

Counseling Resources



If you have insurance, you may want to contact your provider for their list of therapists who specialize in grief counseling, working with children or adolescents, anger management, or any other specialty that will meet your needs. This resource list is provided for information purposes only and is not an endorsement of the organizations listed or the services provided.

Non-Profit Counseling Resources:

- **Carole and Ronald Krist Samaritan Counseling Center**

Services include individual and family counseling, psychological testing, education, and professional training programs. Locations in Houston, Galveston, Katy, Pearland and The Woodlands. Some locations have bilingual services.

- Phone: 281-480-7554
- Website: www.samaritanhouston.org

- **Catholic Charities of the Archdiocese of Galveston-Houston**

A multi-service agency with a wide range of social services and educational programs. Services include individual, couple and family counseling. Some programs are faith based from a Catholic perspective. Locations in Houston, Spring, Stafford, and West Houston. Bilingual services.

- Phone: 713-526-4611
- Website: www.catholiccharities.org

- **Depelchin Children's Center**

Services include counseling for children ages 3-18 and their families. Locations in Houston, Brookshire, and Stafford. Bilingual services.

- Phone: 713-730-2335
- Website: www.depelchin.org/

- **Family Houston**

A multi-service agency with a wide range of social services and educational programs. Services include counseling for individuals and families. Locations in the Bay Area, Houston, Stafford, and The Woodlands. Bilingual services.

- Phone: 713-861-4849
- Website: www.familyhouston.org

- **Hope & Healing Center & Institute**

Offers free mental health services including support groups, mental health coaching, case management and other services. Houston area.

- Phone: 713-871-1004 Ext. 570 (Behavioral and Mental Health Line)
- Website: www.hopeandhealingcenter.org

- **Houston Galveston Institute**

Non-profit offering individual, family and group counseling. Locations in Houston and Richmond. Bilingual services.

- Phone: 713-526-8390
- Website: www.hgicounseling.org





- **Innovative Alternatives**

Offers counseling and other services for individuals, couples, and families. Victim Assistance Program provides 8 free therapy sessions and up to 18 hours of free workshops and/or group sessions to any crime victim, family member, or eye witness who is experiencing trauma reactions to a crime. Offers services in both Christian and secular formats. Clear Lake Area.

- Phone: 713-222-2525
- Website: www.innovativealternatives.org

- **Jewish Family Services**

Multi-service agency with a wide range of social services and educational programs. Services include individual, couple and family counseling. Some programs are faith based from a Jewish perspective. Houston area.

- Phone: 713-667-9336
- Website: www.jfshouston.org

- **Legacy Community Health**

Offers medication management, testing and therapy for children, teens and adults. Locations in Baytown, Beaumont and Houston. Bilingual Services.

- Phone: 713-351-7360
- Website: www.legacycommunityhealth.org

- **Nick Finnegan Counseling Center**

Services include individual, couple and family counseling, support groups and workshops. Houston area.

- Phone: 713-402-5046
- Website: www.finnegancounseling.org

- **Shield Bearer Counseling Centers**

Counseling services include Marriage and Family Counseling and Trauma Recovery. Other services include seminars, retreats and workshops. Locations in Conroe, Cypress, Houston, The Woodlands and Tomball. Bilingual services.

- Phone: 281-894-7222
- Website: www.shieldbearer.org

- **The Center for Postpartum Family Health**

Services include individual and family counseling, psychotherapy, screening and assessment for perinatal challenges. Locations in Houston and The Woodlands.

- Phone: 713-561-3884
- Website: www.cpfh.org

- **The Council on Recovery**

Provides support, information, and treatment to all who may be adversely affected by alcohol, drugs, and addiction-related issues. Services include individual and family counseling. Houston Area.

- Phone: 713-914-0556
- Website: www.councilonrecovery.org

- **The Montrose Center**

A multi-service agency with a focus on LGBTQ communities offering a wide range of social services and educational programs. Services include individual, family, and group counseling. Houston area. Bilingual Services.

- Phone: 713-529-0037
- Website: www.montrosecenter.org/





- **UH-ADAPT (Adolescent Diagnosis, Assessment, Prevention and Treatment) Center**

Provides assessments, individual and group therapy for adolescents (age 12-17) and parent-focused groups for the parents. The services are provided mostly by students in training under supervision. Houston area. Bilingual services.

- Phone: 713-743-0950
- Website: www.uh.edu/class/psychology/clinical-psych/research/dpl/adapt/

- **UTHealth Trauma and Resilience Center**

Multidisciplinary treatment, research, and education center devoted to helping people who are experiencing psychological problems in the aftermath of traumatic life experiences. Houston area. Bilingual services.

- Phone: 713-486-2630
- Website: <https://med.uth.edu/psychiatry/research/centers/trauma-and-resilience-center/>

Other Social Services:

- **Boys Town National Hotline**

A crisis, resource and referral service for children, teens and parents available via call, text, chat or email. The Boys Town National Hotline is open 24 hours a day, 365 days a year, and it is accredited by the American Association of Suicidology. Spanish-speaking counselors and translation services representing more than 140 languages are available.

- Phone: 800-448-3000
- Website: www.boystown.org/hotline and www.yourlifeyourvoice.org

- **Crisis Intervention of Houston**

Crisis intervention, counseling, and referral. Survivors of Suicide Group. Open 24 hours. Spanish speaking available 24 hours.

- Hotline: 832-416-1177
- Business: 713-527-9864
- Teen: 832-416-1199
- Website: www.crisishotline.org

- **Mental Health America of Greater Houston**

Provides an online guide for community mental health resources.

- Website: www.mhahouston.org
- PDF of the guide: https://mhahouston.org/wp-content/uploads/2017/10/The_Guide__2015-17_FINAL_PDF_Rotated.pdf

- **Mental Health Texas**

Offers help finding mental health resources near you and has information on mental health conditions, hotline numbers, social services, and other resources. The website can be viewed in over 50 different languages.

- Website: <https://mentalhealthtx.org>





- **NAMI Greater Houston SEA Center (National Alliance on Mental Illness Support, Education, & Advocacy Center)**

Offers free mental health support groups and education classes. The SEA Center Warm Line is a peer-run line dedicated to providing support, education and advocacy through opportunities and resources for individuals to help them find their own path to mental health recovery. Some services offered in Spanish.

- Warm Line: 713-970-4483
- Website: www.namigreaterhouston.org/s-e-a/

- **Project CHANGE**

Provides intensive case management wraparound services for youth and young adults (ages 3-20) that have not benefited from traditional interventions in the past. Services include 24-hour crisis support, assessment, in-home counseling, psychiatric services, respite, and transportation assistance. Outpatient clinics located within Harris County.

- Email: projectchange@theharriscenter.org
- Website: <https://theharriscenter.org/project-change>

- **The Harris Center for Mental Health and IDD**

Comprehensive Psychiatric Emergency Program includes a 24-hour Crisis Line that provides counseling via telephone for crisis situations as well as referrals for mental health treatment and IDD (intellectual or developmental disability). Psychiatric Emergency Services offered at the Neuropsychiatric Center in the Houston Medical Center 24 hours a day, 7 days a week, serving adults, adolescents, and children with an emergent or urgent psychiatric condition. Services include assessment, evaluation and stabilization. Houston Area. Bilingual services.

- Phone: 866-970-4770
- Website: www.theharriscenter.org

- **United Way Information and Referral Services**

Information on social services for adults and children.

- Helpline: 713-957-4357 or 211
- Website: www.unitedwayhouston.org
- Bay Area: 281-282-6000
- Stafford: 281-207-2300
- Waller: 281-822-4200

