

REFERRAL INFORMATION &

COMMUNITY RESOURCE GUIDE

2021-2022



Cypress-Fairbanks Independent School District

Community Resource and Referral Information Guide

Our Vision

Learn, Empower, Achieve, Dream. LEAD

Our Mission

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



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

This Community Resource Directory contains only a partial listing of the many resources that are available within our area and Harris County in general. We are not in a position to recommend one person or one facility over another.

COMMUNITY RESOURCES AND REFERRAL INFORMATION

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Cypress-Fairbanks ISD Youth Service Specialists

Ariell Shackelford		281-373-2332
Goodson Middle School	Farney Elementary	
Ault Elementary School	Hamilton Elementary	
Black Elementary	Keith Elementary	
Carrie Harris		281-856-1453
Langham Creek High School	Langham Creek High School TP / PP	
Kahla Middle School	Holmsley Elementary	
Copeland Elementary		
Darryl Bush		281-213-1988
Cy Ranch High School	Rennell Elementary	
Anthony Middle School	Warner Elementary	
Smith Middle School		
Hilda Bueno		281-254-8191
Cy Lakes High School	Cy Lakes High School TP / PP	
Watkins Middle School	Tipps Elementary	
Lieder Elementary	Wilson Elementary	
Jessica Bradley		281-856-5163
Aragon Middle School	Metcalf Elementary	
Birkes Elementary	Woodard Elementary	
Horne Elementary		
Karisman Taylor		281-897-6466
Cy Creek High School	Matzke Elementary	
Bleyl Middle School	Yeager Elementary	
Hancock Elementary		
Kayla Martin		281-517-2111
Brautigam Center	Brautigam Center TP / PP	
Cy Creek High School TP / PP	Hamilton Elementary	
Campbell Middle School	Moore Elementary	
Danish Elementary		
Kelley Rasmussen, MSW, LBSW		281-213-1800
Cy Woods High School	Cy Woods High School TP / PP	
Spillane Middle School	A. Robison Elementary	
Carlton Center	Sampson Elementary	

Cypress-Fairbanks ISD Youth Service Specialists

Kimberly Hines Cy Park High School Rowe Middle School Thornton Middle School Hemmenway Elementary	Cy Park High School TP / PP M. Robinson Elementary Walker Elementary	346-227-6074
Kristina Morehead, LMSW Cy Fair High School Arnold Middle School Adam Elementary	Cy Fair High School TP / PP Lamkin Elementary Millsap Elementary	281-517-2976
LaUrsha White ALC – West Emery Elementary Hoover Elementary	Jowell Elementary McFee Elementary Sheridan Elementary	281-955-4996
Lilia Ramos Dean Middle School Bane Elementary Frazier Elementary	Holbrook Elementary Kirk Elementary Reed Elementary	713-460-7875
TBD Bridgeland High School Salyards Middle School Pope Elementary	Bridgeland High School TP / PP Swenke Elementary Wells Elementary	832-349-7671
Nikki Sample ALC - East Carpenter Center (ABC) Emmott Elementary	Francone Elementary Willbern Elementary	713-897-4174
Olivia McElrath Cy Ridge High School Cy Ranch High School TP / PP Truitt Middle School Hairgrove Elementary	Cy Ridge High School TP / PP Lee Elementary Owens Elementary	832-807-8000
Sonya Fowler Jersey Village High School Cook Middle School Bang Elementary	Jersey Village High School TP / PP Gleason Elementary Post Elementary	713-849-6757

Cypress-Fairbanks ISD Youth Service Specialists

Samantha Promise

Cy Falls High School
Labay Middle School
Fiest Elementary

281-856-1000

Cy Falls High School TP / PP
Lowery Elementary

Teneisha Green

Cy Springs High School
Hopper Middle School
André Elementary

281-345-3012

Cy Springs High School TP / PP
Duryea Elementary
Postma Elementary

Emergency Numbers & Referrals

EMERGENCY NUMBER

911

American Foundation for Suicide Prevention <u>Text Line</u>	800-273-8255 “TALK” to 741741
Ben Taub Psychiatric Center <i>1502 Taub Loop, Houston, TX 77030</i>	713-873-2000
Childfind of America <i>Runaways & child abduction</i> www.childfindofamerica.org	1-800-426-5678
The Children’s Assessment Center <i>2500 Bolsover St, Houston, TX 77005</i> <i>Assessment & counseling services for children</i>	713-986-3300
Cypress-Fairbanks ISD Police Department <i>24-hours, 7 days / wk</i>	281-897-4337
Harris County Community Youth Service Center <i>24-hour telephone intake</i> <i>Referral for community youth services</i>	713-295-2500
Harris County Constable Precinct 4 <u>Administrative Office</u> <u>24-Hour Emergency Dispatch</u>	832-927-6205 281-376-3472
Harris County District Attorney Juvenile Division	713-274-0035
Harris County Jail (Public information line)	713-755-8430
Harris County Juvenile Probation	713-222-4100
Harris County Protective Services For Children & Adults <i>2525 Murworth Dr, Houston, TX 77054</i> <i>Local Agency</i>	713-394-4000

Emergency Numbers & Referrals

Harris County Sheriff's Department

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

Houston Area Women's Center (HAWC)

<u>Domestic Violence Hotline</u>	713-528-2121
<u>Sexual Assault Hotline</u>	713-528-7273
<i>Includes shelter & counseling for battered women</i>	
<i>Mon – Fri, 8:00a – 9p; Sat 8:30a to 5:30p</i>	

Houston Police Department

<u>Juvenile Intake</u>	832-394-1839
<u>Patrol Station – Willowbrook</u>	832-394-2720
<u>Patrol Station – Spring Branch</u>	832-394-0100
<u>Non-Emergency Dispatch</u>	713-884-3131

Jersey Village Police Department

713-466-5824

NAMI National Information Helpline

800-950-NAMI

National Center for Missing & Exploited Children

1-800-843-5678

National Runaway Safeline

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

National Suicide Prevention Lifeline

1-800-273-8255 (TALK)

24-hours, 7 days / wk

Probate Courts 3 & 4 Mental Health Division

713-741-6020

Mental Health Warrants

Probate Court 3

832-927-1403

Probate Court 4

832-927-1404

Rape Crisis

713-528-7273 (RAPE)

Sexual assault hotline

Services through HAWC

Texas Abuse Hotline for Dept. of Family & Protective Services

Report Abuse

1-800-252-5400

www.txabusehotline.org

Emergency Numbers & Referrals

Texas Missing Persons <i>Clearing house – calls answered 24 hours a day</i>	1-800-346-3243
Texas Victim Information & Notification Everyday (VINE) <i>Toll free</i> www.vinelink.com	1-877-894-8463 (TX-4-VINE)
Texas Youth Hotline <u>Call</u> <u>Text</u> www.dfps.state.tx.us/Youth_Hotline	1-800-210-2278 512-872-5777
The Harris Center for Mental Health & IDD <i>Formerly MHMRA</i>	713-970-7000
TRIAD Prevention Program	713-295-2600
Texas 211 <i>Local community referrals & resources</i> <i>Information for state of Texas benefits & services (i.e. CHIP, food stamps)</i> <i>Report fraud or abuse of Texas services & programs</i>	211
United Way of Greater Houston <i>50 Waugh Dr, Houston, TX 77007</i> <u>Information & Referral</u> www.unitedwayhouston.org	713-685-2300 713-957-4357 (HELP) or 211

Basic Needs & Financial Assistance

- Catholic Charities of Houston** 713-526-4611
2900 Louisiana St, Houston, TX 77006
Assist with basic needs, counseling assistance
and disaster recovery
Pregnancy and parenting services, and
in-school counseling
Senior and Veteran services
www.catholiccharities.org
- Cy-Fair Helping Hands (CFHH)** 281-858-1222
7520 Cherry Park Dr, Ste B, Houston, TX 77095
Food pantry open to anyone living in CFISD boundaries
More specific outreach to homeless population
Currently Mon, Tue, Thu 9:30a – 12:30p
1st Sat of every month – 9:30a – 12:30p
www.cyfairhelpinghands.org
- Cypress Assistance Ministries** 281-955-7684
11202 Huffmeister Rd, Houston, TX 77065
Serves: 77065, 77095, 77429, 77433
Operation Jobs – All zip codes 281-955-5895
Call to schedule an appt
Walk-ins welcome on Tue & Thu
www.cypressassistance.org
- Fairbanks United Methodist Church** 713-462-3206
14210 Aston St, Houston, TX 77040
Be Hope Clothing Program and Food Pantry
Hours: Tue & Wed 12:00p – 3:00p
Serves: 77040, 77041; No appt necessary
For Assistance: assistance@fairbanksumc.org
www.fairbanksumc.org
- FEMA Disaster Assistance** 1-800-621-3362
www.fema.gov

Basic Needs & Financial Assistance

- Guadalupe Center** 713-227-9981
326 S Jensen Dr, Houston, TX 77003 1-866-649-5862
Catholic Charities program
Rent & utility assistance, food pantry
Photo ID & proof of address
Tue – Thu 9a, serves first 100 families
- Gulf Coast Community Services** 713-393-4700
9320 Kirby Dr, Houston, TX 77054
Financial assistance – food, transportation, and electricity
Case management services
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 house
Home repairs for low income seniors
(62 & older) & disabled individuals
Harris County residents outside city limits
of Houston, Pasadena, and
Baytown **only**
www.csd.hctx.net
- Harris County Department of Social Services** 713-696-7900
9418 Jenson Dr, Houston, TX 77093
Assistance with electric, gas, water utilities,
rent, and mortgage
- Katy Christian Assistance Ministries** 281-391-5261
Social Services 281-391-9623
5504 1st St, Katy, TX 77493
Mon – Thu, 9a – 5p
- Food Pantry 281-391-9623
5506 1st St, Katy, TX 77493
Mon – Thu, 8:30a – 5p
Serves: 77084, 77094, 77450, 77494
www.ktcm.org

