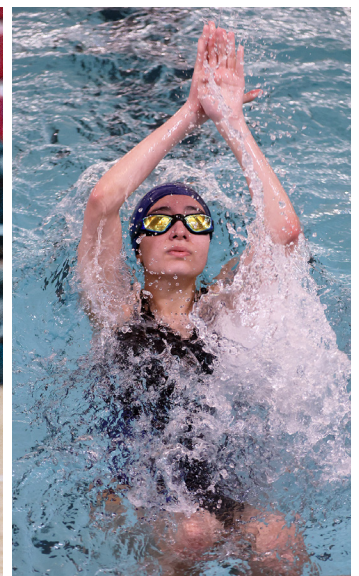




REFERRAL INFORMATION & **COMMUNITY RESOURCE GUIDE**

2026-2027



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

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Cypress-Fairbanks ISD Youth Service Specialists

Britney Brown

Horne Elementary School
Hairgrove Elementary School
Kirk Elementary School
Lee Elementary School

281-807-8000 / 832-370-3669

Truitt Middle School
Cy-Ridge High School
Cy-Ridge High School TP/PP

Samantha Checotah

Birkes Elementary School
Owens Elementary School
Lowery Elementary School
Fiest Elementary School

281-856-1000 / 281-740-4510

Labay Middle School
Cy-Falls High School TP/PP
Cy-Falls High School

Desiree' Dodd

McGown Elementary School
Salyards Middle School
Swenke Elementary School
Wells Elementary School

832-349-7600 / 832-509-6279

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

Alyssa Gonzalez

DigiSafe Coordinator

281-213-1773

Kimberly Hines

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

346-227-6000 / 832-917-9563

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

Aerial Johnson

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

713-896-3400 / 832-917-7297

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

Cypress-Fairbanks ISD Youth Service Specialists

Nyveohn Lundy

281-463-5400 / 832-851-0511

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

Timira Maxwell

281-345-3012 / 713-206-5466

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

Duryea Elementary School
Hopper Middle School
Cy-Springs High School

Yessenia Miza

281-856-3800 / 281-734-6614

Lieder Elementary School
Wilson Elementary School
Cy-Lakes High School

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

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

Nikki Sample

281-897-4199 / 832-978-7181

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

Francone Elementary School
Lamkin Elementary School
Carpenter Center
Brautigam Center

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

Cypress-Fairbanks ISD Youth Service Specialists

Riyana Smith

281-373-2300 / 832-381-6644

Rennell Elementary School
Warner Elementary School
Anthony Middle School
Woodard Elementary School

Smith Middle School
Cy-Ranch High School
Cy-Ranch High School TP/PP

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

Jose-Mar Wint

713-460-6153 / 832-851-6902

Bane Elementary School
Campbell Middle School
Danish Elementary School

Holbrook Elementary School
Dean Middle School
Frazier Elementary School

TBD

TBD

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

Emery Elementary School
Jowell Elementary School
Sheridan Elementary 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.cachouston.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

Includes shelter & counseling for battered women.

Houston Police Department

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

Jersey Village Police Department

713-466-5824

NAMI National Information Helpline

800-950-NAMI

National Center for Missing & Exploited Children

1-800-843-5678

National Runaway Safeline

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

Probate Courts 3 & 4 Mental Health Division

713-741-6020

Mental Health Warrants

Probate Court 3

832-927-1403

Probate Court 4

832-927-1404

Rape Crisis

713-528-7273 (RAPE)

Sexual assault hotline

Services through HAWC

Texas Abuse Hotline for Dept. of Family & Protective Services

Report Abuse

1-800-252-5400

www.txabusehotline.org

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 - 326 S Jensen Dr, Houston, TX 77003 **713-227-9981**

Catholic Charities program, rent & utility assistance. **1-866-649-5862**

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

Harris County Community Services **713-578-2000**

8410 Lantern Point, Houston, TX 77054

Assists low to moderate income families in obtaining a home.

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

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

www.csd.harriscountytexas.gov

Basic Needs & Financial Assistance

Katy Christian Assistance Ministries	281-391-5261
<u>Social Services</u>	281-391-9623
3506 Porter Rd., Katy, TX 77493	
<u>Food Pantry</u>	281-391-3730
3506 1st St, Katy, TX 77493	
Serves: All Katy ISD and Fort Bend residents	
www.ktcm.org	
Lakewood United Methodist Church	281-370-2273
11330 Louetta Rd, Houston, TX 77070	
Clothing / food pantry, by appt only .	
Serves: 77040, 77064, 77065, 77066, 77068, 77069, 77070,	
77375, 77377, 77379, 77389, 77373, 77429.	
www.lakewoodumc.org	
Main Street Ministries - Operation I.D.	281-833-3508
First Presbyterian Church - 5100 Travis St, Houston, TX 77002	
Must be referred by another agency.	
Assist with Texas State IDs & birth certificates.	
www.msmhouston.org/operation-id	
Memorial Assistance Ministries	713-468-4516
1625 Blalock Rd, Houston, TX 77080	713-574-7533
Basic needs (no food pantry), employment services.	
Free individual tax preparation during tax season.	
Rent & utility assistance by appt only on Tue & Thu.	
Serves: 77040, 77041, 77092 & 15 others not in CFISD boundaries.	
www.maministries.org	
Money Management International	713-923-6339
12603 SW Frwy., Ste. 450, Stafford, TX 77477	
www.moneymanagement.org	
Northwest Assistance Ministries	281-885-4555
15555 Kuykendahl Rd, Houston, TX 77090	
<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	

