YOUTH RESOURCE GUIDE

A guide for mental health and substance use services for youth in the Greater Houston region

Learn more at: www.mhahouston.org
The **Youth Behavioral Health Resource Guide** is a publication of the Emotional Backpack Project at the Center for School Behavioral Health at Mental Health America of Greater Houston. The providers listed offer services to children and adolescents in the Greater Houston area. It is designed to help professionals and families locate agencies, organizations and facilities focused on the mental health and wellness of children. For additional resources, information or referrals, please call 211 for the United Way of Greater Houston Helpline.

**Disclaimer:** Mental Health America of Greater Houston does not endorse or recommend any commercial products, processes, or services. Therefore, mention of commercial products, processes, or services in this brochure or on Mental Health America of Greater Houston’s website (mhahouston.org) cannot be construed as an endorsement or recommendation.

For more information about the Emotional Backpack Project visit: 
[mhahouston.org/training/csbh-trainings/]
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CRISIS INTERVENTION

Casa de Esperanza de los Niños, Inc.
https://www.casahope.org
Ages: up to 17
(713) 529-0639
2911 Corder Building A, Houston, TX 77054
Crisis and long-term residential foster care due to substance use, neglect, and HIV providing medical and psychological services.

Children’s Assessment Center
http://www.cachouston.org/
Ages: up to 17
(713) 986-3300
2501 Bolsover St., Houston, TX 77005
Crisis intervention, forensic services, therapy and psychological services for individuals and families affected by sexual abuse, in addition to community outreach and education.

Covenant House Texas
https://www.covenanthousetx.org/
Ages: up to 17
(713) 523-2231
1111 Lovett Blvd., Houston, TX 77006
Offers transitional housing, crisis care, healthcare, and counseling for homeless youth.

Crisis Intervention of Houston, Inc.
https://crisishotline.org
Ages: all ages
Teen Talk: (832) 416-1200
Teen Text Line: (281)201-4430
5322 West Belfort, Houston, TX 77035
Offers a 24/7 hotline, counseling and referral, support groups, emergency transportation, and community prevention education.

Cypress Creek Hospital
http://www.cypresscreekhospital.com
Ages: 13 to 17
Assessment: (281) 586-7600
Admissions: (281) 586-5956
17750 Cali Dr., Houston, TX 77090
Inpatient, outpatient and chemical dependency care for adolescents who are experiencing emotional and behavioral problems.

Department of Family Protective Services Abuse Hotline
https://www.dfps.state.tx.us
Ages: all ages
(800) 252-5400
This is a 24/7 hotline to report child abuse, neglect, or exploitation.

Familytime Crisis and Counseling Center
https://familytimeccc.org/
Ages: all ages
(281) 446-2615
1203 S. Houston Ave., Humble, TX 77338
A shelter and 24/7 counseling and referral services for families and individuals affected by domestic or sexual violence.

Fort Bend Women’s Center
http://www.fbwc.org
Ages: all ages
Hotline: (281) 342-4357 Main: (281) 344-5750
Call for Location
An emergency shelter, 24/7 crisis hotline, with counseling, and legal and medical support for those affected by domestic violence.

Gulf Coast Center
http://gulfcoastcenter.org/
Ages: all ages
Hotline: (866) 729-3848 Main: (800) 643-0967
2352 E. Mulberry, Angelton, TX 77515 and 3201 FM 2004, Texas City, TX 77591
Providing services, programs, and employment assistance for individuals with intellectual and developmental disabilities, mental illness, HIV, or substance use.

Harris Center for Mental Health and IDD
https://www.theharriscenter.org/
Ages: 3 and up
(713) 970-7000
9401 SW Fwy., Houston, TX 77074
This 24/7 crisis line is just one part of the many services provided by the Harris Center.
CRISIS INTERVENTION

Houston Area Women’s Center
https://www.hawc.org/
Ages: all ages
(713) 528-6798
Domestic Violence: (713) 528-2121
Call for Location
A shelter, 24/7 counseling referral service, with hospital accompaniment services, and court services for families affected by domestic or sexual abuse.

Houston Behavioral Healthcare Hospital
http://www.houstonbehavioralhealth.com
Ages: 13 to 17
(832) 834-7710
2801 Gessner Rd., Houston, TX 77080
Provides inpatient and outpatient care for behavioral health issues.

Houston Police Crisis Intervention Team
https://www.houstoncit.org/
Ages: all ages
(832) 394-4200
Crisis intervention for mental health related emergencies.

Kingwood Pines Hospital
http://www.kingwoodpines.com
Ages: 5 to 17
(281) 404-1001
2001 Ladbrook Dr., Kingwood, TX 77035
Inpatient crisis services, family therapy and discharge planning for children and adolescents.

Mobile Crisis Outreach Team - Harris County
https://www.theharriscenter.org/services/crisis-services
Ages: 3 and up
(713) 970-7000
Crisis intervention for mental health related emergencies.

National Human Trafficking Resource Center
https://humantraffickinghotline.org/
Ages: all ages
(888) 373-7888
This is a 24/7 crisis hotline.

National Suicide Prevention Hotline
https://suicidepreventionlifeline.org/
Ages: all ages
988
A 24/7 crisis and suicide prevention hotline.