Basic Needs & Financial Assistance

Lakewood United Methodist Church <i>11330 Louetta Rd, Houston, TX 77070</i> <i>Clothing / food pantry, by appt only</i> <i>Serves: 77040, 77064, 77065, 77066, 77068, 77069,</i> <i>77070, 77375, 77377, 77379, 77389, 77373, 77429</i> www.lakewoodumc.org	281-370-2273
MANNA <i>2101 W 34th St, Houston, TX 77018</i> <i>Food pantry, thrift shop, vision,</i> <i>rent & utilities assistance – call for more info</i> <i>Serves: 77040, 77092, & others not in CFISD boundaries</i>	713-682-7556
Memorial Assistance Ministries <i>1625 Blalock Rd, Houston, TX 77080</i> <i>Basic needs (no food pantry), employment services</i> <i>Rent & utility assistance by appt only on Tue & Thu</i> <i>Serves: 77040, 77041, 77092 & 15</i> <i>others not in CFISD boundaries</i> www.maministries.org	713-468-4516 713-574-7533
Money Management International <i>14141 SW Fwy, Sugarland, TX 77478</i> www.moneymanagement.org	888-845-5669
Northwest Assistance Ministries <i>15555 Kuykendahl Rd, Houston, TX 77090</i> <u>Financial Assistance Appt Line</u> <u>Children’s Clinic (ages 0-18)</u> <u>Interfaith Homeless Network</u> <u>Meals on Wheels</u> <u>Supportive Housing Program</u> <i>Thrift Shops:</i> <i>15702 Bammel Village Dr, Houston, TX 77014</i> www.namonline.org	281-885-4555 281-583-5600 281-885-4630 281-885-4567 281-885-4623 281-885-4531 281-880-9000

Basic Needs & Financial Assistance

Office of the Attorney General	1-800-252-8014
<u>Child Support Division</u>	
<i>P.O. Box 12017, Austin, TX 78711</i>	
www.texasattorneygeneral.gov/child-support	
<u>Acknowledgement of Paternity</u>	1-866-255-2006
<u>Child Support Payment & Case Information</u>	1-800-252-8014
<u>Houston North</u>	713-973-4300
<i>450 N. Sam Houston Pkwy E, Ste 190, Houston, TX 77060</i>	
<u>Norchester Village</u>	1-800-252-8014
<i>13308 Jones Rd, Houston, TX 77070</i>	
<i>Serves: 77065, 77070, 77429</i>	
<u>Houston Northwest</u>	713-974-4876
<i>2110 E Governors Cir, Ste B, Houston, TX 77092</i>	
<i>Serves: 77092</i>	
Operation I. D.	281-833-3508
<i>First Presbyterian Church, 5100 Travis St, Houston, TX 77002</i>	
<i>Tue & Thu 9a – 11:30a</i>	
<i>Must be referred by another agency</i>	
<i>Assist with Texas State IDs & birth certificates</i>	
www.msmhouston.org	
Salvation Army	713-658-9205
<i>2208 Main St, Houston, TX 77002</i>	
<i>Serves all Harris County zip codes</i>	
<i>Hours are Mon-Fri 8:30a -12:00p and 1p - 4:30p</i>	
<i>Rent, mortgage, food, clothing, water bill, furniture</i>	
<i>Christmas assistance with Toys for Tots & Angel Tree</i>	
Salvation Army Northwest Corps Community Center / Boys & Girls Club	
<i>12507 Windfern Rd, Houston, TX 77064</i>	832-200-4620
<i>After-school programs (ages 6-18) – Boys & Girls Club</i>	832-200-4620
<i>Summer Camp Program/Cy-Fair ISD</i>	
<i>Spring Break Program</i>	
www.salvationarmyhouston.org	
Social Security Administration	1-800-772-1213
<i>16200 Dillard Dr, Houston, TX 77040</i>	
www.socialsecurity.gov	

Basic Needs & Financial Assistance

Texas 211

877-541-7905 or 211

Information & referral services

www.211texas.org

Texas Health & Human Services

Medicaid Line

1-800-252-8263

8511 N Rosslyn Rd, Houston, TX 77088

713-895-6800

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

TANF / Food stamps / Medicaid / CHIP

Call 211 for location by zip code

www.hhs.texas.gov

Legal

- Catholic Charities of Houston** 713-526-4611
2900 Louisiana St, Houston, TX 77006
Provide immigration legal assistance, refugee services, crime victims assistance, international foster home services for refugees, and unaccompanied minor immigrant services
www.catholiccharities.org
- Dispute Resolution Centers** 713-274-7100
49 San Jacinto St, Ste 220, Houston, TX 77002
Free mediation services within Harris County
www.drchouston.org
- Harris County District Attorney's Office** 713-755-5888
Family Criminal Law Division
1310 Prairie St., Houston, TX 77002
Protective orders for matters involving family violence
- Houston Lawyer Referral Service** 713-237-9429
First referrals for qualified prescreened attorneys for hire
Reduced fees program available based on qualification
www.hlrs.org
- Houston Volunteer Lawyers / Make Justice Happen** 713-228-0735
Client Intake 713-228-0732
1111 Bagby, Ste FLB300, Houston, TX 77002
Civil Legal Aid
Free referrals (criminal & traffic matters are not handled)
www.makejusticehappen.org
- Justice of The Peace Courts**
- Pct. 4, Place 1 – Judge Lincoln Goodwin 713-274-6550
6831 Cypresswood Dr, Ste 4, Spring, TX 77379
- Pct. 5, Place 2 - Judge Jeff Williams 703-274-0800
16715 Clay Rd, Ste 4, Houston, TX 77084
www.jp.hctx.net
- Lone Star Legal Aid** 713-652-0077
1415 Fannin St, Houston, TX 77002 1-800-733-8394
www.lonestarlegal.org

Legal

Office of the Attorney General

1201 Franklin St, Ste 2160, Houston, TX 77002

Crime Victim Services Division

Crime Victim's Compensation

www.oag.state.tx.us

1-800-983-9933

Victim's Assistance Centre/SAFE Program

2951 Marina Bay Dr., League City, TX 77573

Free counseling & moral support to victim

and / or family members

www.thesafeprogram.org

713-274-7391

832-297-0013

Medical

Christ Clinic

281-391-0190

25722 Kingsland Blvd, Ste 101, Katy, TX 77494
Mon-Fri, 9a to 4p by appointment only
Mental Health Services, Primary Care,
Health Education Classes
Non-insured **only**
www.christclinickaty.org

Clinica Hispana

281-897-8142

9720 Jones Rd, Ste 240, Houston, TX 77065
Preventative care – low cost immunizations, physicals
No appt necessary
Accepts Medicaid, CHIP, and most insurance
Speaks Spanish
www.clinicahispanahouston.com

Epiphany Community Health Outreach Services (ECHOS)

713-270-0369

9600 S Gessner Bldg E, Houston, TX 77071
Application assistance: Gold Card, Medicaid, CHIP,
food stamps, food pantry, dental services
Medical Screenings: blood pressure, glucose, and sugar
Speaks Spanish
www.echos-houston.org

GoodRX

Provides discount coupons & prices for medication
at area pharmacies
www.goodrx.com

Harris Health

713-602-3300

Eligibility Information Line

713-566-6509

No longer scheduling eligibility appts
Drop off completed applications at nearest Eligibility
Center or mail to:
P.O. Box 300488, Houston, TX 77230
Download applications online
All health centers accept Medicaid, CHIP, sliding scale
www.harrishealth.org

Medical

- Northwest Health Center** **713-861-3939**
1100 W 34th St, Houston, TX 77018
Obstetrical / Gynecology, radiology, counseling, lab,
pharmacy, etc.
- Cypress Health Center** **713-873-5240**
12340 Jones Rd, Ste 100, Houston, TX 77070
Medical services for adults & children
*Psychiatry & behavioral health for children **only***
- Pediatric & Adolescent Health Center – Bear Creek** **713-526-4243**
Temporarily closed due to COVID-19 **713-873-5437 (KIDS)**
5870 Hwy 6, Ste 108, Houston, TX 77084
Pediatric services (newborn to 18 yrs)
Psychiatry & behavioral health available
- Needy Meds** **1-800-503-6897**
Web based information source on medical assistance
programs, also provides discounts on medical
equipment as well
www.needymeds.org
- Night Light Pediatric Urgent Care** **713-957-2020**
19708 NW Fwy, Ste 500, Houston TX 77065
Mon-Fri, 3:00p – 11p, Sat. – Sun, 12p – 7p
Pediatric services (newborn to 21 yrs)
Accepts insurance (fee without insurance \$150)
Tue: Sports Physicals \$35
www.nightlightpediatrics.com
- Northwest Assistance Ministries** **281-885-4555**
15555 Kuykendahl Rd, Houston, TX 77090
Children’s Clinic (ages 0-18) **281-885-4630**
www.namonline.org
- The Rose-Galleria** **281-484-4708**
5420 W Loop S, Ste 3300, Bellaire, TX 77401
Non-profit breast cancer organization
Provides screening services & support groups,
uninsured programs
Young Women’s Clinic
www.therose.org

Medical

- San Jose Clinic** 713-228-9411
2615 Fannin St, Houston, TX 77002
Eligibility Line 713-490-2610
Children 0 – 17 yrs & 18 yrs old still in high school
Low-cost children’s healthcare including
well-child check-ups
Childhood illness evaluation & treatment
School & sport physicals, dental care
Sliding scale fee
Only noninsured families accepted
Speaks Spanish
www.sanjoseclinic.org
- Spring Branch Community Health Center**
8575 Pitner Rd, Houston, TX 77080 713-462-6545
1615 Hillendahl Blvd, Ste 100, Houston, TX 77055 713-462-6565
5502 1st Street, Katy, TX 77493 713-231-5757
7777 Westgreen Blvd., Cypress, TX 77433 713-387-7180
Family medical & pediatric services,
OB / GYN, dental & optometry
Medicaid accepted & sliding scale
www.sbchc.net
- Testing.com** 877-600-3767
STD At-home and lab testing information and resources
Please visit the website for more information
contact@onecare.org
testing.com
- Tex Care Partnership** 1-800-647-6558
CHIP / Medicaid application center
www.chipmedicaid.org
- Texas Children’s Pediatric – Kingsland** 281-398-7353
21715 Kingsland Blvd, Ste 103, Katy, TX 77450
Well / Sick child services, immunizations
Sports physicals, vision screenings
*By appt **only***
Serving uninsured & under-insured
www.texaschildrenspediatrics.org

Medical

Texas Department of Insurance

1-800-578-4677

Provides information & responds to consumer complaints regarding insurance

<https://www.tdi.state.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

23306 Sherrod Lane, Spring, TX 77389

Provides alternative therapies, including

stem cell, ozone, neurofeedback, total

wellness, pulsed electromagnetic fields,

photon body sculpting, pain relief and

beauty

Self-pay

Hours: Mon – Fri, 9:00a – 5:00p

betterlifemind@gmail.com

Disabilities & Chronic Health Services

- ADDA Southern Region** 281-894-4932
Attention deficit disorders & related conditions
www.adda-sr.org
- The ARC of Greater Houston** 713-957-1600
9401 Southwest Frwy, Houston, TX 77074
Serves children & adults with intellectual and developmental disabilities
Educational support services (no fees)
*Private pay **only***
www.aogh.org
- C.H.O.S.E.N. Clinic** 888-4UT-DOCS
6410 Fannin St, Ste 500, Houston, TX 77030
Primary care physicians providing comprehensive care & hospice for children with chronic illnesses and special health care needs
Family support services & coordination with community based services
Medicaid, CHIP, private insurance / out-of-network provider TCHP
www.utphysicians.com (select "pediatric clinic")
- DebLin Health Concepts** 713-686-9194
6110 Pinemont Dr, Ste 106, Houston, TX 77092
24 Hour Crisis Support Line 713-398-7082
Case management for chronic persistent mental illness
Home visits, school visits & out-patient behavioral health
Therapists for mild to moderate chronic illness
Medicaid, private insurance, sliding scale, and payment plans
www.deblinhealthconcepts.com
- Family to Family Network** 713-466-6304
16225 Park Ten Pl, Ste 500, Houston, TX 77084
Education, training, information, and support for families of children with disabilities
Provides community referrals
www.familytofamilynetwork.org