Basic Needs & Financial Assistance

Office of the Attorney General

1-800-252-8014

Child Support Division

P.O. Box 12017, Austin, TX 78711

www.texasattorneygeneral.gov/child-support

Acknowledgment of Paternity

1-866-255-2006

Child Support Payment & Case Information

1-800-252-8014

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

1-800-522-2421

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

713-974-4876

Salvation Army

713-752-0677

1500 Austin St, Houston, TX 77002

Serves all Harris County zip codes.

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

Christmas assistance with Toys for Tots & Angel Tree.

www.salvationarmyhouston.org

Boys & Girls Club Northwest

832-200-4620

12507 Windfern Rd, Houston, TX 77064

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

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

www.salvationarmyhouston.org/houston/bgc

Social Security Administration

1-800-772-1213

16200 Dillard Dr, Houston, TX 77040

www.socialsecurity.gov

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
<i>2900 Louisiana St, Houston, TX 77006</i>	
<i>600 Bering Dr., Houston, TX 77057 – Refugee Resettlement</i>	
<i>Provide immigration legal assistance, refugee services, crime victims' assistance, international foster home services for refugees, and unaccompanied minor immigrant services.</i>	
<u>Immigrant Legal Assistance</u>	713-595-4100
<u>Refugee Services</u>	713-874-6516
www.catholiccharities.org	
Dispute Resolution Centers	713-274-7100
<i>49 San Jacinto St, Ste 220, Houston, TX 77002</i>	
<i>Free mediation services within Harris County</i>	
www.drc.harriscountytexas.gov	
Harris County District Attorney's Office	713-274-5800
<u>Domestic Violence Division</u>	
<i>1201 Franklin, 2nd Floor, Houston, TX 77002</i>	
<i>Protective orders for matters involving family violence and resources.</i>	
www.harriscountytexas.com	
Houston Lawyer Referral Service	713-237-9429
<i>First referrals for qualified prescreened attorneys for hire</i>	
<i>Reduced fees program available based on qualification.</i>	
www.referrals.hlr.org	
Houston Volunteer Lawyers / Make Justice Happen	713-228-0735
<u>Client Intake</u>	
<i>100 Louisiana St., Ste. 300, Houston, TX 77002</i>	
<i>Civil Legal Aid.</i>	
<i>Free referrals (criminal & traffic matters are not handled)</i>	
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 no charge

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 12198, Austin TX 78711-2198

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 & individual counseling, comprehensive support services, provide limited ultrasounds. Assist with medical insurance application.

Services are free and confidential.

www.Adiraclinic.org

Christ Clinic

281-391-0190

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

Mental health services, primary care, health education classes.

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

www.christclinnickaty.org

Clinica Hispana, II

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 assistance.

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, & an annual membership fee \$175 medical, 18 and above; \$100 under 18 years old.

www.ibnsinafoundation.org

Needy Meds

1-800-503-6897

Web based information source that offer resources 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)

713-387-6180

www.namonline.org

Medical

The Rose-Galleria

281-484-4708

6575 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.sanjoseclinic.org

Spring Branch Community Health Center

713-462-6555

Pitner - 8575 Pitner Rd, Houston, TX 77080

Katy - 5502 1st Street, Katy, TX 77493

Cy-Fair - 7777 Westgreen Blvd., Cypress, TX 77433

Family medical & pediatric services, OB / GYN, dental & optometry.

Medicaid accepted & sliding scale.

www.sbhchc.net

Testing.com

800-483-1428

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

Kingsland - 21715 Kingsland Blvd., Ste. 103, Katy, TX 77450 **281-398-7353**
Spring Branch - 1455 Wirt Rd., Houston, TX 77055 **713-468-4071**
Ashford - 14730 Barryknoll Ln., Houston, TX 77079 **281-496-9700**
Cypress - 13203 Fry Rd., Ste. 600, Cypress, TX 77433 **281-304-5559**
Cypress - 9925 Barker Cypress Rd., #200, Cypress, TX 77433 **281-890-6514**
Lakewood - 13215 Grant Rd., Ste. 100, Cypress, TX 77429 **281-374-7457**

*Well / Sick child services, immunizations. Sports physicals, vision screenings. By appt **only**; Serving uninsured & under-insured.*

www.texaschildrenspediatrics.org

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

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. Educational support services (no fees). 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	713-398-7082
<i>Case management for chronic persistent mental illness</i>	
<i>Medicaid, private insurance, sliding scale, self-pay.</i>	
www.deblincare.com	
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. Medicaid Application.</i>	
www.yourtexasbenefits.com	
Texas Department of State Health Services	
<i>1100 W 49th St, Austin, TX 78756</i>	
800-222-3986	
<i>Children with Special Health Care Needs (CHSCN) & Personal Care Services (PCS)</i>	
<i>5425 Polk St, Ste J, Houston, TX 77023</i>	
713-767-3311	
<i>Medical assistance to children with certain medical diagnosis</i>	
www.dshs.texas.gov	
www.hhs.texas.gov/services/disability/children-special-health-care-needs-services-program	
UT Physicians CHOSeN Clinic	713-500-5656
<i>6410 Fannin St, Ste 500, Houston, TX 77030</i>	
832-325-7111	
<i>Primary care physicians providing comprehensive care & hospice for children with chronic illnesses and special healthcare needs.</i>	
<i>Family support services & coordination with community-based services.</i>	
<i>Medicaid, CHIP, private insurance, out-of-network, provider TCHP</i>	
www.utphysicians.com/chosen	