Northwest Assistance Ministries
www.namonline.org
Ages: all ages
Main: (281) 885-4555
Family Violence Center (direct): (281) 885-4673
Family Violence Center (toll free): (888) 750-4673
Housing Services Program: (281) 885-4595
15555 Kuykendahl, Houston, TX 77090
Providing emergency basic needs, housing assistance, children’s clinic, and a family center.

Santa Maria Hostel
http://www.santamariahostel.org
Ages: all ages
(713) 691-0900
2605 Parker Rd., Houston, TX 77093
Offers addiction, recovery, housing, prevention and intervention programs for women. Parental consent required.

Teen Crisis Hotline
https://www.crisishotline.org
Ages: all ages
(832) 416-1177
Teen Call: (832) 416-1199
Teen Text: (281) 201-4430
Suicide prevention and 24/7 Crisis Intervention for all ages.

Texana Center
https://www.texanacenter.com/
Ages: 3 and up
(281) 239-1300
Austin, Colorado, Fort Bend, Matagorda, Waller and Wharton Counties
This 24/7 crisis line is just one part of the many services provided by the Texana Center.

Texas Youth Hotline
https://www.dfps.texas.gov/youth-helpline/
Ages: up to 17
(800) 989-6884
Offers crisis counseling and shelter referrals for runaway youth.
CRISIS INTERVENTION, COUNSELING

Tri-County Services
http://www.tricountyservices.org/
Ages: 4 and up
(800) 550-8408
Crisis Hotline: (800) 659-6994
Liberty, Walker and Montgomery Counties
Psychiatric emergency treatment center for those 4 and up.

UT Harris County Psychiatric Center
https://hcpc.uth.edu
Ages: 3 and up
(713) 741-5000
2800 S. MacGregor Way, Houston, TX 77021
Inpatient psychiatric hospital, both voluntary and involuntary, with groups, as well as family and individual therapy.

West Oaks Hospital
http://www.westoakhospital.com
Ages: 6 and up
(713) 995-0909
6500 Hornwood Dr., Houston, TX 77074
Offers inpatient care, day treatment care, therapy, education and support groups for children and adolescents, as well as chemical dependency services for adolescents and an outpatient center for children aged 6-12.

Westpark Springs Hospital
http://www.westparksprings.com/
Ages: 12 and up
(832) 586-8569
6902 S. Peek Rd., Richmond, TX 77407
In-patient care for adolescents as well as an intensive outpatient program and family groups

COUNSELING

Catholic Charities of the Archdiocese of Galveston-Houston
http://www.catholiccharities.org
Ages: all ages
(713) 526-4611
2900 Louisiana St., Houston, TX 77006
Adoption, housing, crisis care, healthcare, and counseling for homeless youth.

Counseling Connections for Change
https://www.counselingconnections.org/
Ages: all ages
(281) 485-9280
2549 Roy Road Pearland, Texas 77581
Faith and evidence-based services such as support groups, family counseling, child centered play therapy, and youth therapy.

DePelchin Children's Center
https://www.depelchin.org
Ages: all ages
(713) 730-2335
4950 Memorial Dr., Houston, TX 77007
Provides foster care and adoption services, community-based counseling for Harris county families, trauma treatment, and parenting education. Parental consent required.

Family Houston
www.familyhouston.org
Ages: all ages
(713) 861-4849
4625 Lillian St., Houston, TX 77007
Provides case management, counseling, employment services, financial services, substance abuse prevention and veterans' assistance programs.
Gulf Coast Center  
http://gulfcoastcenter.org/  
Ages: all ages  
Hotline: (866) 729-3848  Main: (800) 643-0967 2352 E. Mulberry, Angelton, TX 77515 and 3201 FM 2004, Texas City, TX 77591  
Providing services, programs, and employment assistance for individuals with intellectual and developmental disabilities, mental illness, HIV, or substance use.

Harris Center for Mental Health and IDD  
https://www.theharriscenter.org/  
Ages: 3 and up  
(713) 970-7000  
9401 SW Fwy., Houston, TX 77074  
Provides assessment, counseling, case management, psychiatric services, skills training, as well as school-based programs for those living with mental illness in Harris County.

Houston Galveston Institute Counseling Center  
https://hgicounseling.org/  
Ages: all ages  
(832) 471-6538  
2990 Richmond Ave. Suite 530, Houston, TX 77098  
Offers individual, family, and group counseling.

InnerWisdom Counseling Center  
http://www.innerwisdom.com  
Ages: all ages  
(713) 592-9292  
10777 Stella Link Rd., Houston, TX 77025  
Providing hope, encouragement and self-confidence through counseling, education, and dedication.

Jewish Family Service  
http://www.jfshouston.org  
Ages: all ages  
(713) 667-9336  
4131 S. Braeswood, Houston, TX 77025. Provides counseling for children, adolescents, and families

Kingwood Pines Hospital  
http://www.kingwoodpines.com  
Ages: 5 to 17  
(281) 404-1001  
2001 Ladbroke Dr., Kingwood, TX 77035  
Inpatient crisis services, family therapy and discharge planning for children and adolescents.

Community Health Choice  
https://www.communityhealthchoice.org/  
Ages: all ages  
2636 South Loop West, Suite 125, Houston, TX  
A non-profit low to no cost health insurance coverage and insurance navigation support.