Disabilities & Chronic Health Services

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

Medicaid – Application
2135 Hwy 6, Ste 100, Houston, TX 77077 281-597-5200
Texas Health & Human Services Commission
Call 211 for location of nearest office
www.yourtexasbenefits.com

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

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

Domestic Violence Shelters & Services

- Aid to Victims of Domestic Abuse (AVDA)** 713-224-9911
1001 Texas Ave, Ste 600, Houston, TX 77002
Battery intervention & prevention program
Legal representation for victims of domestic abuse
Teens & adults
Speaks Spanish
www.avda-tx.org
- Family Time Crisis & Counseling Center** 281-446-2615
1203 S Houston Ave, Humble, TX 77338
Battered woman's shelter
Legal advocacy, counseling services, thrift shop
Free services to victims
Sliding scale counseling for non-victims
Speaks Spanish
www.familytimececc.org
- Family Violence Center** 281-885-4673 (HOPE)
1-888-750-4673 (HOPE)
15555 Kuykendahl Rd, Houston, TX 77090
Case management services, therapy for
women & children
Legal advocate available for consultation
Speaks Spanish
www.namonline.org
- Houston Area Women's Center (HAWC)** 713-528-6798
1010 Waugh Dr, Houston, TX 77019
Emergency Shelter & Domestic Violence Hotline 713-528-2121
Rape Crisis Number 713-528-7273
Crisis counseling, support groups,
individual counseling
Services for individuals with disabilities,
children's court services, community education
Speaks Spanish
www.hawc.org

GED / Vocational Programs

Lone Star College	
<u>Cy-Fair Campus</u>	281-290-3460
<i>9191 Barker Cypress Rd, Cypress, TX 77433</i>	
<u>Cypress Center</u>	832-920-5000
<i>19710 Clay Rd, Katy, TX 77449</i>	
www.lonestar.edu/ged.htm	
Rotary Learning Center / Workforce Development Program	281-885-4616
<i>15555 Kuykendahl Rd, Houston, TX 77090</i>	
<i>Free GED prep class, adult education, and ESL</i>	
www.namonline.org	
Texas Challenge Academy	1-877-822-0050
<i>P.O. Box 510, Sheffield, TX 79781</i>	432-836-1501
<i>Ages 16 to 18</i>	
<i>Accredited high school based on military practices</i>	
<i>Voluntary program for those at risk for dropping out or have already done so</i>	
<i>Students can recover credits, earn GED, or high school diploma</i>	
www.texaschallengeacademy.com	
Texas Juvenile Crime Prevention – PVAMU	936-261-5209
<i>Provides degree programs at Prairie View A&M University, continuing education and in-service training for criminal justice and social service professionals.</i>	
www.pvamu.edu	
Texas Workforce Solutions / Vocational Rehabilitative Service	713-267-8550
<i>450 N Sam Houston Pkwy, Ste 220, Houston, TX 77060</i>	
<i>Formerly Department of Assistive & Rehabilitative Services</i>	
www.dars.state.tx.us	
Work Force Solutions	1-888-469-5627
<u>Katy</u>	281-644-1030
<i>24025 Kay Freeway, Ste D, Katy, TX 77494</i>	
<u>Cypress Station</u>	281-891-2850
<i>70 FM 1960 W, Ste A, Houston, TX 77090</i>	
<u>Willowbrook</u>	281-807-9462
<i>17517 Hwy 249, Houston, TX 77064</i>	
www.wrksolutions.com	

Grief / Bereavement Services

- 3A Bereavement Foundation** **713-649-3232**
5330 Griggs Rd, Ste A108, Houston, TX 77021
Assistance in preparing for funeral services,
resource referrals, grief counseling, and crime
victim services
Call for qualification
www.3abereavement.org
- Bo's Place** **713-942-8339**
10050 Buffalo Spdwy, Houston, TX 77054
Grief, counseling and support groups for 3 and up
at no cost
www.bosplace.org
- Compassionate Friends – Houston NW Chapter** **936-441-3840**
Provides grief counseling and support groups for
parents, siblings and grandparents
Cypress Creek Christian Church,
6823 Cypresswood Dr, Spring, TX 77379
Contact: David (dbhendricks@hotmail.com)
www.houstonnorthwesttcf.org
- Grief Recovery Center** **281-888-0815**
Asma Rehman, LPC
2000 North Loop West, Ste 100, Houston, TX 77018
Provide counseling services for grief and loss,
depression, anxiety, trauma, addictions, anger,
stress, relationship issues and bi-polar disorder
Aetna, Blue Cross Blue Shield, Cigna, Humana,
Megellan Health, self-pay
Hours: Mon – Fri, 9:00a – 9:00p,
Sat, 8:00a – 4:00p
www.griefrecoveryhouston.com
- Grief Share**
Grief counseling and support groups
Go to website, enter zip code for a list of groups
in you area
www.griefshare.org

Grief / Bereavement Services

Houston Hospice

713-468-2441

1905 Holcombe Blvd. Houston, TX 77030

*Providing compassionate end of life care to patients
and families in and/or out of home services*

Bereavement support services

*Butterfly program (children and youth bereavement
support program)*

www.houstonhospice.org

Project Joy & Hope

713-944-6569

3207 Tulip St, Houston, TX 77504

866-569-4673 (JOY-HOPE)

Residential housing and financial grants

for families with seriously ill children,

24-hour parent support line, college scholarships

*available to high school seniors who have
experienced the death of a parent or sibling.*

www.joyandhope.org

Drug & Alcohol Services

- Al-Anon, Ala-Teen** 713-683-7227
9800 NW Fwy, Ste 201, Houston, TX 77092
www.houstonalanon.org
- Alcoholics Anonymous** 713-686-6300
4140 Directors Row, Ste D, Houston, TX 77092
Call for nearest group meeting or check online locations
Free services
www.aahouston.org
- Association for the Advancement of Mexican Americans (AAMA)** 713-967-6700
6001 Gulf Freeway, Houston, TX 77023
Out-patient, residential program for adult males (13 to 17 **only**)
Services open to all
www.aama.org
- BES Group & Solutions Plus** 832-389-2982
4625 North Freeway, #127, Houston, TX 77022
Classes for MIP, tobacco cessation, anger management, out-patient chemical dependency, minor drug offenders education program, lifeskills & parenting classes
Payment per class or as court ordered, Medicaid accepted
Speaks Spanish
www.soyoulive.com
- Cocaine Anonymous Helpline (CA)** 713-668-6822
www.ca-texas.org
- The Council on Recovery** 713-942-4100
303 Jackson Hill St, Houston TX 77007
Formally Houston Council on Alcohol & Drug Abuse
www.councilonrecovery.org

Drug & Alcohol Services

Houston Northwest Rehab

281-537-2800

2611 FM 1960 W, Ste H120, Houston, TX 77068

Adolescents (13 to 17 yrs) and adults

Out-patient chemical dependency treatment

Classes include DWI, intervention & education,

anger management, tobacco awareness, MIP,

theft, and drug offender education

Medicaid accepted, private insurance, and self-pay

Email: hnwinfo@aol.com

Lifeway International & Cates Academy

713-270-6753

9920 W Sam Houston Prkwy. S, #410, Houston, TX 77099

Early recovery alternative peer group

Out-patient drug treatment (13 to 18 yrs old)

Adolescents, young adults, and their parents

Substance abuse, recovery-oriented social activities

Academic Learning Center

Some out of network insurance, sliding scale

for peer groups

www.lifewayrocks.com

Narcotics Anonymous Helpline (NA) Helpline

www.hascona.org

Palmer Drug Abuse Program (PDAP)

281-589-4602

Group Counselors – All Locations

Memorial – Spring Branch Area

725 Bateswood Dr, Houston, TX 77079

Free service, assessments, parent / youth drug support groups

Modified 12-step program, positive social activities

www.pdaphouston.org

Drug & Alcohol Services

Resource Education Center

281-463-9292

4654 Hwy 6 N, Ste 301, Houston, TX 77084

Education classes for all ages include DWI, MIP, domestic violence, anger management, theft, and drug offender

Substance abuse counseling, parenting education

Certificate awarded upon completion accepted by courts

Intensive & supportive out-patient services available

www.resourceedcenter.com

The Right Step

713-528-3709

902 W Alabama St, Houston, TX 77006

844-768-1079

Intensive out-patient program, detox services, residential treatment, screening & assessment, drug testing, recovery maintenance, supportive out-patient services

Private insurance, some Medicaid

www.rightstep.com

Symetria Recovery Spring

281-528-4041

635 Rayford Rd, Ste E, Spring, TX 77386

832-225-4203

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

Private insurance accepted, self-pay

Hours: Mon – Fri, 6:00a – 5:00p,

Sat, 7:00a – 8:30p

www.symetriarecovery.com

Teen & Family Services

713-464-3950

11140 Greenbay St, Houston, TX 77024

Substance abuse screenings, substance abuse recovery & prevention, behavior problems

anger management, parent / child conflict

Adolescent peer group for kids with high risk behavior (ages 13 to 18)

www.teenandfamilyservices.org

Drug & Alcohol Services

Westpark Springs Hospital

832-501-3383

6902 S Peek Rd, Richmond, TX 77407

Provides in-patient and out-patient treatment, psychiatric counseling, medication management, group therapy, family therapy, computer assisted therapy, drug and rehabilitation and family support groups

Private insurance, Medicaid and self-pay

(verify coverage with your insurance

provider for specific services)

www.westparksprings.com

Woodland Springs Hospital

936-270-7520

15860 Old Conroe Rd, Conroe, TX 77384

Provides out-patient mental health and addiction programs available fully online, including assessment

