



MHA
Mental Health America
of Fort Bend
County

**PROVIDING
LIGHT
GIVING
HOPE**

**Behavioral Health
Resource Guide
2016 - 2017**

Mental Health America of Fort Bend County (MHAFBC) strives to improve the quality of lives of those affected by mental illness and their families through the following services and programs:

Mental Health Screenings

Community Outreach Programs

Information and Referral Service

Behavioral Health Resource Guide

NEW Mental Health First Aid Classes

Literature on all Mental Health Conditions

Reduce the Stigma Associated with Mental Illness

Continuing Education for Mental Health Professionals



4655 Techniplex Drive, Suite 400
Stafford, Texas 77477
281-207-2480

info@mhafbc.org

www.mhafbc.org

People Who Care, Give Hope, and Offer Help

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FORT BEND COUNTY RESPONDS TO MENTAL HEALTH NEEDS

The mental wellness of a community affects everyone. It affects our schools, churches, police departments, hospitals, and those that work and live in the community. Fort Bend elected officials, County departments and a number of organizations have developed programs and services to address the mental health needs of this county. Although the services differ in scope they all exist for the same purpose: to improve access to quality mental health care and to treat the mental illness as opposed to creating a never ending cycle of incarceration.

Fort Bend Behavioral Health Services

<http://www.fortbendcountytx.gov/index.aspx?page=21>

281-238-3079

The mission of FBBS is to coordinate services and systems for persons with mental health disorders that come in contact with the Fort Bend County courts are at risk. Their programs include Recover and Reintegration, Juvenile Jail Diversion, Infant/Toddler Court, Psychological & Forensic Evaluation, Clinical Consultations & Services and Crisis Intervention Team (CIT)

The CIT is a specialized unit formed within the Fort Bend County Sheriff's Office that assists individuals suffering from a mental health crisis. Their intent is to deescalate the situation so as to help the individual obtain appropriate mental health care and not become incarcerated or taken to an emergency room.

For more information, call 281-341-8540

Fort Bend County Health and Human Services

<http://www.fortbendcountytx.gov/index.aspx?page=954>

281-238-3233

This agency exists to protect the health and wellbeing of Fort Bend residents. The department within this agency include animal services, clinical health services, EMS, environmental health, indigent health care, pinnacle senior center, public health preparedness, social services and veterans service office

Fort Bend County Juvenile Probation Special Programs

<http://www.fortbendcountytx.gov/index.aspx?page=281>

281-633-7317

This County department offers a variety of specialized programs to help the youth in Juvenile Probation rebuild their lives.

Fort Bend Veteran Court

<http://co.fort-bend.tx.us/index.aspx?page=1827>

The Fort Bend County Veterans Court Program gives our military men and women the opportunity to get their lives back on track after facing criminal charges. The program focuses on removing veterans from the traditional criminal justice process and placing them in more rehabilitative options

Mental Health Public Defender's Office of Fort Bend County

<http://www.fortbendcountytx.gov/index.aspx?page=293>

281-238-3050

The Mental Health Public Defender's Office offers quality representation to defendants with mental illness. Each defendant with mental illness receives quality representation as well as help finding treatment options and other available social services in their community

Texana Mobile Crisis Outreach Team (MCOT)

<https://www.texanacenter.com/services/behavioral-healthcare-services/mobile-crisis-outreach-team-mcot/>

800-633-5686

This is a team of professionals called out to assess people in mental health crisis and work to assist them. For more information, call 800-633-5686



County Judge
Robert Hebert



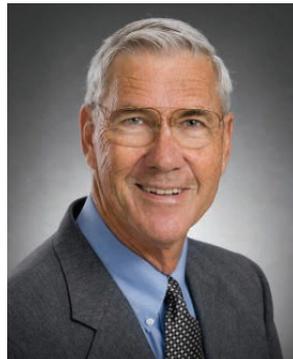
Commissioner Precinct 1
Richard Morrison



Commissioner Precinct 2
Grady Prestage



Commissioner Precinct 3
Andy Meyers



Commissioner Precinct 4
James Patterson

Thank you for supporting the importance of this resource guide that is so needed in our county in order to provide the resources to so many in need.

William H. Reading, MD



Recovery, Psychiatric and TMS Services

Board Certified by American Board of Psychiatry and Neurology



William H. Reading, MD Teresa Cox Reading, RN

Improving the quality of life for families

- * ADD
- * ADHD
- * Adult ADD
- * Depression
- * Anxiety Disorders
- * OCD
- * Eating Disorders
- * Behavioral Problems
- * Mood Problems
- * Emotional Instability
- * Bipolar Variants
- * Addictive Diseases
- * Impaired School/Work Performances
- * Temper/Anger Problems

Call (281) 494-4471

Visit our website and video at

www.DrReading.com

12603 Southwest Freeway, Ste. 510 Stafford, Texas 77477

Hours: Monday - Thursday: 12 noon - 10 pm

New patients now being accepted for TMS Therapy for depression. To find out more, call our office at (281) 494-4471.

EMERGENCY NUMBERS

| | |
|---|--------------|
| Asians Against Domestic Violence..... | 713-339-8300 |
| Aid to Victims of Domestic Abuse..... | 713-224-9911 |
| Abuse and Neglect Hotline..... | 800-252-5400 |
| Adult Protective Services..... | 832-595-3000 |
| American Red Cross: Fort Bend Chapter..... | 281-342-9480 |
| Children's Protective Services: Fort Bend..... | 832-595-3000 |
| Covenant House Texas..... | 713-523-2231 |
| Crisis Intervention of Houston..... | 713-HOTLINE |
| Teen Line..... | 713-529-TEEN |
| Spanish Line..... | 713-47-AYUDA |
| Crisis Intervention Team..... | 281-341-8540 |
| Fort Bend Women's Center 24 Hour Information/Crisis Hotline..... | 281-342-4357 |
| Texas Youth and Runaway Hotline | 800-392-3352 |
| Text number..... | 512-872-5777 |
| Texana Mobile Crisis Outreach Team (MCOT) 24 Hr Crisis Line..... | 800-633.5686 |



West Oaks Hospital

It's a New Day With New Leadership at West Oaks Hospital

MENTAL HEALTH • CHEMICAL DEPENDENCY • ALCOHOL TREATMENT • DETOX

For over 3 decades West Oaks Hospital, a fully accredited 160 bed acute care facility, has proudly served and met the Mental Health, Alcohol, and Chemical Dependency treatment needs of Houston and surrounding areas. We are dedicated to providing the finest quality of comprehensive psychiatric care in the Houston Metro area.

Inpatient Services (Children through Adulthood)

- Initial No-Cost Assessment
- Adult PICU (Psychiatric Intensive Care Unit)
- Chemical Dependency Detoxification/Rehabilitation Unit
- Adult Acute Care and Stabilization
- Children Acute Care
- Adolescent Acute Care
- Residential Treatment (Adult)



West Oaks Hospital has progressively worked to provide help to families with our outpatient Excel Facilities in **HOUSTON, KATY, and FRIENDSWOOD.**

Bringing Help for Families Closer to Home

- Initial No-Cost Assessment
- Partial Hospitalization Program
- Intensive Outpatient Program
- Transportation within 20 mile radius of each facility



Specialists are available 24 hours a day, 7 days a week.

We accept most insurances.

For more information call **713-995-0909**

West Oaks Hornwood Clinic
6612 Hornwood Dr., Ste E
Houston, TX 77074
Phone: 713.774.0606

The Excel Center of Katy
2900 Commercial Center Blvd, Ste102
Katy, TX 77494
281.647.0020

The Excel Center of Friendswood
111 E. Edgewood Drive
Friendswood, TX 77546
281.648.1200



www.westoakhospital.com



Behavioral Healthcare

& Intellectual and Developmental Disabilities Services

Remember, "ordinary" people experience mental health problems. With the right treatment as many as 8 out of 10 people can return to normal productive lives. Mental illness can and should be treated.

IF YOU NEED US, WE'RE HERE TO HELP YOU.

Texana Behavioral Healthcare Clinic at Rosenberg

4910 Airport Avenue, Building A,
Rosenberg, 77471

(281) 342-6384

Texana Behavioral Healthcare Clinic at Sugar Land

2535 Cordes Drive
Sugar Land, 77479

(281) 276-4400

24-Hour Crisis Hotline (800) 633-5686

For more information about our services, visit our website at

texanacenter.com

Texana Center is the local Mental Health Authority for Fort Bend County. We plan, coordinate, administer and supervise services to ensure the provision of community-based mental health services for patients and their families.



Texana Center - Behavioral Healthcare & Intellectual and Developmental Disabilities Services
4910 Airport Avenue | Rosenberg, TX 77471 | Phone: (281) 239-1300

Diana Collins, M.D.