Domestic Violence Shelters & Services

Aid to Victims of Domestic Abuse (AVDA)	713-224-9911
<i>1001 Texas Ave, Ste 600, Houston, TX 77002</i> <i>Teen & adults; Battery intervention & prevention program</i> <i>Legal representation for victims of domestic abuse</i> <i>Speaks Spanish</i> www.avda-tx.org	
Family Time Crisis & Counseling Center	346-220-8205
<i>1203 S Houston Ave, Humble, TX 77338</i> <u>24/7 Hotline</u> <i>Battered woman's shelter.</i> <i>Legal advocacy, counseling services, thrift shop.</i> <i>Case management, support groups.</i> <i>Free services to victims.</i> <i>Sliding scale counseling for non-victims.</i> <i>Speaks Spanish</i> www.familytimeccc.org	
Houston Area Women's Center (HAWC)	713-528-6798
<i>1010 Waugh Dr, Houston, TX 77019</i> <u>Emergency Shelter & Domestic Violence Hotline</u> <u>Rape Crisis Number</u> <i>Crisis counseling, support groups for domestic & sexual violence only, limited individual counseling services for individuals with disabilities, community & school education, legal advocacy team available for assistance.</i> <i>Speaks Spanish</i> www.hawc.org	
Northwest Assistance Ministries - Family Violence Center	281-885-4555
<u>24 Hour Family Violence Hotline</u> <i>15555 Kuykendahl Rd, Houston, TX 77090</i> <i>Case management services, therapy for women & children.</i> <u>Resale Shop</u> <i>Speaks Spanish</i> www.namonline.org	
	281-885-4673
	281-880-9000

GED / Vocational Programs

Harris County Department of Education	713-694-6300
<i>6515 Irvington Blvd., Houston, TX 77022</i>	
www.hcde-texas.org	
<u>Adult Education</u>	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	936-261-3311
<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>	
<u>Admissions & Recruitment</u>	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>	
http://www.tmd.texas.gov/texas-challenge-academy	
Work Force Solutions	1-888-469-5627
<u>Katy</u> - 24025 Katy Freeway, Ste D, Katy, TX 77494	281-644-1030
<u>Cypress Station</u> - 70 FM 1960 W, Ste A, Houston, TX 77090	281-891-2850
<u>Willowbrook</u> - 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, 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

Texas Medical Center – Margaret Cullen Marshall Hospice

1905 Holcombe Blvd. Houston, TX 77030

17314 State Hwy 249, Houston, TX 77064

713-677-7270

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
<i>9800 NW Fwy, Ste 201, Houston, TX 77092</i>	
www.houstonalananon.org	
Alcoholics Anonymous	713-686-6300
<i>5151 Mitchelldale, Ste B10, Houston, TX 77092</i>	
<i>Call for nearest group meeting or check online locations.</i>	
<i>Free services</i>	
www.aahouston.org	
Arise Recovery Center	888-734-2289
<u>North Houston / Cypress</u>	281-500-8970
<i>10330 Lake Road, Unit H, Houston, TX 77070</i>	
<u>Sugarland</u>	713-493-0599
<i>1449 Hwy. 6, Ste. 360, Sugarland, TX 77478</i>	
<u>West Houston / Memorial</u>	713-804-6994
<i>14811 St. Mary's Ln., Ste. 120, Houston, TX 77079</i>	
<u>The Woodlands</u>	832-529-6775
<i>224 Ed English Dr., Ste. C, Shenandoah, TX 77385</i>	
<i>Alcohol and substance use counseling, intensive and outpatient services, individual, group, DBT, CBT, experiential, 12 steps, and relapse prevention.</i>	
<i>BCBS, Humana, Aetna, Scott & White, Magellan Health, Ambetter health plans.</i>	
https://ariserecoverycenters.com/	
Association for the Advancement of Mexican Americans (AAMA)	713-967-6700
<i>6001 Gulf Freeway, Houston, TX 77023</i>	
<i>Out-patient, residential program for adult males (13-17).</i>	
<i>Programs targeting tobacco, alcohol, drug use, and other related behavior in ages 14 to 20.</i>	
<i>Programs addressing behavioral and emotional problems; requires one parent to participate; ages 10-14.</i>	
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

713-635-4000

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.

hnwrinfo@gmail.com

Magnolia City Recovery Center

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 832-919-7107
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. 225, 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 979-921-0474
255 Business 290 North, Hempstead, TX 77445
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

Behavioral Hospital of Bellaire

713-589-9385

5314 Dashwood Dr., Ste. 300, Houston, TX 77081

Ages 12 and up; inpatient and outpatient treatment services; depression, anxiety, impulse control, situational crisis, suicidal ideation/thoughts of death, withdrawn, behavioral issues.