Treats depression, bi-polar disorder, PTSD

OCD, anxiety, substance and other

Private insurance, Medicaid and self-pay

(verify coverage with your insurance

provider for specific services)

www.woodlandsprings@spsh.com

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

- The Center for Success & Independence** **713-426-4545**
3722 Pinemont Dr, Houston, TX 77018
Ages 12 to 17
Substance abuse, mental health, and Mode
Behavior issues
Intensive in-patient & out-patient treatment available
Medicaid, private pay, private insurance, TRICARE
www.tcsi.org
- Cypress Creek Hospital** **281-586-7600**
17750 Cali Dr, Houston, TX 77090
Admissions **281-586-5956**
Adolescents (13 yrs & older), adults,
in-patient & out-patient services
www.cypresscreekhospital.com
- Devereux Texas Treatment Network** **281-335-1000**
1150 Devereux Dr, League City, TX 77573 **1-800-373-0011**
Adolescents & adults
Long-term residential treatment facility
Speaks Spanish
www.devereux.org
- Houston Behavioral Healthcare Hospital** **832-834-7710**
2801 Gessner Rd, Houston, TX 77080
Children, adolescents, adults,
in-patient & out-patient services
Medicaid / CHIP accepted, private insurance
www.houstonbehavioralhealth.com
- IntraCare North Hospital** **281-893-7200**
1120 Cypress Station, Houston, TX 77090
Adults, adolescents, children
Medicaid / CHIP accepted
Speaks Spanish
www.intracare.org

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

- Kemah Palms Recovery Center** **713-568-1210**
1013 Delesandri Ln, Kemah, TX 77565
*In-patient, partial hospitalization, and out-patient
treatment for chemical dependency*
Ages 18 & older (17 on a case-by-case basis)
www.kemahpalms.com
- Kingwood Pines Hospital** **281-404-1001**
2001 Ladbrook Dr, Kingwood, TX 77339
Children, adolescents, adults, geriatrics
Medicaid / Medicare accepted
www.kingwoodpines.com
- La Hacienda Treatment Center** **713-828-4222**
1-800-749-6160
145 La Hacienda Way, Hunt, TX 78024
*In-patient treatment for chemical
dependency (18 & over)*
*Take all insurance programs except for
Medicaid, Medicare, and TRICARE*
Local contact: Patti Sullivan
www.lahacienda.com
- Memorial Hermann Prevention & Recovery Center** **713-578-3100**
713-939-7272
3043 Gessner Rd, Houston, TX 77080
*Adults **only**, chemical dependency*
*Adolescent program – In-patient chemical
dependency treatment*
Insurance accepted (not Medicaid)
Speaks Spanish
www.mhparc.org
- McLean OCD Institute/Houston** **713-526-5055**
Chad Brandt, PhD
708 E 19th St, Houston, TX 77008
*Provides residential, partial hospitalization
and out-patient services for anxiety treatment
for adults, adolescents and children*
Hours: Mon – Fri 9:00a to 5:00p
Self-pay
www.houstonocdprogram.org

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

- Menninger Clinic** 713-275-5000
12301 Main St, Houston, TX 77035
Admissions 713-275-5140
*Treatment for addiction, substance abuse,
and eating disorders*
www.menningerclinic.com
- Odyssey House of Cenikor Foundation** 713-726-0922
5629 Grapevine St, Houston, TX 77085
Adolescents (13 to 17)
Residential treatment, all chemical dependencies
Medicaid, state funded beds for children without insurance
www.odysseyhousetexas.com or www.cenikor.org
- PATH Program – UT Physicians** 713-500-7840
6410 Fannin St. #824 Houston, TX 77030
*Day treatment program for children ages 9-18
years with complex medical issues who also
have behavioral/emotional challenges.*
*Services include coordination and consultation with
medical providers, individual and family therapy,
nutritional services and an educational component.*
- The Right Step** 713-528-3709
902 W Alabama St, Houston, TX 77006 832-917-0310
In-patient care for chemical dependency
*Intensive out-patient services, transitional
life program, medical detox programs*
Medicaid, CHIP accepted
Private insurance & self-pay
www.rightstep.com
- Texas West Oaks Hospital** 713-995-0909
6500 Hornwood Dr, Houston, TX 77074
Adults, adolescents, and children
In-patient & out-patient services
Medicaid / CHIP accepted
Speaks Spanish
www.westoakshospital.com

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

Westpark Springs Hospital

832-501-3383

6902 S Peek Rd, Richmond, TX 77407

*Provides in-patient and out-patient treatment,
psychiatric counseling, medication management,
group therapy, family therapy, computer assisted
therapy, drug and rehabilitation and
family support groups*

*Private insurance, Medicaid and self-pay
(verify coverage with your insurance
provider for specific services)*

www.westparksprings.com

Woodland Springs Hospital

936-270-7520

15860 Old Conroe Rd, Conroe, TX 77384

*Provides out-patient mental health and
addiction programs available fully online,
including assessment*

*Treats depression, bi-polar disorder, PTSD
OCD, anxiety, substance and other*

*Private insurance, Medicaid and self-pay
(verify coverage with your insurance
provider for specific services)*

www.woodlandsprings@spsph.com

Other Support Services

- AIDS Foundation Houston, Inc.** 713-623-6796
6260 Westpark Dr, Ste 100, Houston, TX 77057
Free testing; education and outreach services
www.aidshelp.org
- Allconnect** 877-597-7381
Educational resources for LGBTQIA+ teens
Hours: Mon – Fri, 8:00a – 10:00p
Sat, 9:00a – 7:00p
Sun, 10:00a – 7:00p
<https://www.allconnect.com/blog/lgbtq-youth-online-resources>
- Alliance for Multicultural Community Services** 713-776-4700
6440 Hillcroft Ave, Ste 411, Houston, TX 77081
Serves legal refugees, immigrants, and low-income residents
www.alliancetxt.org
- American Foundation for Suicide Prevention** 281-757-1394
Provides suicide prevention programs within
Southeast Texas
www.Chazim@afsp.org
afsp.org/southeasttexas
- Ascent Psychotherapy Center** 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 and private insurance accepted
www.ascentpsychotherapycenter.com
- Attention Deficit Disorders Association (ADDA)** 281-897-0982
12345 Jones Rd, Ste 287-7, Houston, TX 77070
ADD information
Referral & support
www.adda-sr.org
- Big Brothers & Big Sisters of Greater Houston** 713-271-5683
1003 Washington Ave, Houston, TX 77002
www.bbbstx.org/houston

Other Support Services

Brenda and John Duncan Family YMCA 713-467-9622
10655 Clay Rd, Houston, TX 77041
www.ymcahouston.org

Candis Firchau, MA, LPC-S, MS, NCC, EMDR 281-635-3723
14555 Skinner Rd, Cypress, TX 77429
Individual, couples and family therapy
PTSD/trauma, autism, anxiety, bi-polar,
depression, and DID
Serves children and adults with disabilities
Ages: Children (6 – 10), Preteens/Tweens (11 – 13),
Adolescents/Teenagers (14 – 19) Adults, Elders (65+)
Insurances accepted: Cigna, Blue Cross Blue Shield,
Tri-West, Out of Network
Sliding Scale
Speaks Spanish
talking_cure@yahoo.com

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

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

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

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

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

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

Other Support Services

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

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

D. Bradley McWilliams YMCA at Cypress Creek 281-469-1481
19915 Hwy 249, Houston, TX 77070
www.ymcahouston.org

Family Time Crisis & Counseling Center 281-446-2615
1203 S Houston Ave, Humble, TX 77338
Battered woman's shelter, counseling, legal advocacy
Counseling free of charge for victims & sliding scale for non-victims
Case manager speaks Spanish; no Spanish speaking counselors
at this time.
www.familytimeccc.org

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

Greater Houston Counseling Services, PLLC 832-717-7166
8118 Fry Rd, #1203, Cypress, TX 77433
Provide individual therapy for eating disorders,
LGBT issues, mood disorders, depression,
anxiety, PTSD, borderline personality, family
issues, separation anxiety and emotional
disturbances for children and adolescents
Self-pay and some insurances accepted
www.greaterhoustoncounselingservices.com

Other Support Services

- Langham Creek Family YMCA** 281-859-6143
16725 Longenbaugh Dr, Houston, TX 77095
www.ymcahouston.org/langham-creek
- MCH Family Outreach** 713-682-8911
5005 Mitchelldale St, Ste 119, Houston, TX 77092
Offers hope & support to families struggling to meet the challenges of parenting.
GAP Program: Grandparents as Parents Program
Family Solutions Program
Foster Care Program (voluntary or DFPS placement)
www.MCH.org
- MedCare Pediatric Rehab Center**
Stafford Clinic 713-773-5100
12371 S Kirkwood Rd, Stafford, TX 77477
Children up to age 21
Speech, occupational, and physical therapy
Aquatic therapy offered during summer months
In-home services available at Stafford clinic only
Medicaid and Private insurance
- Mental Health America of Greater Houston** 713-523-8963
2211 Norfolk St, Ste 810, Houston, TX 77098
Advocacy, education
www.mhahouston.org
- The Montrose Center** 713-529-0037
401 Branard St, Houston, TX 77006
Counseling & a variety of support service for the LGBT community
www.montrosecenter.org
- LGBT Switchboard** 713-529-3211
24-hour helpline for LGBT individuals; crisis counseling and intervention for hate crimes, domestic violence, and sexual assault
- Hatch Youth** 713-529-3590
Support group to empower LGBTQ youth to become positive contributors to society; ages 13 to 20
www.hatchyouth.org

Other Support Services

- Mothers Against Drunk Drivers (M.A.D.D.)** 281-590-2222
15355 Vantage Parkway W. Ste. 220, Houston, TX 77032
Services offered: victim advocacy and services.
Emotional/attorney referrals, mental health
counseling and assistance with court accompaniment
www.madd.org
- MyHealth Teams**
Self-help social network system for 41 different chronic
conditions
Log onto the website for more information on how to
connect with a social network
www.Myhealthteams.com
- National Alliance on Mental Health of Greater Houston** 713-970-4419
9401 SW Fwy, Ste 1234, Houston, TX 77074
NAMI strives to offer hope, reform, and resources
to our Houston community through support, education,
and advocacy efforts
Hours: Mon – Fri, 9:00a – 4:00p
www.namigreaterhouston.org
- Overeaters Anonymous** 713-973-6633
5645 Hillcroft St. Houston, TX 77036
www.oahouston.org
- Parents, Families, and Friends of Lesbians & Gays (PFLAG)** 713-467-3524
Support & education for family & friends of
LGBT individuals
2nd Sunday at St. Paul United Methodist Church at 2pm
Monthly meetings available
www.pflaghouston.org
- Survivors of Incest Anonymous**
Self-help group for adult survivors of childhood
sexual abuse
Log into website for support group information/location
www.siaawso.org

