



**CENTER FOR** | **MENTAL HEALTH AMERICA  
OF GREATER HOUSTON**  
**SCHOOL BEHAVIORAL HEALTH**

**THE  
EMOTIONAL  
BACKPACK  
PROJECT**



**#whatsinyourbackpack**

**#SELbackpack**

# **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/emotional-backpack-project](http://www.mhahouston.org/emotional-backpack-project)**





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:  
[www.mhahouston.org/emotional-backpack-project](http://www.mhahouston.org/emotional-backpack-project)



# TABLE OF CONTENTS

<b>I. CRISIS INTERVENTION</b>	<b>2</b>
<b>II. GENERAL SERVICES</b>	<b>5</b>
COUNSELING.....	5
INTEGRATED CARE .....	7
SUPPORT GROUPS.....	8
<b>III. SPECIALTY SERVICES</b>	<b>9</b>
ADD/ADHD .....	9
BULLYING PREVENTION.....	9
CHILD ABUSE .....	9
DEVELOPMENTAL DISABILITIES.....	10
EATING DISORDERS.....	11
GRIEF & TRAUMA .....	11
HIV & AIDS .....	12
LGBTQ.....	12
OCD.....	13
MENTAL & PHYSICAL WELLNESS.....	13
SUBSTANCE USE .....	13
TRANSITION SERVICES.....	15
<b>IV. EDUCATION &amp; TRAINING</b>	<b>16</b>



## CRISIS INTERVENTION

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### **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) 986-3299

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**

<https://crisishotline.org>

Ages: all ages

(713) 533-4500 or (713) 468-5463

1300 Bay Area Blvd., Houston, TX 77058

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: (877) 226-8780

2352 E. Mulberry, Angleton, 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**

<http://www.mhmraharris.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

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### **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 children's 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**

<http://www.houstoncit.org/mental-health-division-2/>

Ages: all ages

(713) 884-3131

Crisis intervention for mental health related emergencies.

### **IntraCare Behavioral Health North Hospital**

<http://www.intracare.org/>

Ages: 6 to 17

(281) 893-7200

1120 Cypress Station Dr., Houston, TX 77090

Mental health care for children (6-12 years; inpatient and day treatment) and adolescents (13-17 years; inpatient and partial hospitalization, substance use treatment).

### **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**

<http://www.mhmraharris.org/Mobile-Crisis-Outreach-Team.asp>

Ages: 3 and up

(713) 970-7520

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

(800) 273-8255

A 24/7 crisis and suicide prevention hotline.

### **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)

885-4674

15555 Kuykendahl, Houston, TX 77090

Providing emergency basic needs, housing assistance, children's clinic, and a family center.

### **Santa Maria Hostel**

<http://www.santamariahospel.org>

Ages: all ages

(713) 691-0900

2605 Parker Rd., Houston, TX 77093

Offers addiction, recovery, housing, prevention and intervention programs for women.

### **Teen Crisis Hotline**

<https://www.crisishotline.org>

Ages: all ages

(713) 529-8336 or (713) 526-8088

Suicide prevention and 24/7 Crisis Intervention for all ages.



## CRISIS INTERVENTION

### **Texana Center**

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

Ages: 3 and up  
(800) 633-5686  
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**

[http://www.dfps.state.tx.us/Youth\\_Hotline/](http://www.dfps.state.tx.us/Youth_Hotline/)

Ages: up to 17  
(800) 989-6884 Text: (512) 872-5777  
Offers crisis counseling and shelter referrals for  
runaway youth.

### **Tri-County Services**

<http://www.tricountyservices.org/>

Ages: 4 and up  
(800) 659-6994 or (800) 550-8408  
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.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  
for children aged 6-12.

### **Westpark Springs Hospital**

<http://www.westparksprings.com/>

Ages: 12 and up  
(832) 504-9840  
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.

#### **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.

#### **Family Houston**

[www.familyhouston.org](http://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://gulfoastcenter.org/>

Ages: all ages

Hotline: (866) 729-3848 Main: (877) 226-8780

2352 E. Mulberry, Angleton, 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**

<http://www.mhmraharris.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**

<http://www.talkhgi.org>

Ages: all ages

(713) 526-8390

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.

