

FBISD

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MENTAL HEALTH RESOURCE GUIDE

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Explanation of Providers

Provider	Education	Services	Prescribes Medication
Psychiatrist https://www.psychiatry.org/patients-families/what-is-psychiatry	Medical School-MD or DO; Psychiatry Residency	Evaluate patients Diagnose Prescribe medication Therapy	Yes
Psychiatric Mental Health Nurse Practitioner (PMHNP) https://my.clevelandclinic.org/health/articles/psychiatric-nurse-practitioner-pmhnp	Registered Nurse with Advanced training- Master of Science in Nursing (MSN) or a Doctor of Nursing Practice (DNP); Specialization in Psychiatric Mental Health	Provide assessments Diagnose Therapy Prescribe medication	Yes
Psychologist https://my.clevelandclinic.org/health/articles/22679-psychologist	Doctoral Degree in Psychology- PhD or PsyD	Provide assessments Diagnose Therapy	No
Licensed Professional Counselor (LPC) https://careers.texaspsyc.org/career/licensed-professional-counselor-lpc	Master's Degree in Counseling or related field	Provide assessments Diagnose Therapy	No
Licensed Clinical Social Worker (LCSW) https://www.texassocialworkedu.org/careers-and-salary/licensed-clinical-social-worker/	Master's Degree in Social Work	Provide assessments Diagnose Therapy	No
Licensed Marriage and Family Therapist	Master's Degree in Marriage and Family Therapy or a related field	Specialize in helping couples and families	No

https://www.aamft.org/AAMFT/About_AAMFT/About_Marriage_and_Family_Therapists.aspx		navigate relationship issues.	
Licensed Chemical Dependency Counselor https://www.hhs.texas.gov/business/licensing-credentialing-regulation/professional-licensing-certification-compliance/licensed-chemical-dependency-counselor-program#:~:text=Scope%20of%20Practice,do%20not%20include%20substance%20use.	Minimum of Associate's Degree in Human Behavior and Development or related field	Chemical Dependency Counseling	No

Crisis/Emergency Numbers

- **Fort Bend County Sheriff's Office:** Dial "911" and ask for a Crisis Intervention Team (CIT) officer
- **988 Suicide & Crisis Lifeline:** Call or text "988" anytime, day or night. 988lifeline.org
- **Texana Crisis Hotline:** (800) 633-5686
- **Crisis Intervention of Houston-Teen Crisis Hotline:** (832) 416-1199 (call); (281) 201-4430 (text)
- **Disaster Distress Helpline-** Call or text (800) 985-5990 for emotional support in the aftermath of natural disasters.
- **National Human Trafficking Hotline:** (888) 373-7888; Text* 233733
- **National Domestic Violence Hotline:** (800) 799-SAFE (7233); Text "START" to 88788

Psychiatry

Agency Name	Payment Options	Population Served	Address/Number	Website
Texas Child Health Access Through Telemedicine (TCHATT) **FBISD Community Partner**	No-cost	Children and adolescents	See school counselor for referral information	https://med.uth.edu/psychiatry/texas-child-mental-health-care-consortium-sb-11-services/texas-child-health-access-through-technology-tchatt/
Texana Center	Cost based on ability to pay; Medicaid, Medicare, Chip, Private Insurance	3 and up	4910 Airport Avenue, Bldg. A, Rosenberg, Texas 77471 (281) 342-6384 --- 2535 Cordes Dr., Sugar Land, Texas 77479 (281) 276-4400	https://www.texanacenter.com/services/mental-health-outpatient-services/youth-and-family-mental-health-outpatient-services/
San Jose Clinic	Serves low income, uninsured patients	18 and up	1615 Avenue E, Rosenberg,TX 77471 (832) 945-6711	https://www.sanjoseclinic.org/
Ibn Sina Mental Health Community Clinic: Avicenna Clinicas	Low-cost services and accept most major commercial insurances	All ages	11226 S. Wilcrest Dr. Houston, TX 77099 (281) 977-7462	https://ibnsinafoundation.org/mentalhealthservices
Legacy Behavioral Health Services	Accept most major insurance plans and sliding scale	All Ages	12667 Bissonnet St, Houston, TX 77099 (832) 548-5000	https://www.legacycommunityhealth.org/services/behavioral-health/
Texas Children's Hospital	Accept most major insurance plans and have a	up to 17	Sugar Land Clinic: 15400 SW Fwy., Sugar Land, TX 77478	https://www.texaschildrens.org/departments/psychiatry