<https://bhhhospital.com>

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

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

Houston Behavioral Healthcare Hospital

832-834-7710

2801 Gessner Rd, Houston, TX 77080

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

Medicaid / CHIP accepted, private insurance.

www.houstonbehavioralhealth.com

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 Ladbroke 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, CompPsych, 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

615-994-7730

12350 Wood Bayou Dr., Houston, TX 77013

In-patient care for chemical dependency. Intensive out-patient services, transitional life program, medical detox programs.

Medicaid, 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 77433

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

Central Houston

713-874-6590

2900 Louisiana St., Houston, TX 77006

Fort Bend County

281-370-3401

12300 Parc Crest Dr., Stafford, TX 77477

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 77007

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: 713-970-4419

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.siaawso.org

The Trevor Project

866-488-7386

A national, 24-hour, confidential suicide hotline for gay & questioning youth. Focus on LBGT youth in crisis, regardless of age or sexual orientation.

www.thetrevorproject.org

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

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

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

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

832-927-7350

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.harriscountytx.gov/>

Harris Health

713-634-1000

Acres Home Health Center

281-448-6391

818 Ringold St, Houston, TX 77088

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.

Download application online.

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

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, Evernorth

www.pchas.org

Regional Maternal Child Health Program (UTMB Katy Clinic)

409-266-1888

511 Park Grove Dr, Katy, TX 77450

Prenatal & delivery services to teenage mothers.

Low income, indigent, uninsured families served.

Medicaid / CHIP accepted.

Speaks Spanish

www.utmb.edu

Pregnancy / Gynecological Services

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
<i>1212 Prairie St. Houston, TX 77002</i> <i>Homeless shelter & supportive housing.</i> www.beaconhomeless.org	
Coalition for the Homeless	713-739-7514
<i>2000 Crawford St, Ste 700, Houston, TX 77002</i> <i>Assist with locating shelter and permanent housing</i> www.ctfhhouston.org	
Harris County Community Services	713-578-2000
<i>8410 Lantern Pt, Anx M, Houston, TX 77054</i> <u>Disaster Recovery</u>	832-927-4951
<i>13013 NW Fwy, Houston, TX 77040</i> <i>Assists low to moderate income families in obtaining a house.</i> <i>Home repairs for low-income seniors (62 & older) and disabled individuals.</i> <i>Harris County residents outside city limits of Houston, Pasadena, and Baytown only.</i> http://www.csd.harriscountytexas.gov	
Houston Housing Authority	713-260-0500
<i>2640 Fountainview Dr. Houston, TX 77057</i> <i>Low rent public housing, housing choice voucher.</i> www.housingforhouston.com	
New Hope Housing	713-222-0290
<i>3315 Harrisburg Blvd., Ste. 400, Houston, TX 77003</i> <i>Affordable housing for modest to low-income people/families.</i> <i>12 properties in Houston metro area.</i> <i>Provides access to onsite social services agencies.</i> 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](#)

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

A.O. Counseling **832-387-4874**

Adam Osborne

16225 Park Ten Place, Ste. 500, Houston, TX 77084

Individual, family, and relationship counseling; personal development, and coaching.

BCBS, United Healthcare, UH&UBH, Aetna, Cigna,

Evernorth and sliding scale.

<http://ao-counseling.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 carriers 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

Therapists, Counselors, and Psychologists

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

Alliance Counseling Works

512-763-2186

17840 Mound Rd., Ste. E, Cypress, TX 77433

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 77429

Counseling for children 6 years and older, mediations.

Self-pay, AETNA, BCBS.

carter@3degreescmc.com; www.3degreescmc.com

Altura Recovery and Wellness

712-357-4272

5555 W. Loop South, Ste. 240, Houston, TX 77401

Ages 6 and up; inpatient/outpatient mental health and substance abuse services. Group support and real-life coaching.

Most insurance accepted in network; flexible and sliding scale options available.

<https://www.alturarecovery.com>

Amanda Brinkmeyer, LPC

281-384-4056

17302 House Hahl Road, #336, Cypress TX 77433

Currently serving adults only; depression, anxiety, and LGBTQ friendly. BCBS Insurance.

www.dragonflycfc.com

Therapists, Counselors, and Psychologists

Amber Edwards, M.A., NCC, LPC

832-549-1356

6601 Cypresswood Dr., Spring, TX 77379

Ages 11 & 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; soulfuelinfo@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

Arabella Counseling

832-919-8363

Virtual telehealth services only.

Ages 6 and up, Individual, family, and couples therapy, ADHD,

OCD, anxiety, depression, grief, trauma, and identity struggles.

Psychological testing; Corporate trainings.

www.arabellacouns.com

B Well Counseling Center

713-364-9317

4151 Southwest Frwy., Ste. 760, Houston, TX 77027

Ages 3 and up, individual, family, and couples therapy,

anxiety, depression, parenting coaching, trauma, EMDR,

Nueroptimal, LGBTIQ+.

