

# Community Resource Guide

## Updated June 2022

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## **Crisis Intervention**

### **CRISIS HOTLINES**

**UTHealth Clinic and After-Hours Line: (713) 486-2700**

**Suicide Prevention Hotline: 800-273-8255**

**Suicide Prevention Hotline (Spanish-speaking): 1-888-628-9454**

**Crisis Intervention of Houston: (832) 416-1177**

**Harris Center for Mental Health Hotline: (713)970-7000, dial option 1**

### **Additional information**

Crime Victim Compensation Program (800) 983-9933

<b>Name</b>	<b>Contact Info</b>	
Crisis Intervention of Houston, Crisis Hotline	2990 Richmond Ave #444, Houston, TX 77098 832-416-1177 <a href="https://www.crisishotline.org/">https://www.crisishotline.org/</a>	The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.
Harris Center for Mental Health Hotline	(713) 970-7000, dial option 1 <a href="https://www.theharriscenter.org/">https://www.theharriscenter.org/</a>	For those experiencing a mental health or IDD-related crisis or if you are a current client and have an after-hours medication concern.  Assessments, Mental Health, Psychiatric Services
National Suicide Prevention Line	1-800-273-8255	National network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week

Suicide Prevention Hotline (Spanish Speaking)	1-888-628-9454	Lifeline ofrece 24/7, servicios gratuitos en español, no es necesario hablar inglés si usted necesita ayuda.
UTHealth Clinic and After-Hours Line	713-486-2700	
UT Physicians 24-Hour Nurse Help Line	713-486-8876 UT Physicians 24-Hour Nurse Help Line	UT Physicians has a nurse advice line available 24 hours a day, 7 days a week. Registered nurses from a diverse background of medical specialties staff this multi-lingual advice line. They are ready to answer questions you may have about medical problems, medications, and treatments for you and your family. Our nurses can even contact your pharmacist or physician.
UTHealth Harris County Psychiatric Center	(713)741-5000 <a href="https://hcpc.uth.edu/">https://hcpc.uth.edu/</a>	
Mobile Crisis Outreach	(713)970-7520	
Memorial Herman Crisis Clinics	(713)338-6422 <a href="https://memorialhermann.org/services/specialties/mental-health/services">https://memorialhermann.org/services/specialties/mental-health/services</a>	

## **DBT**

<b>Name</b>	<b>Contact Info</b>	
Ben Taub	2nd floor, NPC, Ben Taub Hospital	
DBT Skills Coaching	730 N Post Oak Rd Suite 301 Houston, TX 77024 (713) 338-9138	This is an evidence-based Dialectical Behavior Therapy skills training class. I teach all four modules of DBT skills in the areas of mindfulness, emotion regulation, interpersonal effectiveness, and distress tolerance. The course follows the DBT curriculum in a classroom structure with two facilitators. Group members help each other with support and understanding of the skills, but do not process emotions or problems together. Group members are required to attend individual

		therapy to translate skills learned effectively into their daily lives.
The Menninger Clinic	12301 Main Street Houston, TX 77035 (713) 275-5178	Outpatient and IOP Services
The Center for Success and Independence	3722 Pinemont Dr, Houston, TX 77018 (713) 426-4545 tcsi.org	The Center for Success and Independence (TCSI) is an adolescent residential and intensive outpatient treatment center providing evidence-based therapy for teens with substance abuse and mental health issues. Trauma Treatment Center
The Petoskey Center	730 N Post Oak Rd, Suite 301, Houston, TX 77024 (832) 202-2283	Mondays (10am to 1:20pm) Mentalizing Chain Analysis (DBT Skills I) Interpersonal Process I Wednesdays (10am to 1:20pm) Emotion Regulation (DBT Skills II) Family Dynamics Interpersonal Process II Thursdays (10am to 1:10pm) Legacy, Identity, and the Stories We Tell Ourselves Distress Tolerance/Mindfulness (DBT Skills III) Topics in Treatment
The Prism Center Now Called Ethos Wellness Bellaire	(281) 626-5448 <a href="https://ethoswellness.com/">https://ethoswellness.com/</a>	The PRISM Dialectical Behavioral Therapy Intensive Outpatient Program (IOP) is an eight-week comprehensive treatment program designed for adolescents and adults who are experiencing considerable distress, anxiety, depression, interpersonal struggles and/or problems in coping and functioning. The program consists primarily of small group therapy supplemented with individual therapy and family or couples therapy.