Krist Samaritan Center  
http://www.samaritanhouston.org  
Ages: all ages  
(281) 480-7554  
16441 Space Center Blvd., Houston, TX 77058  
Counseling, psychiatric testing, psychiatric consultation, and speech therapy for all ages.

Nick Finnegan Counseling Center  
finnegancounseling.org  
Ages: all ages  
(713) 402-5046  
2714 Joanel St., Houston, TX 77027  
Helping people of all ages and beliefs address emotional stress by connecting them with professional counseling, support groups and referrals.

Nirvana Behavioral Solutions  
https://www.nirvanabehavioral.com/  
Ages: all ages  
(832) 301-3822  
11281 Richmond Avenue, Suite J108, Houston TX 77082  
Multiple services offered such as case management for families, skills training, and psychotherapy.
COUNSELING, INTEGRATED CARE

Northwest Assistance Ministries
www.namonline.org
Ages: all ages
Main: (281) 885-4555
Family Violence Center (direct): (281) 885-4673
Family Violence Center (toll free): (888) 750-4673
Housing Services Program: (281) 885-4595 15555
Kuykendahl, Houston, TX 77090
Providing emergency basic needs, housing assistance, children’s clinic, and family center.

Texana Center
https://www.texanacenter.com/
Ages: 3 and up
(281) 239-1300
Austin, Colorado, Fort Bend, Matagorda, Waller and Wharton Counties
Texana Center provides behavioral healthcare and developmental disabilities services to residents of a six county area.

Texas Children’s Psychiatry Clinic
http://www.texaschildrens.org/departments/psychiatry
Ages: up to 17
(832) 822-3750
6701 Fannin St., Houston, TX 77030
Psychiatric evaluations and pharmacological management for children and adolescents

Tri-County Services
http://www.tricountyservices.org/
Ages: 4 and up
(800) 550-8408
Crisis Hotline: (800) 659-6994
Liberty, Walker and Montgomery Counties
Therapeutic intervention is used to develop strengths and coping mechanisms for issues related to severe emotional disturbance.

University of Houston Clear Lake
Psychology Services Clinic
https://www.uhcl.edu/psychological-services-clinic
Ages: all ages
(281) 283-3330
2700 Bay Area Blvd., Houston, TX 77058 Provides individual and family therapy and school-based assessments

University of Houston Psychology Research & Services Center
http://www.uh.edu/class/psychology/clinics
Ages: all ages
(713) 743-8500
3695 Cullen Blvd. Rm. 126, Houston, TX 77204
Offers assessment and intervention services, as well as individual therapy for all ages.

Westpark Springs Hospital
http://www.westparksprings.com/
Ages: 12 and up
(832) 586-8316
6902 S. Peek Rd., Richmond, TX 77407
In-patient care for adolescents as well as an intensive outpatient program and family groups.

INTEGRATED CARE
(physical and mental healthcare)

Airline Children’s Clinic
http://www.airlinechildrensclinic.org/
Ages: up to 17
(713) 695-4013
5808 Airline Dr., Houston, TX 77076
Offers affordable medical and dental care, counseling, and lifestyle education.

Assurance Therapeutic Outreach
https://www.assuranceto.com/
Ages: All
(346) 842-0424
Crisis Intervention: (833) 859-6278
1034 Regional Park Dr., Houston, TX 77060
Multiple services for youth such as case management, skills training & development, medication management, and psychosocial rehabilitative services.
INTEGRATED CARE

Baylor Teen Health Clinic
https://www.bcm.edu/community/healthcare-outreach/teen-health-clinic
Ages: 12 and up
(713) 440-7456
Multiple Locations
Provides pregnancy testing, prenatal care, family planning, sexually transmitted diseases (STD) testing, HIV/AIDS education and screening, primary healthcare, and case management services to teens, their partners, and children.

Bee Busy Wellness Center
https://mybbwc.org/
Ages: all ages
(713) 771-2292
Multiple Locations
Offers primary care for children and adults, as well as immunizations and dental care.

El Centro De Corazon
https://www.elcentrodecorazon.org/
Ages: All
(713) 660-1880
Multiple locations.
Spanish speaking services such as child & Family Mental Health & General Counseling, and integrated health care.

Harris Health System
http://www.harrishealth.org
Ages: all ages
(713) 634-1000
Multiple Locations in Harris County
Therapy, psychiatric and medical services provided for all ages.

Hope Clinic
https://www.hopechc.org/
Ages: all ages
(713) 773-0803
Multiple Locations
Community Health Center with Family Behavioral Health, counseling, integrated healthcare.

Houston Behavioral Healthcare Hospital
https://www.houstonbehavioralhealth.com/
Ages: all ages
(832) 834-7710
2801 Gessner Rd, Houston, TX 77080 Adolescent Inpatient behavioral health services (short & long term) with intensive outpatient care to transition out of inpatient care.

Legacy Community Health
http://www.legacycommunityhealth.org/
Ages: all ages
(832) 548-5000
Multiple Locations
As a full-service, Federally Qualified Health Center, Legacy identifies unmet needs and gaps in health related services and develops client-centered programs to address those needs.

New Dimensions Day Treatment
https://nddtreatment.com/
Ages: 13 and up
Main: (800) 685-9796
Multiple locations
Partial Hospitalization (PHP) and Intensive Outpatient Treatment for Teens.

