UHCL Counseling Services
Community Mental Health Resources

Connect • Empower • Thrive

University of Houston Clear Lake
Instructions: Click the titles below to jump to that section of the document. Links throughout the document are designated in green. Navigation buttons are located at the bottom of each page.

Disclaimer: The resources listed here are for your convenience and not intended to be a comprehensive list of all mental health and other community agencies in our area. The University and Counseling Services does not endorse any specific mental health service provider community agency.

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What Kind of Resource Am I Looking For?

The world of mental health can be confusing to navigate. In this section, you will be guided through some basic distinctions in the field.

**Emergencies:**
If you need to speak with someone immediately because you are worried about your own or someone else’s safety, or are in a psychological crisis, then you are looking for the Crisis/24 Hour Assistance section.

You can also always call 9-1-1 or go to your nearest Emergency Room.

**Levels of Care:**
What is the difference between inpatient, partial hospitalization, and outpatient care?

For a brief description of each of the levels of psychiatric care [click here].

**Talk Therapy vs. Medication:**
Medications can only be prescribed by a doctor with a medical degree (an MD or DO). A psychologist (PhD or PsyD), while also a doctor, is not able to prescribe medications in Texas.

Psychiatrists are different from a primary care or family doctor, in that they have specialized training in mental health issues. They have expertise in the use of medications specifically for psychological issues.

The terms talk therapy, counseling, and psychotherapy are used interchangeably and involve meeting with a therapist to talk about mental health issues you may be struggling with.
A few different kinds of mental health professionals are licensed by the state to provide therapy. These can include:

**Master’s Level Professionals:**
- Licensed Clinical Social Workers (LCSW)
- Licensed Marriage and Family Therapists (LMFT)
- Licensed Professional Counselors (LPC)

**Doctoral Level Professionals:**
- Psychologists (PhD or PsyD)
- Psychiatrists (MD or DO) — *most psychiatrists tend to focus primarily on prescribing and managing medications*

For further explanation about some of the differences between these professionals please [click here].
How To Choose a Therapist

**What are your needs?**

To choose the best provider for yourself, it is important to know what you need. Providers have differing skills, expertise, and training. Most providers can work with a variety of issues, but others are more specialized or may have specific areas of expertise. When choosing a provider it will be important to ask whether the provider has experience working with your area of concern.

**What is important to you?**

When choosing your provider consider the following:

*Specialization:* Do they have training in your specific area of concern?
- Psychological Issue—ex. trauma, substance use, eating disorders, or OCD
- Therapy Modality—ex. Individual/one-on-one, couples, family, group, art, or music
- Therapy Orientation/Style—ex. DBT, ACT, psychodynamic, existential, or CBT or integrative

*Degree:* Does the provider’s level of training (doctoral or master’s) matter to you? What about years or types of experience?

*Location:* How far are you willing to travel to see them?

*Cost:* Do they take your insurance? What is their fee? Is it negotiable?

*Hours:* What hours do they see clients? Will you need to take time off from school or work?

*Urgency:* How long are you willing to wait to get an appointment?

*Personality:* How comfortable do you feel with your provider? Can you be open and honest with them about your struggles?
Ultimately fit is most important...

You are an individual with your unique set of needs, circumstances, and experiences. Every provider is also an individual with their own style, philosophy, skills, training, and experiences. Ultimately, you need to ask yourself: is this a good fit for me?

How to Get the Most Out of Therapy

Here are some important tips to help you get the most out of your therapy:

*It Takes Time:* Therapy is a process that looks different for everyone and is usually not a “quick fix”. You have lived your whole life up until now in a certain way, so to make changes to that will take time. Be patient with yourself and with the process of change. Talk with your therapist about the anticipated length of treatment and changes you would like to see in yourself.

*Assess Along the Way:* It is important to assess whether you are getting your needs met as the therapy progresses. While it does take time, check in with yourself every few sessions to make sure you are getting your needs, wants, and concerns met.

*Advocate for Yourself:* If you are not getting your needs, wants, and concerns met, bring that up with your therapist. Your therapist should be willing to have an open discussion about this with you and be willing to talk with you about how to get your needs met. However, therapists are not mind readers, so it is up to you to voice your needs and advocate for yourself.
How Do I Navigate Insurance?

**UHCL Student Health Insurance:**

If you have the *UHCL Student Health Insurance* through UnitedHealthcare StudentResources [click here].

For short, informational videos specific to using UnitedHealthcare StudentResources [click here].