Other Support Services

The Trevor Project

866-488-7386

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

Victims Assistance Program, Precinct IV

832-927-6205

6831 Cypresswood Dr, Spring, TX 77379

Non-Emergency (M-F)

281-376-3472

Emergency (Dispatch)

281-376-3472

Pregnancy / Gynecological Services

Alternatives in Motion

2034 Pine Woods Way, Spring, TX 77386

Open 24-hours a day

Licensed adoption agency, housing & comprehensive adoption services

Transportation to scheduled medical appointments

Speaks Spanish

www.aimadoptions.org

281-821-6508

800-776-6508

Baylor Teen Health Clinic

Open Mon – Th

Primary, reproductive, preventive, and comprehensive medical care

Case management services

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

metropolitan area; reproductive care & preventative medical services

To find a clinic location go to:

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

Speaks Spanish

Caret Pregnancy Center of NW Houston

14530 Wunderlich Dr, Houston, TX 77069

12311 Queenston Blvd, Houston, TX 77095

All services are free

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

Comprehensive support & referral services

Speaks Spanish

www.houstonpregnancy.com

281-444-8554

Catholic Charities

2900 Louisiana St, Houston, TX 77006

Up to age 25, quarterly support groups

In-home case management program & educational curriculum

All services are free

Speaks Spanish

www.catholiccharities.org

713-526-4611

713-874-6666

Pregnancy / Gynecological Services

DePelchin Birth Mother Program

Emergency 24-Hour Maternity Line

713-582-7129

www.depelchin.org

Family Services

281-537-0211

16333 Hafer Rd, Houston, TX 77090

Free Counseling & support services for unwed expectant mothers

Clients must be referred by LDS Bishop

www.providentliving.churchofjesuschrist.org

Gladney Center for Adoption

1-800-452-3639

Central Office & Maternity Home (Ft Worth, TX)

Kathy Suchon, LPC, Local Caseworker

817-313-1367

Adoption programs with post adoption services

Speaks Spanish

www.adoptionsbygladney.com

Harris County Public Health & Humble Clinic

Humble Clinic

281-446-4222

1730 Humble Plaza Dr, Humble, TX 77388

Medicaid accepted

Speaks Spanish

www.hcphe.org

Harris Health Acres Home Health Center

713-566-6509

818 Ringold St, Houston, TX 77088

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.youtexasbenefits.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
www.newlifeadopt.com
- Planned Parenthood**
- Administrative Office **713-522-6240**
Northwest Health Center **713-514-1107**
13169 NW Fwy, Ste 115, Houston, TX 77040
- Spring Center **713-514-1102**
4747 Louetta Rd, Spring, TX 77388
Offers education, clinic, teen services
Medicaid
Speaks Spanish
Locate nearest clinic via phone (1-800-230-PLAN) or online
www.plannedparenthood.org/health-center
- Pregnancy Help Center** **281-578-0078**
1450 E Summitry Cir, Katy, TX 77449
Free pregnancy testing, childbirth education and
preparation for women and soon-to-be fathers,
parenting classes & counseling, comprehensive support
services, provide limited ultrasounds
www.phckaty.org
- Presbyterian Children's Homes & Services** **512-212-5700**
Licensed child placement agency
Counseling services offered to all members of
adoption triad: birth parents, adoptive parents,
and adoptees
Foster & adoptive contract through TDFPS
www.pchas.org

Pregnancy / Gynecological Services

- Regional Maternal Child Health Program** 409-266-1888
(UTMB Katy Clinic)
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
- The Teen Life Center** 832-593-8336
17920 Huffmeister, Ste 350, Cypress TX 77429
Christian-based support group for teen families
Assistance with diapers, clothing, baby necessities,
as well as teach parenting and life skills
www.theteenlifecenter.com
- UT Physicians OB-GYN Clinic** 832-325-7200
6410 Fannin St, Ste 350, Houston, TX 77030
Open Mon – Fri, 8:00a – 5:00p
Medicaid, private insurance accepted
Speaks Spanish
www.utphysicians.com
- Women, Infants, Children Program (WIC)** 800-942-3678
Appt Line 713-407-5800
Nutritional & educational programs for pregnant, breastfeeding, and post-partum women
Infants & children up to 5 yrs old
Call for eligibility information & locations near your home
Speaks Spanish
www.hcphe.org/services-programs/services/WIC

Shelters & Housing

- The Beacon** 713-220-9737
1212 Prairie St. Houston, TX 77002
Homeless shelter & supportive housing
www.beaconhomeless.org
- Coalition for the Homeless** 713-739-7514
2000 Crawford St, Ste 700, Houston, TX 77002
www.homelesshouston.org
- Harris County Community Services** 713-578-2000
8410 Lantern Pt, Anx M, Houston, TX 77054
Disaster Recovery 832-927-4951
13013 NW Fwy, Houston, TX 77040
Assists low to moderate income families in
obtaining a house
Home repairs for low-income seniors (62 & older)
and disabled individuals
Harris County residents outside city limits of Houston
*Pasadena, and Baytown **only***
www.csd.hctx.net
- Houston Housing Authority** 713-260-0600
2640 Fountainview Dr. Houston, TX 77057
Low rent public housing, housing choice voucher
www.housingforhouston.com
- Northwest Assistance Ministries** 281-585-5600
Housing Department 281-885-4531
15555 Kuykendahl Rd, Houston, TX 77090
Supportive housing program; various social services
- 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
with seriously ill children
College scholarships available to high school
seniors who have experienced the death
of a parent or sibling
www.joyandhope.org

Shelters & Housing

Salvation Army

1603 McGowen St, Houston, TX 77004

Family Residence

Social Services

Serves all families except couples & single women

www.salvationarmyhouston.org

713-650-0133

713-650-6530

713-658-9205

Shelters for Children/Youth

- Boys & Girls Country** 281-351-4976
18806 Roberts Rd, Hockley, TX 77447
A home for children ages 5 & up
www.boysandgirlscountry.org
- Covenant House** 713-523-2231
1111 Lovett Blvd, Houston, TX 77006
Shelter for homeless youth (18 to 24)
www.covenanthousetx.org
- Kinder Emergency Shelter**
Harris County Children's Protective Services 832-927-6380
6300 Chimney Rock Rd, Houston, TX 77081
Voluntary 30-day emergency shelter

Therapists, Counselors, and Psychologists

- Alicia Snow, PhD** 713-240-8609
502 Mason St, Tomball, TX 7737
Clinical psychologist offering Christian counseling, depression, anxiety, medical issues, grief, and Asperger
Self-pay
www.aliciasnow.com
- Allyson C. Stucker, LPC** 713-301-5668
16341 Mueschke Road. Suite 105 Cypress, TX 77433
Counseling for children 6 years and older, mediations
Self-pay, AETNA, Blue Cross Blue Shield
www.3degreescmc.com
- Amanda Brinkmeyer, LPC** 281-384-4056
17302 House Hahl Road, #336, Cypress TX 77433
Ages 14-18, Adult
Depression, anxiety, and LGBTQ friendly
Blue Cross Blue Shield Insurance
www.dragonflycfc.com
- Amber Edwards, M.A., NCC, LPC** 979-589-5709
17302 House Hahl Road., Ste D, Cypress TX 77433
Ages 8 & up, adult, couples, families
Mood disorders, trauma, grief, spectrum disorders, and LGBTQ friendly
In-home counseling available (a few sessions required in office)
www.soulfueltherapy.com
- Amy Wine, M.A., LPC, LMFT, CCTP** 832-421-8714
17920 Huffmeister Rd., #150, Cypress, TX 77429
Play therapy, individual, marriage and family therapist, clinical trauma
Ages 4 & up
www.amywinecounseling.com

Therapists, Counselors, and Psychologists

Andrea Challenger-Hinds, LPC

832-648-4305

Seeds of Hope Counseling Firm

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

Individual, couple counseling, free 5-min over the phone consultation with Andrea

Ages: Preteens/Tweens (11 – 13),

Adolescents/Teenagers (14 – 19), Adults

Traditional Medicaid accepted

Insurances accepted: BCBS, Cigna, Aetna, EAP's, ACI,

FEI, ESI, Ceredian Life Works, UT EAP, United Health

Care, Optum

Work Hours: Appointments only (times may vary, evening appointments available, Saturdays optional), tele-health available

*E-mail: andrea@seedsofhopetx.com
seedsofhopetx.com*

Anne Friedman, PhD

713-636-9375

Mindful Being

4544 Post Oak Dr, Ste 100, Houston, TX 77027

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

www.mindfulbeinghouston.com

MG@lifecyclescounseling.com

Behavioral Health Consultants

713-463-9449

9525 Katy Fwy, Ste 312, Houston, TX 77024

Ages 5 & older

Some Medicaid & most insurance

www.bhchouston.com

Therapists, Counselors, and Psychologists

Bilingual Psychologists

713-939-1229

Jorge Carrillo, PhD, LSSP, RSOTP

5246 Dow Rd, Houston, TX 77040

Service office: 7826 Hillmont Rd., Houston, TX 77040

Full assessment & diagnosis for children & adolescents

Autism, developmental delays, emotional disturbance,

learning disability,

Applied Behavior Analysis (ABA), biomedical

interventions, nutrition

All Medicaid, CHIP, BC / BS, Magellan, and UnitedHealthcare

Speaks Spanish and Portuguese

www.houstonpsychologicalassociates.com

www.houstonautismcenter.com

Brook Duffy-Roberts, PhD, LMFT, LPC

832-640-9606

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

Adolescents (12 & older), individuals, and couples

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

ADHD

Sat appts available

Blue Cross Blue Shield, Multiplan, United Health Care, Cigna, Optum,

PHSF

www.jenniferaune.com

Candice G. Moore MA, LPC

713-824-3950

10601 Grant Rd, Ste 117, Houston TX 77070

Intensively trained in dialectical behavior therapy

Ages 10 & up – groups & individuals

Evenings & weekends

Medicaid, private insurance, and sliding scale

www.candicegmoore.com

cgm@candicegmoore.com

Catherine King, LMFT, LPCS

832-740-2974

7825 Hwy 6 N, Ste 102-C, Houston, TX 77095

Individuals (ages 6 & up) & family therapy

Developmental delay, children with Autism,

behavioral issues, special education background

After-school & Sat appts available

Some insurance & sliding scale

Blue Cross Blue Shield; self-pay

Therapists, Counselors, and Psychologists

Catholic Charities Department of Family Counseling 713-526-4611
2900 Louisiana St, Houston, TX 77006
Sliding scale
Speaks Spanish

Cecelia E. Johnson, PhD, LPC 281-656-2548
Hope Alive Christian Counseling
1400 Broadfieldl Blvd., Ste 200, Houston, TX 77084
Couples, family and individual (adults only)
Marital counseling, depression, panic, anxiety
adjustment issues, women's seminars and
conference
Private insurance
www.hopealive.us