	financial assistance policy		(832) 822-1900	
The Memorial Hermann Mental Health Crisis Clinic	Accepts most major insurance plans	All ages	Multiple locations available 4850 W. Bellfort St, Houston, TX 77035 (713) 338-6422	https://memorialhermann.org/services/specialties/mental-health
UT Health Houston-UT Physicians	Accepts most major insurance plans	All ages	Multiple locations available (888) 488-3627	https://www.utphysicians.com/specialty/psychiatry/
Menninger Clinic	Insurance plans, self-pay and have a financial assistance policy	Ages 12 and up	12301 Main Street Houston, TX 77035 (713) 275-5400	https://www.menningerclinic.org/
Geode Health	Accepts most major insurance plans	All ages	12603 Southwest Freeway Suite 510 Stafford, TX 77477 (346) 636-1869	https://geodehealth.com/psychiatry/
Corporate and Family Counseling	This office is not in-network with any insurances	All ages	154 Bella Katy Drive Katy, TX 77494 (713) 904-5222	https://corporatefamilycounseling.com/psychiatrist/

Therapy/Counseling

Agency Name	Payment Options	Population Served	Address/Number	Website
DePelchin-FAYS Program **FBISD Community Partner**	No cost	Ages 3-17	12300 Parc Crest Drive Suite 120 Stafford, Texas 77477 (713) 664-3459 Please see school counselor for referral information.	https://www.depelchin.org/fays/
Clearhope Counseling and Wellness **FBISD Community Partner**	Private insurance and Medicaid	All ages	111 Hwy 6, Suite 120 Sugar Land, TX 77478 (281) 769-2238	https://www.clearhopewellness.com/
Texana Center	Based in ability to pay	Ages 3-17	Multiple locations 2535 Cordes Dr. Sugar Land Texas 77479 (281) 276-4400	https://www.texanacenter.com/services/mental-health-outpatient-services/youth-and-family-mental-health-outpatient-services/
Ibn Sina Mental Health Community Clinic	Low-cost services and accept most major commercial insurances	All ages	Multiple locations 11226 S. Wilcrest Dr. Houston, TX 77099 (281) 977-7462 (281) 848-7979	https://ibnsinafoundation.org/mentalhealthservices
Hope and Healing Center & Institute	No cost	18 and up	717 Sage Road Houston, TX 77056 (713) 871-1004	https://hopeandhealingcenter.org/
San Jose Clinic	Serves low income, uninsured patients	18 and up	1615 Avenue E, Rosenberg, TX 77471 (832) 945-6711	https://www.sanjoseclinic.org/

Memorial Hermann Behavioral Health Services (Trauma)	Covered by SAMHSA Trauma Grant Program	18 and younger	Greater Houston Area Email BHSGrants@memorialhermann.org and a referral coordinator will be in touch	https://memorialhermann.org/services/specialties/mental-health
Catholic Charities Counseling Services	Sliding scale	All ages	12300 Parc Crest Dr., Stafford, TX 77477 (713) 874-6590	https://catholiccharities.org/counseling/ Appointment request: https://catholiccharities.org/counseling-intake-form/
Legacy's Behavioral Health Services	Accepts most insurance plans and sliding scale	All Ages	Multiple locations 12540 Sugardale Dr.Stafford, TX 77477 (832) 548-5000	https://www.legacycommunityhealth.org/services/behavioral-health/
Family Houston Counseling – Fort Bend	Accepts most insurance plans and sliding scale for uninsured families	Ages 3-18	12300 Parc Crest Dr. Stafford, TX 77477 (713) 861-4849	https://familyhouston.org/fort-bend-counseling/
Access Health	Accepts Medicaid, Medicare, Private insurance and sliding scale fee based on income and family size	All ages	400 Austin St. Richmond, TX 77469 (281) 342-4530	https://myaccesshealth.org

