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
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
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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) 986-3299  
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, 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  
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.
**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  
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.santamariahostel.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/
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 Lousiana 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
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: (877) 226-8780
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
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
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
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
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
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/texasc-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.
GENERAL SERVICES
INTEGRATED CARE, SUPPORT GROUPS

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
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
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.

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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
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.
hhttps://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
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, 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
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 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.

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
(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.

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
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
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, 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.

**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.

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

**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).

**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.

**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.

**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.

**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.

**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.
**SPECIALTY SERVICES**

**SUBSTANCE USE, TRANSITION SERVICES**

**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  
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 Lousiana 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  
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.

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
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
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.mhmrharris.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.
EDUCATION & TRAINING

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.

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
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