preparation during tax season.</i>	
<i>Rent & utility assistance by appt only on Tue & Thu.</i>	
<i>Serves: 77040, 77041, 77092 & 15 others not in CFISD boundaries.</i>	
www.maministries.org	

Basic Needs & Financial Assistance

Money Management International	713-923-6339
<i>12603 SW Frwy., Ste. 450, Stafford, TX 77477</i>	
www.moneymanagement.org	
Northwest Assistance Ministries	281-885-4555
<i>15555 Kuykendahl Rd, Houston, TX 77090</i>	
<u>Financial Assistance Appt Line</u>	281-583-5600
<u>Children's Clinic (ages 0-18)</u>	281-885-4630
<u>Meals on Wheels</u>	281-885-4622
<u>Housing Assistance</u>	281-885-4595
<u>NAM Resale Store</u>	281-880-9000
www.namonline.org	
Office of the Attorney General	1-800-252-8014
<i>Child Support Division</i>	
<i>P.O. Box 12017, Austin, TX 78711</i>	
www.texasattorneygeneral.gov/child-support	
<u>Acknowledgment of Paternity</u>	1-866-255-2006
<u>Child Support Payment & Case Information</u>	1-800-252-8014
<u>Medical Support Unit - P.O. Box 1328, Austin, TX 78762</u>	1-800-522-2421
<u>Houston - 6161 Savoy Dr., Ste. 400, Houston, TX 77036</u>	713-974-4876
Salvation Army	713-752-0677
<i>1500 Austin St, Houston, TX 77002</i>	
<i>Serves all Harris County zip codes.</i>	
<i>Rent, mortgage, food, clothing, water bill, furniture.</i>	
<i>Christmas assistance with Toys for Tots & Angel Tree.</i>	
www.salvationarmyhouston.org	
<u>Boys & Girls Club Northwest</u>	832-200-4620
<i>12507 Windfern Rd, Houston, TX 77064</i>	
<i>After-school programs (ages 6-18) – Boys & Girls Club</i>	
<i>Summer Camp Program / Cy-Fair ISD, Spring Break Program.</i>	
www.salvationarmyhouston.org/houston/bgc	
Social Security Administration	1-800-772-1213
<i>16200 Dillard Dr, Houston, TX 77040</i>	
www.socialsecurity.gov	

Basic Needs & Financial Assistance

Texas 211

877-541-7905 or 211

Information & referral services

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

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
- Dispute Resolution Centers** 713-274-7100
49 San Jacinto St, Ste 220, Houston, TX 77002
Free mediation services within Harris County
www.drc.harriscountytexas.gov
- 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.harriscountytexasda.com
- Houston Lawyer Referral Service** 713-237-9429
First referrals for qualified prescreened attorneys for hire
Reduced fees program available based on qualification.
www.referrals.hlrs.org
- Houston Volunteer Lawyers / Make Justice Happen** 713-228-0735
Client Intake
100 Louisiana St., Ste. 300, Houston, TX 77002
Civil Legal Aid.
Free referrals (criminal & traffic matters are not handled)
www.makejusticehappen.org
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 **713-274-0800**

16715 Clay Rd, Ste 4, Houston, TX 77084

Myip52@jp.hctx.net

www.jp.hctx.net

Lone Star Legal Aid

713-652-0077

1415 Fannin Street, Houston, TX 77002

1-800-733-8394

Offers legal assistance at sliding scale rate.

www.lonestarlegal.org

Office of the Attorney General

1-800-983-9933

808 Travis St, Houston, TX 77002

Crime Victim Services Division

713-278-5800

Crime Victim's Compensation – Texas

P.O.Box 12548, Austin TX 78711

www.texasattorneygeneral.gov

www.oag.state.tx.us

Medical

Adira Clinic

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.Adiraclinic.org

Christ Clinic

281-391-0190

1040 Schlipf Rd., Ste. 217, Katy, TX 77493

Mental health services, primary care, health education classes.

*By appointment only; Non-insured **only***

www.christclinickaty.org

Clinica Hispana

281-897-8142

9720 Jones Rd, Ste 240, Houston, TX 77065

Preventative care – low-cost immunizations, physicals.

No appt necessary

Accepts Medicaid, CHIP, and most insurance.

Speaks Spanish

www.clinicahispanahouston.com

Epiphany Community Health Outreach Services (ECHOS)

713-270-0369

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

GoodRx

Provides discount coupons & prices for medication at area pharmacies.

www.goodrx.com

Medical

- 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
- 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
- Needy Meds** 1-800-503-6897
Web based information source on medical assistance programs.
Also provides discounts on medical equipment.
www.needymeds.org
- Northwest Assistance Ministries** 281-885-4555
15555 Kuykendahl Rd, Houston, TX 77090
Children’s Clinic (ages 0-18) 281-885-4630
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

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.sanjoselclinic.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

Testing.com

888-665-3488

STD At-home and lab testing information and resources

Please visit the website for more information

contact@testing.com

www.testing.com

Medical

Texas Children's Pediatrics

<u>Kingsland</u> - 21715 Kingsland Blvd., Ste. 103, Katy, TX 77450	281-398-7353
<u>Spring Branch</u> - 1455 Wirt Rd., Houston, TX 77055	713-468-4071
<u>Ashford</u> - 14730 Barryknoll Ln., Houston, TX 77079	281-496-9700
<u>Cypress</u> - 13203 Fry Rd., Ste. 600, Cypress, TX 77433	281-304-5559
<u>Cypress</u> - 9925 Barker Cypress Rd., #200, Cypress, TX 77433	281-890-6514
<u>Lakewood</u> - 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

Texas Department of Insurance

1-800-578-4677

1601 Congress Avenue, Austin, TX 78701

PO Box 12030, Austin, TX 78711

Provides information & responds to consumer complaints regarding insurance.

www.tdi.texas.gov

Tomagwa Healthcare Ministries

281-357-0747

455 School St, Ste 30, Tomball, TX 77375

Low income, adult & pediatric health clinic, low-cost immunizations.

Cash basis **only**; No walk-ins, by Appt. only

Call for zip codes served.

www.tomagwa.org

Trinity Holistic Wellness Center

281-367-9292

Dr. Michael Schmidt, PhD, PScD, BCH, CI, CSH

22306 Sherrod Lane, Spring, TX 77389

Provides alternative therapies, including stem cell, ozone, and neurofeedback therapy. Self-pay.

www.Trinityhwc.com

Urgent Care for Kids- Cy-Fair

713-957-2020

6807 Hwy 6 N, Unit 0054 Houston TX 77084

Pediatric services (newborn to 21 yrs.)

Accepts insurance (fee without insurance \$150)

www.urgentcarekids.com

Disabilities & Chronic Health Services

Attention Deficit Disorders Assoc (ADDA) Southern Region	281-894-4932
<i>9597 Jones Rd, Ste 334, Houston, TX 77065</i> <i>Attention deficit disorders & related conditions.</i> www.adda-sr.org	
The ARC of Harris County	713-957-1600
<i>9401 Southwest Frwy, Houston, TX 77074</i> <i>Serves children & adults with intellectual and developmental disabilities.</i> <i>Educational support services (no fees)</i> <i>Private pay only</i> www.thearchouston.org	
DebLin Health Concepts	713-686-9194
<i>1214 North Post Oak Rd., Ste 100, Houston, TX 77055</i> 24 Hour Crisis Support Line <i>Case management for chronic persistent mental illness</i> <i>Medicaid, private insurance, sliding scale, self-pay.</i> www.deblincares.com	
Family to Family Network	713-466-6304
<i>16225 Park Ten Pl, Ste 500, Houston, TX 77084</i> <i>Education, training, information, and support for families of children with disabilities. Provides community referrals.</i> www.f2fn.org	
Supplemental Security Income (SSI)	1-800-772-1213
<i>16200 Dillard Dr, Houston, TX 77040</i> www.ssa.gov	
Texas Health & Human Services Commission	281-597-5200
<i>2135 Hwy 6, Ste 100, Houston, TX 77077</i> <i>Call 211 for location of nearest office.</i> <i>Medicaid Application</i> www.yourtexasbenefits.com	