The DBT Center	920 Frostwood Dr, Suite 670 & 680 Houston, TX 77024(713) 973-2800 <a href="https://houstondbtcenter.com/">https://houstondbtcenter.com/</a>	Weekly individual therapy Weekly skills group Phone Coaching Team Consultation for the Therapist
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## Education/Parenting

### *For teens*

Name	Contact Info
Children at Risk Center for Parenting and Family Well-Being	713-869-7740 <a href="http://childrenatrisk.org/parenting/">http://childrenatrisk.org/parenting/</a>

### *More at*

1. <http://www.thethreadalliance.org/resources/parenting-classes-special-populations/>
2. <http://www.houstonisd.org/site/handlers/filedownload.ashx?moduleinstanceid=186821&dataid=178336&FileName=CRG-2017-PARENT-EDUCATION-BRIEF.pdf>

## Counseling

### *Individual Providers*

Name	Contact Info	
Lisa Van Vleet, LCSW	516 Sul Ross St. Houston, TX 77006(832) 924-7571	Attachment-based Compassion Focused Culturally Sensitive Family Systems Feminist LGBTQIA+ Affirming Mindfulness-Based (MBCT) Motivational Interviewing Multicultural Person-Centered Psychoanalytic Psychodynamic Relational Strength-Based Trauma Focused Trauma Informed
Suzan Cotellesse, LPC-S	1801 Lexington St., Houston, TX 77098 713-524-0142	Addiction Anxiety Career Counseling Chronic Illness Codependency

		<p>Coping Skills          Depression          Divorce          Domestic Abuse          Domestic Violence          Emotional Disturbance          Grief          Infertility          Infidelity          Life Coaching          Life Transitions          Men's Issues          Self Esteem          Sexual Abuse          Sexual Violence          Spirituality          Stress          Women's Issues</p>
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### Agencies

Name	Contact Info	
AOC Outreach Services	<p>Office Line: (713) 434-6049            Crisis Line: (832) 886-9086            6671 SW Freeway, Suite 675, Houston, TX 77074</p> <p>Currently serving Houston and Dayton county but may expand so double check when referral is made</p>	<p>Crisis Intervention, Teaching independent living skills, Parent Trainings, Medication Management, Psychoeducation, Case Management, connection to other resources like food banks and after school programs. QMHPs provide home visits to meet with kids and provide support.</p> <p>Medicare, Superior, TX Children's Health, United, Molina</p>
Asians Against Domestic Abuse (AADA)	<p>9800 Town Park Dr.            Houston, TX 77036            (713) 339-8300</p>	<p>Counseling, Legal Referral, Court Accompaniment, Rental Assistance            Through the collaborative effort, CCC provides support services such as career training and coaching, financial literacy and coaching, and job search assistance to help referred clients achieve long-term financial stability.</p> <p>Elder Abuse in AAPI families            Mon – Fri: 8AM – 2PM            Sat – Sun: Closed</p>

Attachment & Trauma Center of Houston	101 Southwestern Blvd. Ste. 105 Sugar Land, TX 77478 (281) 903-5353	Individual child, teen and adult services
Avenue 360	Seven Locations <a href="https://avenue360.org/">https://avenue360.org/</a> (713)426-0027	HIV Treatment, Behavioral Health and Psychiatry, Dental and Oral Health Avenue 360 Health and pharmacy Wellness, a 501 (c)3 organization, is a Federally Qualified Health Center with seven clinics in the Houston region providing primary, behavioral health, and dental care to medically underserved communities.
Bo's Place	10050 Buffalo Speedway Houston, TX 77054 (713)942-8339	Grief Support groups, family groups, young adult groups, pregnancy loss group, school-based group
Catholic Charities	2900 Louisiana Street Houston, TX 77006 (713) 526-4611	Counseling groups, behavioral health, family assistance, food distribution, immigrant legal assistance, refugee services, pregnancy help and parenting services, senior services, disaster recovery programs, school counseling, refugee resettlement
Center for Creative Resources	3801 Kirby Drive, Set. 344 Houston, Tx 77098 (713)461-7599	We provide individual, couples, group, and family therapy, and we consult with local schools, businesses, agencies, and non-profit organizations.
Children's Assessment Center	2500 Bolsover St. Houston, TX 77005 (713) 986-3300	Forensic Interviewing for child sexual abuse, medical clinic, counseling, victim services and family advocacy  Multi-agency approach for prevention, investigation, and treatment for child victims of sexual abuse. Police, CPS, District Attorneys, agencies, and volunteers provide a team approach to assist victims and their families. Specially trained doctors examine child victims of abuse; if a police report has been filed, law enforcement will pay for the exam.
DAYA	3300 South Gessner Houston, TX 77063 Confidential Helpline (713)981-7645	Long-term, holistic case management Crisis intervention Long-term mental health treatment Assistance with safety planning, protective orders, police reports and public benefits Legal consultation and representation