**Other Health Insurance:**

If you have another insurance company, these pdf’s created by Kennesaw State University Counseling and Psychological Services, will guide you through a) what to ask your insurance company about your coverage and b) how to search for a mental health provider through any typical insurance website.

a. What to Ask Your Insurance Company

b. How to Search for Providers in Your Network
Mental Health Resources

Emergency: Dial 9-1-1

24 Hour Crisis Hotlines:

Crisis Textline - Text HOME to 741741
https://www.crisistextline.org/

The Suicide Prevention Lifeline - 1-800-273-8255
*Press 1 for Veteran Suicide Prevention Lifeline
Online chat: https://suicidpreventionlifeline.org/chat/

LGBT Switchboard Houston - 713-529-3211
http://www.montrosecenter.org/services/avp/switchboard/

The American Foundation for Suicide Prevention - 1-888-333-2377
https://afsp.org/

National Domestic Violence Hotline - 1-800-799-7233
https://www.thehotline.org/

National Sexual Assault Hotline - 1-800-656-HOPE (4673)
https://www.rainn.org/about-national-sexual-assault-telephone-hotline

Substance Abuse and Mental Health Services Administration (SAMHSA)'s National Helpline - 1-800-662-HELP (4357)
https://www.samhsa.gov/find-help/national-helpline

Trans Lifeline - 877-565-8860
https://www.translifeline.org/
Hospitals & Residential Treatment:

**Behavioral Hospital of Bellaire** - 800-644-4087  
[https://bhbhospital.com/](https://bhbhospital.com/)  
5314 Dashwood Drive Suite 300 Houston, TX 77081  
Services:  
- Inpatient, Partial Hospitalization, & Intensive Outpatient  
- Women’s Program  
- Adult (18+) & Adolescent (12-17)  
Insurance:  
- Most major plans accepted

**Ben Taub Hospital-Mental Health Services** - 713-873-2000  
[https://www.bcm.edu/healthcare/care-centers/psychiatry/clinics/ben-taub-harris-health-system](https://www.bcm.edu/healthcare/care-centers/psychiatry/clinics/ben-taub-harris-health-system)  
1504 Ben Taub Loop, Houston, TX 77030  
Services:  
- Crisis, Inpatient, Intensive Outpatient, Outpatient (Individual & Groups), Community Behavioral Health  
- Adult (18+), Adolescent (13-17), and Children  
Insurances:  
- Most major plans accepted

**Cypress Creek Hospital** - 281-586-7600  
[https://www.cypresscreekhospital.com/](https://www.cypresscreekhospital.com/)  
17750 Cali Drive, Houston, TX 77090  
Services:  
- Inpatient, Partial Hospitalization, Intensive Outpatient, & Substance Use  
- First Responders- Honor Strong Program  
- Adult (18+), Adolescent (12-17), & Family  
Insurance:  
- Most major plans accepted
Harris County Psychiatric Center (HCPC) - 713-741-5000
https://hcpc.uth.edu/
2800 S MacGregor Way, Houston, TX
Services: • Inpatient, Outpatient Clinics, & Substance Use
         • ECT, Ketamine Services, Older Adult Program
         • Adult (18+), Children (3-12), Adolescents (13-17), Older Adults (65+)
Insurance: • Most major plans accepted
           • Payment plan options and negotiated pay available

The Harris Center for Mental Health & IDD - 713-970-7000
https://www.theharriscenter.org/Services/Our-Services/Comprehensive-Psychiatric-Emergency-Program
(Located in Ben Taub Hospital) 1504 Ben Taub Loop, Houston, TX 77030
Services: • Crisis Intervention, Inpatient, Residential Treatment, Outpatient Clinics
         • Adult (18+), Children/Adolescents (3-17)
Insurance: • All major plans accepted
           • Sliding Scale for individuals without insurance

Houston Behavioral Healthcare Hospital - 832-834-7710
(or) 877-489-4707
https://www.houstonbehavioralhealth.com/
2801 Gessner Rd, Houston, TX 77080
Services: • Inpatient, Partial Hospitalization, Intensive Outpatient, ECT, & Substance Dependency
         • Adult (18+), Adolescents (13-17)
Insurance: • Most major plans accepted

Houston Methodist Hospital - 713-790-3311
https://www.houstonmethodist.org/psychiatry/
6565 Fannin St., Houston, TX 77030
Services: • Inpatient, Intensive Outpatient, Outpatient, & Neuropsychiatry
         • Adult (18+), Adolescents, & Children
Insurance: • Most major plans accepted
The Menninger Clinic - 713-275-5400
https://www.menningerclinic.com/
12301 S Main St, Houston, TX 77035