Disabilities & Chronic Health Services

Texas Department of State Health Services

1100 W 49th St, Austin, TX 78756

1-800-252-8023

*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

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
healthcare needs.*

*Family support services & coordination with community-based
services.*

*Medicaid, CHIP, private insurance, out-of-network, provider
TCHP*

www.utphysicians.com/chosen

Domestic Violence Shelters & Services

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

GED / Vocational Programs

Harris County Department of Education	713-694-6300
<i>6515 Irvington Blvd., Houston, TX 77022</i>	
www.hcde-texas.org	
Adult Education	713-692-6216
<i>ESL classes, GED prep classes, certification programs.</i>	
www.hcde-texas.org/adult-education	
Lone Star College	
<i>Cy-Fair Campus - 9191 Barker Cypress Rd, Cypress, TX 77433</i>	
www.lonestar.edu/ged.htm	
Northwest Assistance Ministries – Educational Programs	281-885-4523
<i>15555 Kuykendahl Rd, Houston, TX 77090</i>	
<i>Free adult education, ESL, and job training.</i>	
www.namonline.org	
Texas Juvenile Crime Prevention – PVAMU	936-261-5209
<i>Provides degree programs at Prairie View A&M University, continuing education, and in-service training for criminal justice and social service professionals.</i>	
www.pvamu.edu	
Texas Military Department - Texas Challenge Academy	1-877-822-0050
<i>600 Highway 3013 West, Eagle Lake, TX 77434</i>	
Admissions & Recruitment	409-939-3772
<i>Ages 16 to 18; Voluntary accredited high school program for those at risk of dropping out or have already done so.</i>	
<i>Recover credits, earn GED, or high school diploma.</i>	
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	

Grief / Bereavement Services

3A Bereavement Foundation

713-649-3232

5330 Griggs Rd, Ste A108, Houston, TX 77021

Assistance in preparing for funeral services, resource referrals, grief counseling, and crime victim services.

Call for qualification

www.3abereavement.org

Bo's Place

713-942-8339

10050 Buffalo Spdwy, Houston, TX 77054

Free grief counseling and support groups

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

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, BCBS, Cigna, Humana, Magellan Health, United Healthcare, self-pay.

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

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

Project Joy & Hope

713-944-6569

3207 Tulip St, Pasadena TX 77504

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

Drug & Alcohol Services

- Al-Anon, Ala-Teen** 713-683-7227
9800 NW Fwy, Ste 201, Houston, TX 77092
www.houstonalanon.org
- Alcoholics Anonymous** 713-686-6300
5151 Mitchelldale, Ste B10, Houston, TX 77092
Call for nearest group meeting or check online locations.
Free services
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 / Memorial 713-804-6994
14811 St. Mary's Ln., Ste. 120, Houston, TX 77079
- 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.
BCBS, Humana, Aetna, Scott & White, Magellan Health, Ambetter health plans.
<https://ariserecoverycenters.com/>
- Association for the Advancement of Mexican Americans (AAMA)** 713-967-6700
6001 Gulf Freeway, Houston, TX 77023
Out-patient, residential program for adult males (13-17).
Programs targeting tobacco, alcohol, drug use, and other related behavior in ages 14 to 20.
Programs addressing behavioral and emotional problems; requires one parent to participate; ages 10-14.
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

Cocaine Anonymous Helpline (CA)

contact via website

P.O. Box 300154, Houston, TX 77230-0154

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

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.

hnwinfo@gmail.com

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

Drug & Alcohol Services

Narcotics Anonymous Helpline (NA) Helpline 713-661-4200
www.hascona.com

Palmer Drug Abuse Program (PDAP) 281-589-4602
to Join: 281-589-4833
Group Counselors – All Locations
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

PaRC Discovery Behavioral Health 832-982-0724
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
www.parcbh.com/locations/houston/?utm_source=google&utm_medium=local

Phoenix House 844-748-3927
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

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.resourcecenter.com

Drug & Alcohol Services

The Right Step

877-351-7504

12350 Wood Bayou Dr. Houston, TX 77013

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

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

www.symetriarecovery.com/locations/texas-rehabs/spring-suboxone-clinic

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

Drug & Alcohol Services

Westpark Springs Hospital

346-309-0130

Westpark Springs Changes Jersey Village (Cy-Fair)

346-309-0103

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

Westpark Springs Richmond

832-945-1840

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

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

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 mood behavior issues. Intensive in-patient & out-patient treatment available.

Medicaid, private pay, private insurance.

www.tcsi.org

Charlie Health **986-206-0414**

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, BCBS, Humana, Tricare, Optum, TX Children's

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.

Adults only at CyFair location

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.

Accepts BCBS.

Speaks Spanish

www.devereux.org

Houston Behavioral Healthcare Hospital **832-834-7710**

2801 Gessner Rd, Houston, TX 77080

Children, adolescents, adults, in-patient & out-patient services.

Medicaid / CHIP accepted, private insurance.

www.houstonbehavioralhealth.com

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

Kemah Palms Recovery Center

713-568-1210

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

Kingwood Pines Hospital

281-404-1001

2001 Ladbrook Dr, Kingwood, TX 77339

Children, adolescents, adults, geriatrics.

Medicaid / Medicare accepted.

www.kingwoodpines.com

La Hacienda Treatment Center

830-238-4222 option 1

145 La Hacienda Way SW, Hunt, TX 78024

In-patient treatment for chemical dependency (21 & over).

Take all insurance programs except for Medicaid, Medicare, and Tricare.

Local contact: Patti Sullivan ; 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, Magellan, Cigna, Compsych, and United Healthcare.

www.menningerclinic.org

OCD Institute/Houston

713-526-5055

708 E 19th St, Houston, TX 77008

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

Hours: Mon – Fri 9:00a to 5:00p

Self-pay.

www.ocditexas.com

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

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.cenikor.org

PaRC Discovery Behavioral Health

281-941-5106

3043 Gessner Rd, Houston, TX 77080

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

United Healthcare Medicaid and most insurances carriers

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

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

West Oaks Hospital

713-936-6487

6500 Hornwood Dr, Houston, TX 77074

Adults, adolescents, and children. In-patient & out-patient services.

Medicaid / CHIP accepted.

Speaks Spanish

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.
- Allies in Hope** **713-623-6796**
2328 Fannin St., Houston, TX 77002(Midtown)
6260 Westpark Dr., Ste. 100, Houston, TX 77057 (Southwest)
Free testing; education and outreach services.
www.aihhouston.org
- American Foundation for Suicide Prevention** **888-333-2377**
Provides suicide prevention programs within Southeast Texas.
www.afsp.org
- Ascent Psychotherapy Center** **877-393-9695**
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, BCBS, Anthem/BCBS, Aetna, Cigna, EAP's.
www.ascentpsychotherapycenter.org
- Big Brothers & Big Sisters of Greater Houston** **888-887-2447**
1003 Washington Ave, Houston, TX 77002
www.bbbstx.org/houston

Other Support Services

Catholic Charities - Archdiocese of Galveston-Houston 713-874-6590

Services provided for anxiety, behavioral issues, grief, trauma, marriage, family, separation, divorce, and caregiver support for mentally ill/physically challenged loved ones.

Bilingual staff available; Virtual telehealth offered.

Accepts some insurance and sliding scale.

Call to schedule an appointment for any of the locations listed below:

Family Counseling/Locations 713-874-6502

Central Houston 713-526-4611

2900 Louisiana St., Houston, TX 77006

St. John Vianney Catholic - West Houston 713-874-6602

625 Nottingham Oaks Trl., Houston, TX 7707- Social Ministry

Fort Bend County 281-370-3401

12300 Parc Crest Dr., Stafford, TX 77477

Christ the Good Shephard Catholic Church 281-376-7831

18511 Klein Church Rd, Spring, TX 77379

www.cgscodogh.org

CDC National STD & AIDS Hotline 1-800-232-4636 (CDC-INFO)

AIDS & STD information

www.cdc.gov

Collaborative for Children 713-600-1100

2200 Post Oak Blvd., Ste. 1000, Houston, TX 77056

Childcare referral services & parent information line

www.collabforchildren.org

Family Houston 713-861-4849

411 Durham Dr., Houston, TX 7707

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.

familyhouston.org

Other Support Services

Family Time Crisis & Counseling Center 346-220-8205

1203 S Houston Ave, Humble, TX 77338 24/7 Hotline
281-446-2615

*Battered woman's shelter, counseling, legal advocacy.
Counseling free of charge for victims & sliding scale for non-victims.*

Case manager speaks Spanish.

familytimecccc.org

Gamblers Anonymous 855-442-7105

National Hotline 800-426-2537 / 855-222-5542

www.texasga.org

www.gamblersinrecovery.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

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

Mental Health America of Greater Houston 713-523-8963

2211 Norfolk St, Ste 810, Houston, TX 77098

Advocacy, education.