Northwest Assistance Ministries
www.namonline.org
Ages: all ages
Main: (281) 885-4555
Family Violence Center(direct): (281) 885-4673
Family Violence Center(toll free): (888) 750-4673
Housing Services Program: (281) 885-4595
15555 Kuykendahl, Houston, TX 77090
Providing emergency basic needs, housing assistance, children’s clinic, and family center.

Planned Parenthood
http://www.plannedparenthood.org
Ages: all ages
(800) 230-7526
Multiple Locations
Information and referral regarding family planning and medical services.
SPECIALTY SERVICES

Texas Children's Center for Women and Children
http://www.thecenter.texaschildrenshealthplan.org
Ages: all ages
(832) 828-1005
700 N. Sam Houston Pkwy. W., Houston, 77067 and
9700 Bissonnet St. Houston, 77036
On-site behavioral team with primary care doctor to
tackle all ages' needs, including behavioral and
emotional issues.

Texas Children's Health Center Sugar Land
https://www.texaschildrens.org/location/texas-
childrens-health-center-sugar-land
Ages: up to 17
(281) 494-7010
15400 SW Fwy. Suite 200, Sugar Land, TX 77478
Provides Psychiatric evaluations for children and
adolescents.

UT Harris County Psychiatric Center
https://hcpc.uth.edu
Ages: 3 and up
(713) 741-5000
2800 S. MacGregor Way, Houston, TX 77021
Inpatient psychiatric hospital, both voluntary and
involuntary, with groups, as well as family and
individual therapy.

GENERAL SUPPORT GROUPS

Depression and Bipolar Support Alliance
Greater Houston
https://www.remindsupport.org/
Ages: 13 and up
(713) 600-1131
P.O. Box 27607, Houston, TX 77227
Free and confidential support groups for individuals
living with, or family and friends affected by,
depression and bipolar disorders.

National Alliance on Mental Illness (NAMI)
https://namigreaterhouston.org
Ages: 12 and up
(713) 970-4483
9401 Southwest Freeway, Suite 1234 Houston, TX
Family-to-family, peer-to-peer education, and
support groups for those suffering from a mental
illness

Nick Finnegan Counseling Center
finneganancounseling.org
Ages: all ages
(713) 402-5046
2714 Joanel St., Houston, TX 77027
Helping people of all ages and beliefs address
emotional stress by connecting them with
professional counseling, support groups and
referrals.

Re:MIND Houston
https://www.remindsupport.org
Ages: 13-17
(713) 600-1131
Virtual support groups for adolescents struggling
with their mental health.

West Oaks Hospital
http://www.westoakshospital.com
Ages: 12 and up
(713) 995-0909
6500 Hornwood Dr., Houston, TX 77074
Offers inpatient care, day treatment care, therapy,
education and support groups for children and
adolescents, as well as chemical dependency
services for adolescents and an outpatient center for
children aged 6-12.

SPECIALTY SUPPORT GROUPS
(Name and page number)

Attention Deficit Disorders Association
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SPECIALTY SERVICES

ADD/ADHD

Attention Deficit Disorders Association
Southern Region
http://www.adda-sr.org/
Ages: all ages
(281) 894-4932
12345 Jones Rd. Suite 287-7, Houston, TX 77070
Support groups and general education for those affected by ADD.

Children and Adults with AD/HD (CHADD)
Greater Houston
http://www.chadd.org
Ages: up to 17
(301) 306-7070
Multiple Locations
Support groups for those affected by ADD.

BULLYING PREVENTION

Anti-Defamation League
http://houston.adl.org/
Ages: All ages
(713) 627-3490
4635 SW Fwy. Suite 400 Houston, TX 77027
Provides the No Place for Hate program to help schools fight hatred and encourage diversity.

HoustonNVC
http://www.houstonnvc.org/
Ages: all ages
(713) 884-3131
708 E. 19th St. Houston, TX 77008
Focuses on compassion, nonviolent communication, creating harmony in relationships, and build lasting peace.

CHILD ABUSE

Casa de Esperanza de los Niños, Inc.
https://www.casahope.org
Ages: up to 17
(713) 529-0639
2911 Corder Building A, Houston, TX 77054
Crisis and long-term residential foster care due to substance use, neglect, and HIV providing medical and psychological services.

Children’s Assessment Center
http://www.cachouston.org/
Ages: up to 17
(713) 986-3300
2500 Bolsover St., Houston, TX 77005
Crisis intervention, forensic services, therapy and psychological services for individuals and families affected by sexual abuse, in addition to community outreach and education.

Department of Family Protective Services
Abuse Hotline
https://www.dfps.state.tx.us
Ages: all ages
(800) 252-5400
24/7 hotline to report child abuse or neglect.

Fort Bend Women's Center
http://www.fbwc.org
Ages: all ages
Main: (281) 344-5750 Hotline: (281) 342-4357
Call for Location
An emergency shelter and 24/7 crisis hotline, with counseling, legal and medical support for those affected by domestic violence.