Specializing in the treatment of children, adolescents, and adults

- *ADD
- *ADHD
- *Depression
- *Anxiety Disorders
- *Bipolar Disorder
- *OCD
- *Eating Disorders
- *Mood Problems
- *Emotional Instability
- *Impaired School/Work Performances
- *Temper/Anger Problems
- *Other Psychiatric problems

Dr. Collins is Board Certified by the American Board of Psychiatry and Neurology. She earned her medical degree at the University of Texas Health and Science Center in 1992, finished her residency in General Psychiatry in 1995, and completed a Fellowship in Child and Adolescent Psychiatry Board and a Fort Bend Medical Society Member. She has been in Sugar Land since 1999 and is conveniently Located at:

One Sugar Creek Center Blvd., Ste 955
Sugar Land, Texas 77478
(281)240-7477

Visit our website at
dianacollinsmd.com

Useful Websites

Local Resources

Fort Bend County Behavioral Health Services

<http://www.fortbendcountytx.gov/index.aspx?page=21>

Fort Bend County Health and Human Services

<http://www.fortbendcountytx.gov/index.aspx?page=954>

Mental Health America of Fort Bend County

www.mhafbc.org

Mental Health America of Greater Houston

www.mhahouston.org

Texana Behavioral Healthcare & Intellectual and Developmental Disabilities Services

www.texanacenter.com

State Resources

Texas Council of Community Centers Texas

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

Texas Department of State Health Services – Austin State Hospital

<http://dshs.texas.gov/mhhospitals/austinsh/default.shtm>

Texas Department of State Health Services – Mental Health and Substance Abuse

<http://www.dshs.state.tx.us/MHSA/>

Texas Department of State Health Services – Your Texas Benefits

<http://www.dshs.state.tx.us/MHSA/>

National Resources

Bring Change to Mind

<http://bringchange2mind.org/>

Depression and Bipolar Support Alliance (DBSA)

<http://www.dbsalliance.org/site/PageServer?pagename=home>

National Council on Behavioral Health

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

National Alliance of Mental Illness (NAMI)

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

Mental Health America

www.mentalhealthamerica.net

National Institute of Mental Health

<http://www.nimh.nih.gov/index.shtml>

Schizophrenia and Related Disorders Alliance of America

www.sardaa.org

Substance Abuse and Mental Health Services Administration (SAMHSA)

<http://www.nimh.nih.gov/index.shtml>

Procedures for Involuntary EMERGENCY Mental Health Commitment in Fort Bend County

1. Locate a facility that will accept the patient.
2. If the patient has no insurance or no private facility will accept the patient, contact Texana Behavioral Healthcare at 800-633-5686 for a commitment to Austin State Hospital (ASH).
3. Go to Justice of the Peace for the precinct where the patient lives to obtain the emergency mental health warrant:
 - JP 1, Place 1 – Needville: 281-342-7807
 - JP 1, Place 2 – Richmond: 281-341-3742
 - JP 2 – Missouri City: 281-403-8080
 - JP 3 – Katy: 281-238-1460
 - JP 4 – Sugar Land: 281-491-6016
4. When completing the application for a mental health warrant, make certain you have the name and telephone number for the facility for confirmation by the Sheriff's Office that the facility is expecting this patient. The following excerpt is taken from **section 573.004 (b)** of the **Texas Mental Health Code**.

... (b) The application for detention must contain:

- (1) a statement that the guardian [or applicant] has reason to believe and does believe that the ward evidences mental illness;
- (2) a statement that the guardian [or applicant] has reason to believe and does believe that the ward evidences a substantial risk of serious harm to the ward or others;
- (3) a specific description of the risk of harm;
- (4) a statement that the guardian [or applicant] has reason to believe and does believe that the risk of harm is imminent unless the ward is immediately restrained;
- (5) a statement that the guardian's [or applicant's] beliefs are derived from specific recent behavior, overt acts, attempts, or threats that were observed by the guardian [or applicant]; and
- (6) a detailed description of the specific behavior, acts, attempts, or threats.

It is important that you are truthful in the Application and provide all facts necessary to support your belief that the person you are trying to help is mentally ill and, as a result of the mental illness, is substantially likely to cause serious harm to themselves or others.

5. If the mental health warrant is issued, the warrant will be sent to the Sheriff and arrangements will be made for the transport of the patient to the facility.
6. If the facility is in Harris County, the commitment will most likely take place in Harris County (not Fort Bend County) because the doctors in Harris County do not have time to travel to Fort Bend County for the hearings. Therefore, you may be sent to the Harris County Attorney's Office for further handling.
7. If the only facility available to the patient is Austin State Hospital, the commitment will take place in Austin and Travis County will handle the proceedings.
8. If the patient is incarcerated a Judge can sign an emergency mental commitment, but it does not take priority over pending obligations.
9. For more information, contact the Fort Bend County Attorney's Office at 281-341-4555.

Involuntary Commitment in an Emergency Situation

If you find yourself in an emergency situation, and require immediate assistance, call 911 or your local police department. Some local police departments have special units that are trained to deal specifically with mentally ill individuals.

When the police arrive to the emergency scene, they will ask themselves whether **the person is over 18, and whether they pose a substantial risk of imminent harm to themselves or others?** If the answer is "YES," peace officers have the authority to take an individual into custody and immediately transport them to a mental health facility for observation. This can occur even if the individual does not want to go voluntarily. Once the officer transports the individual to a mental health facility the involuntary commitment process discussed previously begins.



www.mhafbc.org
(281) 207-2480

DECIDING WHICH PROFESSIONAL TO CALL

Determining which type of mental professional to call can be confusing but it is important. Each type of professional has specific credentials that identify his/her training and area of expertise. The listing below describes the most common type of mental health credentials.

Psychiatrist (MD)

A medical doctor who specialized in emotional/behavioral health issues. They have the legal authority to prescribe medications for their clients.

Adult Psychiatric-Mental Health Nurse Practitioner (APRN,PMHNP-BC)

A psychiatric mental health nurse practitioner is a specialist who can assess and diagnose mental health issues and who offer treatment by means of pharmacotherapies and psychotherapeutic interventions.

Psychologist (PhD)

Psychologists receive 6-8 years of formal mental health training, a year of supervised internship, 20 hours of continuing education annually. They provide therapy for any type of mental health problem, conduct psychological evaluations, and consult throughout society. They often train, teach and supervise other therapists. Psychologists do not prescribe medicine.

Licensed Marriage and Family Therapist (LMFT)

Licensed by the state to conduct marriage and family therapy. They work with individuals and families to resolve family issues

Licensed Professional Counselors (LPC)

Licensed by the state to counsel individuals or families. They conduct individual and group sessions

Licensed Clinical Social Worker (LCSW)

Licensed by the state to provide therapy for individual with mental health problems. They can also assist clients in accessing other services so as to treat the all of their needs

Licensed Chemical Dependency Counselor (LCDC)

Licensed by the state to work with individuals and families to overcome drug and alcohol problems

Board Certified Coach (BCC)

This is a person who has a Master's Degree and has received certification as a professional coach in social and behavioral issues

Registered Play Therapist (RPT)

This is a person who has a Master's Degree and received training specifically for conducting therapy with children.

Certified Clinical Trauma Professional (CCTP)

This is a professional who has completed specialized training in working with trauma

PSYCHIATRIC HOSPITALS**Behavioral Hospital of Bellaire****713-600-9500**5314 Dashwood Drive
Houston, Texas 77081**www.bhbhospital.com**

Offers in-patient acute care for adolescents, adults and seniors struggling with mental health or substance abuse issues. Includes specialty program exclusively for women

Christus St. Joseph Hospital**713-757-1000**1401 St Joseph Blvd
Houston, Texas 77002**www.sjmctx.com**

Provides inpatient psychiatric services for adults and assessments for +60 year olds experiencing sudden changes in emotions/behaviors

Cypress Creek Hospital**281-586-7600**17750 Cali Drive
Houston, Texas 77090**www.cypresscreekhospital.com**

Provides short term hospitalization for adolescents and adults with psychiatric and substance abuse issues

Harris County Psychiatric Center**713-741-5000**2800 S. MacGregor Way
Houston, Texas 77021**www.hcpc.uth.edu.com**

Largest provider for inpatient psychiatric care in Houston

Houston Behavioral Healthcare Hospital**832-834-7710**2801 N. Gessner Road
Houston, Texas 77080**www.houstonbehavioralhealth.com**

Inpatient psychiatric treatment for adolescents and adults living with a mental health disorder and/or chemical dependency.

Other services include partial hospitalization and intensive outpatient programs

Intracare Behavioral Health Hospital**281-893-7200**1120 Cypress Station Drive
Houston, Texas 77090**www.intracare.org**

Inpatient psychiatric treatment for children, adolescents and adults living with a mental health disorder and/or chemical dependency.

Other services include partial hospitalization, intensive outpatient and a day program

PHP/IOP Program of Intracare**281-768-7874**5500 Guhn Road
Houston, Texas 77040**Intracare Clinic/IOP****713-333-3771**2626 South Loop West, Ste 430
Houston, Texas 77054

Kingwood Pines**281-404-1001**2001 Ladbroke Drive
Kingwood, Texas 77339**www.kingwoodpines.org**

Inpatient psychiatric treatment for children, adolescents and adults living with a mental health disorder and/or chemical dependency. Other services include partial hospitalization, intensive outpatient and a day program

Memorial Hermann Prevention & Recovery**713-329-7538**3043 Gessner
Houston, Texas 77080**www.parc.memorialhermann.org**

Inpatient and outpatient treatment for adolescents and adults with alcohol and substance abuse dependency

PaRC Sugarland IOP**281-242-7272****PaRC Katy IOP****281-644-7655****Menninger Clinic****713-275-5000**12301 Main Street
Houston, Texas 77035**www.mennigerclinic.com**

Inpatient psychiatric hospital for adolescents, young adults and adults for the treatment of mood, personality, anxiety and addictive disorders

Methodist Hospital Inpatient Care**713-790-3311**6565 Fannin Street
Houston, Texas 77030**www.houstonmethodist.org**

Inpatient therapy for a range of serious psychiatric conditions such as thoughts or threats of suicide, acute psychosis, and/or drug intoxication requiring hospitalization

Neuropsychiatric Center**713-970-7070**1502 Taub Loop
Houston, Texas 77030**www.mhmraharris.org**

Public mental health crisis and emergency center. Offers treatment for adolescents and adults many of which are indigent or uninsured

New Dimensions**281-333-2284**1345 Space Park Drive, Ste C
Houston, Texas 77058111 Vision Park Blvd, Ste 260
Woodlands, Texas 77384**800-685-9796****www.newdimensionsdayhospital.com**

Provide partial day and intensive outpatient treatment for adolescents and adults living with chemical dependency, anxiety, depression, trauma, addictions and behavioral problems

Ocean Behavioral Hospital**281-492-8888**455 Park Grove Drive
Katy, Texas 77450**www.oceanskaty.com**

Inpatient behavioral health treatment and intensive outpatient programs for seniors

Sun Behavioral Hospital**713-796-2273**7601 Fannin Street
Houston, Texas 77054**www.sunhouston.org**