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

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

Mosaics **346-703-0051**

Website for mental health and substance abuse providers in NW Harris, Waller, Montgomery, Grimes, and Walker County.

www.mosaicstx.org/resources

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

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

Other Support Services

- 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
- Overeaters Anonymous** **713-973-6633**
5645 Hillcroft St. Houston, TX 77036
Offers a program of recovery from compulsive eating.
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
- Precinct IV - Domestic Violence Unit** **832-927-6156**
6831 Cypresswood Dr, Spring, TX 77379
Non-Emergency (M-F) **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.siaowo.org
- The Trevor Project** **866-488-7386**
A national, 24-hour, confidential suicide hotline for gay & questioning youth.
Focus on LBGY youth in crisis, regardless of age or sexual orientation.
www.thetrevorproject.org

Other Support Services

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

YMCA - Brenda and John Duncan Family 713-467-9622

10655 Clay Rd, Houston, TX 77041

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

Pregnancy / Gynecological Services

Alternatives in Motion AIM Adoptions 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

Baylor Teen Health Clinic 346-286-3250

Please check website for locations and contact information

713-999-6980

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

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

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

iap@depelchin.org

Pregnancy / Gynecological Services

Gladney Center for Adoption

1-800-452-3639

19221 I-45 South, Ste. 110, Shenandoah, TX 77385

817-922-5001

Adoption programs with post adoption services

Speaks Spanish

<https://adoptionsbygladney.com/>

Harris County Public Health

Humble Clinic

832-927-1330

1730 Humble Place 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

713-634-1000

Acres Home Health Center

713-873-5240

818 Ringold St, Houston, TX 77088

Download application online.

Provides pediatric/adult primary care, adult dentistry, ophthalmology, and podiatry. Provides nutrition/health education, counseling, and social services.

All services require an appointment; application-based qualification.

www.harrishealth.org

March of Dimes

Healthy Baby Hotline

713-623-2020

Pregnancy & Newborn Health Education Center

888-663-4637

Speaks Spanish

www.marchofdimes.org

Medicaid / CHIP Application

877-541-7905 or 211

www.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

Planned Parenthood

Administrative Office

713-522-6240

NW Health Ctr - 13169 NW Fwy, Ste 115, Houston, TX 77040

713-514-1107

Spring Center - 4747 Louetta Rd, Spring, TX 77388

713-514-1102

Offers education, clinic, teen services, birth control and other forms of contraception.

Medicaid.

Speaks Spanish

Locate nearest clinic via phone (1-800-230-PLAN) or online.

www.plannedparenthood.org/health-center

Pregnancy Help Center

281-578-0078

1450 E Summitry Cir, Katy, TX 77449

Free pregnancy testing, childbirth education and preparation for women and soon-to-be fathers, parenting classes & counseling, comprehensive support services, provide limited ultrasounds.

www.phckaty.org

Presbyterian Children's Home & Services

713-522-2800

10242 Greenhouse Rd., #501, Cypress, TX 7743

Licensed child placement agency. Counseling services offered to all members of adoption triad: Children to adults; play therapy available to birth parents, adoptive parents, and adoptees. Foster & adoptive contract through TDFPS.

Cigna, United Healthcare, Aetna.

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

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

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

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

Shelters & Housing

- The Beacon** 713-220-9737
1212 Prairie St. Houston, TX 77002
Homeless shelter & supportive housing.
www.beaconhomeless.org
- Coalition for the Homeless** 713-739-7514
2000 Crawford St, Ste 700, Houston, TX 77002
Assist with locating shelter and permanent housing
www.ctfhouston.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** 713-260-0500
2640 Fountainview Dr. Houston, TX 77057
Low rent public housing, housing choice voucher.
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.
12 properties in Houston metro area.
Provides access to onsite social services agencies.
www.newhopehousing.com

Shelters & Housing

- Northwest Assistance Ministries – Housing Services** 281-885-4555
15555 Kuykendahl Rd, Houston, TX 77090
Food pantry, Meals on Wheels, Senior services,
Mental health services, domestic violence, and resource shot.
Supportive housing program; various social services.
[NAM Housing Assistance](http://www.namonline.org) 281-885-4595
www.namonline.org
- Project Joy & Hope** 713-944-6569
3207 Tulip St, Pasadena, TX 77504
P.O. Box 5111, Pasadena, TX 77508 866-569-4673 (JOY-HOPE)
24-hour parent support line 713-851-9792
Residential housing & financial grants for families.
Exclusively seriously ill children and their families.
www.joyandhope.org
- Salvation Army**
1603 McGowen St, Houston, TX 77004 713-650-0133
Family Residence 713-650-6530
Social Services 713-658-9205
Serves all couples with children, and single parents
Any person who identifies as a woman
www.salvationarmyhouston.org

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.

[Email: info@boysandgirlscountry.org](mailto:info@boysandgirlscountry.org)

www.boysandgirlscountry.org

Covenant House

713-523-2231

1111 Lovett Blvd, Houston, TX 77006

Shelter for homeless youth (18 to 24)

Parenting program for youth who have children 5 yrs. and younger

www.covenanthousetx.org

Kinder Emergency Shelter Harris County Youth Shelter

832-927-6380

713-295-2500

6300 Chimney Rock Rd, Houston, TX 77081

Voluntary 30-day emergency shelter.

Parent involvement required.

Ages 12-17

Therapists, Counselors, and Psychologists

- A. Baines Counseling and Consulting** 832-356-4680
Virtual private practice
Ages 13 – 65, Individual therapy, EMDR, depress, and anxiety
BCBS, Aetna, Optum Health, United Health, and self-pay
www.abainescounseling.com
- Achor Counseling and Associates** 281-781-8444
15555 Kuykendahl Rd., Houston, TX 77090
Ages 3-17; Anxiety, depression, and trauma.
In-office and telehealth sessions.
Accepts most insurance and Medicaid.
Achor123@sbcglobal.net; www.achorcounseling.com
- Admore Behavioral Therapy** 713-910-0296
2401 Fountain View Dr., Ste.800, Houston, TX 77057
Age 3 & up, behavioral therapy, virtual counseling, in person
targeted mental health case management.
Traditional Medicaid, Ambetter, and First Care, and most
insurance carrier accepted.
www.admoregroup.com
- The Advantage** 713-482-1453
2075 Spring Cypress Rd., Ste. B, Tomball, TX 77379
Ages 8+, Consultations, Individual therapy, mental health,
and sports stigma. Cash only.
www.theadvantagecounseling.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

Therapists, Counselors, and Psychologists

- 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, BCBS
www.alliancecounselingworks.com
- Allyson C. Carter, LPC** 713-301-5668
17774 Cypress Rosehill, Ste. 100, Cypress, TX 77433
Counseling for children 6 years and older, mediations.
Self-pay, AETNA, BCBS.
carter@3degreescmc.com; 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.
BCBS Insurance.
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.
In person/office and virtual telehealth services
United Healthcare, BCBS, Aetna, Cigna
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.apolloscenter.org; www.fairfieldbaptist.com/ministries/counseling

Therapists, Counselors, and Psychologists

Art in Counseling, LLC

281-247-6460

Rachel Black

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; <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.

BCBS, 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

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; support@behavioralpathfinder.com

Bench Therapy

281-900-4477

Brooke Medina

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

17820 Mound Rd., Ste. D, Cypress, TX 77433

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

Therapists, Counselors, and Psychologists

Bilingual Psychologists

713-939-1229

Jorge Carrillo, PhD, LSSP, RSOTP

7826 Hillmont Rd., Houston, TX 77040

Full assessment & diagnosis for children & adolescents

Specializing in autism.