Treatment Centers/Hospitals

Agency Name	Payment Options	Population Served	Address/Number	Website
UTHealth Houston Harris County Psychiatric Center	Private insurance, Medicaid, Medicare, financial assistance/sliding scale	Ages 3 and up	2800 S. MacGregor Way, Houston, TX 77021 (713) 741-5000	https://hcpc.uth.edu
Texas Children's Intensive Outpatient Program (IOP)	Accept most major insurance plans and have a financial assistance policy	Ages 12-17	6330 W Loop S. Ste. 200 Bellaire, TX 77401 (832) 822-2400	https://www.texaschildrens.org/departments/intensive-outpatient-program-iop
Westpark Springs	Accepts most insurance plans	Ages 12 and up	6902 S Peek Rd. Richmond, TX 77407 (832) 535-2770	https://westparksprings.com/
Kingwood Pines Hospital	Accepts a wide range of commercial insurance plans, Medicaid, and Medicare	Ages 8 and up	2001 Ladbrook Dr. Kingwood, TX 77035 (281) 404-1001	http://www.kingwoodpines.com
West Oaks Hospital	Accepts most insurance plans, CHIPS, Medicare and Medicaid	Ages: 5 and up	6500 Hornwood Dr. Houston, TX 77074 (713) 778-5250	http://www.westoakshospital.com

Behavioral Hospital of Bellaire	Accept most major insurances and managed care plans	Ages 12 and up	5314 Dashwood Dr. Suite 300 Houston, TX 77081 (713) 589-9385	https://bhbhospital.com/
Sun Behavioral	Accepts most insurance plans including Medicaid/Medicare	Ages 6 and up	7601 Fannin Street Houston, TX 77054 (713) 999-4656	https://sunhouston.com/
Center for Success and Independence	Private insurance, Medicaid, self-pay	Ages 12 to 17	3722 Pinemont Dr. Houston, TX 77018 (713) 426-4545	https://tcsi.org/
Menninger Clinic	Accepts most major insurance plans, self-pay and have a financial assistance policy	Ages 12 and up	12301 Main Street Houston, TX 77035 (713) 275-5400	https://www.menningerclinic.org/
Center for Teens	Accepts out of network insurance with most major insurance plans	Ages 13-17	15263 Southwest Freeway Sugar Land, TX 77478 (832) 376-5129	https://centerforteens.com/

Substance Use

Agency Name	Payment Options	Population Served	Address/Number	Website
Adolescent Substance Use Disorder (ASUD) Program- part of TCHATT **FBISD Community Partner**	Free treatment for up to 12 weeks (in person and virtual)	Ages 12-18 years old	Behavioral and Biomedical Sciences Building (BBSB**)** 1941 East Road Houston, Texas 77054 (713) 486-2500 See school counselor for referral information	https://med.uth.edu/psychiatry/tx-child-mental-health-care-consortium-sb-11-services-adolescent-substance-use-disorders/
Fort Bend Regional Council on Substance Abuse Inc.	Flexible payment options	Teens and Families	Stafford office: 10435 Greenbough, Ste 250 Stafford, Texas 77477 (281) 207-2400 Rosenberg office: 3926 Avenue H (Hwy 90), Suite 11 Rosenberg, Texas 77471 (281) 342-8828	www.fortbendcouncil.org
The Council on Recovery	Accepts many insurance plans, low cost, state funded- treatment and assistance programs	All ages	303 Jackson Hill St. Houston, TX 77007 (713) 942-4100	http://www.councilonrecovery.org
Odyssey House – Cenikor	Accepts private insurance, self-pay and financial	Ages 12 and up	5629 Grapevine St. Houston, TX 77085 (888) 236-4567	https://www.cenikor.org/

	assistance program			
PaRC Discovery Behavioral Health	Accepts most commercial insurances	Ages: Teen 13-17, Young Adults 18-24, and 25+	3043 Gessner Houston, TX 77080 (832) 975-0762 And other locations	https://parcbh.com/
Ethos Behavioral Health	Accepts insurance: in-network and out-of-network, and self-pay options	Ages 12-17 years old and Adults	5757 Woodway Dr., Ste. 285, Houston, TX 77057 And other locations 1-844-54-ETHOS (38467)	https://ethosbehavioralhealth.com/ethos-wellness/
The Prairie Recovery Center	Accepts insurance: in-network and out-of-network, and self-pay options	Ages 18 and up	5808 Wagner Rd. Round Top, TX 78954 Top, TX 78954 (832) 610-3085	https://prairierecovery.com/