#### **Interface-Samaritan Counseling Center**

[houstonsamaritan.org](http://houstonsamaritan.org)

Ages: all ages

(713) 626-7990

Multiple Locations

Provides counseling, community education, and clinical consultation.

#### **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 Ladbrook Dr., Kingwood, TX 77035  
Inpatient crisis services, family therapy and discharge planning for children and adolescents.

### **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](http://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.

### **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) 885-4673  
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  
(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 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) 659-6994 or (800) 550-8408  
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) 504-9840  
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.

#### **Avida Care Services**

<http://avidacareservices.com/>

Ages: all ages

(713) 910-0296

3003 S. Loop W. Suite 320, Houston, TX 77054

Home health care and psychiatric home management for both adults and youths with physical and mental health needs.

#### **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 (STD) testing HIV/AIDS education and screening, primary healthcare, and case management services to teens, their partners, and children.

#### **Bee Busy Wellness Center**

<http://www.mybbwc.org/index.html>

Ages: all ages

(713) 771-2292

Multiple Locations

Offers primary care for children and adults, as well as immunizations and dental care.

#### **Harris Health System**

<http://www.harrishealth.org>

Ages: all ages

(713) 526-4343

Multiple Locations in Harris County

Therapy, psychiatric and medical services provided for all ages.

#### **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.

#### **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)

885-4676

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.

#### **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 address 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**

[www.dbsahouston.org](http://www.dbsahouston.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) - Greater Houston**

<https://namigreaterhouston.org>

Ages: 12 and up  
(713) 970-4419  
3630 W. Dallas Suite 140, Houston, TX 77019  
Family-to-family, peer-to-peer education, and support groups for those suffering from a mental illness

**Nick Finnegan Counseling Center**

[finnegancounseling.org](http://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.

**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)

**ASPIE of Houston - Asperger Syndrome Parent- Professional Information Exchange.....10**

**Attention Deficit Disorders Association Southern Region.....9**

**Bering Support Network.....11, 12, 13**

**Bo's Place.....11**

**Children and Adults with AD/HD (CHADD) Greater Houston.....9**

**Children's Grief Education Association....12**

**Council on Recovery, The.....14, 16**

**Montrose Center, The.....12, 13, 14**

**Peace of Mind Foundation.....15**

**Unlimited Visions.....15**

**West Oaks Hospital.....15**



## **SPECIALTY SERVICES**

**ADD/ADHD, BULLYING PREVENTION,  
CHILD ABUSE**

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### **ADD/ADHD**

#### **Attention Deficit Disorders Association Southern Region**

<http://www.adda-sr.org/>

Ages: all ages

(281) 897-0982

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

(281) 265-7445

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.

#### **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 that provides the Tug for Life program, a bullying prevention program for schools.

#### **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

(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.

#### **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

Hotline: (281) 342-4357 Main: (281) 344-5750

Call for Location

An emergency shelter and 24/7 crisis hotline, with counseling, legal and medical support for those affected by domestic violence.

#### **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

### ASPIE of Houston - Asperger Syndrome Parent- Professional Information Exchange

<http://www.aspieinfo.com/>

Ages: all ages

(832) 721-8537

12955 Memorial Dr., Houston, TX 77079 &

16755 SW Fwy. Sugar Land, TX 77479

Offers resources and support groups for parents and professionals related to children, teens and adults on the Autism Spectrum.

### 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

<http://bit.ly/2cSKa9F>

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.eastersealshouston.org>

Ages: birth to 21

(713) 838-9050

4500 Bissonet Suite 340, Bellaire, TX 77401

A variety of services that aim to improve the lives of children who live with all types of disabilities.

### 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

<http://www.familytofamilynetwork.org/>

Ages: up to 17

(713) 466-6304 or (800) 252-5400

13150 FM 529 Suite 106, Houston, TX 77041

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, Angleton, 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

<http://www.mhmraharris.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

### International Dyslexia Association - Houston Branch

<http://www.houstonida.org>

Ages: all ages

(832) 282-7154 or (800) 628-5115

P.O. Box 540504, Houston, TX 77254

Provides dyslexia education and referral 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>

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) 659-6994 or (800) 550-8408  
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) 264-3700  
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  
5225 Katy Fwy Suite 4115, Houston, TX 77007  
Comprehensive eating disorder treatment, and intensive outpatient programs.