Medicaid, CHIP, BCBS, Magellan, United Healthcare,

Humana, First Health, Anthem, and Coventry Health Care.

Speaks Spanish and Portuguese

www.bilingualpsychologicalassociates.com

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; and couples therapy, anxiety, depression, ADHD, personal development, workplace support services.

Self-pay, out of network reimbursement,

Law enforcement bundle rates, limited sliding scale fees

www.birdsofafeatherwellness.com

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; 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 4-11 Assessment, treatments, and telemedicine therapy to children's survivors of domestic violence

www.psy.bryte@uth.tmc.edu

Therapists, Counselors, and Psychologists

Calderas Counseling

346-314-0022

8900 Eastloch Drive, Ste. 150, 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

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

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, BCBS, Tri-West, Out of Network, Sliding Scale.

Speaks Spanish

www.candisfirchau.com

Therapists, Counselors, and Psychologists

- Carla Cage, LPC** **210-255-7586**
3934 FM 1960 West, Ste. 152, Houston, TX 77068
Ages 7 and up; Anger management, anxiety, behavioral issues, grief therapy, art/play therapy, CBT, DBT, EMDR and Solution Focused Brief therapy.
Carlagage@yahoo.com
- Catherine King, LMFT, LPCS** **832-740-2974**
832-610-3716
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.
- Catholic Charities - Archdiocese of Galveston-Houston** **713-526-4611**
2900 Louisiana St, Houston, TX 77006
Sliding scale. Annual income based,
In-person and virtual telehealth offered.
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
- Center for Discovery** **844-603-5421**
17515 Swansbury Dr., Cypress, TX 77429
8588 Katy Frwy., Ste. 440, Houston, TX 77024
Ages 14+, eating disorders treatment, CBT, DBT,
Exposure and response therapy
centerfordiscovery.com

Therapists, Counselors, and Psychologists

Center for Family Consultation

713-526-4751

Victor Loos, PhD – Director

2524 Nottingham St, Houston, TX 77005

Counseling services for children, adolescents, and families.

ADHD, Autism, Asperger, and learning differences.

Psychological evaluation.

Medicaid / CHIP accepted.

Speaks Spanish

www.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, BCBS, Humana, Tricare,

Medicaid, TX Children's, Optum.

Ages: 11- 33.

Telehealth services only.

www.charliehealth.com

Clearhope Counseling & Wellness

281-769-2238

1431 Graham Drive, Ste. 125, Tomball, TX 77375

Ages 3+, Individuals and family; anxiety, bipolar, PTSD,

Divorce, trauma, ADHD, violence, EMDR, CBT, and play

therapy.

Medicaid, BCBS, Aetna, Cigna, UTEAP, United Optum,

Community Healthchoice.

Spanish, Urdu, and Hindi

www.clearhopewellness.com

Community Counseling

832-447-1422

16124 Becker Rd., Bldg. E, Hockley, TX 77447

Children, adolescent, adults, play and family therapy, grief,

trauma, anxiety, depression, substance abuse,

anger/aggression, EMDR, trauma therapy.

English only, Spanish – telehealth

<https://www.communitycounseling.com>

Therapists, Counselors, and Psychologists

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, BCBS, Tricare, Optum.

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

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, BCBS, Community Health, Choice, Optum,

United Healthcare, UMR, University of TX-EAP, and

Traditional Medicaid

www.couragetotalkcounseling.org

Covenant Healing, LLC

346-230-1207

17302 House Hahl Rd, Ste 313, Cypress, TX 77433

Ages 7-18; Adult, military families, marriage, and first responders.

Faith-based counseling, PTSD, tele-counseling options.

Sliding scale.

Speaks Spanish

www.covenanthealing.org ; covenanthealingllc@gmail.com

Therapists, Counselors, and Psychologists

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

frontdesk@cy-hopecounseling.org; Lannie.cox@cy-hopecounseling.org

Cynthia R. Carter, M.S., LPC, LMFT

281-746-3406 ext. 0

14525 FM 529 Rd., Ste. 200, Houston, TX 77095

Depression, anxiety, suicidal ideation, self-harm, trauma/abuse, grief/loss, adjustment issues, behavioral problems, ADHD, anger management, self-esteem, parenting skills, and support.

In-office and virtual sessions.

Most insurances accepted, sliding scale, and private pay.

info@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.

BCBS, Cigna, Aetna, United Healthcare.

Speaks Spanish

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

Therapists, Counselors, and Psychologists

D & K Counseling

281-721-9939

8990 Kirby Dr., Ste. 220, Houston, TX 77054

Ages 4+, adults; Individual, couples, groups; trauma, EMDR,

Parent child interaction and play therapy

All major insurances accepted, self-pay

www.dkcounselinghouston.com

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.

BCBS, United Healthcare, Aetna, Cigna, Friday Health Plan,

and CompPsych. Carelon, Humana, Curative

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

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

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

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

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

Ages 5 and up; Individual counseling for anxiety, depression, ADHD, autism, play therapy, learning disability, art therapy, and evaluation. Relationship counseling and life transitions counseling. Psychological evaluations to immigrations cases.

Telehealth services available. Psychiatry assistance on site.

BCBS, Cigna, Aetna, and self-pay.

Speaks Spanish, Korean, Portuguese, and Hindi

www.mydistrictcounseling.com

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 or www.depelchin.org/fays

D'Momentum Therapy

281-901-1268

1832 Snake River Rd., Ste. E, Katy, TX 77449

Ages 3+, individuals, children, adults, and families; therapy.

Depression, crisis intervention, breath integrative therapist, facilitation.

Spanish, in-person and virtual telehealth.

Private pay, Interns low cost/sliding scale fee.

www.dmomentumtherapy.com

Therapists, Counselors, and Psychologists

- 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, EMDR trained.
Aetna, BCBS, Cigna, United Healthcare/Optum, Oscar, Oxford, self-pay, and sliding scale.
www.nextstepscc.org
- 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
- Edmund Guilfoyle, PhD** **281-955-6655**
9950 Cypresswood Dr., Ste. 224, Houston, TX 77070
Adolescents, adults, families.
Sliding scale, some private insurance accepted, Medicare.
- Eduvention** **346-377-6650**
8711 Hwy. 6 North, Ste. 270, Houston, TX 77095
Counseling support for all ages and families, case management
Traditional Medicare, Molina, Aetna, Humana, self-pay.
www.eduvention.net
- Ellie Mental Health** **281-377-3743**
26077 Nelson Way Dr., Ste. 901, Katy, TX 77494
Ages 5 & up; Individual, couples, and group therapy, grief/loss therapy, trauma informed, LBGTQ, autism,
BCBS, Cigna, Magellan, TMHP, UnitedHealth/Optum,
Medicaid, sliding scale, self-pay
www.elliementalhealth.com/locations/cypress-west-tx
elliecats@elliementalhealth.com

Therapists, Counselors, and Psychologists

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

Ethos Wellness 713-324-3754

5757 Woodway Dr., Ste. 285, Houston, TX 77057

Youth and adults; Individual, group, family, and couples therapy.

BCBS, Aetna, Optum, Cigna, Carelon, Magellan, TriWest, Houston Methodist

ethoswellness.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

Ages 6+, Psychosocial rehabilitation, case management & skills training, development to youth & families.

Medicaid, Community Healthchoice, BCBS, Texas Children, Molina Health, and United Health

www.familyalliancenetworg

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

Therapists, Counselors, and Psychologists

- 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
- 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
- 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
- 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
- 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

Therapists, Counselors, and Psychologists

- 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
- 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.
BCBS, United Healthcare, Aetna and UMR.
www.hopealive.us
- 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
- H.O.P.E. Psychotherapy of Houston** 302-547-9957
17510 Huffmeister Rd., Ste. 102, Cypress, TX 77429
Ages 12+; Individual therapy; ADHD, depression, anxiety,
OCD,
ODD, stress management, self-injury/self-harm, alcohol/drug.
BCBS, Tricare, Medicare, Medicaid HMO, Aetna, Cigna,
Magellan, and United Health
www.hopepsychotherapyofhouston.com/our-therapists

Therapists, Counselors, and Psychologists

- 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, BCBS, Crime Victims United Healthcare) and private pay. (\$150/session)
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
- 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
- Houston Galveston Institute** 832-471-6538
2116 Thompson Rd., Ste. 107, Richmond, TX 77469
Family & individual therapy.
Sliding scale.
Speaks Spanish
www.hgicounselingtx.org
- Houston Psychotherapists, Inc.** 832-237-2673 (COPE)
Sammie Jones, MA, LPC.
North Cypress Medical Center - Professional Building 1
21212 NW Fwy, Ste 455, Cypress, TX 77429
Adolescents, adults, couples. Self-injury, family issues, adolescent behavior, and development.
Traditional Medicaid / CHIP, insurance, sliding scale.
www.houstonpsychotherapists.com

Therapists, Counselors, and Psychologists

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

The Inner Mind Counseling and Therapy

281-503-1553

633 E. Fernhurst Dr., Ste. 1302, Katy, TX 77450

Ages 5+, Individuals, family, and group, eating disorders, EMDR, DBT, CBT, in-person, virtual telehealth.

