

REFERRAL INFORMATION &
COMMUNITY
RESOURCE GUIDE
2023-2024



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.

CFISD does not endorse the resources listed in this Community Resource Guide.

COMMUNITY RESOURCES AND REFERRAL INFORMATION

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Cypress-Fairbanks ISD Youth Service Specialists

Ariell Shackelford		281-373-2350
Cy Creek High School TP / PP	Ault Elementary	
Goodson Middle School	Keith Elementary	
Hamilton Middle School	Farney Elementary	
Black Elementary		
Brenda Argueta		281-897-4025
Britney Brown		281-897-4600
Cy Fair High School	Cy Fair High School TP / PP	
Arnold Middle School	Lamkin Elementary	
Adam Elementary	Millsap Elementary	
Carrie Harris		281-463-5400
Langham Creek High School	Langham Creek High School TP / PP	
Kahla Middle School	Holmsley Elementary	
Copeland Elementary		
Chandler Dornbush		832-349-7671
Bridgeland High School	Bridgeland High School TP / PP	
Salyards Middle School	Swenke Elementary	
Sprague Middle School	Wells Elementary	
Pope Elementary	McGown Elementary	
Chantal Samson		281-517-2111
Brautigam Center	Brautigam Center TP / PP	
Campbell Middle School	Moore Elementary	
Hamilton Elementary	Danish Elementary	
Darshall Lundy		281-955-4996
ALC – West	McFee Elementary	
Emery Elementary	Sheridan Elementary	
Hoover Elementary	Brosnahan Elementary	
Jowell Elementary	Sheridan Elementary	
Ellyna Triplett		281-856-5100
Aragon Middle School	Jersey Village High School TP / PP	
Metcalf Elementary	Birkes Elementary	
Woodard Elementary	Horne Elementary	

Cypress-Fairbanks ISD Youth Service Specialists

Hilda Bueno Cy Lakes High School Watkins Middle School Lieder Elementary	Cy Lakes High School TP / PP Tipps Elementary Wilson Elementary	281-856-3800
Jason Jones Jersey Village Cook Middle School Post Elementary	Gleason Elementary Bang Elementary	713-849-6757
Joshua Bibbs Cy Ranch High School Anthony Middle School Smith Middle School	Rennell Elementary Warner Elementary	281-373-2300
Karisman Taylor Cy Creek High School Bleyl Middle School Hancock Elementary	Matzke Elementary Yeager Elementary	281-897-6466
Kelley Rasmussen, MSW, LBSW Cy Woods High School Spillane Middle School Carlton Center	Cy Woods High School TP / PP A. Robison Elementary Sampson Elementary	281-213-1800
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
Lilia Ramos Cy Ranch High School TP / PP Dean Middle School Bane Elementary Frazier Elementary	Holbrook Elementary Kirk Elementary Reed Elementary	713-460-6153

Cypress-Fairbanks ISD Youth Service Specialists

Nikki Sample

ALC - East
Carpenter Center (ABC)
Emmott Elementary

Francone Elementary
Willbern Elementary

281-897-4199

Olivia McElrath

Cy Ridge High School
Truitt Middle School
Lee Elementary

Cy Ridge High School TP / PP
Owens Elementary
Hairgrove Elementary

832-807-8000

Samantha Checotah

Cy Falls High School
Labay Middle School
Fiest Elementary

Cy Falls High School TP / PP
Lowery Elementary

281-856-1000

Timira Maxwell

Cy Springs High School
Hopper Middle School
Andre' Elementary

Cy Springs High School TP / PP
Duryea Elementary
Postma Elementary

281-345-3012

Emergency Numbers & Referrals

EMERGENCY NUMBER

911

988 Suicide & Crisis Lifeline <u>Text Line</u>	800-273-8255 “TALK” to 741741
Ben Taub Psychiatric Center <i>1502 Taub Loop, Houston, TX 77030</i>	713-873-5130
Childfind of America <i>Runaways & child abduction</i> <i>Parenting conflict-Parent Help Program</i> www.childfindofamerica.org	1-800-426-5678 1-800-716-3468
The Children’s Assessment Center <i>2500 Bolsover St, Houston, TX 77005</i> <i>Assessment & counseling services for children</i> www.cachouston.org	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

*Includes shelter & counseling for battered women
Mon – Fri, 8:00a – 9p; Sat 8:30a to 5:30p*

Houston Police Department

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

Jersey Village Police Department

713-466-5824

NAMI National Information Helpline

800-950-NAMI

National Center for Missing & Exploited Children

1-800-843-5678

National Runaway Safeline

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

Probate Courts 3 & 4 Mental Health Division

713-741-6020

Mental Health Warrants

Probate Court 3

832-927-1403

Probate Court 4

832-927-1404

Rape Crisis

713-528-7273 (RAPE)

Sexual assault hotline

Services through HAWC

Texas Abuse Hotline for Dept. of Family & Protective Services

Report Abuse

1-800-252-5400

www.txabusehotline.org

Emergency Numbers & Referrals

Texas Missing Persons **1-800-346-3243**
Clearinghouse – calls answered 24 hours a day

Texas Victim Information & Notification Everyday (VINE)
Toll free **1-877-894-8463 (TX-4-VINE)**
www.vinelink.com

Texas Youth Helpline
Call **1-800-210-2278**
Text **512-872-5777**
www.dfps.texas.gov/youth-helpline/

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

TRIAD Prevention Program **713-295-2600**

Texas 211 **211**
Local community referrals & resources
Information for state of Texas benefits & services (i.e. CHIP, food stamps)
Report fraud or abuse of Texas services & programs

United Way of Greater Houston **713-685-2300**
50 Waugh Dr, Houston, TX 77007 **713-957-4357 (HELP) or 211**
Information & Referral
www.unitedwayhouston.org

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
9606 Kirkton Drive, Houston, TX 77095
Food pantry open to anyone living in CFISD boundaries
More specific outreach to the homeless population
Mon and Thu 9:30a – 12:30p
1st and 3rd Sat 9:30a – 12:30p
www.cyfairhelpinghands.org
- Cypress Assistance Ministries** 281-955-7684
12390 Cypress N. Houston, Cypress, TX 77429
Serves: 77065, 77095, 77429, 77433, 77084 (food only)
Operation Jobs – All zip codes 281-955-5895
Call to schedule an appt
Walk-ins welcome on Tue & Thu
www.cypressassistance.org
- FEMA Disaster Assistance** 1-800-621-3362
www.fema.gov
- 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 – 12pm

Basic Needs & Financial Assistance

- Gulf Coast Community Services** 713-393-4700
9320 Kirby Dr, Houston, TX 77054
Financial assistance – food, transportation, and electricity
Case management services, early childhood services and
headstart program
Must be a resident of Harris County
www.gccsa.org
- Harris County Community Services** 713-578-2000
8410 Lantern Point, Houston, TX 77054
Assists low to moderate income families
in obtaining a house
Home repairs for low income seniors
(62 & older) & disabled individuals
Harris County residents outside city limits
of Houston, Pasadena, and
*Baytown **only***
<https://csd.harriscountytexas.gov>
- Harris County Department of Social Services** 713-696-7900
9418 Jenson Dr, Houston, TX 77093
Assistance with electric, gas, water utilities,
and rent
Mon – Fri 8a – 5p
- Katy Christian Assistance Ministries** 281-391-5261
Social Services 281-391-9623
3506 Porter Rd., Katy, TX 77493
Mon – Thu, 9a – 5p
- Food Pantry 281-391-9623
5506 1st St, Katy, TX 77493
Mon – Thu, 9a – 5p, closed for lunch from 12p -1p
Serves: All Katy ISD and Fort Bend residents
www.ktcm.org

Basic Needs & Financial Assistance

- Lakewood United Methodist Church** 281-370-2273
11330 Louetta Rd, Houston, TX 77070
*Clothing / food pantry, by appt **only***
Serves: 77040, 77064, 77065, 77066, 77068, 77069,
77070, 77375, 77377, 77379, 77389, 77373, 77429
www.lakewoodumc.org
- Memorial Assistance Ministries** 713-574-7536
1625 Blalock Rd, Houston, TX 77080
Basic needs (no food pantry), employment services
Free individual tax preparation during tax season
*Rent & utility assistance by appt **only** on Tue & Thu* 713-574-7533
Serves: 77040, 77041, 77092 & 15
*others **not** in CFISD boundaries*
www.maministries.org
- Money Management International** 713-923-6339
12603 SW Frwy., Ste. 450, Stafford, TX 77477
Tues – Thurs 9a – 3p
www.moneymanagement.org
- Northwest Assistance Ministries** 281-885-4555
15555 Kuykendahl Rd, Houston, TX 77090
Financial Assistance Appt Line 281-583-5600
Children’s Clinic (ages 0-18) 281-885-4630
Meals on Wheels 281-885-4622
Housing Assisstance 281-885-4595
Thrift Shops:
15702 Bammel Village Dr, Houston, TX 77014 281-880-9000
www.namonline.org/basic-needs