Self-pay, HSA accepted. Virtual telehealth services available.

www.bwellcounselingcenter.com

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>

Therapists, Counselors, and Psychologists

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

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

www.bilingualpsychologicalassociates.com

www.houstonautismcenter.com

Therapists, Counselors, and Psychologists

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

Bridging the Gap Psychological Services

832-900-9819

Dr. Tioana Maxwell, PsyD.

633 E. Fernhurst Dr., Katy, TX 77450

Ages 2 and up; psychological testing, geriatric assessment, and individual counseling. Virtual telehealth services are available.

Accept all major insurance, Medicaid except Texas Children.

Language line services available for interpretation.

Brighter Futures Counseling & Consulting

832-622-8929

Dr. Lisa Henderson Hubbard

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. Virtual telehealth services are available.

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

979-489-5552

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

Age 3 & 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

Candis Firschau, 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.candisfirschau.com

Carla Cage, LPC

210-255-7586

8917 Louetta Rd., Spring, TX 77379

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

Casa Serena Counseling & Wellness, PLLC

832-930-1844,

Marilu Mayfield

7171 Hwy. 6 North, Ste. 220-B, Houston, TX 77095

Ages 13 and up; individual, family and group; anxiety, grief, emotion regulation, trauma, CBT, and solution focused.

Self-pay, sliding scale; virtual telehealth available

casaserenacounseling@yahoo.com

Therapists, Counselors, and Psychologists

- Catholic Charities - Archdiocese of Galveston-Houston** 713-526-4611
2900 Louisiana St, Houston, TX 77006
Sliding scale. Annual income based, Aetna, BCBS, Cigna, and UH-Optum. In-person and virtual telehealth offered.
Speaks Spanish
- Center for Creative Resources** 713-461-7599
1728 Bissonnet St., Houston, TX 77005
Family & individual counseling.
Medicaid, CHIP, insurance, and sliding scale accepted.
www.therapyhouston.org
- Center for Discovery** 877-371-8997
8588 Katy Frwy., Ste. 440, Houston, TX 77024
Ages 10 and up, eating disorders treatment, CBT, DBT, Exposure and response therapy
<https://centerfordiscovery.com>
- Center for Family Consultation** 713-526-4751
Victor Loos, PhD – Director
2524 Nottingham St, Houston, TX 77005
Counseling services for children, adolescents, and families.
ADHD, Autism, Asperger, and learning differences.
Psychological evaluation.
Medicaid / CHIP accepted.
Speaks Spanish
www.cfctexas.com
- 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
www.clearhopewellness.com

Therapists, Counselors, and Psychologists

Community Counseling

832-447-1422

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

Children, adolescent, adults, play and family therapy, grief, trauma, anxiety, depression, substance abuse, anger/aggression, EMDR, trauma therapy. Telehealth and in person.

English, Spanish

<https://www.communitycounseling.com>

Community of Hope

346-800-0017

Dr. Caryn Darwin

1225 Northwest Frwy., Ste. 935, Houston, TX 77008

Ages 2-21; Psychological assessments, consultation, and play therapy.

Integrative and evidence based, including solution-focused, CBT, and play based modalities. Aetna, Cigna, and out-network reimbursement.

<https://www.psychologytoday.com/us/therapists/community-of-hope-houston-tx>

Compass Mental Health & Wellness

281-606-3502

3934 Cypress Creek Pkwy., Ste. 210, Houston, TX 77068

Individual counseling, medication management.

Medicaid, Medicare, United Healthcare, Aetna, BCBS, Tricare, Optum.

<https://compassmhw.base44.app>

Connecting with You Counseling

346-837-4669

917 Louetta Rd., Ste. 312B, Spring, TX

Ages 10 and up; anxiety, complex trauma, mood disorders, individual and couples, body dysmorphia.

United Healthcare, Tricare, Medicare and Medicaid, Aetna, BCBS, and sliding scale.

<https://www.connectingwithyoucounseling.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

Therapists, Counselors, and Psychologists

Courage to Talk Counseling, PLLC

Kimberly Davis, PLLC

281-215-3625

12345 Jones Rd., Ste. 287-14, Houston, TX 77070

Individual, family and group, depression, trauma, anxiety, and EMDR.

Aetna, Ambetter, 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

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

Cynthia Y. Lopez

346-503-5137

2337 Jones Rd., Ste. 241, Houston, TX 77070

Children, adolescents, and adults; grief, anxiety, women issues, and peer relationships. BCBS, Aetna, Anthem-EAP, Oxford, United

Health-EAP, Cigna-Oscar, Quest Behavioral, Care Connect.

Speaks Spanish

<https://www.psychologytoday.com/us/therapists/cynthia-y-lopez-houston-tx/1002799>

Therapists, Counselors, and Psychologists

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

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

Therapists, Counselors, and Psychologists

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

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

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

Diamond Experience, Co.

713-355-4305

401 Franklin St., Ste. 2400, Houston, TX 77002

Ages 3 and up; individual and group counseling, life skills, case management, crisis interventions.

Texas Medicaid, Community Healthchoice, Ambetter,

Molina Healthcare, Amerigroup, Superior Healthplan,

Texas Children's Health Plan

<http://diamondexperienceco.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 - 12258 Queenston Blvd., Ste. A, 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

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

Douglas Harbrueger, LPC, NCC, M.Ed.