Medicaid-Superior, Ambetter; Aetna, Cigna, United Healthcare, Tricare, no insurance/special rate.

www.theinnermind.org

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

Janet Nicholas, MA, LPC, LCDC

713-882-4268

15 Ranch Creek Way, Magnolia, TX 77354

Adolescents 12+ & adults; traditional in-office counseling & equine assisted psychotherapy, learning & teambuilding, comprehensive career assessments, therapeutic placement consulting.

www.JanetNicholas.com

Jennifer L. Aune Counseling

832-704-4320

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

Jennifer Aune, M.A., LPC

Brooke Duffy Roberts, PhD, LMFT, LPC

832-640-9606

Ages 5 & up; Individuals, and couples.

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

BCBS, Multiplan, United Healthcare, Cigna, Optum, PHSF, Tricare.

Offers Zero Body dry flotation take for trauma therapy

www.jenniferaune.com; help@jenniferaune.com

Therapists, Counselors, and Psychologists

Jennifer Doyle, MS, LPC, LCDC

832-639-1161

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

Adolescents 12+, adults, and family therapy.

Registered play therapist. Specializes in trauma, substance abuse, depression, and anxiety.

Self-pay, and some private insurance accepted.

Virtual and in-person appointments

Jennifer Nichols Counseling, MA, LPC-S

281-323-2276

11711 Cypress N. Houston Rd, Cypress, TX 77429

12337 Jones Rd., Ste. 219, Houston, TX 77070

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

Private pay. Aetna, Cigna, Carelon, Quest, BCBSTX, BCBS,

United Healthcare, Optum, Massachusetts-BCBS

www.jennifernicholscounseling.com

Katy Counseling

832-406-4304

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

Individual, family, group therapy, depression, anxiety, children, teens, adolescents, and adults, trauma, grief/loss, addiction, life transitions, behavioral issues, CBT, EMDR, DBT, accelerated resolution, and LENS Neurofeedback ages 2 and up.

Accepts FSA, HSA, private pay.

Spanish and Russian speaking

www.katycounseling.com

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, BCBS, Cigna, United Healthcare, Humana.

www.kendredwellnesscenter.org; contact@kendredwellnesscenter.org

Therapists, Counselors, and Psychologists

Kingdom Dwelling Christian Counseling

281-826-9777

12337 Jones Rd., Ste. 422, Houston, TX 77070

Ages 5+, Individuals, couples, groups, LGBTQ+, trauma informed. EMDR, lasis micro current neurofeedback, CBT, play therapy.

BCBS, Cigna, Magellan, Optum, Tricare, Aetna, Lyra, CompPsych, Curative, and EverNorth.

Spanish speaking available

www.kingdomdwellingcc.com

Kinghaven Counseling Group

713-457-4372

Houston - 6315 Gulfon 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.

In office and virtual

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, BCBS.

Medicaid, Molina, United Healthcare, Superior

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

admin@landaproservices.com; www.landaproservices.com

Therapists, Counselors, and Psychologists

Lahor Behavioral Services

832-230-4487

14526 Old Katy Rd., Houston, TX 77079

Ages 4+, Children and adults, ADHD, depression, bipolar, Psychotic disorder, Conduct disorder, anxiety, panic disorder PTSD, acute distress, medication management, skill management

Skill development, and groups/parent support.

In-person, in home, and virtual telehealth

Medicaid-Molina, Amerigroup, Community Healthchoice,

Superior Health, Superior STAR, non-insured rates offered

www.lahorbehavioral.com

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

832-246-5369

7676 Hillmont St., Houston, TX 77070

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

United Healthcare, BCBS, Aetna, Cigna, Molina, Sliding Scale.

Telehealth options; Saturday appointment available

Speak Spanish

www.letstalkyou.com

Therapists, Counselors, and Psychologists

Life Cycles Counseling

281-299-8607

Marcel Gamboa, LPC

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

23227 Red River Dr., Katy, TX 77494

Serving pre-teens, teens and adults.

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

Aetna, Cigna, BCBS, Humana, United/Optum and various EAP.

Self-pay, sliding scale rates for sessions with associates/interns.

www.lifecyclescounseling.com

Life Enhancement Services

800-553-6040

350 Glenborough Dr., Ste. 138, Houston, TX 77067

Ages 7 to up; Crisis intervention, ADHD, individual therapy, anger management, depression, grief counseling, medication management, skill building, at-risk youth.

Medicaid, Texas Children's, Molina, Superior, Community Health Choice, United Healthcare, Cooks, Parkland

Speak Spanish

www.lestx.org

Linda Twichell, MA, LPC

832-492-0671

Ages 8 & up; adolescents, adults, couples, families.

Anxiety, depression, family conflict, grief, loss, blended family

Aetna, BCBS, Cigna and sliding scale.

Virtual services only & evening appointments available.

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, most major insurances, self-pay.

www.lonestarbehavioralhealth.com

Therapists, Counselors, and Psychologists

Lori Lambert

832-930-3290

12337 Jones Rd., Ste. 241, Houston, TX 77070

Adolescents, teens, and adults; ADHD, family issues, LGBTQIA+, depression, women issues, stress, grief and loss. BCBS, Aetna, Anthem-EAP, Oxford, United Health BCBS-Massachusetts, Cigna, Oscar, Owest Behavioral care.headway.co/providers/Lori-lambert

The Lotus Circle Counseling, PLLC

346-444-0706

Jackeline Hurtado, LPC-S

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

Ages 16 to adults; Individual, family therapy, anxiety, depression, bi-polar depression disorder, borderline personality, life transition, self-harm, and trauma, DBT certified.

Cigna, Aetna, BCBS, UnitedHealth.

Speaks Spanish

www.thelotuscirclecounseling.com

Margaret Hood Black, MA, LPC

713-562-7819

19222 Tomball Pkwy, Tomball, TX 77070

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

In person and virtual, Some evening sessions available

Private pay.

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.

BCBS, Cigna, Aetna, Concern Health-EAP, United Health/Optum, and Anthem Healthcare.

Speaks Spanish, Hindi, Turkish, Yoruba, Farsi

Info@houstonlpc.com; 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

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,
Adoptive parents and adoptee support.*

*BCBS, United Healthcare, Aetna, Cigna EAP's, Cigna,
ComPsych, Carebridge.*

After-school & Sat hours available.

www.maryelijahlpc.com; mary.elijah@sbcglobal.net

Mary Engle, MA, LPC

281-221-5582

5502 5th Street, Katy, TX 77493

Christian Counseling. All ages.

Trauma, EMDR, play therapy, grief, anger, and depression.

Self-pay, out-of-network insurance paperwork can be filed.

www.maryenglelpc.com

Mental Break Counseling Services

346-252-6301

Champion - 13810 Champions Forest Dr., Houston, TX 77069

Katy - 23234 Red River Dr., Ste. 140, Katy, TX 77450

Age 5+, Individual, family, and couples therapy, ADHD, ODD.

Depression, PTSD, anxiety, adjustment disorders, and trauma.

BCBS, Aetna, Cigna, United Health, Evernorth, Optum.

Self-pay, sliding scale.

www.mentalbreakcounselingservices.com

Therapists, Counselors, and Psychologists

Mercedes Dominguez, M.Ed., LPC

281-440-0606

5629 Cypress Creek Pkwy., Ste. 115, Houston, TX 77069

Ages 12 & up.