Services: • Inpatient, Partial Hospitalization, Comprehensive Outpatient Services, Addictions Treatment, Brain Stimulation Services, Assessment, • Vocational skills, employment skills, wellness program, recreational/social programs
• Adults (29+), Young Adults (18-28), & Children/Adolescents (12-17)

Insurance: • Most major plans accepted
• Financial assistance possible upon application

Sacred Oak Medical Center - 281-241-6460
https://www.sacredoakmedical.com/
11500 Space Center Blvd, Houston, TX 77059 (with outpatient clinic in Pearland)

Services: • Inpatient, Partial Hospitalization, Intensive Outpatient, Managed Detox, Substance Dependency/Use, & Ketamine Therapy
• Adults (18+)

Insurance: • Most major plans accepted
• Private pay out of pocket

St. Joseph’s Medical Center - 713-757-1000
https://www.sjmctx.org/services
1401 St. Joseph Parkway, Houston, TX 77002

Services: • Inpatient and Geriatric Assessment
• Adults (18+), 60+ for Geriatric Assessment

Insurance: • Most major plans accepted
• Payment Plans Available
SUN Behavioral Houston - 713-796-2273
https://sunbehavioral.com/houston/
7601 Fannin St, Houston, TX 77054
Services: • Inpatient, Partial Hospitalization, Intensive Outpatient, Substance Dependency, Older Adult Program, & Women’s Program
• Adults (18+), Adolescents (13-17), & Children (6-12)
Insurance: • Most major plans accepted
• Payment Plans Available

West Oaks Hospital - 713-995-0909
https://westoakhospital.com/
6500 Hornwood Dr, Houston, TX 77074
(with outpatient clinics in Katy and Friendswood)
Services: • Inpatient, Partial Hospitalization, Intensive Outpatient, Residential Treatment for Substance Dependency, & ECT
• Adults (18+), Adolescents (13-17), & Children (5-12)
Insurance: • Most major plans accepted

The Women’s Home - 713-328-1954
https://www.thewomenshome.org/residential-treatment-program/
Multiple locations throughout Houston
Services: • Residential Treatment Program, Substance Addiction, & Housing Program
• Adults (22-60)
Insurance: • Fee is 10-30% of income while living in residential/transitional housing
Partial Hospitalization & Intensive Outpatient:

New Dimensions Day Treatment Centers - 1-800-685-9796
http://www.nddtreatment.com/about-us.html
Locations in Clear Lake, Katy, and The Woodlands
Services:
- Partial Hospitalization, Intensive Outpatient, Detox, Drug and Alcohol Rehab, Substance Use
- Adults (18+), Adolescents (13-18)
Insurance:
- Most major plans accepted
- Payment plan options

Transitional Life Counseling & Consultation - 409-359-3355
http://transitionallifecounselingandconsultation.com/texas-city-office/
Locations in Houston & Texas City
Services:
- Intensive Outpatient, Outpatient Therapy (Individual, Group, Marital, Family) Substance Use Assessment & Treatment, Psychological Testing, Consulting
- Adults (18+), Adolescents (13-18), Children (5-12)
Insurance:
- Some major plans accepted
- Sliding Scale

Insight Behavioral Health Center - (713) 231-9279
https://www.insightbhc.com/treatment-centers/houston-tx/overview
Locations in Houston and The Woodlands
Services:
- Residential Treatment, Partial Hospitalization, & Intensive Outpatient
- Adults (18+), Adolescents (12-17)
- Mood, anxiety, & trauma treatment
- Eating Disorders Recovery Center
Insurance:
- Most major plans accepted
- Payment plan options
Counseling & Psychotherapy:

Search Online for Individual Therapists:
APA Psychologist Locator - https://locator.apa.org/
Psychology Today - https://www.psychologytoday.com/us

Centers & Clinics:

Blue Sprig Autism Services - 832-240-4563
https://bluesprigautism.com/services/
Locations in Houston, Clear Lake, Katy, and The Woodlands
Services:  • ABA therapy for children on the autism spectrum
Fees:  • Most major insurance plans accepted

Bo’s Place - 713-942-8339
https://www.bosplace.org/en/
10050 Buffalo Speedway, Houston, TX 77054
Services:  • Grief support groups only* for adults, children, & families
• *No additional therapy services offered outside of support groups
Fees:  • No cost