832-925-2295

16712 Huffmeister Rd., Bldg. 400A, 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

Therapists, Counselors, and Psychologists

- 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, LGBTQ, autism,
BCBS, Cigna, Magellan, TMHP, UnitedHealth/Optum,
Medicaid, sliding scale, self-pay
www.elliementalhealth.com/locations/cypress-west-tx
elliecats@elliementalhealth.com
- Embark Behavioral Health** 979-985-2584
10514 Oberrender Rd., Needville, TX 77461
Ages 9 to 28; residential and transitional living for mental health, and life skills. Virtual IOP, IOP, and partial hospitalization.
BCBS, Aetna, Cigna
<https://www.embarkbh.com>

Therapists, Counselors, and Psychologists

Equity Counseling, PLLC

346-702-0072

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

Ages 3 and up, individual, family and marriage, gender and sexuality focused therapy, play therapy, anxiety, LGBTQ+, and depression.

Cigna, Optum, United Healthcare, HSA and sliding scale.

www.equitycounseling.com

Erickson Counseling & Mediation PLLC

832-455-5729

Michael D. Erickson MA, LPC

12300 Dundee Court #202, 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

Therapists, Counselors, and Psychologists

Family Services of Greater Houston

713-861-4849

4625 Lillian St, Houston, TX 77007

Ages 3 & up; Counseling, play therapy, case management.

Financial coaching, and veterans' programs.

Medicaid & private insurance, sliding scale starting at \$25

Speaks Spanish

Family Ties – Family Resources Services

936-931-2299

2114 Field Store Rd., Waller, TX 77484

24 Hour Hotline

1-866-675-1199

Ages 5 & up; Crisis issues, VOCA, bullying, victimization

trauma. Therapy to child & adult victims of sexual assault,

domestic or family violence, prevention/support programs.

Walk-ins accepted.

Speaks Spanish

www.familytiesfrs.org

Feel of Heal Therapy

281-516-8910

Virtual teleservices only. Ages 13 and up; individual; anxiety, depression, body image, existential concerns, family dynamics, infertility, LGBTQ+, life transitions, pregnancy and postpartum experiences, racial identity, and peer relationship.

Most insurance accepted; BCBS, Aetna, Cigna, and sliding scale.

www.feeltohealtherapy.com

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

Therapists, Counselors, and Psychologists

- Greater Houston Counseling Services, PLLC** 832-717-7166
Cypress - 8118 Fry Rd, #601, Cypress, TX 77433
Provide individual therapy for eating disorders, LGBT issues, mood disorders, depression, anxiety, PTSD, borderline personality, family issues, separation anxiety, and emotional disturbances for children and adolescents.
Self-pay and some insurances accepted.
www.greaterhoustoncounselingsrvcs.com
- 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
- 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 & 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 Spanish
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 and 9 others
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

I Choose Me Counseling

281-940-4415

LaShasta Bell

Ages 7 and up; individual, couples, substance abuse, anxiety, coping skills, family conflict, self-harm, trauma, and PTSD. Virtual telehealth only, Traditional Medicaid, Aetna, BCBS, Cigna, and Evernorth.

www.ichoosemecounseling.com

ID Therapy

346-357-4694

Ingrid Deras

Virtual telehealth services only. Ages 12 and up; individual and group, anxiety, depression, identity exploration, intergenerational traumas, resilience coaching, and immigration therapy.

United Healthcare, Aetna, EAP, and sliding scale

Spanish speaking

www.idtherapyllc.com

Impact Healthcare and Wellness

Danielle Patton, LPC

832-432-0303

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

Individual, couples, family, trauma-based counseling, depression, anxiety, LGBTQIA counseling, premarital services.

www.impacthealthcareandwellness.com

Infinite Beings Treatment Center

806-705-7412

Hanh Vo, PhD, LPC-S

14641 Gladebrook Dr., Ste. 10, Houston, TX 77068

Families, couples, children, and adolescents, psychological testing. Intergenerational conflict, acculturation issues.

Self-pay, all insurance accepted.

Speaks Vietnamese

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

Therapists, Counselors, and Psychologists

J & K Ranch Kennels and Team Building Services 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 tank for trauma therapy

www.jenniferaune.com; help@jenniferaune.com

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

Virtual telehealth only. Ages 4 and up

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

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

United Healthcare, Optum, Massachusetts-BCBS

www.jennifernicholscounseling.com

Therapists, Counselors, and Psychologists

Kamili Wade-Reescano, LMFT

832-593-8100

Ages 5 and up; individual, family, and group. Anxiety, peer conflict, emotional regulation. Saturday services offered. Self-pay only.

<https://himpactpllc.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

346-380-1622

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

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,

CompPsys, 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

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

Home & school-based therapy services for children, teens, adults, couples, and families. Substance use counseling, intensive outpatient, recovery coach and parenting group.

Medicaid, Medicare, private insurance.

www.kinghavencounseling.com

Therapists, Counselors, and Psychologists

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

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, Oquest 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, bipolar depression disorder, borderline personality, life transition, self-harm, and trauma, DBT certified. Cigna, Aetna, BCBS, UnitedHealth.