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>Houston West</u>	1-800-252-8014
<i>4600 Highway 6 North, Ste. 400, Houston, TX 77084</i>	
<u>Houston Southwest</u>	713-974-4876
<i>6161 Savoy Dr., Ste. 400, Houston, TX 77036</i>	
Operation I. D.	281-833-3500
<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.msmlhouston.org	
Salvation Army	713-752-0677
<i>1500 Austin 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>	
www.salvationarmyhouston.org	
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
Domestic Violence Division Division
1200 Congress St., 2nd Floor, Houston, TX 77002
Protective orders for matters involving family violence
www.harcountytexas.com
- 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 Client Intake** 713-228-0735
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 Bob Wolfe
16715 Clay Rd, Ste 4, Houston, TX 77084
Myip52@jp.hctx.net
www.jp.hctx.net

Legal

Lone Star Legal Aid

500 Jefferson St, 1st Floor, Houston, TX 77002

Offers legal assistance at sliding scale rate

www.lonestarlegal.org

713-652-0077

1-800-733-8394

Office of the Attorney General

808 Travis St, Houston, TX 77002

Crime Victim Services Division

Crime Victim's Compensation

www.oag.state.tx.us

1-800-983-9933

Medical

- Christ Clinic** 281-391-0190
25722 Kingsland Blvd, Ste 101, Katy, TX 77494
Mon-Fri, 9a - 5p, Fri 9a -3p by appointment only
Mental Health Services, Primary Care,
Health Education Classes
Non-insured **only**
www.christclinic Katy.org
- Clinica Hispana** 281-897-8142
9720 Jones Rd, Ste 240, Houston, TX 77065
Preventative care – low cost immunizations, physicals
No appt necessary
Accepts Medicaid, CHIP, and most insurance
Speaks Spanish
www.clinicahispanahouston.com
- 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: Harris Health Financial Assistance Program
P.O. Box 300488, Houston, TX 77230
Download applications online
All health centers accept Medicaid, CHIP, sliding scale
www.harrishealth.org

Medical

- Northwest Health Center** **713-861-3939**
1100 W 34th St, Houston, TX 77018
Obstetrical / Gynecology, radiology, counseling, lab,
pharmacy, etc.
- Cypress Health Center** **713-873-5240**
12340 Jones Rd, Ste 100, Houston, TX 77070
Medical services for adults & children
*Psychiatry & behavioral health for children **only***
- IBN Sina Foundation – Community Medical/Dental Centers** **281-977-7467**
11226 S. Wilcrest Dr., Houston, TX 77099
Primary care, family medicine, dentistry,
pediatric care, well exams, and some minor injuries
Medicaid, CHIP, most insurances, sliding
scale & an annual membership fee
<https://ibnsinafoundation.org>
- Ivy League Health** **713-930-3227**
23542 Westheimer Pkwy., Ste. 160A, Katy, TX 77450
Primary care, family medicine, pediatric care,
and urgent care
Accepts most insurances and Texas CHIP only
4 types of membership plans for the uninsured/low income
English and Spanish; Mon.-Sat. 8a - 8 p
www.leaguehealthhuc.com
- 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

Medical

- 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
6725 W Loop S, Ste 275, Bellaire, TX 77401
Non-profit breast cancer organization
Provides screening services & support groups,
uninsured programs
Young Women's Clinic
www.therose.org
- San Jose Clinic** 713-228-9411
2615 Fannin St, Houston, TX 77002
Eligibility Line 713-490-2610
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** 888-665-3488
STD At-home and lab testing information and resources
Please visit the website for more information
contact@testing.com
testing.com

Medical

- Texas Children's Pediatric – Kingsland** 281-398-7353
21715 Kingsland Blvd., Ste. 103, Katy, TX 77450 281-398-7353
11811 FM. 1960 W., Ste. 100, Houston, TX 77065 281-970-7363
13203 Fry Rd., Ste. 600, Cypress, TX 77433 281-304-5559
13215 Grant Rd., Ste. 100, Cypress, TX 77429 281-374-7457
Well / Sick child services, immunizations
Sports physicals, vision screenings
*By appt **only***
Serving uninsured & under-insured
www.texaschildrenspediatrics.org
- Texas Department of Insurance** 1-800-578-4677
Provides information & responds to consumer complaints regarding insurance
<https://www.tdi.texas.gov>
- Tomagwa Healthcare Ministries** 281-357-0747
455 School St, Ste 30, Tomball, TX 77375
Low income, adult & pediatric health clinic
Low cost immunizations
*Cash basis **only***
*No walk-ins, by Appt **only***
Call for zip codes served
www.tomagwa.org
- Trinity Holistic Wellness Center** 281-367-9292
Dr. Michael Schmidt, PhD, PScD, BCH, CI, CSH
22306 Sherrod Lane, Spring, TX 77389
Provides alternative therapies, including stem cell, ozone, 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 Harris County** 713-957-1600
9401 Southwest Frwy, Houston, TX 77074
Serves children & adults with intellectual and developmental disabilities
Educational support services (no fees)
*Private pay **only***
www.thearc.org
- UT Physicians C.H.O.S.E.N. Clinic** 888-4UT-DOCS
832-325-7298
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
4411 Dacoma St, 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.f2fn.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)
5425 Polk St, Ste J, Houston, TX 77023
*Medical assistance to children with certain
medical diagnosis*
www.dshs.texas.gov 1-800-252-8023
Ext. 3111

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.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, case management, support groups
Speaks Spanish
www.familytimececc.org
- Harris County Department of Education** 713-692-6216
6300 Irvington Boulevard Houston, TX 77022
ESL Classes, GED Prep Classes, Citizenship Classes, Certification Programs
www.hcde-texas.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
- NWAssistance Ministries – Family Violence Center**
15555 Kuykendahl Rd, Houston, TX 77090 1-888-750-4673 (HOPE)
Case management services, therapy for women & children
Resale Shop
Legal advocate available for consultation
Speaks Spanish www.namonline.org

GED / Vocational Programs

Lone Star College

Cy-Fair Campus

9191 Barker Cypress Rd, Cypress, TX 77433

www.lonestar.edu/ged.htm

281-290-3200

Rotary Learning Center / Workforce Development Program 281-885-4523

15555 Kuykendahl Rd, Houston, TX 77090

Free GED prep class, adult education, and ESL

www.namonline.org

Texas Challenge Academy

600 Highway 3013 West, Eagle, TX 77434

Ages 16 to 18

Accredited high school based on military practices

Voluntary program for those at risk for dropping out or have already done so

Students can recover credits, earn GED,

or high school diploma

www.tmd.texas.gov/texas-challenge-academy

1-877-822-0050

409-939-3772

Texas Juvenile Crime Prevention – PVAMU

Provides degree programs at Prairie View A&M

University, continuing education and in-service training

for criminal justice and social service professionals.

www.pvamu.edu

936-261-5209

Work Force Solutions

Katy

24025 Kay Freeway, Ste D, Katy, TX 77494

Cypress Station

70 FM 1960 W, Ste A, Houston, TX 77090

Willowbrook

17725 Tomball Pkwy., Houston, TX 77064

www.wrksolutions.com

1-888-469-5627

281-644-1030

281-891-2850

281-807-9462

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** **832-413-2410**
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

713-467-7423

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.houstonalananon.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
- Arise Recovery Center** 888-734-2289
10330 Lake Road, Unit H, Houston, TX 77070 281-500-8970
1449 Hwy. 6, Ste. 360, Sugarland, TX 77478 713-547-4356
1630 Park Ten Place, Ste. 620, Houston, TX 77084 713-804-6994
224 Ed English Dr., Ste. C, Shenandoah, TX 77385 832-529-6775
Alcohol and substance use counseling, intensive
and outpatient services, individual, group, DBT,
CBT, experiential, 12 steps, and relapse prevention
Blue Cross Blue Shield, Humana, Aetna,
Scott&White, Magellan Health, Ambetter health plans
<https://ariserecoverycenters.com>
- Association for the Advancement of Mexican
Americans (AAMA)** 713-967-6700
6001 Gulf Freeway, Houston, TX 77023
Out-patient, residential program for adult males (13-17)
Programs targeting tobacco, alcohol, drug use and
other related behavior in ages 14 to 20.
Programs addressing behavioral and emotional
problems; requires one parent to participate;
ages 10 to 14.
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

Drug & Alcohol Services

- 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
- 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: hnwrinfo@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
- Magnolia City Detox** 713-965-6422
1006 Windsor Lakes Blvd., Ste. 200, Conroe, TX 77384
Alcohol and substance use detox services,
dual diagnosis treatment
Services-ADHD, anxiety, depression, and PTSD
Residential and outpatient services
Aetna, Humana, MHNet, Value Options, Verity Health,
Friday Health Plans, Multiplan, Beacon Health Options,
Magellan Healthcare
<https://magnoliacitydetox.com/>

Drug & Alcohol Services

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

PaRC Discovery Behavioral Health

832-975-0013

3043 Gessner Rd., Houston, TX 77080

Adolescents & Adults. Detox, Residential Treatment and IOP

Most major insurances accepted.