Specialized Care

Grief

Agency Name	Payment Options	Population Served	Address/Number	Website
Bo's Place	No cost	All ages	10050 Buffalo Speedway Houston, TX 77054 (713) 942-8339	http://www.bosplace.org/
3A Bereavement Foundation	Serves low-income families	All ages	5330 Griggs Rd., Suite A108 Houston, TX 77021 (713) 649-3232	https://3abereavement.weebly.com/grief-counseling.html
Grief Share	Free services ($20 for participant guide)	Everyone dealing with the loss of a loved one	Check website for available groups	https://www.griefshare.org/

Eating Disorders

Agency Name	Payment Options	Population Served	Address/Number	Website
Texas Children's Hospital, Eating Disorders Program	Accept most major insurance plans and have a financial assistance policy	Ages 10-18	6701 Fannin St., Houston, TX 77030 & 18200 Katy Fwy Houston, TX 77094 (832) 822-2778	https://www.texaschildrens.org/departments/adolescent-medicine/eating-disorders-program
UT Health Center for Eating Disorders	Accept most insurance plans and offer financial assistance	8 and up	5615 H. Mark Crosswell Jr St. Houston, TX 77021 (713) 500-4500	https://med.uth.edu/psychiatry/uthealth-houston-center-for-eating-disorders/
Eating Recovery Center	In network with all major insurance providers	Adult, Child and Adolescents	7515 S Main St #400, Houston, TX 77030 (713) 750-9607	https://www.eatingrecoverycenter.com/recovery-centers/houston

Intellectual and Developmental Disabilities

Agency Name	Payment Options	Population Served	Address/Number	Website
Texana Center	Based on ability to pay.	Ages 6 and older	2330 Graeber Road Rosenberg, TX 77471 (281) 239-1363	https://www.texanacenter.com/services/developmental-disabilities-services/
The Harris Center for Mental Health and IDD	Sliding scale and Medicaid is accepted. Required to live in Harris County	Ages 3 and up	9401 Southwest Freeway Houston, TX 77074 (713) 970-7000	https://www.theharriscenter.org/services/idd-services
Pursuit Center	Private pay rates and insurance coverage Information available upon request	Individuals with intellectual and developmental disabilities, as well as their families and caregivers.	4400 Harrisburg Blvd. Houston, TX 77011 (713) 525-8400	https://www.pursuitcenter.org/programs-partners/behavioral-health

Support Groups

Agency Name	Description	Population Served	Address/Number	Website
National Alliance on Mental Illness (NAMI) - Greater Houston	Support groups are peer-led and are designed for any adult who has experienced symptoms of a mental health condition or the people that support their recovery.	Adults	9401 Southwest Freeway, Suite 1234 Houston, TX 77074 (713) 970-4483	https://www.namigreaterhouston.org/
re:MIND Depression and Bipolar Support	Free and confidential support groups for individuals living with, or family and friends affected by, depression and bipolar disorders.	Ages18 and up	P.O. Box 27607 Houston, TX 77227 (713) 600-1131	www.dbsahouston.org
Arc of Fort Bend	Special education advocacy, parent support group, teen respite program; support and services for children with disabilities and their families	Children and Adults	407 Julie Rivers Dr. Sugar Land, TX 77478 (281) 494-5959	https://arcoffortbend.org/
First United Methodist Church - Missouri City	Services: AA, depression & bipolar support, Alzheimer's caregivers support, Parkinson's exercise group, and life challenges group (Stephen Ministry)	Adults	3900 Lexington Blvd., Missouri City, TX 77459 (281) 499-3502	https://fumcmc.org/support/
Attention Deficit Disorders Association- Southern Region	Host 4 free virtual educational support groups monthly covering a wide range of topics. Provides workshops, webinars and conferences. Areas addressed include coexisting disorders, such	Parents/Adults	Virtual meetings (281) 894-4932	https://www.adda-sr.org/

	as autism, mood disorders and anxiety as well as adoption and addiction.			
Hope For Three Autism Advocates	Provides Resources and Support to families with autistic children and loved ones	Parents, siblings, caregivers and extended family members	4771 Sweetwater Blvd., #358 Sugar Land, TX 77479 (281) 245-0640	https://hopeforthree.org/

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