Speaks Spanish

www.thelotuscirclecounseling.com

Lucine Center

713-487-6005

Virtual telehealth services

Trauma, posttraumatic stress, depression, grief, and group therapy.

<https://lucinecenter.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** 346-766-0173
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
- 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

Therapists, Counselors, and Psychologists

Mindful Health

281-466-3311

12230 Dundee Court, Cypress, TX 77429

Ages 6 and up, 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-S, Founder

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, bipolar 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

Monte Nido

713-447-7553

Clementine - 15252 Saddlewood Dr., Conroe, TX 77384

Adolescent and up; eating disorder primary; PHP/IOP, virtual care, day support, and residential living.

<https://www.montenido.com>

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

1-800-685-9796

439 Mason Park Blvd., Ste. B, Katy, TX 77450

25511 Budde Rd., Ste. 2401, The Woodlands, TX 77380

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

Therapists, Counselors, and Psychologists

Nowlogy Psychology Experts

281-612-8580

Cypress / Bridgeland Clinic

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

11211 Katy Frwy., Ste. 22, Houston, TX 77079

Ages 5 & up; Individuals, couples, and family therapy; anxiety, depression, PTSD, substance abuse, eating disorders,

grief/loss, self-harming, borderline/personality disorders.

DBT, CBT, & EMDR; exposure response, trauma, diagnostic,

LGBTQ+, AV, ADHD.

BCBS, Aetna, Cigna, United Healthcare, and Oscar.

www.nowlogy.com

Oath Therapy

281-665-0888

13100 Wortham Center Dr., Ste. 350, Houston, TX 77065

Ages 6 and up; individual counseling and group therapy;

specializing in OCD, anxiety, depression, CBT, ERP, ACT and HRT.

Aetna and self-pay.

<https://www.oaththerapy.com>

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 wellness services.

Medicaid, Aetna, Cigna, United Health, BCBS, Oxford,

Self-pay, No insurance special rate.

www.omiwellnessandco.com/services

Therapists, Counselors, and Psychologists

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

713-534-1374

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

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

303-825-8595

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.

Most commercial insurance accepted, Virtual telehealth offered

www.pathlightbh.com

Eating Recovery Center

303-825-8595

Children, teens, and adults struggling with eating disorders,

Anorexia nervosa, bulimia nervosa, diabulimia, binge eating disorder.

EatingRecovery.com

Therapists, Counselors, and Psychologists

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

Poplar Belief Therapy

832-334-7146

12337 Jones Rd., Ste. 302, Houston, TX

Ages 5 and up; individual therapy; anxiety, depression,

ADHD, grief, stressful events, life transitions.

Aetna, BCBS, United Healthcare, sliding scale, and self-pay.

<http://www.poplarbeliefttherapy.com>

Prospera Behavioral Health

713-313-4770

5433 Westheimer Rd., Ste. 410, Houston, TX 77056

Children, adolescents; individual anxiety, depression, mood disorders, grief, Trauma, PTSD, OCD, ADHD, relationships, and family counseling. Virtual tele-health services.

Community Healthcare, CHIP, and Texas Children's

<https://prospera-bh.com>

Ray Family Therapy

Rebecca Ray

281-766-3376

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

Adults, family therapy, suicidal ideation, grief, trauma, anxiety,

depression, substance use, LGBTQ+ support, anger/aggression, couples.

Private pay, Telehealth services available.

www.rayfamilytherapy.com

Reality Productions Therapeutic Theater

832-263-1241

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

Ages 9 – 17; Weekly therapeutic theater services, 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

Therapists, Counselors, and Psychologists

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

713-205-3133

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

Restore Therapy and Wellness

281-607-5325

16910 FM 2920, Tomball, TX 77377

Age 5 and up, anxiety, depression, ADHD, Spectrum, eating disorders and parent coaching.

Aetna, United Healthcare, Kelsey Seabold, and Market Place.

<https://www.restoretherapyandwellness.com>

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

Therapists, Counselors, and Psychologists

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.levergreenps.blogspot.com

Rooted Dove Integrative Wellness

979-493-6379

4150 Huffmeister Rd., Ste. 200, Cypress, TX 77429

Ages 12 and up; individual, anxiety, PTSD, trauma, depression,

mood disorder, OCD, PTSD, CBT, DBT, EMDR, ACT, and

emotionally focus therapy. Sliding scale and self-pay available.

<https://www.rooteddoveintegrativewellness.com>

Safe Place Counseling

832-831-6178

11767 Katy Fwy., Ste. 1130, Houston, TX 77079

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

Children and pregnant women programs, skill building SA; Physical abuse.

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

United Healthcare, UH-Optum

www.safeplacecounseling.org

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

Therapists, Counselors, and Psychologists

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 H, 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 3 & up; Play therapy, individual, marriage/family, and clinical trauma, Neurofeedback.

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.

Telehealth services available. Private insurance, BCBS, Aetna, Cigna, Tricare, and sliding scale-case by case basis.