Commercial Insurance & self-pay.

CFISD referrals without insurance are \$75 per session

Early afternoons and evenings (Mon, Tues, Wed, Th, and Sat)

Virtual and In-office sessions available.

Speaks Spanish

www.mercedesdominguez.com

Mindful Health

281-466-3311

12230 Dundee Court, Cypress, TX 77429

Ages 13+, Individual therapy, psychiatry, holistic wellness

Services IOP/PHP; In-person and virtual telehealth

Most insurance accepted

www.mindful.health

Mindful Transformations Counseling Center

281-892-9986

Erica Cleveland, MA, LPC

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

Tomball - 18635 N. Eldridge Pkwy., Ste. 102, Tomball, TX 77377

Trauma, anxiety, MDMR, CBT/DBT, grief, behavioral depression, ODD, addiction.

BCBS, Cigna, Tricare, United Healthcare, sliding scale.

www.mtspringcounseling.com or 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.

BCBS, Cigna, Humana, United Healthcare, Oxford, and self-pay.

www.mindpath.com/location/Katy/Sugarland/Woodlands

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

Therapists, Counselors, and Psychologists

- 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, EAP-Spring Health, ComPsych.
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, women's issues, anxiety, Grief/loss, substance abuse and use; psychological testing; virtual only.
Private insurance, BCBS, Aetna, Cigna United Healthcare.
www.drrosell.com
- New Dimensions Treatment Center** 866-757-3594
Ages 13 and up; Intensive and partial hospitalization treatment for mental health and substance use.
Aetna, BCBS, Cigna, Humana, United Healthcare, Magellan, Beacon Health Options.
www.nddtreatment.com
- Northwest Assistance Ministries – Mental Health Services** 281-885-4555
15555 Kuykendahl Rd., Houston, TX 77090
Children, adolescents & adults.
Play therapy, family therapy, suicidal ideation, non-suicidal self-injury, grief/trauma, anxiety/depression, spectrum disorders, substance use, support for LGBTQ+, anger/aggression.
No cost for all NAM clients
www.namonline.org
- Nowlogy Psychology Experts** 281-612-8580
Cypress / Bridgeland Clinic
17820 Mound Rd. Ste. B, Cypress, TX 77433
Ages 5 & up; Individuals, couples, and family therapy.
DBT, CBT, & EMDR; exposure response, trauma, diagnostic, LGBTQ+, AV, ADHD.
BCBS, Aetna, Cigna, United Healthcare, and Oscar.
www.nowlogy.com

Therapists, Counselors, and Psychologists

The Olive Tree Counseling and Supervision 281-743-3468

Kristin Sanders, LCSW-S

Virtual telehealth only.

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, BCBS, Cigna

www.theolivetreecounseling.com

Omi Wellness & Counseling 713-331-4005

Virtual Online office

*Ages 15+, Individual therapy, trauma, anxiety, depression, PTSD, Somatic healing, CBT, EMDR, and brain-spotting
Medicaid, Aetna, Cigna, United Health, BCBS, Oxford,
Self-pay, No insurance special rate.*

www.omiwellnessandco.com/services

Ori Hope Counseling 346-946-5639

13100 Wortham Center Dr., Houston, TX 77065

Ages 12+, Individuals, couples, family, and Christian therapy

Anxiety, depression, trauma-based, and immigration support services.

Oscar, BCBS, United Health, Aetna, Optum, and sliding scale fee.

www.orihopecounseling.com

The Parris Foundation 713-543-1374

10333 Harwin Dr. Ste.310, Houston, TX 77036

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 virtual online.

Medicaid and sliding fee scale payments accepted.

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

Pathlight Mood and Anxiety Center

877-825-8584

17350 St. Luke's Way, The Woodlands, TX 77384

Children, teens and adults struggling with anxiety, depression, trauma related disorders, co-occurring substance use disorders. Partial hospitalization and intensive outpatient treatment in TX.

Eating Recovery Center

866-955-2716

Children, teens, and adult struggling with eating disorders, Anorexia nervosa, bulimia nervosa, diabulimia, binge eating disorder.

EatingRecovery.com; PathlightBH.com

Pearls of Change Wellness, LLC

832-291-8363

Glenda Demas, LPC

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

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

Therapists, Counselors, and Psychologists

- 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, BCBS, United Healthcare, Cigna and Texas Children's, Self-pay.
www.realityproductionstherapeutictheater.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
- Renei Therapeutic Solutions** 713-205-8183
Virtual private practice
Ages 6+, Individual therapy, anxiety, depression, crisis intervention, coping skills, self-esteem, peer relationships, substance use, family conflict, life transitions, and trauma.
In-person and virtual telehealth.
brandy@renei.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

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; 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

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.1evergreenps.blogspot.com

Safe Place Counseling

832-831-6178

11767 Katy Fwy., Ste. 1130, Houston, TX 77090

Age 3+, Adulthood, assessment w/intake, psychotherapy

Children and pregnant women programs, skill building SA

Physical abuse, Medication management.

BCBS, Community Healthchoice, Molina-TX, Aetna, Cigna

safeplacecounseling.org

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, BCBS, Cigna, Aetna, EAP's, ACI, UH-Optum, Ceredian Life Works, FEI, and ESI.
www.seedsofhopetx.com; andrea@seedsofhopetx.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
- 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
- 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
- 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

Therapists, Counselors, and Psychologists

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; 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

Spencer & Associates Therapeutic Alliance

832-756-2749

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

Katy – *24285 Katy Fwy, 4th floor, Katy, TX 77494*

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

Private insurance, Medicaid/CHIP, and sliding scale.

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, BCBS, Anthem, Cigna, Scott & White Health TriWest (preauthorized), United Healthcare-Optum, FSA, and HAS.

www.taylorcounselinggroup.com/locations/the-woodlands

Therapists, Counselors, and Psychologists

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, BCBS, Magellan, Ambetter.

www.tenderdevotions.com; tdcservices1@yahoo.com

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

Therapeutic Enrichment

832-532-8671

Erica Henry, LPC

12337 Jones Rd., Ste. 241, Houston, TX 77070

Anger management, anxiety, depression, couples, divorce, Grief/Loss, parenting, relationship, self-esteem, stress management.

Private pay.

ericahenrylpc.wixsite.com/counseling

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

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.

Therapists, Counselors, and Psychologists

Tranquil Hearts Counseling Center

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

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

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

Alison Lampton, M.Ed.,LPC

832-630-0777

Anxiety, stress, depression, self-esteem, Infertility, life transitions, grief, and loss. Children, teens, and adults. Some evening and weekend availability.

United Healthcare, Aetna, Cigna, and Optum insurance.

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

Unlimited Pathways to Change, LLC

832-769-2832

5757 Woodway Dr., Ste. 300, Houston, TX 77057

Ages 4+; Individual, group, genetic testing

Professional behavioral/mental treatment.

Medicaid, BCBS, Tricare, Texas Children's-STAR, Community Healthchoice.

Virtual telehealth, home visits available.

www.unlimitedpathwaystochange.com

Therapists, Counselors, and Psychologists

- 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.
BCBS, Aetna, and Cigna insurance, self-pay.
www.resetyourpath.com
- The Village Life Center – Texas** 713-739-9725
Crisis Line 281-620-9011
2101 Crawford St, Ste 208, Houston, TX 77002
Offer intensive, out-patient mental health services for children, adolescents, and adults.
Medicaid accepted.
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
- 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
- Wonders & Worries** 713-324-8956
The Ballard House - 21421 Cinco Park, Katy, TX 77450
Ages 2 to 18, provides free professional support for children with serious or chronic illness/injuries.
Consultations, classes, and support groups for parents.
Spanish speaking available
www.wondersandworries.org

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

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, ADHD.

Aetna, Cigna, BCBS, United Healthcare & self-pay.

Psychiatrists

Brownstone Psychiatry

281-251-3030

6605 Cypresswood Dr., Ste. 325, Spring, TX 77379

Psychotherapy, medication monitoring, assessment/testing, ADHD, autism, anxiety, addiction, bipolar, depression, eating disorders, compulsive disorders, and learning delays.

www.brownstonepsychiatry.com

Carlos Benjamin Vargas

713-840-7956

8707 Meadowcroft Dr, Houston, TX 77063

Children ages 5 and up.