Inpatient psychiatric treatment for children, adolescents and adults living with a mental health disorder and/or chemical dependency. Other services include an outpatient program

Rock Prairie Behavioral Health**979-703-8848**3550 Normand Drive
College Station, Texas 77845**www.rockprairiebh.com**

Inpatient, partial hospitalization, and intensive outpatient program for adolescents, adults and seniors living with acute behavioral health problems

West Oaks Hospital**713-995-0909**6500 Hornwood
Houston, Texas 77074**www.westoakshospital.com**

Inpatient psychiatric treatment for children, adolescents and adults living with a mental health disorder and/or chemical dependency. Other services include residential treatment for chemical dependency, partial hospitalization, intensive outpatient and a day program

The Excel Center of Katy**281-647-0020****PHP/IOP of West Oaks**2900 Commercial Center, Ste 102
Katy, Texas 77494**Westpark Springs****832-535-2770**6902 South Peek Road
Richmond, Texas 77407**www.westparksprings.com**

Inpatient facility for mental health, chemical dependency and co-occurring disorders for adolescents, adults and seniors. Other services include a partial hospitalization and an intensive outpatient program

DAY PROGRAMS

St Joseph House.....713-523-5958

3307 Austin

Houston, Texas 77288

www.magnificathouseinc.org

A psychosocial clubhouse for people with severe and persistent mental illness. It offers vocational and social skills training and an environment that helps to create supportive, positive relationships. It also offers recreational and social activities

Gathering Place.....713-729-3499

5310 S. Willow Drive

Houston, Texas 77035

www.mennigerclinic.org

A program of Menniger clinic. It is a psychosocial clubhouse for people with severe and persistent mental illness. It offers vocational and social skills training and an environment that helps to create supportive, positive relationships. It also offers recreational/social and wellness activities

Lifeway International.....877-270-6753

10110 West Sam Houston Parkway S, Ste 110

Houston, Texas 77099

www.lifewaycares.com

Outpatient treatment and support groups for adolescents and young adults seeking treatment for alcohol and substance abuse. Affiliated with Three Oaks Academy, a high school specifically designed for students in recovery. Residential treatment will be available in Fall 2016

Therapeutic Day Programs

Many of the psychiatric hospitals in Fort Bend and Harris County offer therapeutic day programs for those recovering from mental illness/and or alcohol and substance abuse. Look under PSYCHIATRIC HOSPITALS for listings.

RESIDENTIAL TREATMENT CENTERS

Devereux Advance Behavioral Health-Texas.....800-373-0011

1150 Devereux Drive
League City, Texas 77573
120 David Wade Drive

Victoria, Texas 77902.....800-383-5000

www.devereux.org

Residential treatment facility specialized in treating children and adults experiencing a wide range for emotional, behavioral, developmental, and psychiatric disorders. Has a residential program for adults, young adults, children with chronic mental health disabilities and/or developmental disorders

Lifeway International.....877-270-6753

10110 West Sam Houston Parkway S, Ste 110
Houston, Texas 77099

www.lifewaycares.com

Outpatient treatment and support groups for adolescents and young adults seeking treatment for alcohol and substance abuse. Affiliated with Three Oaks Academy, a high school specifically designed for students in recovery. Residential treatment will be available in Fall 2016

The Meehl Foundation.....979-798-7972

www.meehlfoundation.org

The Meehl Foundation is an up-scale residential mental wellness treatment center which serves only 5 clients at a time. Specialize in treating borderline personality, bipolar disorder, depression, anxiety and addiction disorders.

Memorial Hermann Preventive & Recovery Center.....713-578-3100

3043 Gessner
Houston, Texas 77080

www.parc.memorialhermann.org

Teen residential treatment program for alcohol and substance abuse.

Cenikor.....888-236-4567

www.cenikor.org

Offers detox, short and long term care, inpatient and outpatient for adolescents and adults seeking treatment for alcohol and substance abuse

PSYCHIATRIST AND ADVANCE PSYCHIATRIC NURSE PRACTITIONERS

Diana Collins, MD

281-240-7477

One Sugar Creek Center, Ste 955

Sugar Land, Texas 77478

www.dianacollinsmd.com

Population Served: Children, Teens, Adults

Types of Services: Evaluation & Diagnosis, Medication Management, Child Therapy, Individual Therapy (Adolescents, Adults), Family Therapy

Specialties: Adjustment/Mood/Anxiety/Psychosis/Attention Deficient Disorder, Psychosomatic Illness

Payment Accepted: Insurance, self-pay, sliding scale

Kimberly Cress, MD

281-240-7000

4545 Sweetwater Blvd.

Sugar Land, Texas 77479

www.tmsserenitycenter.com

Population Served: Teens, Adults, Seniors

Types of Services: Evaluation & Diagnosis, Medication Management, Individual Therapy, Transcranial Magnetic Stimulation

Specialties: Depression, anxiety, bipolar disorder, Transcranial Magnetic Stimulation

Payment Accepted: Insurance, self-pay

Amol Chaugle MD

832-939-9622

126 Eldridge Road, Ste E

Sugar Land, Texas 77478

www.amolchauglemd.com

Population Served: Teens, Adults

Types of Services: Individual Therapy, will prescribe medication but does not see patients for medication management only,

Specialties: Integrated approach to psychiatric treatment, mindfulness

Payment Accepted: Insurance, self-pay, sliding scale fee

Penny Chow, MD

281-756-7963

4645 Sweetwater Blvd., Ste 500

Sugar Land, Texas 77479

Population Served: Teens, Adults, Seniors

Types of Services: Medication management, Individual/Couples Therapy

Specialties: Speaks Cantonese, mood/cognitive disorders, psychosis

Payment Accepted: Self-pay

Nora Ferrell, DO

281-815-2230

77 Sugar Creek Center Blvd, Ste 206

Sugar Land, Texas 77478

www.noraferrell.com

Population Served: Adults

Types of Services: Assessment & Consultation, Medication Management, Individual/Group Therapy

Specialties: Reproductive psychiatry, anxiety, mood disorders, trauma, PTSD

Payment Accepted: Insurance, self-pay

Ashok Jain, MD**281-302-6636**1201 Creek Way Drive, Ste C
Sugar Land, Texas 77478**www.psychsols.com****Population Served:** All ages**Types of Services:** Evaluation & Diagnosis, Psychopharmacology**Specialties:** Treats all psychiatric diagnoses**Payment Accepted:** Medicare, insurance, self-pay**Sharad Kulkarni, MD****281-829-3332**1802-C Snake River Road
Katy, Texas 77449**Types of Services:** Medication Management**Specialties:** ADD/ADHD**Payment Accepted:** Medicare, Medicaid, insurance, self-pay**Vikram Mehra MD****713-777-9900**21613 Provincial Blvd
Katy, Texas 77450**Population Served:** 30 years old and up only**Types of Services:** Evaluation & Diagnosis, Psychopharmacology**Specialties:** Geriatric emotional/behavioral problems**Payment Accepted:** Medicare, insurance, self-pay**Zaki Moin, MD****281-242-5400**7790 West Grand Parkway S
Richmond, Texas 77406**www.richmondpsychandbehavioral.com****Population Served:** Adults**Types of Services:** Evaluations & Diagnosis, Psychopharmacology**Specialties:** All psychiatric disorders**Payment Accepted:** Insurance, self-pay**Bernadette Onuoha, MD****281-240-1035**12808 W. Airport Blvd, Ste 250
Sugar Land, Texas 77478**www.benadetteonuohamd.com****Population Served:** Children, Teens, Adults**Types of Services:** Psychopharmacology, Individual Therapy**Specialties:** All psychiatric disorders**Payment Accepted:** Insurance, self-pay

Nilesh Patel, MD**281-313-4666**

3555 Town Center Blvd.S Ste 300
Sugar Land, Texas 77479

Population Served: Teens, Adults

Types of Services: Psychopharmacology

Specialties: All psychiatric disorders

Payment Accepted: Medicaid, Medicare, insurance, self-pay

William H. Reading, MD**281-494-4471**

Board Certified by the American Board of Psychiatry and Neurology
12603 Southwest Freeway, Ste 510

Stafford, Texas 77477

Recovery, Psychiatric and TMS Services

www.drreading.com

Population Served: Children, Teens, Adults

Types of Services: Psychopharmacology, Psychotherapy, Specialty Therapies (see below),

Specialties: Treats all psychiatric disorders through state of the art therapies including **Transcranial Magnetic Stimulation** for depression, **Suboxone**

Program for Opioid Addiction, **Vivitrol Injectable** for Alcohol and Opioid Dependency, Invega **Sustenna** for Schizophrenia, **Buprenorphine Implant**

Program in development, ADD, bipolar disorder, depression, anxiety

Payment Accepted: Insurance-out of network reimbursement, self-pay

Marco Renazco, MD**281-599-3313**

24215 Kingsland Blvd.
Katy, Texas 77494

www.katypsychiatry.com

Population Served: Children, Teens, Adults

Types of Services: Evaluation & Diagnosis, Psychopharmacology, Child/Adolescent/Adult Therapy

Specialties: Cognitive Behavioral Therapy approach to all ages, Pharmacogenomics Testing, Speaks Spanish

Payment Accepted: Insurance, self-pay

Shannon Sniff, MD**281-499-9402**

4501 Cartwright Road, Ste 102
Missouri City, Texas 77459

www.fortbendpsychiatry.com

Population Served: Children, Teen, Adults

Types of Services: Evaluation & Diagnosis, Psychopharmacology, Individual Therapy

Specialties: ADHD, Autism Spectrum Disorder, Behavioral Problems, Anxiety, Mood Disorders

Payment Accepted: Insurance, self-pay

Jay Tarnow, MD **713-621-9515**
 1111 Highway 6, Ste 215
 Sugar Land, Texas 77479
www.tarnowcenter.com
Population Served: Children, Teens, Adults
Types of Services: Evaluation & Diagnosis, Psychopharmacology,
 Individual/Couples/Family/Group Therapy
Specialties: Treats emotional/behavioral disorders of all age groups
Payment Accepted: Insurance, self-pay