Harris County: Kinder Emergency Shelter
https://resources.harriscountytx.gov/Our-Services/Services-for-Children
Ages: 12 to 17
(713) 295-2700
6300 Chimney Rock Road Houston, Texas 77081
An organization that provides short-term residential services for youth who need shelter and care due to abuse, neglect, homelessness and/or severe family conflict.
SPECIALTY SERVICES

Houston Area Women’s Center
https://www.hawc.org/
Ages: all ages
(713) 528-6798
Domestic Violence: (713) 528-2121
Call for Location
A shelter and 24/7 counseling referral service, with hospital accompaniment services and children’s court services for families affected by domestic violence or sexual abuse.

DEVELOPMENTAL DISABILITIES

Disability Rights Texas
https://www.disabilityrightstx.org/
Ages: all ages
(800) 252-9108
Multiple Locations
Assists those with disabilities in Texas with accessibility, community living, education, employment, health care, housing, protection and civil rights, transportation and civil rights.

Early Childhood Intervention Services
Ages: birth to 3
(800) 628-5115
Multiple Locations
Statewide program for families with children with disabilities and developmental delays.

Easter Seals Disability Services
http://www.easterseashouston.org
Ages: birth to 21
(713) 838-9050
4888 Loop Central Drive, Suite 200, Houston, Texas 77081
A variety of services that aim to improve the lives of children who live with all types of disabilities.

International Dyslexia Association – Houston Branch
http://www.houstonida.org
Ages: all ages
(713) 364-5177
P.O. Box 980413 Houston, Texas 77098
Provides dyslexia education and referral services.

Families for Effective Autism Treatment
https://feathouston.org
Ages: all ages
(281) 361-3328
1120 Medical Plaza Dr. Suite 100, Woodlands, TX 77380
Information and resources about applied behavior analysis for families and teachers supporting individuals with autism.

Family to Family Network
https://f2fn.org/
Ages: up to 17
(713) 466-6304
16225 Park Ten Place #500, Houston TX 77084
Education and training, referrals, and support for families with children with disabilities.

Gulf Coast Center
http://gulfcoastcenter.org/
Ages: all ages
Hotline: (866) 729-3848
Main: (877) 226-8780
2352 E. Mulberry, Angelton, TX 77515 & 3201 FM 2004, Texas City, TX 77591
Providing services, programs, and employment assistance for individuals with intellectual and developmental disabilities, mental illness, HIV, or substance use.

Harris Center for Mental Health and IDD
https://www.theharriscenter.org/
Ages: 3 and up
(713) 364-7000
9401 SW Fwy., Houston, TX 77074
Provides assessment, counseling, case management, psychiatric services, skills training, as well as school-based programs for those living with mental illness in Harris County.
SPECIALTY SERVICES

Texana Center
https://www.texanacenter.com/
Ages: 3 and up
(800) 633-5686
Austin, Colorado, Fort Bend, Matagorda, Waller and Wharton Counties
Texana Center provides behavioral healthcare and developmental disabilities services to residents of a six county area

Texas Children’s Hospital Autism Center
https://www.texaschildrens.org/departments/autism-program
Ages: all ages
(832) 822-1900
8080 N. Stadium Dr., Houston, TX 77054
Offers diagnostic evaluations and recommendations for care for individuals with autism.

Tri-County Services
http://www.tricountyservices.org/
Ages: 4 and up
(800) 550-8408
Crisis Hotline: (800) 659-6994
Liberty, Walker and Montgomery Counties
Psychiatric emergency treatment center.

University of Houston Clear Lake Psychology Services Clinic
https://www.uhcl.edu/psychological-services-clinic
Ages: all ages
(281) 283-3330
2700 Bay Area Blvd., Houston, TX 77058
An individual and family therapy, school-based assessments, and a specialty clinic for those with autism and developmental disabilities.

EATING DISORDERS

Eating Recovery Center
https://www.eatingrecoverycenter.com/recovery-centers/houston
Ages: all ages
(713) 750-9607
7515 S. Main St. Suite 400, Houston, TX 77030
Partial hospitalization and intensive outpatient care for Anorexia, Binge Eating Disorder, Bulimia, and more.

Healthy Weigh
http://www.thehealthyweighonline.com
Ages: all ages
(713) 622-6422
5959 W. Loop S. Suite 260, Bellaire, TX 77098
Provides nutritional counseling services for youth.

Texas Children’s Hospital, Eating Disorders Program
https://www.texaschildrens.org/departments/adolescent-medicine/eating-disorders-program
Ages: 12 to 24
Fannin: (832) 822-4887 Barker: (832) 822-4888
6701 Fannin St., Houston, TX 77030 & 18200 Katy Fwy Houston, TX 77094
A continuum of care for patients who struggle with eating disorders. There are outpatient and inpatient treatment options.

Walker Wellness Clinic
http://www.walkerwellness.com
Ages: 13 and up
(877) 899-7254
12200 Preston Road, Dallas, TX 75230
Comprehensive eating disorder treatment, and intensive outpatient programs.
SPECIALTY SERVICES

GRIEF & TRAUMA

Bering Support Network
http://www.beringsupportnetwork.org
Ages: all ages
(713) 526-1017 x 206
1440 Harold St., Houston, TX 77006
Serves the HIV and LGBT communities and their friends and families by providing spiritual support, pastoral counseling, and peer support groups including grief recovery, HIV support, gay shame workshops, and healthy relationships.