		Financial assistance for housing, legal services, transportation, childcare and education Support provided in multiple South Asian languages
DePelchin Children’s Center		FAYS – Free short time counseling (child and family therapy) Case management, parenting groups, short term counseling (less than 6 months)
El Centro de Corazon	John S. Dunn Health center, 7635 Canal St., Houston, TX 77012 (713) 660-1880	Free dental services: Exam, cleaning & fillings, extractions, sealants. Behavioral health, psychiatric evaluation, individual therapy services, women’s health, prenatal and postpartum, pediatric primary care
Fresh Start Counseling Services	363 N. Sam Houston PKWY E Suite 1100 #5190 Houston, TX 77060  <a href="https://freshstarttherapeutic.com/">https://freshstarttherapeutic.com/</a>	Home services
Family Houston	4625 Lillian St. Houston, TX 77007 713-861-4849	Individual Counseling, Family counseling, parenting resources, veteran support, benefits assistance,
Family to Family Network	<a href="https://f2fn.org/">https://f2fn.org/</a> <a href="mailto:info@familytofamilynetwork.org">info@familytofamilynetwork.org</a> (713)466-6304	Family to Family strives to provide programs that empower families of children & youth with disabilities as they navigate the complex special education, health care and disabilities services systems. Family to Family Network helps individuals with disabilities and their family members define and achieve success for themselves and their loved ones. Through guidance and training of parents and young adults, we transform lives by helping them discover possibilities, see the potential and advocate for what they need to achieve their dreams. Our organization helps families to see potential where others see barriers. By changing attitudes and mindsets about disabilities, our organization changes lives to make sure every individual gets to live THEIR best life.
Harris County TRIAD Program	<a href="https://resources.harriscountytexas.gov/Our-Services/Services-for-At-Risk-Youth/TRIAD">https://resources.harriscountytexas.gov/Our-Services/Services-for-At-Risk-Youth/TRIAD</a>	Court Wrap, Court Liaison, JP Intake Diversion (Crisis intervention Referrals to assist families

		Comprehensive assessments Screening for placement in the Kinder Emergency Shelter for youth living with family), Parenting classes, court case management
Legacy Community Health	Multiple Locations (832) 548-5000	Behavioral Health, Medical, Dental, Vision, HIV care
Navigate Life Texas	Call 1 Use contact form on their website  <a href="https://www.navigatelifetexas.org/en/contact">https://www.navigatelifetexas.org/en/contact</a>	Disabilities support: Diagnosis, insurance and financial help, transition services for adults
The Harris Center	Multiple Locations 713-970-7000	Counseling (Adults, adolescents, and children; Individual), Psychiatric Emergency, Intellectual Disability and Autism, MH Forensic Services
The Hay Center	8915 Knight Road Houston, TX 77054 (temporary address until their new center is built)	The HAY Center, a program of Harris County Resources for Children and Adults, a public/private partnership, provides much needed services to foster youth transitioning to adulthood in our community. Our employment, education, housing, mental health and life skills programs empower current and former foster youth to be successful productive adults
Vecino's Denver Harbor Family Clinic	424 Hahlo St. Houston, TX 77020 713-674-3326 <a href="https://www.denverharborhealthcenter.org/es/">https://www.denverharborhealthcenter.org/es/</a>	Family medicine, counseling, diabetes management, maternity, sports and school exams, dentals and women's healthcare
Krist Samaritan Center for Counseling and Education	16441 Space Center Blvd 2803 53rd St. Houston, TX 77058 (281)480-7554 <a href="https://samaritanhouston.org/">https://samaritanhouston.org/</a>	Counseling, family mediation, divorce support group for children, Irlen services, speech therapy, psychological testing, and tutoring,
Houston Galveston Institute	2990 Richmond Ave, Ste 530 Houston, TX 77098 (713)526-8390 <a href="https://hgicounseling.org/">https://hgicounseling.org/</a>	Offer counseling and consultation services, including couples, family, and individual therapy. Offers counseling for abuse issues, gender and sexuality concerns, parenting, depression, HIV and chronic illness, eating disorders, immigration, trauma, and other experiences Services available even w/o legal status, services available in Spanish, outpatient treatment