## **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](http://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  
(713) 486-2714  
1941 East Rd., Houston, TX 77054  
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.

### **Montrose Center, The**

<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**

<https://www.harrishealth.org/en/services/locations/pages/thomas-street-health-center.aspx>

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.

## **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.



## SPECIALTY SERVICES

**LGBTQ, MENTAL & PHYSICAL WELLNESS,  
OBSESSIVE-COMPULSIVE DISORDER,  
SUBSTANCE USE**

### Montrose Center, The

<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.

### 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.

### OBSESSIVE-COMPULSIVE DISORDER

#### Houston OCD Program

[houstonocdprogram.org](http://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.

### 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.

#### Council on Recovery, The

<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.

#### 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.



#### **Gulf Coast Center**

<http://gulfcoastcenter.org/>

Ages: all ages

Hotline: (866) 729-3848 Main: (877) 226-8780  
2352 E. Mulberry, Angleton, 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.

#### **IntraCare Behavioral Health North Hospital**

<http://www.intracare.org/>

Ages: 6 to 17

(281) 893-7200

1120 Cypress Station Dr., Houston, TX 77090

Mental health care for children (inpatient and day treatment) and adolescents (inpatient and partial hospitalization, substance use treatment).

#### **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.

#### **Montrose Center, The**

<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.

#### **New Dimensions Day Treatment Centers**

<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.

#### **Odyssey House - Cenikor**

[www.cenikor.org/locations](http://www.cenikor.org/locations)

Ages: 12 and up

(713) 726-0922

5629 Grapevine St., Houston, TX 77085

Offers inpatient substance use treatment.

#### **Palmer Drug Abuse Program**

<http://pdaphouston.org/>

Ages: 12 to 25

(281) 589-4832 or (281) 589-4602

Call for Location

Offers a 12 Step Peer support program.

#### **Santa Maria Hostel**

<http://www.santamariahostel.org>

Ages: all ages

(713) 691-0900

2606 Parker Rd., Houston, TX 77093

Offers addiction, recovery, housing, prevention and intervention programs for women.

#### **Tri-County Services**

<http://www.tricountyservices.org/>

Ages: 4 and up

(800) 659-6994 or (800) 550-8408

Montgomery, Walker and Liberty Counties

Emergency treatment center.

#### **Turning Point Inc.**

<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.





#### **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.

#### **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.

### **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>

Ages: all ages

(713) 526-4611

2900 Louisiana St., Houston, TX 77006

Adoption, housing, crisis care, healthcare, and counseling for homeless youth.

#### **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.

#### **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.

#### **Family Houston**

[www.familyhouston.org](http://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**

<http://bit.ly/2tX23My>

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](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.

#### **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.

### **Bee Busy Wellness Center**

<http://www.mybbwc.org/index.html>

Ages: 13 and up  
(713) 771-2292

Multiple Locations

Provides education and awareness around HIV & AIDS prevention.

### **Bo's Place**

[www.bosplace.org](http://www.bosplace.org)

Ages: 13 and up  
(713) 942-8339

10050 Buffalo Speedway, Houston, TX 77054  
Grief support services to children (3-18 yrs.) and family, community education, information, and referral services.

### **Center for AIDS Information & Advocacy**

<http://www.centerforaids.org>

Ages: 13 and up  
(713) 527-8219

1415 California St. Houston, TX 77006  
Offers HIV & AIDS information and referrals.

### **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.

### **Council on Recovery, The**

<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.

### **Disability Rights Texas**

<https://www.disabilityrightstx.org/>

Ages: 13 and up

(800) 252-9108

Multiple Locations

Provides legal protection, education, and advocacy to people with disabilities.

### **Family Houston**

[www.familyhouston.org](http://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.

### **Harris Center for Mental Health and IDD**

<http://www.mhmraharris.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](http://houstonsamaritan.org)

Ages: 13 and up

(713) 626-7990

Multiple Locations

Provides counseling, community education, and clinical consultation.

### **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](http://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](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 for all ages.

### **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.

### **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.

Download a digital version of the Youth Mental Health Resource Guide and access Mental Health Toolkits at:

[www.mhahouston.org/emotional-backpack-project](http://www.mhahouston.org/emotional-backpack-project)



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