Bo’s Place
www.bosplace.org
Ages: 3 and up
(713) 942-8339
10050 Buffalo Speedway, Houston, TX 77054
Grief support services to children and family, community education, information, and referrals

Center for Success and Independence
http://www.tcsi.org
Ages: 12 to 17
(713) 426-4545
3722 Pinemont Dr., Houston, TX 77018
Residential treatment center for adolescents with behavioral issues, substance use, and/or trauma.

Children’s Grief Education Association
http://www.childgrief.org
Ages: all ages
(832) 576-2526
Call for Location
Offers education and support groups for those children dealing with grief.

DePelchin Children’s Center
https://www.depelchin.org
Ages: all ages
(713) 730-2335
4950 Memorial Dr., Houston, TX 77007
Provides foster care and adoption services, community-based counseling for Harris county families, trauma treatment, and parenting education.

Trauma and Grief Center for Youth
https://med.uth.edu/psychiatry/research/tag/
Ages: 7 to 17
(832) 822-3829
6701 Fannin St., Houston, TX 77030
A National Child Traumatic Stress Network treatment center providing risk screening, assessment, and interventions for youth who have experienced traumas and/or losses.

HIV & AIDS

Bering Support Network
http://www.beringsupportnetwork.org
Ages: all ages
(713) 526-1017 x 206
1440 Harold St., Houston, TX 77006
Serves the HIV and LGBT communities and their friends and families by providing spiritual support, pastoral counseling, and peer support groups including grief recovery, HIV support, gay shame workshops, and healthy relationships.

Center for AIDS Information & Advocacy
http://www.centerforaids.org
Ages: all ages
(713) 527-8219
1415 California St., Houston, TX 77006
Offers HIV & AIDS information and referrals.

Gulf Coast Center
http://gulfcoastcenter.org/
Ages: all ages
Hotline: (866) 729-3848  Main: (877) 226-8780
2352 E. Mulberry, Angelton, TX 77515 &
3201 FM 2004, Texas City, TX 77591
Services, programs, and employment assistance for individuals with intellectual and developmental disabilities, mental illness, HIV, or substance use.

Legacy Community Health
http://www.legacycommunityhealth.org/
Ages: all ages
(832) 548-5000
Multiple Locations
Legacy identifies unmet needs and gaps in health-related services and develops client-centered programs to address those needs.
SPECIALTY SERVICES

The Montrose Center
http://www.montrosecenter.org/hub/
Ages: all ages
(713) 529-0037 or (713) 529-3211
401 Branard St., Houston, TX 77006
LGBT support, counseling, helpline, outpatient drug and alcohol treatment, teen support groups, and HIV/AIDS support.

Thomas Street Health Center
Ages: all ages
(713) 873-4000
2015 Thomas St., Houston, TX 77009
An HIV & AIDS clinic that provides psychological and medical care as well as social services to those who have been diagnosed with HIV/AIDS.

MENTAL & PHYSICAL WELLNESS

Mindful Being
https://www.mindfulbeinghouston.com/
Ages: 12 and up
(713) 443-6273
550 Post Oak Blvd. Suite 430, Houston, TX 77057
Mindfulness classes for adults and youth, including guided instruction, meditation practice, group discussion, walking meditation, and dealing with challenging emotions and thoughts.

Yoginos
http://www.yoginos.com/
Ages: 4 to 18
(361) 563-7448
803 Marshall St., Houston, TX 77006
Offers yoga classes for youth.

LGBTQ

Bering Support Network
http://www.beringsupportnetwork.org
Ages: all ages
(713) 526-1017 x 206
1440 Harold St., Houston, TX 77006
Network that serves the HIV and LGBT communities and their friends and families, by providing spiritual support, pastoral counseling, and peer support groups including grief recovery, HIV support, gay shame workshops, and healthy relationships

The Montrose Center
http://www.montrosecenter.org/hub/
Ages: all ages
(713) 529-0037 or (713) 529-3211
401 Branard St., Houston, TX 77006
LGBT support, counseling, helpline, outpatient drug and alcohol treatment, teen support groups, and HIV/AIDS support.

OBSESSIVE-COMPULSIVE DISORDER

Houston OCD Program
houstonocdprogram.org
Ages: all ages
(713) 526-5055
708 E. 19th St., Houston, TX 77008
Offers specialty treatment for anxiety, phobias and depression, as well as an adolescent intensive outpatient program.

Peace of Mind Foundation
http://www.peaceofmind.com/
Ages: all ages
(832) 474-1327
708B E. 19th St., Houston, TX 77009
Improves the quality of life of OCD sufferers and caregivers through education, research, support, and advocacy.
SPECIALTY SERVICES

SUBSTANCE USE

Association for the Advancement of Mexican Americans
https://www.aama.org
Ages: 4 to 18
(713) 967-6700
6001 Gulf Fwy, Building E, Houston, TX 77023
Alcohol and substance use prevention and treatment for teens.

Center for Success and Independence
http://www.tcsi.org
Ages: 12 to 17
(713) 426-4545
3722 Pinemont Dr., Houston, TX 77018
Residential treatment center for adolescents with behavioral issues, substance use, and/or trauma.

Coalition of Behavioral Health Services
http://www.cbhshouston.org
Ages: 14 to 18
(713) 426-2637 x 4511
501 Garden Oaks Blvd., Houston, TX 77018
Online information for teens on how to help parents or friends struggling with addiction, substance use treatment and prevention tips.