		<p>Accepts United Healthcare, Oxford, Aetna, BCBS, Sigma</p> <p>No waitlist, therapist will call within 48 hours of referral</p> <p>Self-referrals accepted</p>
Jewish Family Services	<p>4131 Braeswood Blvd. Houston, TX 77025 713-667-9336 <a href="https://www.jfshouston.org/">https://www.jfshouston.org/</a></p>	<p>Provides individual, parent-child, couple and group counseling, and other support services to individuals, families, and children. Support services include psychiatric evaluation and treatment for current therapy clients and specialized outreach to the chronically mentally ill. Also, provides information and referrals. Case management, disability services, employment services, chaplaincy</p>
NAMI	<p>(713) 970-4483 <a href="https://www.namigreaterhouston.org/info@namigreaterhouston.org">https://www.namigreaterhouston.org/info@namigreaterhouston.org</a></p>	<p>SEA Center Warm Line, Support Groups &amp; Education Groups on MH Diagnoses Community Education All Ages Walk-in, Call, or Email</p>
Peace of Mind	<p><a href="mailto:info@houstonocdprogram.org">info@houstonocdprogram.org</a> <a href="https://peaceofmind.com/">https://peaceofmind.com/</a> <a href="https://peaceofmind.com/resources/houston/">https://peaceofmind.com/resources/houston/</a></p> <p>See second link for local Houston providers</p>	<p>OCD and Anxiety 7 years old and up Support Groups for OCD, Education, Advocacy, Referrals</p>
Shield Bearer Counseling Center	<p>12337 Jones Road, Suite 114 Houston, Texas 77070 (281) 894-7222 <a href="https://www.shieldbearer.org/about-us/">https://www.shieldbearer.org/about-us/</a></p>	<p>Provides licensed counseling services for survivors of human trafficking, victims of crime, military personnel, veterans and their families, and those without insurance. Provides Dating Violence Prevention, Parenting Class, addiction recovery support, Anger Management Class, Depression and Bipolar Support Group, Positive Life Practices for Teens.</p>
St Joseph's	<p>(713) 523-5958 <a href="http://www.stjosephhouse.org/info@stjosephhouse.org">http://www.stjosephhouse.org/info@stjosephhouse.org</a></p>	<p>We provide a stable environment, meaningful work in our clubhouse, transitional employment, and many styles of support.</p>
ReMind	<p><a href="https://www.remindsupport.org/">https://www.remindsupport.org/</a> Walk-ins Welcome</p>	<p>Depression and Bipolar 13 Years old and up</p>

	(713) 600-1131 <a href="https://www.remindsupport.org/info@remindsupport.org">https://www.remindsupport.org/ info@remindsupport.org</a>	Peer Support Groups for Depression and Bipolar Disorders or Symptoms
New Journey Counseling Center	2800 Broadway St., Suite C 336, Pearland, TX 77581 281-780-5821 <a href="https://newjourneycenter.org/">https://newjourneycenter.org/</a>	Individual Therapy Group Therapy Assessments  Depression, Anxiety, Panic, Stress, Trauma, etc.

### **Additional Resources for Domestic Violence**

<b>Domestic Violence Shelters</b>		
Houston Area Women’s Center	713-528-2121	<a href="http://hawc.org">hawc.org</a>
Bridge Over Troubled Waters	713-473-2801	<a href="http://thebridgeovertroubledwaters.org">thebridgeovertroubledwaters.org</a>
Fort Bend County Women’s Center	281-342-4357	<a href="http://fbwc.org">fbwc.org</a>
Women’s Resource & Crisis Center	409-763-1441	<a href="http://rccgc.org">rccgc.org</a>
<b>24 Hour Hotlines</b>		
National Domestic Violence Hotline	800-799-7233	<a href="http://thehotline.org">thehotline.org</a>
National Sexual Assault Hotline	512-267-7233	<a href="http://rainn.org">rainn.org</a>
Crisis Intervention-Suicide Hotline	713-468-5463	<a href="http://suicidepreventionlifeline.org">suicidepreventionlifeline.org</a>
An-Nisa Hope Center Helpline	832-324-9111	<a href="http://annisahopecenter.org">annisahopecenter.org</a>