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

Center for Family Consultation 713-526-4751
Victor Loos, PhD – Director
2524 Nottingham St, Houston, TX 77005
Families, adolescents, and children
Medicaid / CHIP accepted
Speaks Spanish

Cindy Hammonds, MA, LPC-S 832-275-2798
7026 Belgold St, Houston, TX 77066
Hand-in-hand counseling & consultation
Ages 3 to 12, women & families
Play therapy, theraplay, trauma / loss specialist
CHIP / Medicaid & some insurances
Limited schedule
For Appts: cindyhammonds@handinhandcounseling.com

Therapists, Counselors, and Psychologists

- Counseling Concepts, P.C.** 713-828-0593
Monica Dunwoody M.A., LPC
13615 St. Mary's Ln, Houston, TX 77079
Ages 4 years and up
Depression, relationships, ADHD, teen issues, anger management, self-esteem
Medicaid / CHIP accepted, insurance, self-pay, sliding scale
www.counselingconcepts-houston.com
- Covenant Healing, LLC** 346-237-7007
14811 St. Mary's Lane, #288, Houston, TX 77079
Ages 7-18, adult, military families, marriage, and first responders
Faith-based counseling, PTSD, tele-counseling options
Sliding scale, bilingual
www.covenanthealing.org
- Cy-Hope Counseling Center** 713-466-1360
12715 Telge Rd, Cypress, TX 77429
Children, adolescents, adults, groups
Marriage & evaluation services
Self-pay & sliding scale
www.cy-hopercounseling.org
- Dawn-Petrice Youngs, LPC** 281-315-0386
16341 Mueschke Rd. Suite 105 Cypress, TX 77433
Individuals (12 yrs & older), couples, and families
Anxiety, depression, academic stress, divorce, grief, and life transitions
Insurance (Blue Cross Blue Shield, AETNA) & self-pay
Free one-time consultation available
- Debbie Foe LPC, LCDC & Associates** 713-306-7058
Scott C. Peacock LCDC, LPCI
10330-BB Lake Rd, Houston, TX 77070
Personality disorders, addiction, self-harm, depression, oppositional defiant
Some weekend & evening appts; 11 yrs & up
Self-pay

Therapists, Counselors, and Psychologists

- Deborah Holzman, MA, LPC** 713-412-4506
Cornerstone Christian Counseling
13810 Champions Forest Dr, Ste 146, Houston, TX 77069
Children (2 to 10) & adult women
Play therapy, parenting skills, trauma,
loss & bereavement intervention
Medicaid / CHIP & insurance accepted
- Denise Morales, LCSW** 713-526-4751
16215 N Fwy, Ste 103, Houston, TX 77090
*Center for family consultation open Wed **only***
Children, adolescents, families, solution focused therapy
Sliding scale, most insurance accepted
Speaks Spanish
- Dialectical Behavior Therapy Center** 713-973-2800
920 Frostwood Dr, Ste 670 & 680, Houston, TX 77024
Karyn Hall PhD
Children (5 yrs & older) & adults
DBT, eating disorders, self-injury, depression, borderline
Intensive out-patient program, regular out-patient program
Some insurance (Aetna, Beacon, Cigna,
UnitedHealthcare) & self-pay
www.katydbt.com/about
- Edmund Guilfoyle, PhD** 281-955-6655
8203 Willow Place Dr S, Ste 150, Houston, TX 77070
Adolescents, adults, families
Psychological assessments, ADHD, testing
Sliding scale / some private insurance accepted,
Medicare accepted
- Ehrin Weiss, PhD** 713-636-5371
Houston Family Psychology, PLLC
9525 Katy Fwy, Ste 200, Houston, TX 77024
Provides anxiety treatment, child counseling,
teen counseling and parenting counseling
Online counseling available
Self-pay
www.houstonfamilypsychology.com

Therapists, Counselors, and Psychologists

Elizabeth Pennington, MA, LPC, RPT 409-292-9172
Apollos Center for Healing and Growth – Fairfield Baptist Church

27240 Highway 290, Cypres, TX 77433
Provides low cost individual, group and
family christian counseling services
Serving ages 0 to adult
Self-pay based upon licensing of the
counselor selected
www.fairfieldbaptist.com

Equine Assisted Psychotherapy 832-428-6253

12007 West Morgan Dr, Houston, TX 77065
Team building utilizing equine assisted model
for groups of 7 and up
Leadership classes and Teacher in-service
classes
Private pay
www.jandkranch-kennels.com

Erica Cleveland, MA, LPC 281-892-9986

Mindful Transformation

20008 Champion Forest Dr, #1003, Spring, TX 77379
Trauma, anxiety, MDMR, CBT/DBT,
grief, behavioral, depression, oppositional,
defiant and addiction
Medicaid, Superior Health, Blue Cross Blue Sheield,
Aetna, Tricare
Sliding scale
Weekends/Evenings
www.mtspringscounseling.com

Faith Wilson, MA, LPC 713-234-1403

14515 Briar Hills Pkwy, Ste 200, Houston, TX 77077
Asperger's & autism, marriage & family,
sexual addictions, drug abuse,
depression and anxiety
Private insurance and self-pay

Therapists, Counselors, and Psychologists

- Family Alliance Network** 832-446-3221
5206 Cypress Creek Pkwy, Ste 104, Houston, TX 77069
After Hours Crisis Line
832-937-8251
Provides psychosocial rehabilitation, case management and skills training, and development to youth and families
www.familyalliancenetWORK.org
- Family Enrichment Clinic** 713-780-2833
7211 Regency Square Blvd, Ste 230, Houston, TX 77036
*Open Mon-Thu. Closed Fridays.
Saturday appointments available.
Intercultural specialist – Spanish, Cambodian, Chinese, Japanese, Korean, Vietnamese, Taiwanese, Mandarin, Hindi, Urdu, American and English Sign Language
Children (5 & up), adolescents, individual, family & marriage therapy, adolescent anger management
Medicaid / CHIP, and most insurances accepted, sliding scale & private pay*
- Family Services of Greater Houston** 713-861-4849
4625 Lillian St, Houston, TX 77007
*Ages 3 & up
Family life skills for parents, counseling, play therapy, case management, financial coaching, and veterans programs
Medicaid & private insurance, sliding scale starting at \$25
Speaks Spanish
www.familyhouston.org*
- Frank Ortiz, MS, LPC, NCC** 346-800-7601
District Counseling at Cypress Houston
12242 Queenston Blvd, Ste C, Houston, TX 77095
*Provides depression, anxiety, trauma, life transitions and relationship counseling
Tele-health services available
Blue Cross Blue Shield and self-pay
Speaks Spanish
www.mydistrictcounseling.com*

Therapists, Counselors, and Psychologists

- Gloria Champion, LPC-S** 346-235-3939
12816 Willow Centre Dr. Suite F Houston, TX 77066
Children (3 yrs & up), adults, couples
Evening hours are available
Private insurance, Medicaid, and sliding scale
Speaks Spanish
www.woodnotecounseling.com
- The Harris Center for Mental Health & IDD** 713-970-7000
Call for location and intake
Medicaid & CHIP accepted, sliding scale
www.mhmraharris.org
- Heather Roberts, LPC, LMFT** 281-475-5957
2219 Sawdust Rd, Ste 1101, The Woodlands, TX 77380
Marriage & family counseling
Insurance accepted, sliding scale
- Hope & Harmony Therapy, LLC** 281-900-9575
Debbie Martin M.Ed., MA, LPC, LMFT-A
3880 Greenhouse Rd, Ste 216, Houston, TX 77084
Multicultural therapy practice
Ages 5 through adult; individual, group, couples,
and family therapy
Self-harm, play therapy, support for the
LGBTQ Community
Some insurance, self-pay, and sliding scale available
Weekends & evenings available
Speaks Hindi, Urdu and Vietnamese
www.hopeandharmonytherapy.com
- H.O.P.E. Psychotherapy of Houston** 281-373-5200
Debbie Edmunds, MA, LPC-S & Associates
17510 Huffmeister Rd, Ste 103, Cypress, TX 77429
Children, adolescents, adult, family, couples
Self-injury, depression, addiction, ADHD,
internet addiction, eating disorders, anxiety,
spectrum disorders
Traditional Medicaid, private insurance,
sliding scale, and self-pay
www.hopepsychotherapyofhouston.com

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,
Blue Cross Blue Shield, Crime Victims
United Healthcare) and private pay (\$150/session)
www.christiancounselinghouston.com
- Houston Galveston Institute** 713-526-8390
2990 Richmond Ave, Ste 530, Houston, TX 77098
Family & individual therapy
Sliding scale
Speaks Spanish
www.talkhgi.org
- The Inner Mind** 281-503-1553
633 East Fernhurst, Ste 1304
Katy, TX 77450
Adolescents and adults
Offer counseling, coaching and consulting services
Offer in-office and tele-health appointments
Private insurance and self-pay accepted
www.Theinnermind.org
info@theinnermind.org
- Insightful Life Counseling Center** 281-653-6572
Lori Chavez, MA, LPC-S
11123 McCracken Cir, Ste C, Cypress, TX 77429
Ages 3 & up; behavioral issues, ADHD,
family issues, parenting groups
Insurance, sliding scale
Reduced rate counseling services through
The Healing Hearts Program

Therapists, Counselors, and Psychologists

Janet Adams, MS, LMFT, LPC

281-772-4562

*11107 McCracken Cir, Unit D, Cypress, TX 77429
Adolescents, couples, and families
Self-harm, brain injuries, depression, grief and anxiety
Private pay; Blue Cross Blue Shield & Cigna;
evening & Sat appts available
Speaks Spanish
www.janetadams counseling.com*

Janet Nicholas, MA, LPC, LCDC

713-882-4268

*26113 Oakridge Dr, Ste C, Woodlands TX 77380
Adolescents & adults; traditional in-office
counseling & equine assisted psychotherapy,
learning & teambuilding, comprehensive
career assessments, therapeutic placement consulting*

Jennifer Doyle, MS, LPC, LCDC

832-589-5735

*10601 Grant Rd, Ste 114, Houston, TX 77070
Children, adolescents, adults, and family therapy
Registered play therapist
Specializes in trauma, substance abuse, depression,
and anxiety
Self-pay, some Medicaid, and some private
insurance accepted*

Jennifer Nichols, MA, LPC-S

281-323-2276

*12337 Jones Rd, Ste 444, Houston, TX 77070
Service ages 5 to 14 yrs old
Specializes in play therapy, anxiety, depression
and behavioral issues
Private pay and Sliding scale*