The Council on Recovery
http://www.councilonrecovery.org
Ages: all ages
(713) 942-4100
303 Jackson Hill St., Houston, TX 77007
Clinical screening and assessment, referrals, therapy for both individual and family, support groups, and a teen hang out program.

Gulf Coast Center
http://gulfcoastcenter.org/
Ages: all ages
Hotline: (866) 729-3848 Main: (877) 226-8780
2352 E. Mulberry, Angelton, TX 77515 &
3201 FM 2004, Texas City, TX 77591
Providing services, programs, and employment assistance for individuals with intellectual and developmental disabilities, mental illness, HIV, or substance use.

InnerWisdom Counseling Center
http://www.innerwisdom.com
Ages: all
(713) 592-9292
10777 Stella Link Rd., Houston, TX 77025
Providing hope, encouragement and self-confidence through counseling, education, and dedication.

Odyssey Houst - Cenikor
www.cenikor.org/locations
Ages: 12 and up
(713) 726-0922
5629 Grapevine St., Houston, TX 77085
Offers inpatient substance use

Tri-County Services
http://www.tricountyservices.org/
Ages: 4 and up
(800) 550-8408
Crisis Hotline: (800) 659-6974
Montgomery, Walker and Liberty Counties
Emergency treatment center.

Unlimited Visions
http://www.unlimitedvisions.org/
Ages: 12 and up
(713) 921-2276
Multiple Locations
Provides substance abuse treatment for youth, adolescents and adults, including residential care, groups, outpatient care and prevention programs.

Cypress Creek Hospital
http://www.cypresscreekhospital.com
Ages: 13 to 17
Assessment: (281) 586-7600
Admissions: (281) 586-5956
17750 Cali Dr., Houston, TX 77090
Inpatient, outpatient and chemical dependency care.

West Oaks Hospital
http://www.westoakshospital.com
Ages: 6 and up
(713) 995-0909
6500 Hornwood Dr., Houston, TX 77074
Offers inpatient care, day treatment care, therapy, education and support groups for children and adolescents, as well as chemical dependency services for adolescents and an outpatient center.
SPECIALTY SERVICES, EDUCATION & TRAINING

**Turning Point Inc.**
[http://www.ttpi.net](http://www.ttpi.net)
Ages: 13 to 17
(713) 773-3280
Multiple Locations
A substance abuse program for adolescents that lasts 13 to 24 weeks.

**New Dimensions Day Treatment Centers**
[http://www.newdimensionsdayhospital.com](http://www.newdimensionsdayhospital.com)
Ages: 13 to 18
Clear Lake: (281) 333-2284
Woodlands: (800) 685-9796
1345 Space Park Dr. Suite C, Houston, TX 77058
111 Vision Park Blvd. Suite 260, Shenandoah, TX 77384
Provides adolescent behavioral health and chemical dependency programs.

**Kingwood Pines Hospital**
[http://www.kingwoodpines.com](http://www.kingwoodpines.com)
Ages: 5 to 17
(281) 404-1001
2001 Ladbrook Dr., Kingwood, TX 77035
Inpatient crisis services, family therapy and discharge planning for children and adolescents.

**The Montrose Center**
Ages: all ages
(713) 529-0037 or (713) 529-3211
401 Branard St., Houston, TX 77006
LGBT support, counseling, helpline, outpatient drug and alcohol treatment, teen support groups, and HIV/AIDS support.

**TRANSITION SERVICES**
(Support for youth aging out of foster care)

**Boys & Girls Harbor**
[www.boysandgirlsharbor.org](http://www.boysandgirlsharbor.org)
Ages: All ages
(713) 688-6262
8100 Washington Ave. Ste. 120 Houston, TX 77007
Non-profit home for children in need that also provides transition services for youth age 16 and up.

**Catholic Charities of the Archdiocese of Galveston-Houston**
[http://www.catholiccharities.org](http://www.catholiccharities.org)
Ages: all ages
(713) 526-4611
2900 Louisa St., Houston, TX 77006
Adoption, housing, crisis care, healthcare, and counseling for homeless youth.

**Covenant House Texas**
[https://www.covenanthousetx.org/](https://www.covenanthousetx.org/)
Ages: up to 17
(713) 523-2231
1111 Lovett Blvd., Houston, TX 77006
Offers transitional housing, crisis care, healthcare, and counseling for homeless youth.

**DePelchin Children’s Center**
[https://www.depelchin.org](https://www.depelchin.org)
Ages: all ages
(713) 730-2335
4950 Memorial Dr., Houston, TX 77007
Provides foster care and adoption services, community-based counseling for Harris county families, trauma treatment, and parenting education.

**Northwest Assistance Ministries**
[www.namonline.org](http://www.namonline.org)
Ages: all ages
Main: (281) 885-4555
Basic Needs Assistance: (281) 583-5600
Family Violence Center: (281) 885-4677
15555 Kuykendahl, Houston, TX 77090
Providing emergency basic needs, housing assistance, children’s clinic, and family center.
SPECIALTY SERVICES, EDUCATION & TRAINING

Family Houston
www.familyhouston.org
Ages: all ages
(713) 861-4849
4625 Lillian St., Houston, TX 77007
Provides case management, counseling, employment and financial services, veterans' services, substance abuse prevention and transition services for youth.