Stephanie Sim, MD **832-377-7999**
 10701 Corporate Drive, Ste 243
 Stafford, Texas 77477
www.stephaniesimmd.com
Population Served: Adults
Types of Services: Evaluation, Medication Management, Individual/Couples
 Therapy
Specialties: Depression, anxiety, relationship issues
Payment Accepted: Self-pay

Kevin Simmons, MD **281-849-8079**
 3777 Sienna Parkway
 Missouri City, Texas 77459
Population Served: Children, Teen,
Types of Services: Psychological Evaluations, Individual Therapy, Medication
 Management
Specialties: Child and adolescent psychiatry
Payment Accepted: Insurance, self-pay

Ateka Zaki, MD **281-242-5400**
 7790 West Grand Parkway S
 Richmond, Texas 77406
www.richmondpsychandbehavioral.com
Population Served: Children, Teens, Adults
Types of Services: Evaluations & Diagnosis, Psychopharmacology
Specialties: All psychiatric disorders
Payment Accepted: Insurance, self-pay

ADVANCED PSYCHIATRIC NURSE PRACTITIONER

Sherry Grogan, APRN, PMHNP-BC **281-240-7000**
 4545 Sweetwater Blvd
 Sugar Land, Texas 77479
 Sweetwater Psychiatry
www.tmsserenitycenter.com
Population Served: Teens, Adults, Seniors
Types of Service: Psychopharmacology, Individual/Family/Couples Therapy
Specialties: ADHD, Adolescent mood disorder/bipolar/anxiety
Payment Accepted: Self-pay

PSYCHOLOGISTS

Amanda Barrow, PhD

832-328-0008

11104 W. Airport Blvd, Ste 135

Stafford, Texas 77477

Life Trek-Psychological and Academic Solutions

www.lifetreksolutions.com

Population Served: All ages

Types of Services: Individual Counseling, Testing, EMDR, Parenting Skills, Neurofeedback Therapy

Specialties: ADHD, child/adolescent issues, obsessive compulsive disorder, couples challenges, academic problems, special needs families

Payment Accepted: Self-Pay

Ivette Castillo, PhD, LSSP

713-592-8952

12920 Dairy Ashford Rd, Ste 105

Sugar Land, Texas 77478

Population Served: All ages

Types of Services: Speaks Spanish, Individual Counseling, Family Counseling, Play Therapy, Child Psychologist, Psychological Evaluations, ADHD Evaluations, 504 and special education law

Specialties: Children's emotional/behavioral issues, Autism Spectrum Disorder, children with special needs

Payment Accepted: Medicaid, Insurance, Self-Pay

Sharon Chada, PhD

281-494-8666

50 Sugar Creek Center Blvd, Ste 250

Sugar Land, Texas 77478

Sugar Land Psychology

www.sugarlandpsychology.net

Population Served: Teens, Adults

Types of Services: Individual Counseling, Psychological Testing, ADHD Evaluations

Specialties: Adolescent emotional/behavioral issues, personality disorders, psychosis, sexual identity issues

Paul Clear, PhD

281-409-6041

Mobile Offices in Sugar Land, Missouri City, Richmond

www.paulclearphd.com

Population Served: Teens, Adults

Types of Services: Evaluations, Individual Therapy, Case Consultation

Specialties: ADHD, anxiety, obsessive compulsive disorder, mood disorders, men's issues, trauma

Celeste Conlon, PhD

281-944-5588

50 Sugar Creek Center Blvd, Ste 250
Sugar Land, Texas 77478
Sugar Land Psychology
www.conlonpsychservices.com

Population Served: Children, Adolescents, Parents

Types of Services: Individual/Group/Family Therapy

Specialties: Social anxiety, obsessive compulsive disorder, school phobia/problems, hoarding, perfectionism, skin picking, hair pulling, tics

Payment Accepted: Insurance, Self-Pay

Charles Cox, PhD

281-265-4566

50 Sugar Creek Center Blvd, Ste 250
Sugar Land, Texas 77478
Sugar Land Psychology
www.drcharlescox.com

Population Served: Adults

Types of Services: Individual Counseling

Specialties: Anxiety, depression, men's issues, stress related to cardiovascular disease, grief, failure to launch

Payment Accepted: Self-Pay

Sophia Havasy, PhD

713-621-9515

1111 Highway 6, Ste 210
Sugar Land, Texas 77478
Tarnow Center for Self-Management
www.tarnowcenter.com

Population Served: Children, Teens, Adults

Types of Services: Individual Counseling, EMDR,

Specialties: Trauma resolution, transition issues, bipolar disorder in young adults

L. Kay Howard, LPC, PhD

713-780-0142

11200 Westheimer, Ste 202
Houston, Texas 77042
Therapeutic Behavioral Health Association
www.therapistkay.com

Population Served: Children, Teens, Adults

Types of Services: Individual Counseling, Couples/Family/Group/Peer Counseling, Anger Management Classes, Play Therapy

Payment Accepted: Self-Pay, Insurance

Sharon Jenkins, PhD, LMFT, LPC**281-277-8811**

402 Julie Rivers Drive
 Sugar Land, Texas 77478
 Houston Center for Christian Counseling
www.christiancounseling.com

Population Served: All ages**Types of Services:** Individual Counseling**Specialties:** Trauma resolution, sexual abuse, women's issues (self-esteem/assertiveness), grief, depression**Payment Accepted:** Insurance, Self-pay**Alexis Llewellyn, PhD****713-332-4390**

2900 Commercial Center Blvd, Ste 110
 Katy, Texas 77494
 Katy Center for Psychology & Counseling Services
www.kcpcs.com

Population Served:**Types of Services:** Individual/Marriage/Family Counseling, Evaluations**Specialties:** Mood/anxiety disorders, anger management, conflict resolution, addiction, problems unique to women (postpartum adjustment, PMS, menopause), adolescent stressors**Payment Accepted:** Self-Pay**Sunetra Martinez, PhD, LSSP, LPC****832-876-3232**

1111 Highway 6, Suite 235
 Sugar Land, Texas 77478
 Sugar Land Counseling
www.sugarlandcounseling.com

Population Served: All ages**Types of Services:** : Individual/Family/Marital Counseling, Play Therapy, Hyponosis, ADHD/Autism/Learning Disability Evaluations**Specialties:** Children and adolescents with ADHD, Autism Spectrum Disorder, family issues, teen behavioral/emotional issues**Payment Accepted:** Insurance, Self-Pay**Kiran Mishra, PhD****832-876-3232**

1111 Highway 6, Suite 235
 Sugar Land, Texas 77478
 Sugar Land Counseling
www.sugarlandcounseling.com

Population Served: Children, Teens, Adults**Types of Services:** Individual/Family/Marital Counseling, Play Therapy, Hyponosis, ADHD/Autism/Learning Disability Evaluations**Specialties:** Children and adolescents with ADHD, Autism Spectrum Disorder, family issues, teen behavioral/emotional issues**Payment Accepted:** Insurance, Self-Pay

Cynthia Mellor-Crummey, PhD, LSSP

281-242-1264

101 Southwestern Blvd, Ste 211
Sugar Land, Texas 77478

Population Served: Children, Teens, Adults

Types of Services: Speaks English and Spanish, Individual/Couples/Family Counseling, Psychological Evaluations,

Specialties: Children with learning disabilities, developmental delays, behavioral/emotional problems, experience with working with the school districts, family issues

Payment Accepted: Insurance, Self-Pay

Allison Moore, PhD

713-592-8952

12920 Dairy Ashford, Ste 105
Sugar Land, Texas 77478

Brown, Nelson, Frank, Giles, Moore & Associates

Population Served: Children, Teens

Types of Services: Individual Counseling, Psychological Evaluations

Specialties: Children/Teen emotional/behavioral disturbances

Payment Accepted: Medicaid, Insurance, Self-Pay

Peter Moore, PhD

713-592-8952

12920 Dairy Ashford, Ste 105
Sugar Land, Texas 77478

Brown, Nelson, Frank, Giles, Moore & Associates

Population Served: Children, Teens

Types of Services: Individual Counseling, Psychological Evaluations

Specialties: Children/Teen emotional/behavioral disturbances

Payment Accepted: Medicaid, Insurance, Self-Pay

Walter Peacock, PsyD

713-621-9515

1111 Highway 6, Ste 210
Sugar Land, Texas 77478

Tarnow Center for Self-Management

www.tarnowcenter.com

Population Served: Children, Teen, Adults

Types of Services: Individual/Family Counseling

Specialties: Applies the principles of Self-Management to overcome barriers to academic, emotional and professional success.