Jill Lipari, LCSW

832-978-1060

*12337 Jones Rd, Ste 310, Houston, TX 77070
Children, adolescents, adults, couples, and families
Abuse, trauma, disabilities, anger management,
and oppositional behavior
Private pay **only**, sliding scale available for
veterans & their families*

Therapists, Counselors, and Psychologists

- John Garlock, PhD, LPC, LMFT, LCDC, EdD** 281-444-2678
The Family Resource Center
2611 Cypress Creek Pkwy, Ste F-124, Houston, TX 77068
Offers depression, anxiety and mood disorder therapy for adults 18 yrs and up
Specialization includes chemical dependency therapy
ADHD testing for 5 yrs and up. Services offered only
Hours: Mon – Fri 9:00a – 7:00p
United Health Care, Beacon, Blue Cross Blue Shield, Cigna, Aetna and EAP.
No CHIP/Medicaid
- Julie Burden, M.Ed, LPC, RPT** 281-304-1677
17510 Huffmeister Rd, Ste 104, Cypress, TX 77429
Adults, adolescents, and children
Parenting, marriage & family counseling, ADHD
- Julie Summers, MA, LPC** 713-365-9015
Heritage Behavioral Health Consultants, Inc. Group Practice
1325 Campbell Rd, Houston, TX 77055
Children, adolescents, adults, couples
Divorce recovery, grief, eating disorders, spectrum disorders, personality disorders, anger Management, ADHD, EMDR
Self-pay and Interns with Sliding scales
www.heritagebehavioral.com
- Karen Pennebaker, MSW, LCSW** 713-877-1114
1720 Sunset Blvd., Houston, TX 77005
*Ages 21 & up **Only***
Depression, grief, bereavement, parenting issues, chronic/severe illnesses
Accepts most PPO insurances, self-pay

Therapists, Counselors, and Psychologists

Kimberly Hopkins, M.Ed., LPC

713-597-2377

Kendred Wellness Center, PLLC

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

Psychological testing, evaluations, individual

counseling, family support, risk assessments,

substance abuse counseling, grief/loss

counseling, and behavior consultations

Ages 5 & up

Medicaid and CHIP accepted

contact@kendredwellnesscenter.org

Kinghaven Counseling Group

713-457-4372

Houston office: 6315 Gulfton St, Ste 100,

Houston, TX 77081

Cypress office: 11811 FM 1960 Rd., W, Ste 130

Houston, TX 77065

Home & school-based therapy services for children

teens, adults, couples, and families

Medicaid, Medicare, private insurance

www.kinghavencounseling.com

L & A Professional Counseling Services

832-683-4275

The Center for Healing Therapy and Wellness

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

17240 Huffmeister Rd, Suite 104, Cypress, TX 77429

Services for individuals, groups, couples, and families

Massage therapy and meditation classes available

Ages 10 yrs & older

Private insurance (AETNA, Cigna, Blue Cross

Blue Shield), self-pay & sliding scale available

Online or distance counseling available

www.landaproservices.com

Therapists, Counselors, and Psychologists

- Leslie Truitt Schulte, MS, LPC, LMRT** 281-376-8006
6823 Cypresswood Dr, Spring, TX 77379
Adolescents (13 & older), individuals, and couples
Family & women issues, self-injury, substance abuse, ADHD
Sat appts available
Sliding scale & insurance
- Linda Twichell, MA, LPC** 832-492-0671
10601 Grant Rd, Ste 118, Houston, TX 77070
Children (6 & up), adolescents, adults, couples, families
Anxiety, depression, family conflict, grief and loss
Insurance & sliding scale
Evening & Sat appts available
www.twichellcounseling.com
- Lone Star Behavioral Health Out-Patient Facility** 281-351-6644
30903 Quinn Rd, Tomball, TX 77375
Ages 18 & older
Dual diagnosis, mental illness, substance abuse,
and behavioral problems
Utilizes Equine Assisted Psychotherapy
treatment component
Medicare, self-pay
www.lonestarbehavioralhealth.com
- The Lotus Circle Counseling, PLLC** 346-444-0706
Jackeline Hurtado, LPC-S
12242 Queenston Blvd, Ste F, Houston, TX 77095
Provides individual, family counseling services
Anxiety, depression, bi-polar depression disorder,
borderline personality, life transition, self-harm,
and trauma. DBT certified
Cigna, Aetna, Blue Cross Blue Shield,
and United Health
Speaks Spanish
www.thelotuscirclecounseling.com

Therapists, Counselors, and Psychologists

Marcel Gamboa, LPC

281-299-8607

Life Cycles Counseling

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

Depression, anxiety, bi-polar disorder, trauma/PTSD,

gender/orientation, addictions, grief/loss, and

self-harm/suicidal ideations

Mon – Fri 9:00a – 6:00p

Traditional Medicaid, Aetna, Cigna, Blue Cross Blue Shield,

Beacon-Value Options, Community Health Choice,

Superior Health Plan, Humana, United/Optum and various

EAP

Margaret Hood Black, MA, LPC

713-562-7819

19222 Tomball Pkwy, Tomball, TX 77070

11507 Huffmeister Rd, Houston, TX 77065

Adults & adolescents, marriage & family therapy,

eating disorders, borderline personalities,

self-mutilating behaviors

Private pay

www.margarethoodblack.com

Maria Guerrero, MA, LPC

281-837-6912

Cypress Counseling and Psychotherapy PLLC

12242 Queenston Blvd, Ste C & F, Houston, TX 77095

Provides individual, family and couples counseling

services for grief, trauma, anger management, depression

Tele-health services provided

Cigna, Blue Cross Blue Shield, Aetna and self-pay

Hours: Mon – Fri, 8:00a - 8:00p, Sat, 8:00a to 6:00p

and Sun, 8:00a to 6:00p

Speaks Spanish

www.cypresscounselors.com

Therapists, Counselors, and Psychologists

Mary Elijah M.Ed., LPC, RPT

832-334-9659

10601 Grant Rd, Ste 114, Houston, TX 77070

Ages 3 & up

Anxiety, play therapy, depression, ADHD, adoption, special needs

Traditional Medicaid & private insurance

After-school & Sat hours available

www.mary.elijah@sbcglobal.net

Mary Engle, MA, LPC

281-398-2509

5502 5th Street, Katy, TX 77493

Christian counseling

All ages

Trauma, EMDR, grief, anger, and depression

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

www.maryenglelpc.com

Mental Wellness Services

281-447-9355

Rosell Jenkins, PhD

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

Individuals, couples, families, group

Women's issues, relationship issues,

depression & anxiety, grief/loss,

substance abuse, psych testing

CHIP, Medicaid, private insurance

(Blue Cross Blue Shield, UnitedHealthcare)

AETNA & Cigna: out of network

www.mwsolutionspc.com

Mercedes Dominguez, M.Ed., LPC

281-440-0606

4422 Cypress Creek Pkwy, Ste 415, Houston, TX 77068

Ages 12 & up

Insurance & self-pay

Mornings and evenings (Tues, Wed, Th, and Saturdays)

Speaks Spanish

www.mercedesdominguez.com

Therapists, Counselors, and Psychologists

- Michael D. Erickson MA, LPC** 832-455-5729
Erickson Counseling & Mediation PLLC
11107 McCracken Circle #A, Cypress, TX 77429
Children, adolescents and adults
Diagnose and treat ADHD, depression, anxiety
and behavioral concerns
Mediation for families and parties in civil
disagreement
Scheduling is flexible
Most insurances accepted
Ericksoncounseling.com
- Michael J. Thomas, LCSW** 713-623-2984
4615 SW Freeway, Ste 430, Houston, TX 77027
Adolescents & adults
Drug & alcohol, ethnic issues, trauma counseling
Medicaid / CHIP, Crime Victims, and insurance
- Michelle Myers, MS, LMFT, LPC** 832-253-5132
11107 McCracken Cir, Unit D, Cypress, TX 77429
Children, adolescents, adults, and families
Anxiety, depression, grief, childhood trauma,
and LGBTQ community
Sliding scale
Evenings & weekends
Now offers tele-health services
www.michelle.myers.therapist.net
- Mindy McKay, MA., LPC-S** 832-421-8814
16718 House Hahl Road., Ste D, Cypress TX 77433
Ages 10-18, Adult
Christian focused
Anxiety, depression, bipolar disorder, women's issues
and divorce
Cost range is \$130 - \$150, and does accept sliding scale
www.therapycypress.com

Therapists, Counselors, and Psychologists

Momentum Behavioral Health Concepts, LLC 281-888-3977
Syreeta Scudder – Early MS, LCDC, BCBT, CART, SAP

7676 Hillmont St, Ste 320, Houston, TX 77040

Ages 11 & up

*Workshops & counseling for individuals,
groups, and families*

*ADHD, autism, substance abuse, truancy,
anger management / rage, conflict resolution,
and life coaching*

www.MBHConcepts.com

Monarch School and Institute 713-479-0800

2815 Rosefield Dr, Houston, TX 77080

*Provide and focus on educating those with
neurodevelopmental disorders and educational
delay. Treatments and therapy for ADHD, Autism
spectrum disorders, learning, anxiety,
mood, and obsessive compulsive disorder*

www.monarchschool.org

New Dimensions Treatment Center 281-381-6799
Rebecca Rucker, MA, LPC-S, LMFT

*Provides individual, family and couples therapy;
and dual diagnosis treatment. Intensive and
out-patient hospitalization treatment, substance
abuse treatment*

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

www.nddtreatment.com

The Parris Foundation 713-315-6446

4410 Navigation Blvd, Houston, TX 77011

*Provides individual, family and group counseling
services to crime victims, assistance with
scholarships, educational outreach and training
and development. Services are provided
in-office and home-based*

*Medicaid and sliding fee scale payments
accepted*

www.parrisfoundation.org

Therapists, Counselors, and Psychologists

- Polly Clinical Services** 832-323-8474
Paulishia Augillard, LPC
5870 Hwy 6 N., Ste 308, Houston, TX 77084
Anxiety, depression, individual and couples therapy
No insurance accepted
www.paulishia.com
- Red Oak Psychiatry Associates** 281-893-4111
17115 Red Oak Dr, Ste 109, Houston, TX 77090
Children, adolescents, adults
Multidisciplinary group practice
*Private insurance **only***
- Re:MIND Depression and Bi-Polar Support** 713-600-1131
P.O. Box 27607, Houston, TX 77227
Free and confidential support groups for individuals living with and/or family and friends affected by depression and bi-polar disorders
www.remindsupport.org
- Renewing Hope Counseling Center** 713-365-0700
11777 Katy Frwy, Ste 350, Houston, TX 77079
Individual, family, and couples therapy, assessments for ADHD, intelligence abilities, bi-polar, depression, psychopathology, and personality disorders
www.renewinghope.net
- Robert Schindler, PhD** 281-631-9977
14351-B Torrey Chase Blvd, Houston, TX 77014
Tele-health services provided
Children, adolescents, adults, and couples counseling
Christian counseling, ADHD, and other psychological issues
Private insurance, sliding scale
www.levergreenps.blogspot.com

Therapists, Counselors, and Psychologists

Sammie Jones, MA, LPC

832-237-2673 (COPE)

Houston Psychotherapists, Inc.