<b>TX South Asian Domestic Violence Org.</b>		
Chetna	888-924-3862	<a href="http://chetna-dfw.org">chetna-dfw.org</a>
Texas Muslim Women’s Foundation	972-880-4192	<a href="http://tmwf.org">tmwf.org</a>
Asian Family Support Services of Austin	713-468-5463	<a href="http://afssaustin.org">afssaustin.org</a>

### **Hospitals & Treatment Centers**

<b>Name</b>	<b>Contact Info</b>	
West Oaks Hospital	6500 Hornwood Dr, Houston, TX 77074 (713) 995-0909 <a href="https://westoakshospital.com/">https://westoakshospital.com/</a>	Provides psychiatric care and substance abuse

		treatment for children, adolescents and adults.
Harris County Psychiatric Center	2800 S MacGregor Way, Houston, TX 77021 (713) 741-3883 <a href="https://hcpc.uth.edu/">https://hcpc.uth.edu/</a>	Inpatient and outpatient services. Provides comprehensive range of mental health services
Houston Behavioral Healthcare Hospital	2801 Gessner Rd, Houston, TX 77080 (832) 834-7710 <a href="https://www.houstonbehavioralhealth.com/">https://www.houstonbehavioralhealth.com/</a>	Acute care psychiatric hospital offering comprehensive mental health programs and services for adolescents and adults. Intensive Outpatient Programs and Partial Hospitalization Programs that can support patients as they discharge or can assist to prevent hospitalization.
Memorial Hermann Prevention and Recovery Center (PaRC)	3043 Gessner, Houston, TX 77080 (832) 987-2616 <a href="https://parcbh.com/">https://parcbh.com/</a>	PaRC treats adults, young adults and teens suffering from drug and alcohol use disorders. Services include detox, residential treatment, partial hospitalization program, intensive outpatient program, aftercare, family support.
Neuropsychiatric Center (NPC)	1502 Taub Loop, Houston, TX 77030 (713) 970-4640	
NPC- Ben Taub	1504 Ben Taub Loop, Houston, TX 77030 713-970-7070	
Trauma and Resilience Center UT Physicians Psychiatry Outpatient Clinic- Behavioral and Biomedical Sciences Building	1941 East Road , BBSB 2142, Houston, TX 77054 713-486-2630, 713-486-2566 UTHealth Clinic and After-Hours Line: 713-486-2700 <a href="https://med.uth.edu/psychiatry/research/centers/trauma-and-resilience-center/">https://med.uth.edu/psychiatry/research/centers/trauma-and-resilience-center/</a>	Provides comprehensive evaluations and interventions for trauma and post-traumatic stress disorder (PTSD) for adults. Individual evidence-based treatment, Family therapy & Couple therapy, Cognitive Processing Therapy, Cognitive-Behavioral Therapy, Prolonged Exposure

		Therapy, Group psychoeducation, and Medication treatment. Populations of interest include, but are not limited to, combat veterans and survivors of interpersonal violence.
"WISER", Women's Inpatient Specialty Environment of Recovery - Michael E. DeBakey	Claudia Mullin, LCSW 713-791-1414 ext. 26317	
Behavioral Hospital of Bellaire	5314 Dashwood Drive, Houston, TX 77081 1-800-423-0017 <a href="https://bhbhospital.com/contact-us/">https://bhbhospital.com/contact-us/</a>	Provides psychiatric care and substance abuse treatment for children, adolescents, and adults.
Center for Healthy Sexuality	713-785-7111 2400 Augusta Drive, Suite 120 Houston, TX 77057	Sex addiction and compulsivity, trauma, sexual health, partner of sex addicts, evaluations, individual and group support
Palmer Drug Abuse Program	(281) 589-4833 <a href="https://pdaphouston.org/">https://pdaphouston.org/</a>	Substance Treatment