Adolescents (10-18) & Adults. PHP & IOP.

Most major insurances accepted

Eating Disorder Treatment (Cypress ages 16-23,

Residential, PHP & IOP)

Mood and Anxiety Program (Houston ages 11-18 PHP & IOP)

https://parcbh.com/locations/houston/?utm_source=google&utm_medium=local

Phoenix House

713-426-2637

2525 North Loop West, Ste. 100, Houston, TX 77008

Provides drug and alcohol prevention education,

residential addiction treatment, and outpatient counseling.

Adolescent in person and virtual intensive outpatient ages: 13-18

www.phoenixhousetx.org

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

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

Rising Renewal Counseling

346-306-2404

14871 Skinner Rd., Cypress, TX 77429

Adolescents & adults; individuals, couples, family counseling, depression, family conflict, peer relationships, relationship issues, anger management, anxiety, codependency, coping skills, school issues, self esteem, stress, substance use; Telehealth Spanish; Self-Pay & Sliding Scale.

www.adrianawallace.com

Smart Recovery

440-951-5357

7304 Mentor Ave., Ste. F, Mentor OH 44060

Virtual online alcohol/substance use recovery program

In person and virtual meetings

<https://smartrecovery.org>

Drug & Alcohol Services

Symetria Recovery Spring

635 Rayford Rd, Ste E, Spring, TX 77386
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

281-528-4041
832-225-4203

Teen & Family Services

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

713-464-3950

Westpark Springs Hospital

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

832-501-3383

Woodland Springs Hospital

Provides mental, behavioral and substance use
treatment for ages 13 and up. Provides
in-patient and out-patient treatment, psychiatric
counseling, medication management, group &
family therapy, detox, and family support.
Private insurance, Medicaid, Medicare, Tricare
and self-pay (verify coverage with your insurance
provider for specific services)
www.woodlandspringshealth.com

936-270-7520

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

- The Center for Success & Independence** **713-426-4545**
3722 Pinemont Dr, Houston, TX 77018
Ages 12 to 17
Substance abuse, mental health, and Mode
Behavior issues
Intensive in-patient & out-patient treatment available
Medicaid, private pay, private insurance
www.tcsi.org
- Charlie Health** **866-508-7084**
108 Wild Basin Road S., Ste. 250, Austin TX 78746
Intensive outpatient services via telehealth only
Individual, family, group therapy; suicidal ideation,
self injury, grief, trauma, LGBTQ support,
medication monitoring
United Healthcare, Aetna, Blue Cross Blue Shield, Humana, Tricare,
Optum, TX Children's
<https://www.charliehealth.com>
- Cypress Creek Hospital** **281-586-7600**
17750 Cali Dr, Houston, TX 77090
7825 Highway 6 North, Ste. 112, Houston, TX 77095 – Cyfair **346-517-0050**
Admissions **281-586-5956**
Adolescents (13 yrs & older), adults,
in-patient & out-patient services
www.cypresscreekhospital.com
- Devereux Texas Treatment Network** **281-316-5400**
1150 Devereux Dr, League City, TX 77573 **1-800-373-0011**
Adolescents & adults
Long-term residential treatment facility
Accept most major insurances
Speaks Spanish
www.devereux.org

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

- Houston Behavioral Healthcare Hospital** **832-834-7710**
2801 Gessner Rd, Houston, TX 77080
Children, adolescents, adults,
in-patient & out-patient services
Medicaid / CHIP accepted, private insurance
www.houstonbehavioralhealth.com
- Kemah Palms Recovery Center** **1-855-568-0218**
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** **1-844-552-1450**
145 La Hacienda Way SW, Hunt, TX 78024
In-patient treatment for chemical
dependency (18 & over)
Take all insurance programs except for
Medicaid, Medicare, and TRICARE
Local contact: Patti Sullivan
www.lahacienda.com
- Menninger Clinic** **713-275-5400**
12301 Main St, Houston, TX 77035
Admissions
Treatment for addiction, substance use,
and eating disorders
Inpatient and outpatient programs
for ages 12 to 17 and adults.
Accepts Aetna for adolescent services
www.menningerclinic.org

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

OCD Institute/Houston

713-526-5055

708 E 19th St, Houston, TX 77008

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

Hours: Mon – Fri 9:00a to 5:00p

Self-pay

www.ocditexas.com

Odyssey House of Cenikor Foundation

1-888-236-4567

5629 Grapevine St, Houston, TX 77085

Adolescents (13 to 17); Inpatient and outpatient care for adults

Residential treatment, all chemical dependencies

Medicaid, state funded beds for children without insurance

Accepts private insurance, self-pay and sliding scale fee

www.freerehabcenters.org or www.cenikor.org

PaRC Discovery Behavioral Health

832-410-1562

3043 Gessner Rd, Houston, TX 77080

1-877-464-7272

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

Medicare, Medicaid, Tri-care, Amerigroup, STAR and CHIP

www.parcbh.com

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.

www.utphysicians.com

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

Right Step

844-582-7114

12350 Wood Bayou Dr., Houston, TX 77013
In-patient care for chemical dependency
Intensive out-patient services, transitional
life program, medical detox programs
Medicaid, CHIP accepted
Private insurance & self-pay
www.rightstep.com

Sun Behavioral Houston Inpatient Hospitalization for Mental Health

713-659-0555

7601 Hannin, Houston, TX 77054
Children, adolescents & adults
In-Patient & Out-Patient Services
Medicaid & most major insurances accepted
<https://sunhouston.com>

West Oaks Hospital

713-995-0909

6500 Hornwood Dr, Houston, TX 77074
Adults, adolescents, and children
In-patient & out-patient services
Medicaid / CHIP accepted
Speaks Spanish
www.westoakshospital.com

Westpark Springs Hospital

832-586-8316

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

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

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)*

<https://woodlandspringshealth.com>

Other Support Services

- Adaptive Behavioral Health** **713-505-1269**
2855 Mangum Rd., Ste. A415, Houston, TX 77092
9212 Fry Rd., Ste. 105, Katy, TX 77449
Provide crisis intervention, behavioral problems, medication Management, conflict resolution, trauma, intensive outpatient services
Drug and alcohol addiction counseling.
All Medicaid/Medicare insurances accepted, most insurances
- AIDS Foundation Houston, Inc.** **713-623-6796**
6260 Westpark Dr, Ste 100, Houston, TX 77057
Free testing; education and outreach services
www.afhouston.org
- Allconnect** **833-885-1909**
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** **888-333-2377**
Provides suicide prevention programs within Southeast Texas
www.afsp.org
- Ascent Psychotherapy Center** **281-717-4202**
Valerie Kuykendall-Rogers, MA, LPC-S
3880 Greenhouse Rd, Ste 414, 415 & 422, Houston, TX 77084
Provides individual (Adults/Adolescents), couples counseling, faith based health care screenings, consultations and online therapy
Molina Medicaid and private insurance accepted
www.ascentpsychotherapycenter.com

Other Support Services

Attention Deficit Disorders Association (ADDA) 9597 Jones Rd, Ste 334, Houston, TX 77065 ADD information Referral & support www.adda-sr.org	281-894-4932
Big Brothers & Big Sisters of Greater Houston 1003 Washington Ave, Houston, TX 77002 www.bbbstx.org/houston	888-887-2447
Brenda and John Duncan Family YMCA 10655 Clay Rd, Houston, TX 77041 www.ymcahouston.org/locations/brenda-and-john-duncan-ymca	713-467-9622
Catholic Charities (counseling services) <i>Services provided for anxiety, behavioral issues, grief, trauma, marriage, family, separation, divorce and caregiver support for mentally ill/physically challenged loved ones</i> <i>Accepts some insurance and sliding scale</i> <i>Call to schedule an appointment for any of the locations listed below</i>	713-874-6602
Family Counseling/Locations <u>Moran Health Center</u> 2615 Fannin St, Houston, TX 77002	713-874-6502 713-526-4611
<u>St. John Vianney Catholic Community</u> 625 Nottingham Oaks Trl, Houston, TX 77079	713-874-6602
<u>St. Ignatius Loyola Catholic Church</u> 7810 Cypresswood Dr, Spring, TX 77379 www.ignatiusloyola.org	281-370-3401
<u>Christ the Good Shepherd Catholic Church</u> 18511 Klein Church Rd, Spring, TX 77379 www.cgscddogh.org	281-376-7831
<u>Prince of Peace Catholic Community</u> 19222 Tomball Parkway, Houston, TX 77070 www.pophouston.org	281-469-2686