Diane Roche, PhD

713-893-5470

Population Served: Teens, Adults

Types of Services: Individual/Family/Couples Counseling, Psychoeducation Group for Adolescent females

Specialties: ADHD, adolescent females, parenting

Payment Accepted: Self-Pay

Ron Swatzyna, PhD

713-621-9515

1111 Highway 6, Ste 210
Sugar Land, Texas 77478
Tarnow Center for Self-Management
www.tarnowcenter.com

Population Served: Teens, Adults

Types of Services: Individual Counseling, Biofeedback, Trauma Resolution

Specialties: PTSD, chronic pain, adolescent disruptive behavior, chemical dependency

Anand Vyas, PhD

832-549-2067

1437 Highway 6, Ste 100
Sugar Land, Texas 77478
www.anadvyas.com

Population Served: All ages

Types of Services: Individual/Group Therapy

Specialties: Anxiety, depression, ADHD

Payment Accepted: Self-Pay

GROUP PRACTICES

| | |
|---|---------------------|
| Allen Counseling Resources 720 N Post Oak Road, Ste 280 Houston, Texas 77024 www.allencounselingresources.com | 832-487-7886 |
| Barnhill & Associates 5000 Ransom Road Richmond, Texas 77469 www.barnhillcounseling.com | 281-762-1825 |
| Bates Counseling Services www.mytime.com | 281-653-6870 |
| Houston Center for Christian Counseling Sugar Land and Katy location www.christiancounselinghouston.com | 281-277-8811 |
| Kahn Educational Group 6717 Vanderbilt Houston, Texas 77005 www.educationalconsulting.com | 713-668-2609 |
| Katy Center for Psychology and Counseling 440 Cobia Drive, Ste 202 Katy, Texas 77494 www.kcpcs.com | 713-332-4390 |
| LifeTrek Stafford and Kay location www.lifetreksolutions.com | 832-328-0008 |
| Montrose Counseling Center 401 Branard, 2cd Floor Houston, Texas 77006 www.montrosecenter.org | 713-529-0037 |
| Morello Family Therapy 24044 Cinco Village Center Blvd., Ste 100 Katy, Texas 77494 www.moreloffamilytherapy.com | 281-937-4425 |
| Roche Associates Psychotherapy 920 Frostwood, Ste 670 Houston, Texas 77024 | 832-270-4365 |

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|---|---------------------|
| Sugar Bend Center 12946 Dairy Ashford Road, Ste 260 Sugar Land, Texas 77478 www.sugarbendcenter.com | 281-242-2595 |
| Southwest Psychotherapy Associates 2500 Wilcrest Drive, Ste 300 Houston, Texas 77042 www.mickigimland.com | 713-954-4851 |
| Southwest Therapy Association 120 Eldridge Road, Ste D Sugar Land, Texas 77478 www.southwesttherapyassociation.com | 281-491-4455 |
| Sugar Creek Psychotherapy 10707 Corporate Drive, Ste 150 Stafford, Texas 77477 www.sugarcreekpsychotherapy.com | 281-494-9100 |
| Sugar Land Counseling Center 4665 Sweetwater Blvd, Ste 110 Sugar Land, Texas 77479 www.sugarlandcounseling.com | 832-876-3232 |
| Tarnow Center for Self Management Sugar Land and Galleria location www.tarnowcenter.com | 713-621-9515 |

THERAPISTS**Lara Allen, LPC****832-487-7886**

720 N Post Oak Rd, Ste 280

Houston, Texas 77024

Allen Counseling Resources

www.allencounselingresources.com**Population Served:** All ages**Types of Services:** Individual Counseling, Group Counseling, Family/Couples Counseling**Specialties:** Eating disorders, self harm/cutting, borderline personality, abuse, life transitions, women's issues, depression, anxiety, children and family counseling, relationship difficulties**Caryn Ayers , LPC,BCC,CGRMS****832-588-6535**

3 Sugar Creek Center Blvd, Ste 100

Sugar Land, Texas 77478

Life Directions

www.lifedirectionsca.com**Population Served:** All ages**Types of Services:** Individual Counseling, Life Coach, Vocational Interest**Specialties:** Grief resolution, life transitions**Payment Accepted:** Private Insurance, Self-Pay**Sue Badrak, LPC-S, LMFT-S****281-491-5400**

120 Eldridge Road, Unit D

Sugar Land, 77478

Southwest Therapy Association

www.southwesttherapyassociation.com**Population Served:** All ages 10+**Types of Services:** LPC Supervision, Individual Counseling, Marriage/Family Therapy**Specialties:** Women's issues, sexual assault, domestic violence, school problems, transitional issues, depression, anxiety, grief, marriage and divorce.**Payment Accepted:** Private Insurance, Self-Pay**Matt Barnhill, LPC****281-762-1825**

5000 Ransom Road

Richmond, Texas 77469

Barnhill & Associates Counseling Center**www.barnhillcounseling.com****Population Served:** Adults, Seniors**Types of Services:** Individual Counseling, Anger Management Classes**Specialties:** Mid-life issues**Payment Accepted:** Self- Pay

Bates Counseling Solution**281-653-6870**1432 Texas Pkwy
Missouri City, Texas 77489**www.mytime.com****Population Served:** All ages**Types of Services:** Individual/Family/Couples Counseling, Psychoeducation
Classes on Parenting and Anger Management**Specialties:** Family conflict resolution**Payment Accepted:** Self-pay**Marolyn Block, LPC-S, LMFT****832-721-3593**2311 Country Club Blvd
Sugar Land, Texas 77478**Population Served:** Adults, Seniors**Types of Services:** Individual Counseling**Specialties:** depression, anxiety**Payment Accepted:** Private Insurance, Self-Pay**Harold Boggs, LMFT LCDC****281-771-8811**402 Julie Rivers Drive
Sugar Land, Texas 77478

Houston Center for Christian Counseling

www.christiancounselinghouston.com**Population Served:** Adults**Types of Services:** Individual Counseling**Deanna Clapsaddle, LPC-S,CCTP****281-815-0536**24044 Cinco Village Center Blvd, Ste 100
Katy, Texas 77494

New Dimensions Counseling and Consulting

www.newdimensionscounseling.com**Population Served:** Children, Teen, Adults**Types of Services:** Individual Counseling, Children/Teen Social Skills, Parenting
Groups, Grief/Loss Groups**Specialties:** ADHD, developmental disabilities, child/adolescent disorders and
issues, family counseling, 504/ADA/IDEA consulting**Payment Accepted:** Self-Pay**Anne Marie Daniel, LPC****713-502-7298**77 Sugar Creek Center Blvd, Ste 206
Sugar Land, Texas 77479**Population Served:** Teens, Adults**Types of Services:** Individual Counseling**Payment Accepted:** Medicaid, Private Insurance, Sliding Scale, Self-Pay

Tamisha Daniels, LPC-S**832-483-0822**720 N Post Oak Road, Ste 280
Houston, Texas 77024**Allen Counseling Resources****www.allencounselingresources.com****Population Served:** Children, Teens, Families**Types of Services:** Individual Counseling, Family Counseling, Peer Groups, Parenting Classes, Anger Management**Specialties:** Building a strong sense of self through self-awareness and communication**Payment Accepted:** Medicaid, Self Pay, Sliding Scale**James Drew, LPC****832-577-1610**50 Sugar Creek Center Blvd., Suite 250
Sugar Land, Texas 77478

Sugar Land Psychology

www.jamesdrew.net**Population Served:** Teens, Adults, Seniors**Types of Services:** Individual and Marriage/Family/Couples Counseling**Payment Accepted:** Self-pay**William Freeman, LCSW****281-239-7600**2116 Thompson Road, Ste 101
Richmond, Texas 77469**www.freemanlcsw.com****Population Served:** Teens, Adults, Seniors**Types of Services:** Individual Counseling**Payment Accepted:** Medicare, Medicaid, Insurance, Sliding Scale, Self-Pay**Cynthia Green, LPC****281-756-7980**19855 Southwest Freeway, Ste 310
Sugar Land, Texas 77479**Population Served:** Teens, Adults, Seniors**Types of Services:** Individual/Couples Counseling**Payment Accepted:** Self-pay**Micki Grimland, LCSW, ACSW****713-954-4851**2500 Wilcrest, Ste 300
Houston, Texas 77042

Southwest Psychotherapy Associates

www.mickigrimland.com**Population Served:** Children, Teens, Adults, Seniors**Types of Services:** Individual Psychotherapy for Adolescents and Adults, Couples/Family Therapy, Psychodrama, EMDR - Eye Movement Desensitization and Reprocessing, College Counseling and Life Skills Coaching, Psychological Assessments**Payment Accepted:** Self-Pay

Tamara Harris, PhD, LPC-S**281-415-5816**

3331 Cartwright Rd, Ste 125
 Missouri City, Texas 77459
 TH Sports Psychology Consulting
www.thsportpsyconsulting.com

Population Served: Teens, Adults**Types of Services:** Individual Counseling/Group Counseling, Sport Parent Education Workshops, Mental Skills Training Seminars**Specialties:** Prepares athletes and non-sport performers in reaching their optimal performance through mental skills training**Payment Accepted:** Sliding Scale, Self-Pay**Paula Howard, LPC, LMFT****713-267-0766**

10701 Corporate Drive, Ste 180
 Stafford, Texas 77477

Population Served: All ages**Types of Services:** Individual Counseling, Children Groups**Specialties:** Autism Spectrum Disorders**Payment Accepted:** Medicaid, Insurance, Sliding Scale, Self-Pay**Mark Howell, LPC****281-277-8811**

402 Julie Rivers Drive
 Sugar Land, Texas 77478
 Houston Center for Christian Counseling
www.christiancounseling.com

Population Served: Children, Teen, Adults**Types of Services:** Individual Counseling**Specialties:** Couples counseling, adolescent therapy**Payment Accepted:** Insurance, Self-Pay**Catherine Huet-Smith, LPC****281-277-8811**

402 Julie Rivers Drive
 Sugar Land, Texas 77478
 Houston Center for Christian Counseling
www.christiancounseling.com

Population Served: Children, Teen, Adults**Types of Services:** Individual Counseling**Payment Accepted:** Insurance, Self-Pay**Shannon Johnson LMFT, LCDC****281-277-8811**

402 Julie Rivers Drive
 Sugar Land, Texas 77478
 Houston Center for Christian Counseling
www.christiancounseling.com

Population Served: Adults and families**Types of Services:** Individual/Family and Group Counseling, EMDR**Specialties:** Works with adults struggling with chemical abuse/dependency and their families, runs a group for wives of sex addicts.**Payment Accepted:** Insurance, Self-Pay

Kris Kerlin, LPC-S**713-471-9977**535 E. Fernhurst Drive, Ste 206
Katy, Texas 77450www.cfsmkaty.com**Population Served:** Children, Teens, Adults**Types of Services:** Individual Counseling, Life Coaching, Stress Management
Skill Building**Specialties:** Stress management skill training, coping with an acute or chronic
physical condition, pain management**Linda Kahn, MA, CEP****713-668-2609**6717 Vanderbilt Street
Houston, Texas 77005
Kahn Education Groupwww.educationalconsulting.com**Population Served:** Children, Teen, Adults**Types of Services:** Consulting**Specialties:** Comprehensive educational guidance and placement services**Payment Accepted:** Self-Pay**Harpreet Kaur, LCSW****713-484-9175**

Missouri City, Texas 77459

www.hkcounselingservices.com**Population Served:** Teen, Adults**Types of Services:** Individual/Couples/Family Counseling**Specialties:** Certified Anger Resolution Therapist, fluent in English, Hindi,
Punjabi, Urdu**Payment Accepted:** Insurance, Sliding Scale, Self-Pay**Brenda Leiber, LPC****281-491-4455**

120 Eldridge, Ste D

Sugar Land, Texas 7478

Southwest Therapy Association

www.southwesttherapyassociation.com**Population Served:** All ages**Types of Services:** Individual counseling/group therapy**Specialties:** Depression, eating disorders, anxiety, grief, marital issues.