## **Social Services**

<b>Name</b>	<b>Contact Info</b>	
Epiphany Community Health Outreach Services (ECHOS)	9600 S. Gessner, Building E Houston, TX 77071 713.270.0369	Our Community Health Workers help families access the services they are eligible for. We assist families submitting applications to State and County medical and social services: Harris Health System -Financial Assistance Program (Gold Card) Children's Medicaid / CHIP Programs Medicaid/CHIP Perinatal Programs Supplemental Nutrition Assistance Program (SNAP) Provides  Mobile Clinics: Dental services for adults and children, children's immunizations

		Voter registration Food pantry and food fair
Easter Seals Greater Houston	4888 Loop Central Drive, Suite 200 Houston, TX 77081 713.838.9050	Easter Seals Greater Houston offers a full complement of services for individuals of all ages with all types of disabilities, and their families. Services range from infancy to adulthood and are offered throughout the greater Houston area. Camps and recreation Physical, Occupational & Speech Therapy and Child Development Adapted Play, Toys & Technology Community Resources Education & Mentoring Respite Homebuyers Education Military/Veterans/Family Services Information and Referral (Support groups)

## IOP

Name	Contact Info	Notes
Houston Intensive Outpatient Program	1502 Taub Loop, 2nd Floor Houston, TX 77030 (713) 873-4901 (713) 873-5130 select option 5	The Intensive Outpatient Program (IOP) is a time-limited, intensive, group and individual therapy program for adults (18+) who acutely require a higher level of care than standard outpatient visits but do not require inpatient hospitalization. The IOP is jointly run by Harris Health at the Ben Taub Hospital and Baylor College of Medicine, Department of Psychiatry and Behavioral Sciences. IOP's goal is to rehabilitate these individuals into more stable outpatient functioning and for community reintegration. The program is designed for individuals with complex mood disorders, anxiety disorders, and personality disorders. It is open to all individuals within Harris County regardless of their financial status and individuals outside of Harris County who are covered

		<p>by their insurance or self-pay. Treatment usually is ten weeks in duration and includes individual and group psychotherapy, medication management, and case management. The program utilizes a Dialectical Behavioral Therapy informed framework but also provide additional supportive groups designed to rehabilitate patients for outpatient care.</p> <p>Insurance or self-pay</p>
Methodist Intensive Outpatient Program	<p>6550 Fannin Street, Suite 2509 Houston, TX 77030 (713) 790-3333 <a href="https://www.houstonmethodist.org/psychiatry/">https://www.houstonmethodist.org/psychiatry/</a></p>	Outpatient program and IOP
The DBT Center	<p>920 Frostwood Dr, Suite 670 &amp; 680 Houston, TX 77024 (713) 973-2800 <a href="https://houstondbtcenter.com/">https://houstondbtcenter.com/</a></p>	<p>We currently offer IOP for both individuals with problems relating to maladaptive over-control (obsessive compulsive personality disorder, dependent personality disorder, anorexia nervosa, chronic anxiety disorders, and chronic depression) and under control (borderline personality disorder, emotion regulation disorders). The IOP varies in terms of the needs of the client and is typically 9 hours per week. An individual session is included in the IOP.</p>
The Menninger Clinic	<p>12301 Main Street Houston, TX 77035 (713) 322-3298</p>	IOP, Eating Disorders, Addiction, Sleeping difficulties, outpatient services
The Center for Success and Independence	<p>3722 Pinemont Dr, Houston, TX 77018 (713) 426-4545 tcsi.org</p>	<p>The Center for Success and Independence (TCSI) is an adolescent residential and intensive outpatient treatment center providing evidence-based therapy for teens with substance abuse and mental health issues.</p>
The Petoskey Center	<p>(832) 202-2283</p>	<p>The Petoskey Center is a small, specialized mental health private practice serving patients in the greater Houston-area, We treat patients struggling with a variety of mental health issues including <b>depression, anxiety, relationship issues, personality disorders, and trauma.</b></p> <p>We provide both intensive outpatient (IOP) and stand-alone group psychotherapy.</p>

Intracare	(281) 893-7200 <a href="https://www.intracare.org/">https://www.intracare.org/</a>	IOP, adolescent partial hospitalization, adolescent substance abuse,
The Lovett Center <b>It's now called Ethos</b>	(281) 730-8137	IOP (18-25), Outpatient, Support Groups, individual counseling