Brazoria County Counseling Center - 979-549-0889
http://www.bccounselingcenter.org/home.html
Locations in Angleton & Pearland, TX
Services:  • Individual, couples, & family counseling
Fees:  • Most major insurance plans accepted
• Sliding Scale
Catholic Charities of Galveston-Houston  713-874-6602
(or) 713-874-6502
https://catholiccharities.org/our-services/strengthening-families/counseling-services/
Locations in Central Houston, West Houston, Fort Bend Co., & Spring, TX
Services:  • Individual, couples, & family counseling
Fees:  • Some insurance plans accepted
        • Sliding scale

Center for Postpartum Family Health  713-561-3884
http://www.cpfh.org/home.html
Locations in Houston & The Woodlands
Services:  • Individual, couples, family & group counseling
          • Free support groups
          • Screening and assessment
Fees:  • Sliding scale

City of Santa Fe Resiliency Center  409-218-7129
https://www.ci.santa-fe.tx.us/resiliency-center
Located in Aldersgate United Methodist Church,
13217 FM 1764, Santa Fe, TX 77510
Services:  • Individual, couples, family & group counseling
          • Art & yoga therapy
          • Peer support groups
Fees:  • No cost for most services

Family Houston  713-861-4849
https://www.familyhouston.org/
Locations in Houston, the Bay Area, and The Woodlands
Services:  • Individual, couples, & family counseling
Fees:  • All major insurance plans accepted
        • Sliding Scale
Gulf Coast Center - 866-729-3848 (24hr-Crisis Line) (or) 800-643-0967 (Intake)
https://gulfcoastcenter.org/
Locations in Galveston and Brazoria Co.
Services:  
• Individual & group counseling  
• Medication management & ongoing support services
Fees:  
• No cost

Innovative Alternatives, Inc. - 713-222-2525
http://innovativealternatives.org/
Locations in Houston, Pasadena, and Galveston
Services:  
• Individual, couples, family, & group counseling  
• Veterans specific services
Fees:  
• Most major insurance plans accepted  
• Sliding Scale

Integrated Counseling and Wellness - 281-562-7583
https://integratedcounselingandwellness.com/locations/league-city/
201 Enterprise Ave #650, League City, TX 77573 (additional locations in Pearland & Sugarland)
Services:  
• Individual counseling  
  (couples & family available at Pearland location)
Fees:  
• Limited insurance plans accepted  
• Private pay

Krist Samaritan Counseling Center - 281-480-7554
https://samaritanhouston.org/
Locations in Houston, Galveston, Pearland, Katy, & The Woodlands
Services:  
• Individual, couples, family, & group counseling  
• Psychological testing  
• Classes
Fees:  
• All major insurance plans accepted  
• Sliding Scale
Legacy Community Health - 281-628-2040
https://www.legacycommunityhealth.org/services/behavioral-health/
Locations in Houston, Deer Park, and Baytown
Services:  
• Individual, couples, family, & group counseling  
• Psychological testing  
• Psychiatry services  
Fees:  
• Most major insurance plans accepted  
• Sliding Scale & financial assistance

The Montrose Center - 713-529-0037
http://www.montrosecenter.org/  
401 Branard St, Houston, TX 77006
Services:  
• Individual & group counseling for the LGBTQ+ community  
• Addiction recovery  
• Integrated care & case management  
• Community wellness center  
Fees:  
• All major insurance plans accepted  
• Discounted fees & grant subsidies

Pasadena Health Center - 713-322-9645
https://www.pasadenahealthcenter.com/counseling/  
908 Southmore, Pasadena, TX 77502
Services:  
• Individual, couples, & family counseling  
Fees:  
• Most major insurance plans accepted  
• Sliding scale

The Psychological Services Clinic at UHCL - 281-283-3330
https://www.uhcl.edu/psychological-services-clinic/  
Arbor South, 2700 Bay Area Blvd, Houston, TX 77058
Services:  
• Individual, couples, & family counseling  
Fees:  
• Sliding scale
**re:Mind Depression & Bipolar Support Group** - 713-600-1131  
https://www.remindsupport.org/  
Locations across Houston & the Bay Area  
Services: • Support groups  
Fees: • No cost

**Tabono Counseling and Mediation Center, LLC.** - 832-240-4745  
http://www.tabonocmc.com/index.html  
1100 NASA Parkway, Suite 211D, Houston, TX 77058  
Services: • Individual, couples, family & group counseling  
• Anger management, parenting, & domestic violence courses  
Fees: • Most major insurance plans accepted  
• Private pay ($75 for 45 min session)