Other Support Services

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

Collaborative for Children 713-600-1100
2200 Post Oak Blvd., Ste. 100, Houston, TX 77056
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/locations/d-bradley-mcwilliams-ymca-cypress--creek

Family Houston 713-861-4849
4950 Memorial Dr., Houston, TX
1300 Bay Area Blvd., Bldg. A, Ste. 240, Houston, TX 77058
12300 Parc Crest Dr., Stafford, TX 77477
1600 Lake Front Circle, Ste. 200, The Woodlands, TX 77380
Assisting with basic needs, financial coaching and education, mental health services
Community resources
<https://familyhouston.org>

Family Time Crisis & Counseling Center 346-220-8205
1203 S Houston Ave, Humble, TX 77338
Battered woman's shelter, counseling, legal advocacy
Counseling free of charge for victims & sliding scale for non-victims
Case manager speaks Spanish; no Spanish speaking counselors
at this time.
www.familytimececc.org

Gamblers Anonymous
Houston Hotline 713-684-0654/855-442-7105
National Hotline 800-426-2537/855-222-5542
www.gamblersanonymous.org

Langham Creek Family YMCA 281-859-6143
16725 Longenbaugh Dr, Houston, TX 77095
www.ymcahouston.org/langham-creek

Other Support Services

- 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** **713-773-5100**
Stafford Clinic
12371 S Kirkwood Rd, Stafford, TX 77477
Children up to age 21
Speech, occupational, and physical therapy
Aquatic therapy offered during summer months
In-home services available at Stafford clinic only
Medicaid and Private insurance
www.carelistings.com
- 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 -49 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 Illness **English: 713-970-4483**

9401 SW Fwy, Ste 1234, Houston, TX 77074

Spanish: 713-970-4481

NAMI strives to offer hope, reform, and resources

to our Houston community through support, education, and advocacy efforts

Free online, in-person support groups

Hours: Mon – Fri, 9:00a –5:00p

www.namigreaterhouston.org

Overeaters Anonymous **713-973-6633**

5645 Hillcroft St. Houston, TX 77036

Offers a program of recovery from compulsive eating

www.oahouston.org

Parents, Families, and Friends of Lesbians & Gays (PFLAG) **713-467-3524**

Support & education for family & friends of

LGBT individuals

2nd Sunday at Montrose Center at 2:00p

Monthly meetings available throughout Houston area

www.pflag.org

Presbyterian Children's Home and Services **281-949-8694**

10242 Greenhouse Rd., Unit 501, Cypress, TX 77433

Foster care support services and programs, offers individual, family and group therapy, anxiety, depression, grief, Autism, ADHD, and learning disabilities

<https://pchas.org>

Other Support Services

Survivors of Incest Anonymous

*Self-help group for adult survivors of childhood
sexual abuse*

Log into website for support group information/location

www.siawso.org

The Trevor Project

*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

866-488-7386

Victims Assistance Program, Precinct IV

6831 Cypresswood Dr, Spring, TX 77379

Non-Emergency (M-F)

Emergency (Dispatch)

832-927-6205

281-376-3472

281-376-3472

Pregnancy / Gynecological Services

- Alternatives in Motion** 281-821-6508
800-776-6508
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
- Baylor Teen Health Clinic** 713-708-4951
Please check website for locations and contact information
Free and confidential promiary and reproductive preventative healthcare services for Harris County adolescents and young adults, age 13-24.
Speaks Spanish
<https://www.bcm.edu/community/healthcare-outreach-health-clinic/>
- Care Net Pregnancy Center of NW Houston** 281-444-8554
14530 Wunderlich Dr, Houston, TX 77069
12311 Queenston Blvd, Houston, TX 77095 832-653-6494
All services are free
Pregnancy testing, free ultrasounds, 23 lifeskills classes, consultation & counseling
Comprehensive support & referral services
Speaks Spanish
www.houstonpregnancy.com
- Catholic Charities Blessed Beginnings Life Center** 713-526-4611
713-874-6760
326 S. Jensen Dr., Houston, TX 77003
Prenatal and parenting classes, covering over 40 topics, including fetal development, postpartum physical care, breastfeeding, shaken baby syndrome, care seat safety, age-appropriate play and positive discipline.
Assistance with baby items such as diapers, bottles, clothes, cribs, car seats, and learning toys for eligible clients.
Pregnancy testings, counseling services for parents.
All services are free, provided through child's 5th birthday.
Speaks Spanish
www.catholiccharities.org/blessedbeginnings

Pregnancy / Gynecological Services

DePelchin Birth Mother Program

Emergency 24-Hour Maternity Line

713-582-7129 (call or text)

*Adoption services, kinship care, adoptive placement
Provide referral and resources for pregnant parents,
teen moms and fathers*

www.depelchin.org

iap@depelchin.org

Family Services

281-537-0211

16333 Hafer Rd, Houston, TX 77090

*Free counseling & support services for unwed,
expectant mothers. Can also provide counseling
to others at a set fee. Call the office to learn
more about the fee. Clients must be referred by
Bishop with The Church of Jesus Christ of Latter
Day Saints*

<https://providentliving.churchofjesuschrist.org>

Gladney Center for Adoption

1-800-452-3639

16903 Red Oak Dr., Ste 203, Houston, TX 77090

713-665-1212

Adoption programs with post adoption services

Speaks Spanish

<https://adoption.gladneyadoption.com/adoption-in-texas>

Harris County Public Health & Humble Clinic

Humble Clinic

832-927-1330

1730 Humble Plaza Dr, Humble, TX 77338

*Provides prevention services, wellness checkups,
immunizations, dental and birth control*

Medicaid accepted; \$8 per visit for adults

*Appointment required; same day appointments
may be available*

Mon – Fri, 8:00a – 5:00p

Speaks Spanish

<https://publichealth.harriscountytexas.gov>

Pregnancy / Gynecological Services

- Harris Health Acres Home Health Center** 713-566-6509
818 Ringold St, Houston, TX 77088
Download application online
Provides pediatric/adult primary care, adult dentistry, ophthalmology and podiatry
Provides nutrition/health education, counseling and social services
All services require an appointment; application based qualification
www.harrishealth.org
- March of Dimes**
Healthy Baby Hotline 713-623-2020
Pregnancy & Newborn Health Education Center 888-663-4637
Speaks Spanish
www.marchofdimes.org
- Medicaid / CHIP Application** 877-541-7905 or 211
www.youtexasbenefits.com
- New Life Adoption** 281-955-1001
11439 Spring Cypress Rd, Building C, Tomball, TX 77377
Non-profit adoption agency, free counseling and services for pregnant women
Provides pre and post adoption services for pregnant teen moms
No parent consent required for services
www.newlifeadopt.com
- Planned Parenthood**
Administrative Office 713-522-6240
Northwest Health Center 713-514-1107
13169 NW Fwy, Ste 115, Houston, TX 77040
Spring Center 713-514-1102
4747 Louetta Rd, Spring, TX 77388
Offers education, clinic, teen services, birth control and other forms of contraception
Medicaid
Speaks Spanish
Locate nearest clinic via phone (1-800-230-PLAN) or online
www.plannedparenthood.org/health-center

Pregnancy / Gynecological Services

- Pregnancy Help Center** 281-578-0078
1450 E Summitry Cir, Katy, TX 77449
Free pregnancy testing, childbirth education and preparation for women and soon-to-be fathers, parenting classes & counseling, comprehensive support services, provide limited ultrasounds
www.phckaty.org
- Presbyterian Children's Home & Services** 281-949-8694
Licensed child placement agency
Counseling services offered to all members of adoption triad: birth parents, adoptive parents, and adoptees
Foster & adoptive contract through TDFPS
www.pchas.org
- Regional Maternal Child Health Program (UTMB Katy Clinic)** 409-266-1888
511 Park Grove Dr, Katy, TX 77450
Prenatal & delivery services to teenage mothers
Low income, indigent, uninsured families served
Medicaid / CHIP accepted
Speaks Spanish
www.utmb.edu
- Two Lives Changed** 832-593-8336
P.O. Box 194, Brookshire, TX 77423
Christian-based support group for teen families
Assistance with diapers, clothing, baby necessities, as well as teach parenting and life skills
www.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