## Legal Services

Name	Contact Info	
Beacon Law	1212 Prairie St. Houston, TX 77002 713-220-9737 <a href="https://www.beaconhomeless.org/beaconlaw">https://www.beaconhomeless.org/beaconlaw</a>	
Houston Volunteer Lawyers	1111 Bagby St. Ste. FLB300 Houston, TX 77002  713-228-0732 <a href="https://www.makejusticehappen.org/">https://www.makejusticehappen.org/</a>	
Innovative Alternatives	<u>(713)222-2525</u>  <a href="https://innovativealternatives.org/services/">https://innovativealternatives.org/services/</a>	Mediation, Counseling, Family Preservation, and victim support
Lone Star Legal Aid	1415 Fannin St. Houston, TX 77002 713-652-0077 <a href="https://www.lonestarlegal.org/">https://www.lonestarlegal.org/</a>	
McNeese Psychological Services	(713) 396-5711 <a href="http://www.mcneesepsych.com/houston-psychologist/">http://www.mcneesepsych.com/houston-psychologist/</a>	Offers a variety of forensic and clinical services in both English and Spanish.
UH Center for Forensic Psychology	713-743-8503 <a href="https://www.uh.edu/class/psychology/clinical-psych/research/forensic">https://www.uh.edu/class/psychology/clinical-psych/research/forensic</a>	Provides psycho-legal consultation, offers forensic consultations and evaluations
Premier Psychological Services	(713) 521-7575  <a href="http://www.premierpsychservices.com/forensic-services.html">http://www.premierpsychservices.com/forensic-services.html</a>	<b>Child Evaluations</b> As stated in their website: For ongoing and post-divorce disputes. Commonly requested in cases of child maltreatment or custody cases, these evaluations provide the most extensive assessments including recommendations to prevent future issues. These evaluations are typically composed of intellectual, academic, emotional state, personality, and behavioral assessments, as well as extensive interviews with the child. Collateral interviews and record reviews are also critical components

		<p>of child evaluations. These evaluations also involve comprehensive psychological evaluations of the parents with the primary focus on each person’s parenting strengths, weaknesses, and on the nature of the relationships between each parent and their children.</p> <p><b>Civil Psychological Evaluations</b>  If you are seeking an independent psychological evaluation or a determination of competencies or psychological damages, we can help you. Emotional damage, issues of harassment, and possible parental alienation are a few of the many problems we evaluate. In these matters, an interview specifically structured for the referred client is conducted, prior records are extensively reviewed, and research of the most relevant professional resources is conducted. We provide psychological testing to determine intellectual functioning, impairments, and/or malingering.</p>
Texas Psychological Services	<a href="http://texaspsychologyservices.com/index.html">http://texaspsychologyservices.com/index.html</a>	<p><b>Divorce Services</b>  High-conflict Resolution  Mediation  Co-Parenting Education</p> <p><b>Forensic Psychology</b>  Custody Evaluations  Court-Ordered  Evaluations  Expert  Witness/Consultation  Criminal Cases  Military Court/Court  Martials  Sex Offender Evaluations  and Assessments  Risk Appraisals  Civil Law Assessments  and Evaluations  Fitness for Duty  Evaluations</p>

The Family Relationship Center		<p>We offer Family Mediation, Divorce Mediation, and Small Claims Suit/Court Ordered Mediation both online and in person.</p> <p><b>Mediation Services</b></p> <ul style="list-style-type: none"> <li>Mediated</li> <li>Settlement Agreements</li> <li>Divorce &amp; Divorce Modifications</li> <li>Child Custody</li> <li>Child Visitation/Possession</li> <li>Child Support</li> <li>Sibling Disputes</li> <li>Landlord/Renter Disputes</li> <li>Business Owner/Customer Disputes</li> <li>Prenuptial Agreements</li> <li>Postnuptial/Marital Agreements</li> <li>Estate Division</li> <li>Temporary Orders</li> <li>Temporary Orders/Modifications</li> <li>Parenting Plans</li> <li>Property &amp; Asset Division</li> <li>Medical &amp; Life Insurance</li> <li>Pet Ownership</li> <li>Retirement Accounts &amp; Pension</li> <li>Debt Resolution &amp; Finances</li> <li>Court Ordered Mediation</li> <li>Small Claims Court Disputes</li> <li>Multiple State Online Mediation</li> <li>International Online Mediation</li> </ul>
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## **LGBTQ Resources**