Insurance accepted, BCBS, Compsych, self-pay.

Speaks Spanish

www.synergiquehealing.com

Cornerstone Psychiatry Associates

281-580-8086

Bernard Rosenburg, MD

7107 FM 2920, Ste. 200, Spring, TX 77379

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, BCBS, Cigna, United Healthcare.

www.lifestance.com/provider/daniela-white-md

Enabled Care Psychiatry

832-850-4077

1500 S. Dairy Ashford Rd., Ste. 102, Houston, TX 77077

Ages 13 to 75, General psychiatry, ADHD, anxiety, depression

In office and telepsychiatry.

Cigna Behavioral/Evernorth, United Healthcare, Medicare, BCBS.

www.enabledcarepsychiatry.com

Psychiatrists

- Family Psychiatry of the Woodlands** 281-367-1015
8701 New Trails Dr, Ste 150, Spring, TX 77381
Ages 5 & up; General psychiatric services.
Medicare, Self-pay, private insurance.
www.woodlandpsych.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
- 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
- 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
- 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, Aetna, BCBS.
www.memorialpsychiatry.com

Psychiatrists

- Mercie Health-Psychiatric Mental Health & Wellness** 832-562-0553
Dr. Sylvia Udokora, DNP, PMHNP-BC, FNP-C
25031 Westheimer Pkwy, Ste. 500, Katy, TX 77494
General psychiatric services and monitoring.
Medicaid, Aetna, Cigna, BCBS, United Healthcare, Molina,
Magellan, Optum, Oscar, Evernorth, Humana Military.
Speaks Spanish
www.merciehealth.com
- Mitchell Young, MD** 713-522-4505
1118 Barkdull St, Houston, TX 77006
Children, adolescent, and adult psychiatry. Self-pay.
- 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, BCBS, United Healthcare, Oxford, Oscar, FSA and HAS.
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
- 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/

Your Family Psychiatrist

Jared Heathman, MD

281-849-4080

12247 Queenston Blvd, Ste D, Houston, TX 77095

Out-patient treatment, online psychiatrist, and in-person services. QB testing for ADHD, genetic testing, Geno mind testing. Self-pay.

www.yourfamilypsychiatrist.com

Index

3		Brighter Futures Counseling	47
		Brinkmeyer, Amanda	45
		Brownstone Psychiatry	79
		Bynum, Tiffany	75
3A Bereavement Foundation	21		
A		C	
A. Baines Counseling & Consulting	44	Cage, Carla	49
Achor Counseling & Associates	44	Calabri Health	48
Acres Home Health Center	38	Calderas Counseling	48
Adaptive Behavioral Health	31	Care Net Pregnancy Center	37
ADDA	17	Carrillo, Jorge	47
Admore Behavioral	44	Carter, Allyson	45
Agape Counseling	44	Carter, Cynthia R.	52
Aid to Victims of Domestic Abuse	19	Casten, Julie	76
AIM Adoptions	37	Catholic Charities	7, 11, 32, 49
Al-Anon, Ala-Teen	23	CDC National STD & AIDS Hotline	32
Alcoholics Anonymous	23	Kenikor Foundation	30
Alliance Counseling Works	45	Center for Creative Resources	49
Allies in Hope	31	Center for Discovery	49
Alternatives in Motion	37	Center for Family Consultation	50
American Foundation for Suicide Prevention	31	Challenger-Hinds, Andrea	73
Apollos Ctr for Healing & Growth	45	Champion, Gloria	57
Archdiocese of Galveston-Houston	7, 11, 32, 49	Charlie Health	28, 50
Arise Recovery Center	23	Childfind of America	4
Art in Counseling	46	CHIP	38
Ascent Psychotherapy Center	31	CHOSeN Clinic	18
Association for the Advancement of Mexican Americans (AAMA)	23	Christ Clinic	13
Attention Deficit Disorders Assoc.	17	Clearhope Counseling & Wellness	50
Aune, Jennifer	60	Cleveland, Erica	67
B		Clinica Hispana	13
BALEV Counseling & Wellness	46	Coalition for the Homeless	41
Baylor Teen Health Clinic	37	Cocaine Anonymous Helpline	24
Behavioral Health Consultants	46	Collaborative for Children	32
Behavioral Pathfinder	46	Community Counseling	50
Ben Taub Psychiatric Center	4	Compass Mental Health & Wellness	51
Bench Therapy	46	Compassionate Friends	21
BES Group & Solutions Plus	24	Cornerstone Psychiatry Associates	79
Big Brothers & Big Sisters	31	Counseling Concepts	51
Bilingual Psychologists	47	Courage to Talk Counseling	51
Birds of a Feather Wellness	47	Covenant Healing	51
Birth Mother at DePelchin	37	Covenant House	43
Black, Rachel	46	Cy-Fair Helping Hands (CFHH)	7
Bo's Place	21	Cy-Hope Counseling Center	52
Boys & Girls Club	9	Cypress Assistance Ministries	7
Boys & Girls Country	43	Cypress Counseling & Behavioral	52
		Cypress Creek Hospital	28
		Cypress Therapy and Counseling	52
		CFISD Police Department	4

Index

D

D & K Counseling	53
D'Momentum Therapy	54
Davis, Kimberly	51
Dawn of Grace Behavioral Health	53
DBT Dynamics	53
Deblin Health Concepts	17
Demas, Glenda	70
DePelchin Children's Center	37, 55
Devereux TX Treatment Network	28
Dialectical Behavior Therapy Center	53
Discover S.E.L.F.	54
Dispute Resolution Centers	11
District Counseling	54
Dominguez, Mercedes	67
Doyle, Jennifer	61
Duffy-Roberts, Brooke	60
Dunn Behavioral Sciences Center	82
Dunwoody, Monica	51

E

Eating Recovery Center	70
Eddins Counseling Group	55
Eduvention	55
Edwards, Amber	45
Elijah, Mary	66
Emergency Number	4
Engle, Mary	66
Epiphany Community Health Outreach Services (ECHOS)	13
Erickson Counseling & Mediation	56
Erickson, Michael D.	56
Ethos Wellness	56

F

Fairfield Baptist Church	45
Family Alliance Network	56
Family Houston	32
Family Psychiatry of the Woodlands	80
Family Services of Greater Houston	56
Family Ties	57
Family Time Crisis & Counseling	19, 33
Family to Family Network	17
FAYS Program at DePelchin	55
FEMA Disaster Assistance	7
Find your Destiny Counseling Services	57
Firchau, Candis	48
Foe, Debbie	53

G

Gamboa, Marcel	64
Ginsberg, Lawrence	81
Gladney Center for Adoption	38
GoodRX	13
Grandparents as Parents Program	33
Greater Houston Counseling Services	57
Grief Recovery Center	21
Grief Share	21
Guerrero, Maria	52
Guilfoyle, Edmund	55
Gulf Coast Community Services	7

H

H.O.P.E. Psychotherapy of Houston	58
Hall, Karyn	53
Harbruerger, Douglas	55
Harris County Community Svcs	8, 41
Harris County Community Youth Service Center	4
Harris County Constable Precinct IV	4
Harris County Department of Education	20
Harris County District Attorney	11
Harris County District Attorney Juvenile Division	4
Harris County Jail Public Information	4
Harris County Juvenile Probation	4
Harris County Protective Services	4
Harris County Public Health	38
Harris County Sheriff's Department	5
Harris County Youth Shelter	43
Harris Health	14, 38, 80
Harris Health Pediatric & Adolescent Health Center	80
Hatch Youth	34
Heathman, Jared	82
Henderson Hubbard, Lisa	47
Henry, Erica	75
Herbert, Shawnesse	54
Heritage Behavioral	58
Hood Black, Margaret	65
Hope & Harmony Therapy	58
Hope Alive Christian Counseling	58
Hopkins, Kimberly	61
Houston Adult Psychiatry	80
Houston Area Women's Center (HAWC)	5, 19
Houston Behavioral Healthcare Hospital	28
Houston Center for Christian Counseling	59
Houston Circle of Hope	59