Pregnancy / Gynecological Services

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

<https://www.wic-eligibility-requirements>

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** 281-885-4555
Housing Department
15555 Kuykendahl Rd, Houston, TX 77090
Supportive housing program; various social services
<https://www.namonline.org>

Shelters & Housing

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

(one time grant up to \$500) with seriously ill

children who are receiving medical treatment

at Texas Medical Center

College scholarships offered

Support groups available for siblings once a month

Sibshops (events for siblings)

www.joyandhope.org

Salvation Army

1603 McGowen St, Houston, TX 77004

713-650-0133

Family Residence

713-650-6530

Social Services

713-658-9205

Serves all families except couples & single women

www.salvationarmyhouston.org

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 713-295-2500
Voluntary 30-day emergency shelter
Parent involvement required
<https://resources.harriscountytexas.gov/Our-Services/Services-for-Children>

Therapists, Counselors, and Psychologists

Admore Behavioral Therapy 713-910-0296

5821 Southwest Frwy., Reading Room, Houston, TX 77057
Individual and group therapy services, physical,
speech rehabilitation, psychological evaluation/assessments
<https://www.admoregroup.com>

Adriana Wallace, LCDC 346-306-2404

Rising Renewal Counseling

14871 Skinner Rd., Cypress, TX 777429
Alcohol, substance use, depression, family conflict, anxiety, coping
skills, stress, anger management, peer relationships, couple issues
Self-pay
Spanish speaking
<https://www.adrianawallace.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

Amanda Whisenhunt, M. ED., LPC-S 832-730-0352

New Hope Counseling Center, PLLC

8350 Hwy 6 North, Houston, TX 77095
Free 10 minute phone consultation
Individual, group and family counseling
Children, adolescents, adults and families
Faith-based and online counseling available
Self-pay
www.newhcounselingc.com

Therapists, Counselors, and Psychologists

- Amber Edwards, M.A., NCC, LPC** **346-225-2873**
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.amywine.com
- Anchor Counseling and Associates** **281-781-8444**
110 Cypress Station Dr., Ste. 157, Houston, TX 77090
Ages 3-17
Anxiety, depression, and trauma
Private insurance and Medicaid
www.anchorcounseling.com
- 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, UnitedHealthcare
Optum
Work Hours: Appointments only (times may vary, evening
appointments available, Saturdays optional), tele-health
available
E-mail: andrea@seedsofhopetx.com
seedsofhopetx.com

Therapists, Counselors, and Psychologists

Anne Friedman, PhD 713-524-8253
Mindful Being

5200 Montrose Blvd, Houston, TX 77006
Mindful meditation, anxiety, impulse control, focus
and attention training

www.mindfulbeinghouston.com

MG@lifecyclescounseling.com

April Davis, M.A., LPC 832-929-4445
Fingerprint Family Services, LLC

Teleservices only
Servicing children, adolescents, and adults
Solution focused based therapy
CBT, behavioral, marriage/family, faith based therapy
Private pay

www.fingerprintsounseling.clientsecure.me

BALEV Counseling & Wellness 832-675-0222

9110 Wheat Cross Dr, Ste A, Houston, TX 77095
Serving children, teens, individual adults, couples
and families
Specialties include CBT, EMDR, DBT, Solution
Focused, Trauma Informed, Experiential Therapy
and Pastoral Counseling
Insurance: Blue Cross / Blue Shield, UnitedHealthcare

Speak Spanish

<https://balevcounselingandwellness.com>

Behavioral Health Consultants 713-463-9449

9525 Katy Fwy, Ste 312, Houston, TX 77024
Ages 5 & older
Some Medicaid & most insurance

www.bhchouston.com

Behavioral Pathfinder 281-800-1061

16100 Cairnway Dr., Ste. 353, Houston, TX 77084
Case management, Mental health rehabilitative
services, counseling and outpatient therapy,
medication training, crisis intervention and \

skills building training (in home)
www.behavioralpathfinder.com

Fax: 281-966-1534

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, UnitedHealthcare,

Humana, First Health, Anthem and Coventry

Health Care

Speaks Spanish and Portuguese

www.houstonautismcenter.com

Brooke Duffy-Roberts, PhD, LMFT, LPC

832-532-6755

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

832-704-4320

Adolescents (12 & older), individuals, and couples

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

ADHD

Sat appts available

Blue Cross Blue Shield, Multiplan, UnitedHealthcare,

Cigna, Optum, PHSF, Tricare, Value Options,

Beacon Health Options

help@jenniferaune.com

www.jenniferaune.com

Brooke Medina

281-839-2229

Bench Therapy

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

Individual, couples, and family therapy, EMDR,

eating disorders, CBT, and register play therapy,

and Spectrum disorders

Credit card, Health Savings Account, and Cash.

www.benchtherapy.com

Therapists, Counselors, and Psychologists

Building Resilience in Youth after Traumatic Experiences **713-500-2326**
At U.T. Health

1941 East Rd., Ste. 2100, Houston, TX 77054
Assessment, treatments, and telemedicine therapy
to trauma survivors
Ages: 6-17

<https://med.uth.edu/psychiatry/public-services/building-resilience-in-youth-after-traumatic-experiences-b-r-y-t-e/>

Calderas Counseling **346-314-0022**

8900 Eastloch Drive, Ste. 300, Spring TX 77379
Individual, couples, adolescents/teens, depression,
anxiety, grief/loss, life transitions, PTSD, trauma,
domestic violence, LGBTQ, and life/career coaching
Cigna, self-pay
Speaks Spanish
www.calderascounseling.com

Candice G. Moore MA, LPC **713-766-5359**

10601 Grant Rd, Ste 117, Houston TX 77070
Intensively trained in dialectical behavior therapy
Ages 10 & up – groups & individuals
Evenings & weekends
Mon – Thur 10am – 5pm, Fri 12pm – 5pm
Medicaid, private insurance, and sliding scale
cgm@candicegmoore.com

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
www.candisfirchau.com

Therapists, Counselors, and Psychologists

- Carla Cage, LPC** **210-255-7586**
3707 FM 1960 West, Ste 200Q, Houston, TX 77014
Serviing ages 7 and up
Anger management, anxiety, behavioral issues,
grief therapy, art/play therapy, CBT, DBT, EMDR
and Solution Focused Brief therapy
Mon – Fri 9am – 6pm; Sat (by appointment only)
carglacage@yahoo.com
- Catherine King, LMFT, LPCS** **832-740-2974**
832-610-3716
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
- Catholic Charities Department of the Archdiocese of Galvestion - Houston**
2900 Louisiana St, Houston, TX 77006 **713-526-4611**
Sliding scale
Speaks Spanish
- Cecelia E. Johnson, PhD, LPC** **281-656-2548**
Hope Alive Christian Counseling
1400 Broadfieldl Blvd., Ste 200, Houston, TX 77084
Online counseling only
Christian based counseling, marriage counseling, and
individual adult counseling only
Blue Cross / Blue Shield, UnitedHealthcare, Aetna
and UMR
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
<https://mentalhealthtx.org/eo/facilities/center-for-creative-resources-main-office/>

Therapists, Counselors, and Psychologists

Center for Family Consultation

713-526-4751

Victor Loos, PhD – Director

2524 Nottingham St, Houston, TX 77005
Counseling services for children, adolescents
and families. ADHD, Autism, Asperger, and
Learning Differences
Psychological evaluation
Medicaid / CHIP accepted
Speaks Spanish
www.cfctexas.com

Charlie Health

469-883-5560

108 Wild Basin Rd. S., Ste. 250, Austin, TX 78746
Individual, group & family counseling, intensive outpatient,
Suicidal ideation, non-suicidal, self-injury, grief, trauma,
anxiety, depression, spectrum disorders, substance use,
LGBTQ+, anger/aggression, medication management.
United Healthcare, Aetna, Cigna, Blue Cross Blue Shield
Humana, Tricare, Medicaid, TX Children's, Optum
Ages: 11- 33
Telehealth services only
www.charliehealth.com

Community Counseling

832-447-1422

16124 Becker Rd., Bldg. E, Hockley, TX 77447
Children, adolescent, adults, play and family therapy, grief, trauma
anxiety, depression, substance abuse, anger/aggression
EMDR, trauma therapy.
English only, Spanish – telehealth
<https://www.communitycounseling.com>