<b>Name</b>	<b>Contact Info</b>	
The Montrose Center	401 Branard St. Houston, TX 77006 713-529-0037 <a href="mailto:program@hatchyouth.org">program@hatchyouth.org</a>	Counseling (Individual, couples, group), Addiction, HIV/AIDS, Anti-Violence, LGBT
LGBT Switchboard 24-Hour Helpline	Available 24 hours a day 713-529-3211 <a href="https://www.montrosecenter.org/services/avp/switchboard/">https://www.montrosecenter.org/services/avp/switchboard/</a>	Information & Referral, Peer Counseling, Intervention

## **Addiction**

Name	Contact Info	
The Council on Recovery	303 Jackson Hill St. Houston, TX 77007 713-942-4100 <a href="mailto:CRF@councilonrecovery.org">CRF@councilonrecovery.org</a> <a href="https://www.councilonrecovery.org/treatment-programs/choices/">https://www.councilonrecovery.org/treatment-programs/choices/</a>	Substance abuse High risk behavior for adolescents Walk-in, Call, & Online Referral
Memorial Hermann Prevention and Recovery Center (PaRC)	3043 Gessner, Houston, TX 77080 (713) 939-7272	

## Women

Name	Contact Info	
Young Mothers Residential Program Project Row Houses	2521 Holman St. Houston, TX 77004	
Houston Area Women's Center	1010 Waugh Dr Houston, TX 77019 713-528-2121 (domestic violence) (713) 5287273 (sexual assault) Live Chat 8:30AM-1:30AMCST 24 hours SAT-SUN  <a href="https://hawc.org/">https://hawc.org/</a>	24/7 hotline, counseling, emergency shelter, hospital advocacy and support  HAWC provides support groups for non-offending parents and caregivers of children who have been sexually abused and support groups and individual counseling for girls ages 5-18 who have been sexually abused. Individual counseling is offered for male survivors, ages 5-18. No fees for services  Provide legal assistance, counseling, housing and shelter. Our court advocates educate, support and accompany children and their non-offending family members as they prepare for the court process

## Veterans

Name	Contact Info	
United Way HELPLINE	Dial 211 or text MISSION to 898211	

Homeless Veteran Reintegration program (HVRP)/ BakerRipley	(281)458-0318	
The Salvation Army Veteran Programs, Supportive Services for Veteran Families & H.O.P.E.	2407 N. Main St, Houston, TX 77009 (713) 658-9205	
Grace After Fire	2929 McKinney St. Houston, TX 77003 graceafterfire.org info@graceafterfire.org (210) 864-2959	Empowering veteran women, peer to peer support group, community resources support, financial assistance, and wellness programs

## Other Resources

Name	Contact Info	
Casa Hope Casa Esperanza	2911 Corder Building A Houston, TX 77054 (713) 529-0639 <a href="https://www.casahope.org/">https://www.casahope.org/</a>	<p>Casa de Esperanza de los Ninos strives to break the cycle of child abuse and neglect for at-risk infants, children and their families by providing comprehensive residential and family support programs that transform people and communities.</p> <p>Casa de Esperanza provides free, voluntary care for children up to age 6 at time of admission, whose families are in crisis that might lead to abuse. Temporary housing for the child and counseling for the parent is offered. Casa also cares for kids who are HIV+.</p> <p>Volunteers and aides staff 9 houses for 3-6 children each, providing a home-like atmosphere</p>
Child Advocates	3701 Kirby Drive, Suite 400 Houston, Texas 77098 (713) 529-1396 phone <a href="https://www.childadvocates.org/">https://www.childadvocates.org/</a>	Child Advocates recruits, trains and supports volunteers who provide a voice for children in foster care. As Harris County's Court Appointed Special Advocates (CASA) program, we provide lifesaving advocacy that helps abused and neglected children exit foster care to a safe, permanent home as quickly as possible.

	<p>(713)274-9850</p> <p>Office Address: 3572 E TC Jester Blvd Houston TX 77018</p> <p><a href="https://bearesourcehouston.org/">https://bearesourcehouston.org/</a></p>	<p>BEAR is a 501c3 public/private partnership that provides goods and services to children under the care of CPS in Harris County. BEAR provides emergency supplies, such as diapers, clothes, shoes, car seats, cribs, formula, and school uniforms. BEAR also provides items needed for youth who are graduating from high school and transitioning out of CPS care</p>
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