Speaks Spanish

www.shieldbearer.org

Social Motion Skills

713-461-7200

325 Piney Point Rd., Houston, TX 77024

Ages 5 & 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/

Therapists, Counselors, and Psychologists

SoLuna Mental Wellness

832-702-1099

11301 Fallbrook Dr., Ste. 300, Houston, TX 77065

Ages 4 and up; anxiety, depression, stress, life transitions for all ages, grief, trauma, mood swings, autism, ADHD, and medication management.

BCBS, Aetna, Cigna, Imagine health, Optum, Medicare, and self-pay.

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

Spectrum of Hope

833-543-7768

12110 Huffmeister Rd, Bldg. 3, Cypress, TX 77429

11820 Cypress Corner Ln., Houston, TX 77065

Ages 12-21: Huffmeister location; Ages 3-12: Cypress Corner location

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

Houston-Memorial - 550 West Cott, Ste. 220, Houston, TX 77007

Ages 6 and up; 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

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

Therapists, Counselors, and Psychologists

Texas Care Centers

281-870-3509

110 Cypress Station Dr., Ste. 150, Houston, TX 77090

Age 4 and up; ADHD, depression, anxiety, school behavioral issues.

Postpartum depression, AU, SPED services, assessment and

treatment plans. Community Health Choice, Molina, Superior and

Medicaid-Texas Children's Healthcare plan.

www.texascarecenter.com

The Therapy Team

346-273-7673

1002 Village Square Dr., Tomball, TX 77375

713-714-7303

Individual, relationship, family therapy, and informational

workshops. CBT, solution focused therapy. Individualized

payment plans. Evening and weekend appointments.

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. Aetna, BCBS, Cigna, United Healthcare, United

Healthcare-Optum. Evening and Saturday appointment.

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

TNS Wellness Studio

832-919-2592

Virtual telehealth only. Ages 5 and up; individual and play

therapy; trauma, depression, anxiety, marriage, major life

events, grief, and wellness courses offered. Self-pay.

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

Therapists, Counselors, and Psychologists

Tracy Richied, LCSW

713-385-8230

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

Teens & adults, marriage counseling.

Private insurance & sliding scale. Evening & weekend appts available.

www.ccctherapy.com

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

Lyla Payne, M.Ed., LPC

832-620-1680

Children and adolescent. Anxiety, stress, depression, self-esteem, grief, divorce/separation, social skills development, school related concerns, behavioral challenges, identity developments, family/peer conflict.

Lpoun0272@gmail.com

Therapists, Counselors, and Psychologists

Treehaven Counseling

346-200-8318

12238 Queenston Blvd., Houston, TX 77095

Ages 5 and up; individual, family, and play therapy; anxiety, depression, LGBTQIA+, and anger management.

BCBS, Cigna, and Aetna

www.treehavencounseling.com

United Human Services

713-446-9677

6201 Bonhomme Rd., Ste. 434S, Houston, TX 77036

Age 5 and up; individual therapy and QMHP's.

Major commercial insurance and Medicaid

www.UnitedHumanServices.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

Victoria Strange, MS, NCC, LPC

713-234-6214

6400 Washington Ave, Houston, TX 77007

Virtual telehealth only. Ages 18 & up; Individual therapy for college and life transitions, Autistic seniors from college through adulthood, family issues, social skills, 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. United Healthcare, and self-pay.

www.villagelifecenter.com/Texas

Therapists, Counselors, and Psychologists

West Houston Counseling Center

281-940-8515

23227 Red River Dr., Katy, TX 77494

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

Aetna, BCBS, United Health, and self-pay

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

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

16422 Stuebner Airline Drive, Spring, TX 77379

Psychotherapy, medication monitoring, assessment/testing, ADHD, autism, anxiety, addiction, bipolar, depression, eating disorders, weight loss (all ages), compulsive disorders, and learning delays. All major insurance accepted, self-pay

www.brownstonepsychiatry.com

Carlos Benjamin Vargas

713-840-7956

8707 Meadowcroft Dr, Houston, TX 77063

281-404-5306

Children age 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.

Disheba Weathersby Psychiatric, MHNP

512-559-850

2021 Guadalupe Str., Austin, TX 77805

Ages 5 and up; individual therapy, CBT, DBT, emotionally focused, ADHD, depression, anxiety, bipolar disorder, and substance abuse therapy.

Aetna, Cigna, Carelon Behavioral Health, United Healthcare-Optum, BCBS of Texas, Quest Behavioral, and Oxford-Optum.

[https://care.headway.co/providers/disheba-](https://care.headway.co/providers/disheba-weathersby?utm_source=pem&utm_medium=direct_link&utm_campaign=145550)

[weathersby?utm_source=pem&utm_medium=direct_link&utm_campaign=145550](https://care.headway.co/providers/disheba-weathersby?utm_source=pem&utm_medium=direct_link&utm_campaign=145550)

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, Medicaid.

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
- Lifestance Health**
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
- 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.

Psychiatrists

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

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

Synergique Healing

713-840-7956

8707 Meadowcroft Dr., Houston, TX 77063

281-404-5306

Ages 6 and up; individual and family therapy;

psychiatric treatment, brain mapping, Tova.

BCBS, ComPsych, Ambetter, United Healthcare,

Cigna, and private pay.

Spanish speaking

www.syngiquehealing.com

Psychiatrists

- 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.
- 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

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