Index

Houston Family Psychology	59
Houston Galveston Institute	59
Houston Hospice	22
Houston Housing Authority	41
Houston Lawyer Referral Service	11
Houston Northwest Rehab	24
Houston Police Department	5
Houston Psychotherapists	59
Houston Volunteer Lawyers	11
Hurtado, Jackeline	65

I

IBN Sina Foundation	14
Impact Healthcare & Wellness	60

J

J & K Ranch Kennels	60
Jenkins, Rosell	68
Jennifer L. Aune Counseling	60
Jensen, Jessica	76
Jersey Village Police Department	5
Johnson, Cecelia E.	58
Jones, Sammie	59
Justice of The Peace Courts	12

K

Katy Christian Assistance Ministries	8
Katy Counseling	61
Kemah Palms Recovery Center	29
Kendred Wellness Center	61
Kinder Emergency Shelter	43
King, Catherine	49
Kingdom Dwelling Christian Counseling	62
Kinghaven Counseling Group	62
Kingwood Pines Hospital	29
Kuykendall-Rogers, Valerie	31

L

L & A Professional Services	62
La Hacienda Treatment Center	29
Lahor Behavioral Services	63
Lakewood United Methodist Church	8
Lambert, Lori	65
Lampton, Alison	76
Lavender Counseling & Wellness Center	63
Let's Talk, I'll Listen Counseling Center	63
Lewis, Joye	53
Life Cycles Counseling	64

Life Enhancement Services	64
Lone Star Behavioral Health	64
Lone Star College	20
Lone Star Legal Aid	12
Loos, Victor	50

M

Magnolia City Detox	24
Main Street Ministries	8
Make Justice Happen	11
March of Dimes	38
Martin Counseling	65
Martin, David B.	65
Martin, Debbie	58
Martin, Shannon	63
Marvelous Counseling and Therapy	66
MCH Family Outreach	33
MedCare Pediatric Group	33
Medicaid	10, 38
Medicaid Application	18
Medina, Brooke	46
Memorial Assistance Ministries	8
Memorial Hermann Mental Health	80
Memorial Psychiatry	80
Menninger Clinic	29
Mental Break Counseling Services	66
Mental Health America of Greater Houston	33
Mercie Health	81
Mindful Health	67
Mindful Transformations Counseling Center	67
Mindpath Health	67
Money Management International	9
Moore, Candice	48
Morgan's Helping Hands	68
Mosaics	34
Mothers Against Drunk Drivers (M.A.D.D.)	34
MW Solutions	68
MyHealth Teams	34

N

NAM Educational Programs	20
NAM Housing Assistance	42
NAM Mental Health	68
NAMI National Information Helpline	5
Narcotics Anonymous	25
National Alliance on Mental Health	35

Index

National Center for Missing & Exploited Children	5
National Runaway Safeline	5
Needy Meds	14
New Dimensions Treatment Center	68
New Hope Housing	41
New Life Adoption	39
Nicholas, Janet	60
Nichols, Jennifer	61
NorthwestAssistance Ministries (NAM)	9, 14, 19, 20, 42, 68
Nowlogy Psychology Experts	68

O

OCD Institute/Houston	29
Odyssey House of Cenikor Foundation	30
Office of the Attorney General	9, 12
Omi Wellness & Counseling	69
Operation I.D.	8
Ori Hope Counseling	69
Ortiz, Frank	54
Overeaters Anonymous	35

P

Palmer Drug Abuse Program (PDAP)	25
PaRC Discovery Behavioral Health	25, 30
Parents, Families, and Friends of Lesbians & Gays (PFLAG)	35
Parrish Counseling	70
Parrish, Lindsey	69
Pathlight Mood & Anxiety Center	70
Patton, Danielle	60
Peacock, Scott C.	53
Pearls of Change Wellness	70
Phoenix House	25
Planned Parenthood	39
Prairie View A&M University	20
Precinct 4 Domestic Violence	35
Pregnancy Help Center	39
Presbyterian Children's Home & Services	39
Priska, Tiffany	52
Probate Courts 3 & 4 Mental Health Division	5
Project Joy & Hope	22, 42

R

Rape Crisis	5, 19
Ray Family Therapy	70
Ray, Rebecca	70

Re:MIND Depression & Bi-Polar Support	71
Reality Productions Therapeutic Theater	71
Red Oak Psychiatry Associates	81
Regional Maternal Child Health Program (UTMB Katy Clinic)	40
Rehman, Asma	21
Renei Therapeutic Solutions	71
Renewing Hope Counseling Center	71
Resource Education Center	25
Restoring Hope Counseling	72
Richied, Tracy	75
Rising Renewal Counseling	72
Rosenburg, Bernard	79

S

Safe Place Counseling	72
Salvation Army	9, 42
San Jose Clinic	15
Sanders, Kristin	68
Schindler, Robert	72
Schmidt, Michael	16
Seeds of Hope Counseling Firm	73
Sequoia Counseling Center	73
Serenity Wellness & Counseling Center	73
Shield Bearer Counseling Centers	73
Silva, Erin	76
Smart Recovery	26
Smith, M. K. Kelley	60
Social Motion Skills	74
Social Security Administration	9
Spectrum of Hope	74
Spencer & Associates Therapeutic Alliance	74
Spring Branch Community Health Ctr	15
Strange, Victoria	77
Suicide & Crisis Lifeline (988)	4
Sulcata Psychiatry	81
Summers, Julie	58
Sun Behavioral Houston	30
Supplemental Security Income (SSI)	17
Survivors of Incest Anonymous	35
Symetria Recovery	26

T

Tarnow Center for Self-Management	81
Taylor Counseling Group	74
Teen & Family Services	26
Tender Devotions Counseling Svcs	75
Testing.com	15

Index

Texas Challenge Academy	20
Texas 211	6, 10
Texas Children’s Pediatrics	16
Texas Department of Insurance	16
Texas Department of State Health Services	18
Texas DPFS Abuse Hotline	5
Texas Health & Human Svcs	6, 10, 38
Texas Health & Human Services Commission	18
Texas Juvenile Crime Prevention	20
Texas Missing Persons	6
Texas Victim Information & Notification Everyday (VINE)	6
Texas Youth Helpline	6
The Advantage	44
The ARC of Harris County	17
The Beacon	41
The Center for Healing Therapy & Wellness	62
The Center for Success & Independence	28
The Children’s Assessment Center	4
The Council on Recovery	24
The Harris Center for Mental Health & IDD	6, 57, 80, 81
The Inner Mind Counseling and Therapy	60
The Lotus Circle Counseling	65
The Monarch School & Institute	67
The Montrose Center	34
The Olive Tree Counseling & Supervision	69
The Parris Foundation	69
The Right Step	26, 30
The Rose-Galleria	15
The Semicolon Group	73
The Therapy Team	75
The Treehouse	54
The Trevor Project	35
The Village Life Center TX	77
The Woodlands Behavioral Health & Wellness Center	78
Therapeutic Enrichment	75
Thomas Counseling Center	75
Tomagwa Healthcare Ministries	16
Tranquil Hearts Counseling Center	76
TRIAD Prevention Program	6
Trinity Holistic Wellness Center	16
Twichell, Linda	64
Two Lives Changed	40

U

Udokora, Sylvia	81
United Way of Greater Houston	6
Unlimited Pathways to Change	76
Urgent Care for Kids- Cy-Fair	17
UT Health – B.R.Y.T.E	47
UT Health Harris Psychiatric Center	82
UT Physicians - OB-GYN Clinic	40
UT Physicians CHOSEn Clinic	18
UT Psychiatry Out-Patient	81

V

Vargas, Carlos Benjamin	79
Vo Counseling & Testing	77
Vo, Hanh	77

W

Wallace, Adriana	72
Weiss, Ehrin	59
West Houston Counseling Center	77
West Oaks Hospital	30
Westpark Springs Hospital	27
White, Daniela M.	79
Willet, Sandra	52
Williams-Riggans, Robin	63
Wilson, Faith	56
Wines, Lisa A.	62
Women, Infants, Children Program (WIC)	40
Wonders & Worries	77
Woodland Springs Hospital	27
Work Force Solutions	20

Y

YMCA	36
Young, Mitchell	81
Youngs Counseling	78
Youngs, Dawn-Petrice	78
Your Family Psychiatrist	82

Z

Zimmerman, Heidi	47
------------------	----



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