Compass Mental Health & Wellness

281-836-5452

3934 Cypress Creek Pkwy., Ste. 105, Houston, TX 77068
Individual counseling, medication management
Medicaid, Medicare, United Health, Aetna,
Blue Cross Blue Shield, Tricare, Optum
www.compassmhw.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
Pearland 281-660-0327
Ages 4 years and up
Depression, relationships, ADHD, teen issues, anger management, self-esteem
Saturday appointments available, flexible scheduling
Medicaid / CHIP accepted, insurance, self-pay, sliding scale
www.counselingconceptshouston.com
- Covenant Healing, LLC** 346-230-7007
17302 House Hahl Rd, Ste 313, Cypress, TX 77433
14811 St. Mary's Lane, Ste 288, Houston, TX 77079
Ages 7-18, adult, military families, marriage, and first responders
Faith-based counseling, PTSD, tele-counseling options
Sliding scale, bilingual
<https://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
<https://cy-hopecounseling.org>
- Cynthia R. Carter, M.S., LPC, LMFT** 281-746-3406 ext. 0
14525 FM 529 Rd., Ste. 200, Houston, TX 77095
Depression, anxiety, suicidal ideation, self harm, trauma/abuse, grief/loss, adjustment issues, behavioral problems, ADHD, anger management, self esteem, parenting skills and support
In-office and virtual sessions
Most insurances accepted, sliding scale, and private pay available.
www.CynthiaRCartertherapy.com

Therapists, Counselors, and Psychologists

Cypress Counseling and Psychotherapy **281-837-6912**

12242 Queenston Blvd., Ste. C and F, Houston, TX 77095
Children, adolescents, and adult counseling
Assessment, learning disability, and personality testing
CBT, DBT, and EDMR methods
Anxiety, depression, trauma-based, sexual and gender identities
Immigration evaluations
BS/BC, Cigna, Atena, United Health
www.cypresscounselors.com

Danielle Patton, LPC **832-432-0303**

Impact Healthcare and Wellness

13910 Champion Forest Dr., Ste. 111, Houston, TX 77069
Individual, couples, family, trauma-based counseling,
depression, anxiety, LGBTQIA counseling, premarital services.
<https://impacthealthcareandwellness.com>

David B. Martin **713-489-5473**

Martin Counseling, LPC

472 Park Grove Dr., Katy, TX 77450
Children, adolescent, and adult counseling
Anxiety, depression, grief/loss, family and life
transitions therapy
Blue Cross/Blue Shield, Cigna, Aetna,
Concern Health-EAP, United Health/Optum,
and Anthem Healthcare
Spanish, Hindi, and Turkish
Info@HoustonLPC.com
www.martincounseling.com

Dawn-Petrice Youngs, LPC **281-315-0386**

Youngs Counseling, PLLC and Neurofeedback of Cypress, LLC

16712 Huffmeister Rd., Bldg. 200C, Cypress, TX 77433
Individuals (5 yrs & older), couples, and families
Anxiety, depression, academic stress, divorce, grief,
trauma and life transitions
Aetna, Cigna & self-pay
Reduced rate with interns
Free one-time consultation available
Call/text to set-up a free 15 minute consultation
www.youngscounseling.com

Therapists, Counselors, and Psychologists

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

www.dbtdynamics.com

Dialectical Behavior Therapy Center 713-973-2800

1348 Heights Blvd, Houston, TX 77008

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, Cigna, UnitedHealthcare) & self-pay

www.dialecticalbehaviortherapy.com

Douglas Harbrueger, LPC, NCC, M.Ed. 281-925-2295

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

Pre-teens (10yr.+), adolescents, adults, families and groups

depression, anxiety, self-harm, trauma, grief, divorce

and life transitions.

Aetna, Blue Cross Blue Shield, Cigna, Optum, Oscar,

Oxford, United Healthcare

No EAP'S accepted, Self-Pay, sliding scale

www.nextstepssc.org

Eddins Counseling Group 832-559-2622

5225 Katy Frwy., Ste. 103, Houston, TX 77007

Adult, child, and family counseling

Grief/loss, depression, suicidal, life transition, eating disorders

Medical/illness related counseling

<https://eddinscounseling.com/>

Therapists, Counselors, and Psychologists

Edmund Guilfoyle, PhD

281-955-6655

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

Adolescents, adults, families

Psychological assessments, ADHD, testing

Sliding scale / some private insurance accepted,

Medicare accepted

Limited office hours

Ehrin Weiss, PhD

Houston Family Psychology, PLLC

713-702-3770

9525 Katy Fwy, Ste 200, Houston, TX 77024

Provides anxiety treatment, child counseling,

teen counseling and parenting counseling

Online counseling is available

Office hours limited

Self-pay; assistance with out-of-network insurance

reimbursements

www.houstonfamilypsychology.com

Elizabeth Pennington, MA, LPC, RPT

Apollos Center for Healing and Growth

832-706-2360

Fairfield Baptist Church

27240 Highway 290, Cypress, TX 77433

Provides low cost individual, group and

family christian counseling services

Play therapy; EMDR services for PTSD

Serving ages 0 to adult

Self-pay based upon licensing of the

counselor selected

www.fairfieldbaptist.com/ministries/counseling

Erica Cleveland, MA, LPC

281-892-9986

Mindful Transformation

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

Trauma, anxiety, MDMR, CBT/DBT,

grief, behavioral, depression, oppositional,

defiant and addiction

Blue Cross / Blue Sheild, Cigna, Tricare, UnitedHealthcare

Sliding scale

Weekends/Evenings

www.mtspringcounseling.com

Therapists, Counselors, and Psychologists

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

https://faithwilson.business.site/?utm_source=gmb&utm_medium=referral

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

Strictly outpatient services

www.familyalliancenetwrok.org

Family Services of Greater Houston

713-861-4849

4625 Lillian St, Houston, TX 77007

Ages 3 & up

Counseling, play therapy, case management,

financial coaching, and veterans programs

Medicaid & private insurance,

sliding scale starting at \$25

Speaks Spanish

FAYS Program

713-664-3459

DePelchin Children's Center

4950 Memorial Dr, Houston, TX 77007

Services for at-risk youth (ages 3 – 17) & their family

Counseling, parenting support,

and child abuse prevention

Services are free

Speaks Spanish

<https://www.depelchin.org/uncategorized/depelchins-fays-program-provides-free-counseling-services-to-help-families/>

Therapists, Counselors, and Psychologists

Frank Ortiz, MS, LPC, NCC

346-800-7601

District Counseling at Cypress Houston

12262 Queenston Blvd, Ste C, Houston, TX 77095

Serving age 5 and up

Provides depression, anxiety, trauma, life

transitions and relationship counseling

Psychological evaluations for immigration cases

Tele-health services available

Blue Cross / Blue Shield, Cigna and self-pay

Psychiatry assistance on site

Speak Spanish, Korean, German and Portugese

www.mydistrictcounseling.com

Glenda Demas, LPC

832-291-8363

Pearls of Change Wellness, LLC

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

Individual, couple, and family counseling

Children, adolescents and adults

Anxiety, depression, self-injurious behavior, and suicidal ideations

Gender identity, adjustment disorders, and medical/illness counseling

www.pearlsofchange.com

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

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.greaterhoustoncounselingsrvcs.com

Therapists, Counselors, and Psychologists

- Gurpreet Singh** 832-756-2749
Spencer and Associates Therapeutic and Alliance
13715 Office Park Dr., Houston, TX 77070
Ages 10 and up
Play therapy, family, individual therapy, depression, and bereavement
Private insurance, Medicaid/CHIP, and Sliding scale
www.spencertherapies.com
- The Harris Center for Mental Health & IDD** 713-970-7000
Call for location and intake
Medicaid & CHIP accepted, sliding scale
www.theharriscenter.org
- Healing Hearts Drama Therapy Program, LLC** 832-263-1241
17550 West Little York, Ste. 7, Houston, TX 77084
Services provided once a week: Group, individual and family therapy, CBT, narrative (storytelling), and Trauma Informed
Ages: 9-17yrs. old
Medicaid, Blue Cross Blue Shield, United Health, Magellan, Devoted, Cigna and Texas Children's Self-Pay
<https://healing-hearts-presents-reality-productions.ueniweb.com>
- Heidi Zimmerman** 713-923-0954
Birds of a Feather Wellness & Counseling
17302 House Hahl Rd., Ste. 312, Cypress, TX 77433
Individual, family therapy; anxiety, depression, ADHD, personal development, work place support services
Self-Pay, out of network reimbursement
www.birdsofafeatherwellness.com

Therapists, Counselors, and Psychologists

- Hope & Harmony Therapy, LLC** 281-900-9575
Debbie Martin M.Ed., MA, LPC, LMFT-A
3880 Greenhouse Rd, Ste 10, Houston, TX 77084
Multicultural therapy practice
Ages 12 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
Some Medicaid, private insurance,
sliding scale, and self-pay
www.hopepsychotherapyofhouston.com
- Houston Center for Christian Counseling** 281-398-0022
609 Park Grove Dr, Unit B, Katy, TX 77450
Children, adolescents, adults
Christian counseling, marriage, family
Private insurance (Aetna, Cigna,
Blue Cross Blue Shield, Crime Victims
United Healthcare) and private pay (\$150/session)
www.christiancounselinghouston.com
- Houston Galveston Institute** 832-471-6538
2116 Thompson Rd., Ste. 107, Richmond, TX 77469
Family & individual therapy
Sliding scale
Speaks Spanish
www.talkhgi.org