Galveston Child Youth Services Directory
Ages: up to 17
(409) 770-5508
A directory of community services with focus on youth welfare and foster care.

Northwest Assistance Ministries
www.namonline.org
Ages: all ages
Main: (281) 885-4555
Basic Needs Assistance: (281) 583-5600
Family Violence Center: (281) 885-4677
15555 Kuykendahl, Houston, TX 77090
Providing emergency basic needs, housing assistance, children's clinic, and family center.

Star of Hope
http://www.sohmission.org
Ages: all ages
(713) 748-0700
Multiple Locations
Provides emergency shelters and transitional living centers for homeless men, women, and families.

Baylor Teen Health Clinic
https://www.bcm.edu/healthcare/care-centers/teen-health-clinic
Ages: 12 and up
(713) 440-7456
Multiple Locations
Provides pregnancy testing, prenatal care, family planning, sexually transmitted diseases testing, HIV/AIDS education and screening, primary healthcare, and case management services to teens, their partners, and children.

ChildBuilders
http://childbuilders.org/
Ages: all ages
(713) 481-6555
2425 Fountain View Dr. Suite 210, Houston, TX 77057
Offers training for children that promotes healthy decision-making skills proven to prevent risky behaviors and abuse.

Children's Assessment Center
http://www.cachouston.org/
Ages: up to 17
(800) 252-5400 or (713) 986-3300
2500 Bolsover St. Houston, TX 77005
Crisis intervention, forensic services, therapy and psychological services for individuals and families affected by sexual abuse, in addition to community outreach and education.

The Council on Recovery
http://www.councilonrecovery.org
Ages: 13 and up
(713) 942-4100
303 Jackson Hill St. Houston, TX 77007
Provides clinical screening and assessment, referrals, therapy for both individual and family, support groups, as well as a teen hang out program.
Family Houston
www.familyhouston.org
Ages: 13 and up
(713) 861-4849
4625 Lillian St. Houston, TX 77007
Provides education, case management, counseling, employment services, financial services, substance abuse prevention and veterans' assistance programs.

Legacy Community Center
http://www.legacycommunityhealth.org/
Ages: 13 and up
(832) 548-5000
Multiple Locations
A Federally Qualified Health Center, Legacy provides a variety of physical and mental health services to all ages.

Mental Health America of Greater Houston
www.mhahouston.org
Ages: 12 and up
(713) 523-8963
2211 Norfolk Ste. 810 Houston, TX 77098
Provides suicide prevention training for youth, and various trainings for adults on children’s mental health and suicide prevention, including Youth Mental Health First Aid.

National Alliance on Mental Illness (NAMI) - Greater Houston
https://namigreaterhouston.org
Ages: 12 and up
(713) 970-4419
3630 W. Dallas Ste. 140 Houston, TX 77019
Family-to-family, peer-to-peer education, and support groups for those suffering from a mental illness.

Northwest Assistance Ministries
www.namonline.org
Ages: all ages
Main: (281) 885-4555
Family Violence Center(direct): (281) 885-4673
Family Violence Center(toll free): (888)750-4673
Housing Services Program: (281) 885-4595
15555 Kuykendahl, Houston, TX 77090
Providing emergency basic needs, housing assistance, children’s clinic, and family center for all ages.

EDUCATION & TRAINING

Harris Center for Mental Health and IDD
https://www.theharriscenter.org/
Ages: 3 and up
(713) 970-7000
9401 SW Fwy. Houston, TX 77074
Provides assessment, counseling, case management, psychiatric services, skills training, as well as school-based programs for those living with mental illness in Harris County.

HoustonNVC
http://www.houstonnvc.org/
Ages: 13 and up
(713) 884-3131
708 E. 19th St. Houston, TX 77008
Focuses on compassion and teaching nonviolent communication to resolve conflicts, create harmony in relationships and build lasting peace.

Interface-Samaritan Counseling Center
houstonsamaritan.org
Ages: 13 and up
(713) 626-7990
Multiple Locations
Provides counseling, community education, and clinical consultation.
Peace of Mind Foundation
http://www.peaceofmind.com/
Ages: 12 and up
(832) 474-1327
708 E 19th St. Houston, TX 77008
The Peace of Mind Foundation’s mission is to help improve the quality of life of OCD sufferers and caregivers through education, research, support, and advocacy.

Family Houston
www.familyhouston.org
Ages: 13 and up
(713) 861-4849
4625 Lillian St. Houston, TX 77007
Provides education, case management, counseling, employment services, financial services, substance abuse prevention and veterans’ assistance programs.

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https://www.theharriscenter.org/
Ages: 3 and up
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9401 SW Fwy. Houston, TX 77074
Provides assessment, counseling, case management, psychiatric services, skills training, as well as school-based programs for those living with mental illness in Harris County.

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Ages: 13 and up
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708 E. 19th St. Houston, TX 77008
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Interface-Samaritan Counseling Center
houstonsamaritan.org
Ages: 13 and up
(713) 626-7990
Multiple Locations
Provides counseling, community education, and clinical consultation.

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http://www.legacycommunityhealth.org/
Ages: 13 and up
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Multiple Locations
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