Domestic violence/battering intervention groups

Payment Accepted: Insurance, Self-Pay**Brenda Lopez, LPC****281-498-4673**

2117 Avenue I

Rosenberg, Texas 77471

Fort Bend Christian Counseling Center

www.fortbendccc.com**Population Served:** Children, Teens, Adults**Types of Services:** Individual Counseling**Specialties:** Depression, anxiety, Oppositional/Defiant Disorder, parenting
issues, children with trauma, PTSD**Payment Accepted:** Insurance, Self-Pay

Sherry Malcomb Gill, LPC, LMFT**281-491-4455**

120 Eldridge, Ste D

Sugar Land, Texas 77478

Southwest Therapy Association

www.southwesttherapyassociation.com**Population Served:** All ages**Types of Services:** Individual Counseling**Specialties:** Adolescent/family therapy, eating disorders, chemical dependency, personality disorder, depression, military families/deployment/reintegration**Payment Accepted:** Insurance, Self-Pay**Debbie Martin, LPC, LMFT****281-900-9575**

3880 Greenhouse Road, Ste 216

Houston, Texas 77084

Hope and Harmony Therapy

www.hopeandharmonytherapy.com**Population Served:** Children, Teens, Adults**Types of Services:** Individual Counseling, Family Counseling, Career and Stage of Life Counseling, Transgender Youth Group, Women's Support Group**Specialties:** LBGQT related issues, couples/family issues, stress management, speak English, Hindi, Urdu**Timothy Mavergeorge, LPC,LCDC,LMFT****281-277-8811**

402 Julie Rivers Drive

Sugar Land, Texas 77478

Houston Center for Christian Counseling

www.christiancounseling.com**Population Served:** Teen, Adults**Types of Services:** Individual Counseling, EMDR, Trauma Resolution Therapy, Certified Christian Sexual Addiction Specialist**Specialties:** Marital/family issues, chemical dependency, sexual addition, trauma, men's issues**Payment Accepted:** Insurance, Self-Pay**Deborah Moncrief, LCSW,LMFT****281-277-8811**

402 Julie Rivers Drive

Sugar Land, Texas 77478

Houston Center for Christian Counseling

www.christiancounseling.com**Population Served:** Teen, Adults**Types of Services:** Individual Counseling, Marriage Workshops, Pre-Marital Counseling**Specialties:** Marital issues, recover from dysfunctional relationships, chemical dependency, vocational issues, grief**Payment Accepted:** Insurance, Self-Pay

Anne Morelli, LMFT**281-937-4425**

24044 Cinco Village Center Blvd, Ste 100
Katy, Texas 77494

Morello Family Therapy

www.morellorfamilytherapy.com

Population Served: Teen, Adults

Types of Services: Individual/Couples/Family Counseling

Specialties: Transitions, marriage, divorce, family conflict, grief/loss

Payment Accepted: Insurance, Self-Pay, Sliding Scale

Judith Morris, LMFT**281-277-8811**

402 Julie Rivers Drive

Sugar Land, Texas 77478

Houston Center for Christian Counseling

www.christiancounseling.com

Population Served: Adults, Seniors

Types of Services: Individual Counseling

Specialties: Family issues, life stage issues, geriatric issues, disabilities, chronic illness

Payment Accepted: Insurance, Self-Pay

Cynthia Pavlock, LCSW,LCDC**832-474-3211**

6065 Hillcroft, Ste 103

Houston, Texas 77081

Your New Beginning

Population Served: Teens, Adults

Types of Services: Individual Counseling, Battering Intervention Prevention Program, Anger Management, Alcohol/Drug Evaluation

Specialties: Parenting, chemical dependency, issues related to law enforcement

Payment Accepted: Sliding Scale, Self-Pay

Alice Payne, LPC-S, RPT-S**832-876-3232**

1111 Highway 6, Ste 235

Sugar Land, Texas 77478

Sugar Land Counseling

www.sugarlandcounseling.com

Population Served: Children, Teens

Types of Services: Individual Counseling, Play Therapy, Anger Management

Specialties: Trauma, children, teens

Payment Accepted: Medicaid, Self-Pay

Michelle Plamondon, LPC**281-599-3313**

24215 Kingsland Blvd

Katy, Texas 77494

www.katypsychiatry.com

Population Served: Children, Teens, Adults

Types of Services: Child/Teen/Adult Counseling

Specialties: Cognitive Behavioral Therapy approach to counseling

Mary Lynn Porter, LPC, LMFT, LCSW**713-306-2738**

101 Southwestern Blvd, Ste 113

Sugar Land, Texas 77478

Population Served: All ages**Types of Services:** Individual Counseling**Specialties:** Coping/communication/problem solving/stress management/anger management skills**Payment Accepted:** Insurance, Self-pay**Michelle Puseter, LPC****832-361-1547**

440 Cobia Drive

Katy, Texas 77494

Population Served: Adults**Specialties:** Couples therapy**Payment Accepted:** Self-pay**Asma Rahim, LPC-S****713-909-0892**

10701 Corporate Drive, Ste 720

Stafford, Texas 77477

Rahim Counseling and Consulting Services

www.rahimlpc.com**Population Served:** Teens, Adults**Types of Services:** Individual Counseling, Couples/Family Counseling, Stress/Anger/Communication Skills Workshops, Suicide Prevention Support Group**Specialties:** Anxiety, Depression, CBT, Life Issues, Career Counseling**Payment Accepted:** Insurance, Medicaid, Medicare, Self-Pay, Sliding Scale**Dora Rios, LPC, LBSW, RPT****281-277-8811**

402 Julie Rivers Drive

Sugar Land, Texas 77478

Houston Center for Christian Counseling

www.christiancounseling.com**Population Served:** All ages**Types of Services:** Individual Counseling, Play Therapy, EMDR**Specialties:** Trauma, mood disorders, grief, marital issues**Charlene Rogers, LPC-S, RPT****713-234-7172**

245 Commerce Green Blvd, Ste 130

Sugar Land Texas 77478

Rogers Counseling and Play Therapy Center

www.charlenerogerstherapy.com**Population Served:** Children, Teens, Adults**Types of Services:** Individual Counseling, Group Counseling**Specialties:** Trauma, Sexual Abuse, Child/Adolescent/Family Issues**Payment Accepted:** Self-Pay

Gloria Rouze, LPC, LMFT **281-491-1983**
 120 Eldridge Rd, Ste B
 Sugar Land, Texas 77478
Population Served: All ages
Types of Services: Individual Counseling, Women Groups
Specialties: Communication skills
Payment Accepted: Medicare, Self-Pay

Aliana Sanderson Lopez LPC-S, NCC, CART **832-656-8058**
 3425 Highway 6, Ste 107A
 Sugar Land, Texas 77478
Population Served: Children, Teen, Adults, Families
Types of Services: Individual/Family Counseling, Foster Care Counseling, Play Therapy
Specialties: Certified anger resolution therapist, specializes in foster care issue, strengthening families
Payment Accepted: Insurance, self-pay, sliding fee scale

Lesley Solomon, LPC **713-621-9515**
 1111 Highway 6, Ste 210
 Sugar Land, Texas 77478
 Tarnow Center for Self Management
www.tarnowcenter.com
Population Served: Children, Teens, Adults
Types of Services: Individual Counseling, Biofeedback
Specialties: Stress and anxiety related disorders, stress management

Karen Sullivan, LCSW, PRT-S **713-826-3783**
 15200 Southwest Freeway, Ste 266
 Sugar Land, Texas 77478
www.karensullivanlcsw.com
Population Served: Children, Teens, Adults
Types of Services: Individual Counseling, EMDR, Play Therapy
Specialties: Abuse, school issues, children/family issues

Sacha Wheeler, LPC-S **281-829-0072**
 440 Cobia Drive, Ste 1301
 Katy, Texas 77494
 Katy Psychotherapy
www.katypschotherapy.com
Population Served: Teens, Adults
Types of Services: Individual Counseling
Specialties: Relationships, Life Transitions

Faith Wilson, LPC **713-515-3188**
 14515 Briarhills Parkway, Ste 200
 Houston, Texas 77077
Population Served: All Ages
Types of Services: Individual Counseling,
Specialties: Conflict resolution, family/marriage counseling, divorce, parenting coordination, collaborative law
Payment Accepted: Insurance, Self-Pay

BEHAVIORAL HEALTH CARE AGENCIES

Access Health

400 Austin Stree

Richmond, Texas 77469

281-342-4530

307 Texas Parkway

Missouri City, Texas 77489

281-969-1800

www.accesshealth.org

Counseling and case management services related to depression, anxiety, relationship and family concerns, life stressors, youth behavioral problems, HIV/AIDS. Integrated healthcare center incorporating primary care and behavioral health to ensure whole-person recovery.