North Cypress Professional Building

21216 NW Fwy, Ste 450, Cypress, TX 77429

Adolescents, adults, couples, self-injury,

adolescent behavior & development, family issues

Traditional Medicaid / CHIP,

insurance, sliding scale

www.houstonpsychotherapists.com

Sandra Willett, MS, LMFT-A

713-373-7983

11107 McCracken Cir, Unit D, Cypress, TX 77429

Individual, couples, and families

Parenting, anxiety, depression, grief,

trauma, and self-harm

Private pay; evening & Sat appts available

Speaks Spanish

Serenity Cypress Counseling Center

281-205-7997

Tiffany Priska, MA, LPC-S

17774 Cypress Rosehill Rd. #400 Cypress, TX 77429

Mood disorders, marriage & family counseling,

postpartum, and self injury

Saturdays available by appointment

www.serenitycypress.com

Shield-Bearer Counseling Centers

281-894-7222

12340 Jones Rd, Ste 290, Houston, TX 77070

Children, adolescents, adults, marital, and family

Healthy relationships, intensive marriage

counseling, trauma, human trafficking,

dating violence prevention, workshops,

support groups, and Christian counseling

Sliding scale, without regard to ability to pay,

private insurance / no walk-ins

www.shieldbearer.org

Therapists, Counselors, and Psychologists

Social Motion Skills

713-461-7200

10694 Haddington Dr, Ste G, Houston, TX 77043

Social skills classes for children, adolescents, and adults with social & learning deficits, including ADHD & autism spectrum disorders

Age 3 yrs & up

No formal diagnosis necessary

*Self-pay **only**; Evening classes available*

www.facebook.com/SocialMotionsSkills/

Spectrum of Hope

281-204-8012

25201 Kuykendahl Rd, Ste 700, Tomball, TX 77375

Provide services and treat autism spectrum disorders. Licensed autism treatment center, and applied behavior analysis offered.

www.spectrumofhope.com

STAR Program

713-664-3459

DePelchin Children's Center

4950 Memorial Dr, Houston, TX 77007

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

Counseling, parenting support,

and child abuse prevention

Services are free

Thomas Counseling Center

832-287-3422

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

Well known in the Cypress community for helping families find wholeness and wellness in their marriages and

child/parent relationships. Specialize in marriage and

family counseling, including play therapy for children and teen counseling. Also provide help for those battling

anxiety, depression, addiction or trauma.

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

Therapists, Counselors, and Psychologists

Tiffany Bynum, LPC-S

713-742-2965

Tender Devotions Counseling Services

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

Individual therapy, grief counseling, anger management, couples therapy, faith based counseling

Ages: Children (6 – 10), Preteens/Tweens (11 – 13),

Adolescents/Teenagers (14 – 19)Adults

Traditional Medicaid accepted

Insurances accepted: Cigna, Superior Health BCBS, Aetna, and Magellan

Work Hours: Appointments only (times may vary, evening appointments available, Saturdays optional)

E-mail: tdcservices@tenderdevotions.com

tenderdevotions.com

Tracy Richied, LCSW

713-385-8230

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

Teens & adults, marriage counseling

Private insurance & sliding scale

Evening & weekend appts available

www.ccctherapy.com

Tranquil Hearts Counseling Center

17920 Huffmeister Rd, Ste 250, Cypress, TX 77429

Erin Silva, M.Ed, LPC

281-433-1363

Play therapy, ADHD, divorce, anxiety, depression and anger management

Children, teens and adults

Some evening availability

Julie Casten, MA, LPC

773-329-7556

Addiction, mood & anxiety disorders, trauma, and PTSD (EMDR)

Self-pay, sliding scale

Some evenings & weekends available

www.tranquilheartscounselingcenter.com

Therapists, Counselors, and Psychologists

Alison Lampton, M.Ed., LPC

832-630-0777

Anxiety, depression, self esteem, divorce

Children, teens and adults

Some evening and weekend availability

United Healthcare/Optum insurance

Alisonlampton@gmail.com.

Jessica Jensen, MA, LPC

979-221-8749

*Teens, young adults, anxiety, depression,
self esteem*

Some evening and weekend availability

Jensencounselingllc@gmail.com

University of Texas Psychiatry Out-Patient Clinic

713-486-2700

1941 East Rd, Ste 2100, Houston, TX 77054

Child & adolescent clinic

Psychiatric services available

Medicaid and private insurance accepted

Victoria Strange, MS, NCC, LPC

713-234-6214

7825 Hwy 6 N, Ste 102B, Houston, TX 77095

Neurofeedback (ages 8 & up),

general talk therapy (ages 15 & up)

Anxiety, depression, ADHD, sleep issues,

traumatic brain injury, grief, PTSD

Some sliding scale, self-pay, BC / BS,

and Cigna insurance

www.victoriastrangetherapy.com

The Village Life Center – Texas

713-739-9725

Crisis Line

281-620-9011

2101 Crawford St, Ste 208, Houston, TX 77002

Offer intensive, out-patient mental health services

for children, adolescents and adults

Medicaid accepted

www.villagelifecenter.com/Texas

Therapists, Counselors, and Psychologists

Vo Counseling & Consulting

713-530-4677

Hanh Vo, PhD, LPC-S

4201 Cypress Creek Parkway, Ste. 504, Houston, TX 77068

Families, couples, children, and adolescents

Intergenerational conflict, acculturation issues

Self-pay, all insurance accepted

Speaks Vietnamese

www.vocounseling.com

Woodlands Behavioral Health Clinic

281-528-4226

2700 Research Forest Dr, Ste. 130, The Woodlands, TX 77384

Adults & children

ADD / ADHD, autism spectrum disorders, behavioral,

emotional & social counseling, coaching, summer programs

Psychiatric & psychological evaluations

Sliding scale & private pay

www.addwoodlands.com

zGen Project

832-384-5577

Provides effective life coaching services for youth

12 to 19 years old

Office Hours: Mon, Tue, Th – 9a to 5p,

Wed – 9a to 2p, Fri and Sat – 9a to 1p

www.Zgenproject.com

Psychiatrists

- Benjamin's Behavioral Health Services** 713-840-7956
9701 Richmond Ave, Ste 210, Houston, TX 77042
Children, adolescent, and adult services
Insurance, self-pay (No Medicaid)
Speaks Spanish and Mandarin
www.benjamins-bhs.com
- Daniela M. White, MD** 713-426-3100
5225 Katy Fwy, Ste 650, Houston, TX 77007
All ages
General psychiatry
Transcranial Magnetic Stimulation (TMS) for treatment of depression
Insurance & private pay insurance
www.danielawhite-md.com
- Karen Brown, MD** 713-973-1007
929 Gessner Rd, Ste 2000, Houston, TX 77024
Adolescent & adult services (16 yrs & older)
Self-pay & UnitedHealthcare insurance
- Cornerstone Psychiatry Associates** 281-580-8086
Bernard Rosenburg, MD
14340 Torrey Chase Blvd, Ste 160, Houston, TX 77014
General psychiatric services (ages 6 & up)
Self-pay
www.cornerstonepsych.com
- Family Psychiatry of the Woodlands** 281-367-1015
8701 New Trails Dr, Ste 150, The Woodlands, TX 77381
Children (5 & up), adolescent, and adult services
Private insurance accepted, self-pay
www.woodlandspsych.com
- Harris Center for Mental Health & IDD Crisis Unit** 713-970-7000
1502 Taub Loop, Houston, TX 77030
Emergency Psychiatric Care – 24-hours
Out-patient Services – ages 18 and under
9401 Southwest Fwy. Houston, TX 77074
Medicaid, CHIP, sliding scale, uninsured
Speaks Spanish
www.mhmraharris.org/neuro-psychiatric-center.asp

Psychiatrists

- Houston Adult Psychiatry** 832-384-1560
2180 N Loop W, Ste 450, Houston, TX 77018
18 & older
Insurance
www.houstonadultpsychiatry.com
- Memorial Herman Mental Health Crisis Clinic** 713-338-6422 (MHCC)
Spring Branch 713-932-5230
10780 Westview Dr, Ste C, Houston, TX 77043
Northeast 281-913-9550
9813 Memorial Blvd, Ste A, Humble, TX 77338
Meyerland 713-723-3135
4850 West Bellfort Houston, TX 77035
Walk-ins – please call first, hours vary & include
evenings & some weekends
No ADD or ADHD medication is provided,
only prescription
Insurance, Medicaid, sliding scale
- Mitchell Young, MD** 713-522-4505
1118 Barkdull St, Houston, TX 77006
Children, adolescent, and adult psychiatry
Self-pay
- Pediatric & Adolescent Health Center (Harris Health)**
5870 Hwy 6, Ste 108, Houston, TX 77084 713-873-6860
12340 Jones Rd, Ste 100, Houston, TX 77070 713-873-5240
*Psychiatric services for children & adolescents **only***
Medicaid, CHIP, Harris County Health
www.harrishealth.org
- Red Oak Psychiatry Associates** 281-893-4111
Dr.'s Ginsberg
17115 Red Oak Dr, Ste 109, Houston, TX 77090
Children, adolescent, and adult services
*Private insurance **only***

Psychiatrists

- Tarnow Center for Self-Management** **713-621-9515**
1001 W Loop S, Ste 215 Houston, TX 77027
Children, adolescents, and adults
Self-pay
www.tarnowcenter.com
- University of Texas Psychiatry Out-Patient Clinic** **713-486-2700**
1941 E Rd, Ste 2100, Houston, TX 77054
Child & adolescent clinic
Psychiatric services available
Medicaid, insurance accepted
- Your Family Psychiatrist** **281-849-4080**
Jared Heathman, MD
12250 Queenston Blvd, Ste E, Houston, TX 77095
Provides in-patient and out-patient treatment,
on-line psychiatrist and in-person services,
treats ADHD, anxiety, autism, bi-polar,
depression, obsessive compulsive, addictions
(including out-patient detox), psychiatric
evaluation and perinatal mood disorders
(post-partum depression)
Hours: Mon – Th 8:00a – 6:00p, and
Fri 8:00a to 12:00p
Self-pay
www.yourfamilypsychiatrist.com

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