Therapists, Counselors, and Psychologists

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

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

www.JanetNicholas.com

Jennifer Doyle, MS, LPC, LCDC

832-639-1161

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*

Therapists, Counselors, and Psychologists

Jennifer Nichols, MA, LPC-S

281-323-2276

11711 Cypress N. Houston Rd, Cypress, TX 77429

Service ages 4 and up

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

Private pay

www.JenniferNicholsCounseling.com

Joye Lewis

713-444-0704

Dawn of Grace Behavioral Health

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

*Children, adolescents, adults, suicidal ideation,
non-suicidal self-injury, grief, trauma, anxiety,
depression, spectrum disorders, support LGBTQ+,
anger/aggression, medication management*

*Blue Cross Blue Shield, United Healthcare, Aetna, Cigna, Friday Health
Plan, and CompPsych*

<https://www.dawnofgrace.com/behavioral-health-care>

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

Therapists, Counselors, and Psychologists

Katy Counseling

832-406-4303

1526 Katy Gap Rd., Ste. 803, Katy, TX 77494
Individual, family, group therapy, depression, anxiety, teens, adolescents, and adults, trauma, grief/loss, addiction, life transitions, behavioral issues, CBT, EMDR, DBT, accelerated resolution, and Lens Neuro feedback
Most insurances accepted
<https://www.katycounseling.com>

Kelly Smith

832-428-6253

Equine Learning & Team-Building for Organization

Team building utilizing equine assisted model for groups of 7 and up
Leadership classes and teacher in-service classes
Private pay
www.jandranch-kennels.com

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, CHIP, Blue Cross / Blue Shield
Cigna, UnitedHealthcare, Humana
contact@kendredwellnesscenter.org
www.kendredwellnesscenter.org

Kimberly Davis, PLLC

281-215-3625

Courage to Talk Counseling, PLLC

12345 Jones Rd., Ste. 287-14, Houston, TX 77070
Individual, family and group;
depression, trauma, anxiety, and EMDR
Aetna, Ambetter, Blue Cross Blue Shield, Community Health Choice, Magellan, Optum United Healthcare, UMR, and University of TX-EAP
www.couragetotalkcounseling.org

Therapists, Counselors, and Psychologists

Kinghaven Counseling Group

713-457-4372

Houston office: 6315 Gulfston 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

Substance use counseling, intensive outpatient,

recovery coach and parenting group

Medicaid, Medicare, private insurance

www.kinghavencounseling.com

Kristin Sanders, LCSW-S

281-743-3468

The Olive Tree Counseling and Supervision

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

Trauma, anxiety, depression, autism/autism spectrum

disorder, LBTQIA, life transitions, transgender,

self-esteem, work stress/burn out, bi-polar, and

chronic illness, and family conflict, CBT, DBT

and SFB.

United Healthcare, Medicare, Aetna, Blue Cross Blue Shield

<https://theolivetreecounseling.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

admin@landaproservices.com

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
- Life Enhancement Services** **800-553-6040**
350 Glenborough Dr., Ste. 138, Houston, TX 77067
Crisis intervention, ADHD, individual therapy,
anger management, depression, grief counseling,
medication management, at-risk youth,
Medicaid, Texas Children's, Molina
Community Health Choice, Superior,
and United Healthcare
Speak Spanish
www.lesgroup.info
- 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
Aetna, Blue Cross / Blue Shield, Cigna and 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

Therapists, Counselors, and Psychologists

The Lotus Circle Counseling, PLLC

346-444-0706

Jackeline Hurtado, LPC-S

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

Servicing ages 15 to adults

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

Marcel Gamboa, LPC

281-299-8607

Life Cycles Counseling

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

Servicing teens and adults

*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*

MG@lifecyclescounseling.com

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

Therapists, Counselors, and Psychologists

- 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
- Marvelous Counseling and Therapy** **281-508-4466**
13700 Veterans Memorial Dr., Houston, TX 77014
Therapy and case management services
Ages 3 and up
Medicaid/CHIP, Private insurance and sliding scale
www.marvelouscounseling.com
- 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
<http://www.maryelijahlpc.com/>
Mary.Elijah@sbcglobal.net
- Mary Engle, MA, LPC** **281-398-2509**
5502 5th Street, Katy, TX 77493
Christian counseling
All ages
Trauma, EMDR, play therapy, grief, anger, and depression
Self-pay, out-of-network insurance paperwork can be filed
www.maryenglelpc.com

Therapists, Counselors, and Psychologists

Mercedes Dominguez, M.Ed., LPC

281-440-0606

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

Ages 12 & up

Insurance & self-pay

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

Speaks Spanish

www.mercedesdominguez.com

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

Mindpath Health

281-375-4513

10425 Huffmeister Rd., Ste. 440, Houston, TX 77065

Counseling and psychiatric services including medication management, anxiety, depression, bi-polar disorder, obsessive compulsive disorders, and trauma

In person and telehealth

Blue Cross Blue Shield, Cigna, Humana,

United Health, Oscar, Oxford, and

Self pay

www.mindpath.com/location/houston/cypress/

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
- Morgan’s Helping Hands, LLC** 281-826-9171
14525 FM 529, Ste. 104, Houston, TX 77095
Individual, family, adolescent, adults,
social skill development, specialization in autism,
ADHD, school conflict, and teens.
Cigna, United Healthcare
<https://morganshelpinghands.com>
- New Dimensions Treatment Center** 800-685-9796
Intensive and partial hospitalization treatment
for mental health and substance use
Serving ages 13 and up
Aetna, Blue Cross / Blue Shield, Cigna, Humana,
United Healthcare, Magellan, Beacon Health
Options
www.nddtreatment.com

Therapists, Counselors, and Psychologists

- Next Stage Counseling and Wellness** **832-543-7255**
16151 Cairnway Dr., Ste 206, Houston, TX 77084
Servicing children, adolescents, and adults
Individual, couples, and family therapy
Specialize in sexual trauma for children and adolescents
Private pay
www.Nextstagecounseling.com
- Nicole Bankhead, LPC, NBCC, CCTP** **281-944-7922**
Serenity Wellness and Counseling Center
17802 Mound Road, Cypress, TX 77433
Individual, family, and couples therapy,
eating disorders, LENS Neurofeedback,
animal-assisted therapy, EMDR, ADHD, PTSD
Most insurances accepted and flexible
spending accounts
<https://serenitywellnessandcounseling.com/>
- Northwest Assistance Ministries – Mental Health Services** **281-885-4555**
15555 Kuykendahl Rd., Houston, TX 77090
Children, adolescents & adults
play therapy, family therapy, suicidal ideation,
non-suicidal self-injury, grief/trauma,
anxiety/depression, spectrum disorders,
substance use, support for LGBTQ+
anger/aggression
No cost for all NAM clients
www.namonline.org
- 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

- Parrish Counseling** 832-501-3747
12262 Queenston Blvd, Ste E, Houston, TX 77095
Serving children, adolescents, couples, blended families
Specialties include ADHD, family conflicts, anxiety, mood swings, life transitions, grief/loss, impulsivity problems, depression and college students
<https://parrishcounseling.com/>
- 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.pollyclinicalservices.org
- Rachel Blank** 281-247-6460
Art in Counseling, LLC
19510 Pecan Fits Place, Cypress, TX
Suicidal Ideation, Non-Suicidal Self-Injury, Grief/Trauma, anxiety, depression
Ages: 6-99
Telehealth. Self-Pay Only
rachel@artincounseling.com
<https://artsincounseling.clientsecure.me/#home>
- Rebecca Ray** 281-766-3376
Ray Family Therapy
12238 Queenston Blvd., Ste. F, Houston, TX 77095
Adolscents and adults, family therapy, suicidal ideation, grief, trauma, anxiety, depression, substance use, LGBTQ+ support, anger/aggression, couples
Private pay, Telehealth services available
<https://www.rayfamilytherapy.com>
- Re:MIND Depression and Bi-Polar Support** 713-600-1131
P.O. Box 27607, Houston, TX 77227
Free and confidential support groups for individuals living with and/or family and friends affected by depression and bi-polar disorders
www.remindsupport.org

Therapists, Counselors, and Psychologists

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

Restoring Hope Counseling

832-569-7673

5206 FM 1960 Rd. W. Ste. 103, Houston, TX 77069

Kids, teens, adults, counseling for depression, anxiety, trauma. Trained in CBT, CPT, EMDR and play therapy.