Bo's Place

713-942-8339

1005 Buffalo Speedway

Houston, Texas 77054

www.bosplace.org

Bereavement center offering grief support services to children and their families who have experienced the death of a child or an adult in their immediate family

Catholic Charities

866-649-5862

12300 Parc Crest Drive

Stafford, Texas 77477

www.catholiccharities.org

Provides individual, family, or marriage/couples counseling for family relationships, depression, anxiety, parenting issues and veterans. Services are offered on a sliding scale or through other 3rd party payers depending on client eligibility

Child Advocates of Fort Bend County

281-341-9955

5403 Avenue N

Rosenberg, Texas 77471

www.cafb.org

Provides legal assistance and counseling for child victims of sexual and physical abuse

Depelchin Children's Center

713-730-2335

12300 Parc Crest Drive, Ste 120

Stafford, Texas 77477

www.depelchin.org

Offers counseling for individuals and families in the foster care or adoption program of Depelchin

Family Houston

713-861-4849

12300 Parc Crest Drive

Stafford, Texas 77477

www.familyservices.org

Provides counseling for children and adults, families and individual. They accept all major insurance plans and offer a sliding fee scale.

Fort Bend Behavioral Health Services**281-238-3079**

301 Jackson Street, Ste 520
 Richmond, Texas 77469

www.fortbendcountytexas.gov

The mission of FBBS is to coordinate services and systems for persons with mental health disorders that come in contact with the Fort Bend County courts are at risk. It offers services for Recovery and Reintegration, Juvenile Diversion, Psychological Forensic Evaluations and Clinical consultation. It also coordinates the Crisis Intervention Team.

Fort Bend Women's Center**281-344-5750****www.fortbendwomenscenter.org**

24 Hour Crisis Hotline

281-342-HELP (4357)

Assist survivors of domestic violence and sexual assault and their children. Services include a 24 hour hotline, emergency shelter, legal and medical support and counseling

Fort Bend Regional Council on Substance Abuse **281-207-2400**

10435 Greenbough, Ste 250
 Stafford, Texas 77477

www.fortbendcouncil.org

Outpatient substance abuse treatment services, individual/group counseling for drug/alcohol abuse, youth prevention programs in Fort Bend schools

Give an Hour**832-291-2290****www.giveanhour.org**

A nonprofit organization providing free short term mental health care for veterans and their family members

Houston Galveston Counseling Institute**713-526-8390**

12300 Parc Crest Drive
 Stafford, Texas 77477

www.talkhgi.org

Provides individual and family counseling. Walk-ins welcome

Houston OCD Program**713-526-5055**

708 E. 19th Street
 Houston, Texas 77008

www.houstonocdprogram.org

Offers highly specialized outpatient treatment for children, adolescences and adult living with obsessive compulsive disorder

Interface-Samaritan Counseling Centers**713-626-7990**

60355 S. Fry Road
 Katy, Texas 77450

www.houstonsamaritan.org

Brings quality behavioral health care to people who are uninsured or underinsured. Services include individual and family sessions

Jewish Community Center**713-667-9336**

4131 Braeswood
Houston, Texas 77025
www.wjfshouston.org

Mental health counseling for children, teens, adults and seniors related to a variety of psychological issues. Includes a counseling program for individuals living with a persistent and pervasive mental illness

Memorial Hermann Mental Health Crisis Clinics **713-338-6422**

Locations in Spring Branch, Meyerland, and Tomball

www.memorialhermann.org/mental-health

This is an outpatient mental health clinic that serves individuals in a mental health crisis. This service is provided regardless of insurance and even if the person is uninsured

Operation Enduring Brotherhood**281-804-6996**

Volunteer organization that is creating a positive impact on the lives of local veterans through a cycling experience.

Spaulding for Children**713-681-6991**

12300 Parc Crest Drive
Stafford, Texas 77477

www.spauldingforchildren.org

Adoption, post adoption and foster services for eligible families. Services include support groups and individual/family therapeutic counseling.

Texana Center

4910 Airport Avenue
Rosenberg, Texas 77479

281-342-6384

2535 Cordes Drive
Sugar Land, Texas 77471

281-276-4400

www.texanacenter.com

Texana Crisis Hotline**800-633-5686**

Texana Center is the local Mental Health Authority for Fort Bend County. They provide assessments, treatment and support services for behavioral health and intellectual& developmental disabilities. Their Mobile Crisis Outreach Team consists of professionals specially training to help individuals in a mental health crisis.

SOCIAL SERVICE AGENCIES

Access Health

400 Austin Street

Richmond, Texas 77469

281-342-4530

307 Texas Parkway

Missouri City, Texas 77489

281-969-1800

www.accesshealth.org

Provides comprehensive healthcare for children and adults. Services include pediatric care, women's services, dental care, immunizations, case management, and WIC

Aid to Victims of Domestic Abuse

713-224-9911

1001 Texas Avenue

Houston, Texas 77002

www.avda-tx.org

Provides legal assistance, crisis counseling and battery intervention program

Attack Poverty

832-847-4379

230 Collins Road

Richmond, Texas 77469

www.attackpoverty.org

A nonprofit organization that works to strengthen under-resourced communities through education, revitalization and basic needs.

Alzheimer's Association

800-272-3900

6055 South Loop East

Houston, Texas 77087

www.alz.org/texas/

Support groups, educational programs, individualized planning and community resources for people affected by Alzheimer's Disease, their families, and care providers

Neighborhood Center-Head Start Program/FB

844-236-4372

Provides comprehensive child development programs for children ages 3-5 for low income families. Early Head Start programs are for children 3 and younger

Fort Bend Indigent Health Care

281-341-6624

4520 Reading Road, Ste 600

Rosenberg, Texas 77471

www.fortbendcountytexas.gov

Provides medical care to low income Fort Bend County residents. They will need to review the household, residency, income, and resources for eligibility.

Alliance for Multicultural Community Services

713-776-4700

6440 Hilcroft Street

Houston, Texas 77081

www.allianceontheweb.org

Provides comprehensive services to refugees in a effort to help people achieve independence and success. Services include resettlement, social adjustment, employment issues and a youth program

The Arc of Fort Bend**281-494-5959**

123 Brooks Street
 Sugar Land, Texas 77478
www.arcoffortbend.org

Advocacy, support and services for people with intellectual and developmental disabilities and their families

Brazos Bend Guardianship Services**281-232-7701**

PO Box 72
 Rosenberg, Texas 77471
www.brazosbendguardianship.org

Assist disabled and incapacitated adults and families with legal guardianship, money management and related services

Career and Recovery Resources, Inc**713-754-7059****Supportive Services for Veteran Families (SSVF) Program**

12300 Parc Crest Drive
 Stafford, Texas 77477
www.careerandrecovery.org

Designed to assist low-income veterans and their families at risk of homelessness. Services include security deposits, rental and utility assistance, employment assistance and navigation to access SSI/SSD/Mainstream benefits

Catholic Charities**86-649-5862**

12300 Parc Crest Drive
 Stafford, Texas 77477
www.catholiccharities.org

An organization dedicated to strengthening families, nurturing children, supporting refugees and immigrants, and promoting independence of seniors and veterans

Child Advocates of Fort Bend County**281-341-9955**

5403 Avenue N
 Rosenberg, Texas 77471
www.cafb.org

Provides legal assistance for children who have been physically or sexually abused

Christ Clinic**281-391-0190**

25722 Kingsland Blvd, Ste 101
 Katy, Texas 77494
www.christclinic Katy.org

A primary care program which provides healthcare for acute illness, chronic disease management and preventative care services

Department of Assistive and Rehabilitative Services (DARS).800-628-5115

www.dars.state.tx.us

Rosenberg Field Office

281-239-1230

117 Lane Drive, Ste 44

Rosenberg, Texas 77471

State agency that provides services related to vocational and comprehensive rehabilitation, independent living centers, and deaf and hard of hearing

East Fort Bend Human Needs Ministry

281-261-1006

435 Stafford Run

Stafford, Texas 77477

www.humanneeds.org

Provides a food pantry, financial assistance and school supplies for Fort Bend County residents in need

SNAP Food Benefits

www.yourtexasbenefits.com

Benefits and support services for elderly people, those with physical or mental issues or low income

Fort Bend Pets Alive

832-886-5915

www.fortbendpetsalive.org

Nonprofit organization dedicated to helping Fort Bend become a no kill community

Fort Bend Cares

832-819-2005

www.fortbendcares.org

A charitable foundation that exist to support programs and services geared toward helping disadvantaged children improve their lives

Fort Bend Center for Independent Living

281-980-2219

12946 Dairy Ashford Road, Ste 110

Sugar Land, Texas 77478

www.hcil.cc/services

Community based, independent living advocacy organization

Fort Bend County Dispute Resolution Center

281-342-5000

211 Houston Street

Richmond, Texas

www.fortbenddrc.org

Provides mediation services

Fort Bend County Transit

281-633-7433

www.fortbendcountytexas.gov

Provides public transportation

Fort Bend County Veterans Service Office

281-341-4550

4520 Reading Road

Rosenberg, Texas 77471

www.fortbendcountytexas.gov

Informs veterans, dependents and survivors about the benefits of the Department of Veterans Affairs

Fort Bend Family Promise**281-403-3923**4645 Cartwright Road
Missouri City, Texas 77459**www.fortbendfamilypromise.org**

Provides shelter, meals, and comprehensive support to families without a home

Fort Bend Garden Apartments**281-342-2423**313 Lane Drive
Rosenberg, Texas 77471**www.voa.org/housing_properties/fort-bend-garderns**

Affordable apartment for seniors 62 and older and people with disabilities

Fort Bend Gateway to Care**713-783-4616****www.gatewaytocare.org**

Links uninsured and underinsured to healthcare and mental health services

Fort Bend Habitat for Humanity**281-403-0708**13570 Murphy Road
Stafford, Texas 77477**www.fortbendhabitat.org**

Affordable housing and a resale store

Fort Bend Lawyers Care**281-239-0015**310 Morton Street, Ste 566
Richmond, Texas 77469**www.fortbendlawyerscare.org**

Provides legal assistance for those with a low income

Fort Bend Seniors Meals on Wheels**800-643-9654**1330 Band Road
Rosenberg, Texas 77471**www.fortbendseniors.org**

Provides meals for seniors and gathering places for seniors

Fort Bend Social Services**Missouri City****281-403-8050****Rosenberg****281-342-7300****www.fortbendcounty.org**

Provides short term assistance for emergency needs such as rent, utilities, food and medication.