Lower free options and major insurance accepted

In person and virtual service available

On-line scheduling available.

www.rchouston.com

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

No female adolescents

Private insurance, sliding scale

www.levergreenps.blogspot.com

Robin Williams-Riggans

281-220-6799

Lavender Counseling & Wellness Center, LLC

16100 Cairnway Dr., Ste. 210, Houston, TX 77084

Individual, family, group services; anxiety, ADHD grief, family conflict, LGBTQ+, life transitions, trauma, PTSD, and domestic violence

Aetna, Amerigroup, Anthem, Beacon Health Options,

Cigna, Molina, Optum, Superior, and United Healthcare

<https://www.lcwellness.llc>

Therapists, Counselors, and Psychologists

Rosell Jenkins, PhD

281-447-9355

MW Solutions

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

Individuals, couples, families, group therapy,

women's issues, relationship issues,

depression & anxiety, grief/loss, substance

use, psych testing

CHIP, Medicaid, private insurance, Blue Cross Blue Shield,

UnitedHealthcare, Aetna, and Cigna: out of network

www.drrosell.com

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

The Semicolon Group

281-475-6760

13820 Champion Forest Dr., Ste 150, Houston, TX 77069

Ages 12 and up

Suicide, suicide group and self-harm

Sliding scale

<https://thesemicolongroup.com>

Therapists, Counselors, and Psychologists

Shannon Martin, LPC

978-400-3016

Let's Talk, I'll Listen Counseling Center

7676 Hillmont St., Houston, TX 77070

CBT, motivational interviewing, emotional focused therapy, ADHD, transitions, LGBTQ, divorce, ages 9 and up

United Healthcare, Blue Cross Blue Shield,

Aetna, Cigna, Molina, Sliding Scale

Telehealth options

Evenings and Weekends available

Speaks Spanish

www.letstalkyou.com

Shawnesse Herbert, MA, LPC

346-431-0859

Discover S.E.L.F., PLLC

13100 Wortham Center Dr., Ste. 352, Houston, TX 77065

Individuals, family, couples, anxiety, depression,

CBT, and mindfulness coaching

Cigna, United Healthcare, Aetna, Blue Cross Blue Shield

<https://www.discoverselfmbct.com>

Shield-Bearer Counseling Centers

281-894-7222

12237 Jones Rd, Ste 114, Houston, TX 77070

Individual therapy, couples and family

Services addressing stress, anxiety,

depression, trauma including crime, human trafficking and natural disasters.

Support group for addiction,

parenting, grief coping skills and more

Age: 4 and up

Tele-therapy available

Sliding scale

Private insurance / no walk-ins

Speaks Spanish

www.shieldbearer.org

Therapists, Counselors, and Psychologists

Social Motion Skills

713-461-7200

*4400 Harrisburg Blvd., Houston, TX 77011
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
<https://socialmotionskills.org>*

Spectrum of Hope

281-894-1423

*12110 Huffmeister Rd, Cypress, TX 77429
Provide services and treat autism spectrum
disorders. Licensed autism treatment center, and
applied behavior analysis offered.
Speaks Spanish
www.spectrumofhope.com*

Taylor Counseling Group

281-560-3193

*24900 Pitkin Rd., Ste. 290, Spring, TX 77386
Individual, family, couples, LGBTQIA+, depression,
anxiety, grief/loss
Trauma, and play therapy
In person and telehealth services available
Aetna, Blue Cross Blue Shield, Anthem, Cigna, Scott & White Health
TriWest (preauthorized), United Health-Optum, FSA, and HAS
<https://taylorcounselinggroup.com>*

Therapy Cypress

832-421-8814

*16518 House Hahl Rd., Ste. 3, Cypress, TX 77433
Ages 5 and up
Anxiety, depression, relationship issues and bi-polar
Self-pay and sliding scale
www.therapycypress.com*

Therapists, Counselors, and Psychologists

The Therapy Team

346-273-7673

1002 Village Square Dr., Tomball, TX 77375

*Individual, relationship, family therapy,
and informational workshops*

CBT, solution focused therapy

Individualized payment plans

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

Thomas Counseling Center

832-287-3422

12242 Greenhouse Rd., Ste. 1502, Cypress, TX 77433

*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, anger management
or trauma.*

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

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: Preteens/Tweens (11 – 13),

Adolescents/Teenagers (14 – 19)Adults

Traditional Medicaid accepted

Insurances accepted: Cigna, Superior Health

BCBS, Aetna, Ambetter and Magellan

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

E-mail: tdcservices1@yahoo.com

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

Therapists, Counselors, and Psychologists

Tiffany Edwards

877-765-9694

Your Mind Your Gym, PLLC

Virtual mental health gym, specifically for professional adults

Anxiety, stress, and burnout, and supportive mind strengthening exercises

Aetna, Blue Cross Blue Shield, Cigna, Oscar Health, Oxford, United

<https://yourmindyourgym.com/>

Tiffany Priska, MA, LPC-S

281-205-7997

Cypress Therapy and Counseling

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

Mood disorders, marriage & family counseling, postpartum, anxiety, depression and self injury

Saturdays available by appointment

<https://cypresstherapyandcounseling.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

<https://www.resiliencecenterhouston.com>

Tranquil Hearts Counseling Center

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

Erin Silva, M.Ed, LPC

281-433-1363

Play therapy and art therapy, grief and loss,

abuse, self-esteem, self-harm and suicidal ideation

ADHD, divorce, anxiety, stress, depression and anger management

Adjustment disorders, parent training, special needs and addiction

Children, teens and adults

Some evening availability

esilvacounseling@gmail.com

Therapists, Counselors, and Psychologists

Julie Casten, MA, LPC

773-329-7556

Addiction, anger management, career adjustments/concerns, loss or grief, parenting, women's issues, relationship issues, self-esteem, stress management, mood and anxiety disorders, trauma, and PTSD (EMDR)
Self-pay, sliding scale
Some evenings & weekends available

Alison Lampton, M.Ed., LPC

832-630-0777

Anxiety, stress, depression, self-esteem, Infertility, life transitions, grief and loss
Children, teens and adults
Some evening and weekend availability
UnitedHealthcare / Optum insurance
Alisonlampton@gmail.com.

Jessica Jensen, MA, LPC

979-221-8749

Specialized areas: child, adolescent, adult; life transitions, career counseling, anxiety, depression and 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

6400 Washington Ave, Houston, TX 77007
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.resetyourpath.com

Therapists, Counselors, and Psychologists

The Village Life Center – Texas

713-739-9725

Crisis Line

281-620-9011

2101 Crawford St, Ste 208, Houston, TX 77002

*Offer intensive, out-patient mental health services
for children, adolescents and adults*

Medicaid accepted

Weekends by appointment only

www.villagelifecenter.com/Texas

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

West Houston Counseling Center

832-460-1761

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

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

Speak Spanish, Hindi, Bengali and Urdu

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

Woodlands Behavioral Health Clinic

281-528-4226

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

Adults & children 2 years and up

*ADD / ADHD, autism spectrum disorders, behavioral,
emotional & social counseling, and coaching*

Psychiatric & psychological evaluations

Private pay per clinician

www.addwoodlands.com

Psychiatrists

- Carlos Benjamin Vargas** 713-840-7956
8707 Meadowcroft Dr, Houston, TX 77063 281-404-5306
Children ages 5 and up
Self-pay
Insurance accepted: Blue Cross / Blue Shield, and Compsych
Speaks Spanish
www.synergiehealing.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
<https://lifestance.com/provider/daniela-white-md/>
- 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, Spring, TX 77381
Children (5 & up), adolescent and adult services
Self-pay
Private insurance, military insurance accepted
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
<https://www.theharriscenter.org/>

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
- Memorial Psychiatry** 713-973-1007
929 Gessner Rd, Ste 2000, Houston, TX 77024
General psychiatry services (ages 6 & up)
Self-pay; Cigna and UnitedHealthcare
- 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

- Sulcata Psychiatry** **281-747-8588**
12075 Spring Cypress Rd., Ste. D, Tomball, TX 77375
Child, adolescent, and adult psychiatric services,
PTSD, Autism, depression, ADHD, anxiety,
and trauma
Aetna, Blue Cross Blue Shield, United Health,
Oxford, Oscar, FSA and HAS
www.sulcatapsychiatry.com
- Tarnow Center for Self-Management** **713-621-9515**
1001 W Loop S, Ste 215 Houston, TX 77027
Children (ages 7 and up), 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
12247 Queenston Blvd, Ste D, Houston, TX 77095
Provides in-patient and out-patient treatment,
on-line psychiatrist and in-person services
Hours: Mon – Th 8:00a – 6:00p, and
Fri 8:00a to 12:00p
Self-pay
www.yourfamilypsychiatrist.com

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