Helping Hands**281-232-4904**902 Collins Road
Richmond, Texas 77469**www.roserichhelpinghands.org**

Provides basic needs such as food, clothing, and financial assistance. This services is for the residents of West Fort Bend

- Hope for Three** **281-245-0640**
 11104 W. Airport Blvd., Ste 150
 Stafford, Texas 77477
www.hopeforthree.org
 Nonprofit organization dedicated to creating awareness of autism and providing resources for people living with autism
- House Call Doctors** **281-404-1504**
www.houstonhousecalldoctor.com
 Group of doctors who visit home bound or disabled people
- Katy Christian Ministries** **281-391-5261**
www.ktcm.org
 A social service organization which provides emergency financial assistance, food pantry, and a crisis center for sexual assault and domestic violence
- Kinship Program**
 A program of the Texas Department of Family and Protective Services. Coordinates the extended family involvement for children in protective custody.
www.dfps.state.tx.us
- Lighthouse for the Blind** **713-527-9561**
 3602 West Dallas Avenue
 Houston, Texas 77019
www.afb.org
 Nonprofit organization dedicated to helping the blind and visually impaired
- Literacy Council of Fort Bend County** **281-240-8181**
www.ftbendliteracy.org
 Free classes for basic literacy, English as a second language, computer skills and GED prep class
- Lone Star Legal Aid** **800-733-8394**
www.lonestarlegal.org
 Provides legal assistance for public benefits, housing and disability/consumer/family issues. Also provide legal assistance for those affected by a disaster.
- Mamie George Community Center** **281-202-6200**
 1111 Collins Road
 Richmond, Texas 7469
 Provides services of Catholic Charities such as immigration legal assistance, senior services and provides for basic needs
- Medicare Pediatric Group** **713-995-9292**
www.medicarepediatric.com
 Offers comprehensive therapy and nursing services to patients 21 years old and younger
- Medicaid Hotline** **800-252-8263**
- Medical Transportation Program** **855-687-4786**

Medical Transportation Program 855-687-4786
Texas Health Steps

Mental Health America of Fort Bend County 281-207-2480
www.mhafbc.org

Provides information/referral to mental health resources. Dedicated to promoting awareness of mental illness, reducing the stigma associated with it and educating Fort Bend residents about mental illness and mental wellness

National HIV and AIDS Information Center 800-232-4636
www.cdc.gov/hiv

Informational website regarding HIV and AIDS

Peace of Mind Foundation 832-474-1327
www.peaceofmind.org

Nonprofit organization dedicated to creating awareness and provide support, education and resources for those living with obsessive compulsive disorder

Perfectly Wrapped Ministries 281-743-5214

Nonprofit organization dedicated to helping survivors of sexual abuse restore their lives and educating the public on sexual abuse prevention

Presbyterian Children's Home and Services
Texas and Louisiana 800-888-1904
www.texas.pchas.org

Provides Christ-centered care and support for struggling children and families

Reining Strength Therapeutic Horsemanship 832-451-6874

8811 FM 359 Road
 Richmond, Texas 77406

www.reiningstrength.org

Provides therapeutic horse programs for people of all ages living with physical, cognitive, social and emotional needs

Sacred Heart of Jesus Social Ministry 800-358-SOUP

14307 Hwy 6
 Rosharon, Texas 77583

www.superbowl.org/80906/Sacred_Heart_of_Jesus_Social_Ministry

Provides for those in need through a food pantry and thrift store

Salvation Army 281-207-2500

12300 Parc Crest Drive
 Stafford, Texas 77477

www.salvationarmyusa.org

Multiple support programs for families and individuals in need

Second Mile Ministry 281-261-9199

1135 Highway 90A
 Missouri City, Texas 77489

www.secondmile.org

Dedicated to meeting the basic needs of Fort Bend County residents through food, clothing and financial assistance

Social Security Administration **800-772-1213**

Society of St Stephen
Sugar Land United Methodist **281-491-6041**
www.sugarlandmethodist.org

Provides basic needs and financial assistance to Fort Bend residents

Sojourn Landing
www.sojournlanding.org Email: **hello@sojournlanding.org**
 Nonprofit organization which provides a safe resting place and information on resources for victims of commercial sex trade or human trafficking

Texas Department of Health and Human Services
Medicaid Client Hotline **800-252-8263**
CHIP Call Center **877-543-7669**

Texana Center –IDD Services **281-239-1300**
 4910 Airport Avenue
 Rosenberg, Texas 77471
www.texanacenter.com
 Provides an array of services for eligible persons living with intellectual and developmental disabilities

Workforce Solutions.....**281-344-0279**
 28000 Southwest Freeway
 Rosenberg, Texas 77471
www.wksolutions.com
 Provides assistance with locating and obtaining employment

United Way – Fort Bend Center **281-207-2300**
 12300 Parc Crest Drive
 Stafford, Texas 77477
www.unitedway.org
 Our local United Way which houses organizations such as Big Brothers/Big Sisters, Boy Scout Shop, Career and Recovery Resources, Catholic Charities, Depelchin Children’s Center, Easter Seals. Family Houston, Houston Galveston Institute Counseling, Spaulding for Children, SER Jobs for Progress and Salvation Army

Texan United Way Helpline **211**

Victims Assistance Center **713-755-5625**

Xena Project **832-451-5982**
 3942 Beasley West End Road
 Beasley, Texas 77417
www.xenahorse.com

Nonprofit that exist to strengthen veterans and their families though positive gatherings, private peer led sessions, and animal encounters

SUPPORT GROUPS AND WORKSHOPS

Adoption Parent Support Groups for adoptive mothers

Spaulding for Children

For more information, contact Donna Waller

713-681-6991 ext 159

Alanon

713-683-7227

Partners and children of adult struggling with alcoholism

www.houstonalanon.org

Alcoholic Anonymous

713-686-6300

www.aahouston.org

Alzheimer's Support Group for caregivers

800-272-3900

www.alz.org

Anger Management

Ultimate Choices to Recovery

281-235-8971

ADD/ADHD

281-897-0982

www.adda-sr.org

FORT BEND

For more information, contact Estella Alaniz Rabbani **713-446-4255**

adhdadvocatemom411@gmail.com

HOUSTON ADDults

For more information, contact Martha Class, marthacla@me.com

KATY

For more info, contact Laura Peddicord at laurapeddicord@comcast.net

Cancer Support Group

St. Laurence Catholic Church provides a support group for families affected by cancer of a loved one

For more information, contact Angela Rankin

832-945-2245

Depression Bipolar Support Alliance

713-600-1131

www.dbsahouston.org

Provides FREE and CONFIDENTIAL support groups for individuals living with, or family and friends affected by, depression and bipolar disorders.

Caregivers Support Group

St Laurence Catholic Group

281-261-5738

For more information, contact Lori Knowles

The Center for Stress Management

713-471-9977

For more information, contact Kris Kerlin

Grief Support

Grief Share

800-395-5755

Recovery support group to help heal the pain of losing a loved one
www.griefshare.org

Grief Recovery Life Directions

832-886-6733

9 week grief recovery group workshop led by Caryn Ayers, LPC

Grief Support at St Laurence Catholic Church

For more information, contact Sandy Baber
or help2grieve@hotmail.com

281-633-9090

Divorce Care

Divorce Care for Kids

281-242-2858

Domestic Violence and Sexual Abuse

Katy Christian Ministries

281-391-5261

Fort Bend Women's Center

281-342-4357

Perfectly Wrapped Ministries

281-743-5214

Life University

281-342-3805

Free classes offered at First Assembly of God on spiritual enrichment, emotional health, anger management and more

National Alliance for Mental Illness (Fort Bend)

281-494-5193

www.namifortbendtx.org

Support group for family members of individuals living with a mental illness

Obsessive Compulsive Disorder

Peace of Mind Foundation

832-474-1327

www.peaceofmind.com

Support groups for individuals living with obsessive compulsive disorders

Substance Abuse Teens and Young Adults

Life Way International

713-270-6753

www.lifewayinternational.org

Suicide Support Groups

Suicide Bereavement and Suicide Prevention Support Group

For more information, call Asma Rahim, LPC

713-909-0892

Mental Health First Aid

Join the movement.

Sometimes first aid isn't
a bandage, or CPR or
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EMAIL: DDELARIVA@MHAFBC.ORG

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For information, please call 281-207-2400 or visit our website: fortbendcouncil.org



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URL: www.educationalconsulting.com

6717 Vanderbilt Houston, TX 77005



nami

National Alliance on Mental Illness

Fort Bend

Educate - Advocate - Support

We offer **Support Meetings** 2nd & 4th Thursday of the month
St. Laurence Catholic Church - 3100 Sweetwater Blvd, Sugar Land

Informational Meeting 1st Thursday of the month
First United Methodist Church - 3900 Lexington Blvd, Missouri City
6:30 Meal provided - 7:00 NAMI Meeting

NAMI Classes - Family to Family - NAMI Basics - Peer to Peer

www.NAMIFortBend.org

281-494-5193

namifortbend@yahoo.com



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Mental Health America of Fort Bend County (MHAFBC) strives to improve the quality of lives of those affected by mental illness and their families through the following services and programs:

Mental Health Screenings

Community Outreach Programs

Information and Referral Service

Behavioral Health Resource Guide

NEW Mental Health First Aid Classes

Literature on all Mental Health Conditions

Reduce the Stigma Associated with Mental Illness

Continuing Education for Mental Health Professionals



4655 Techniplex Drive, Suite 400
Stafford, Texas 77477
281-207-2480

info@mhafbc.org

www.mhafbc.org

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The Excel Center of Katy
2900 Commercial Center Blvd, Ste102
Katy, TX 77494
281.647.0020

The Excel Center of Friendswood
111 E. Edgewood Drive
Friendswood, TX 77546
281.648.1200



www.westoakshospital.com