**Teen Health Center, Inc.** - 409-766-5713  
https://www.teenhealthcenter.org/services.html  
PO Box 925, Galveston, TX 77553  
Services: • Counseling for individuals age 0-21  
• Psychiatry services  
• Medical treatment  
Fees: • No cost
Psychiatry:

Search Online for Individual Psychiatrists:
Psychology Today (Psychiatry*):  https://www.psychologytoday.com/us/psychiatrists
APA Psychiatrist Locator-  http://finder.psychiatry.org/

Family Psychiatry- 281-554-0123
https://www.progressivebehavioralhealth.com/
2360 Gulf Fwy S #100-B, League City, TX 77573
Services:  
• Medication & therapy for individual adults, adolescents, and children
Fees:  
• Most major insurance plans
• Private pay

Family Psychiatry of The Woodlands- 281-367-1015
https://woodlandspsych.com/
8701 New Trails Dr #150, The Woodlands, TX 77381
Services:  
• Medication & therapy for individual adults, adolescents, and children
• Transcranial Magnetic Stimulation Therapy
• Testing & assessment
Fees:  
• Most major insurance plans
• Private pay

Pearland Psychiatry- 832-947-3562
http://www.pearlandpsychiatry.com/
2225 County Rd 90 Suite 115, Pearland, TX 77584
Services:  
• Medication & therapy for individual adults, adolescents, and children
Fees:  
• Some insurance plans
• Private pay
Progressive Behavioral Health, PLLC - 281-993-3733
https://www.progressivebehavioralhealth.com/
308 S Friendswood Dr Suite 110, Friendswood, TX 77546
Services: • Medication & therapy for individual adults, adolescents, and children
Fees: • Most major insurance plans
• Private pay

The PsyClinic - 281-837-6463
http://www.thepsyclinic.com/
330 E Medical Center Blvd, Webster, TX 77598
(Additional location in Baytown)
Services: • Medication & therapy for individual adults, adolescents, and children
• Transcranial Magnetic Stimulation Therapy
Fees: • Most major insurance plans
• Private pay

St. Vincent’s Student Psychiatric Clinic - 409-765-2209
http://www.stvsc.org/index.php/services
2817 Postoffice St, Galveston, TX 77550
Services: • Medication & therapy for individual adults, adolescents, and children
Fees: • Sliding scale
• Patient assistance programs

Sunrise Psychiatric Clinic - 281-990-0800
17625 El Camino Real, Houston, TX 77058
Services: • Medication & therapy for individual adults, adolescents, and children
Fees: • Most major insurance plans
• Private pay
UTHealth Harris County Psychiatric Center - 713-741-5000
https://hcpc.uth.edu/
2800 S MacGregor Way, Houston, TX 77021
Services:  
- Medication & therapy for individual adults, adolescents, and children
- Electroconvulsive Therapy
Fees:  
- Most major insurance plans
- Sliding scale & private pay

UTMB Health Psychiatry - 409-772-0770
https://www.utmbhealth.com/servicelines/behavioral-mental-health
400 Harborside Dr. #118, Galveston, TX 77550
(additional locations across the Bay Area)
Services:  
- Medication & therapy for individual adults, adolescents, and children
Fees:  
- Most major insurance plans
- Private pay

UT Physicians Psychiatry Clinic - 713-486-2700
https://www.utphysicians.com/specialty/psychiatry/
1941 East Rd, Houston, TX 77054
Services:  
- Medication & therapy for individual adults, adolescents, and children
- Transcranial Magnetic Stimulation Therapy
Fees:  
- Most major insurance plans
- Private pay
**Substance Use:**

**Alcoholics Anonymous**
AA Houston- 713-686-6300  
[https://aahouston.org/meetings/](https://aahouston.org/meetings/)

Bay Area Club- 281-332-1057  
2111 Webster St, League City, TX 77573

Houston Al-Anon Family Groups & Teens- 713-683-7227  
9800 Northwest Freeway, Suite 201, Houston, TX 77092

Up The Street- 281-554-3290  
17400 El Camino Real Ste 800, Houston, TX 77058

**Alcohol Drug Abuse Women’s Center**- 409-763-5516  
[http://adawomenscenter.org/](http://adawomenscenter.org/)  
201 1st St, Galveston, TX 77550

**Services:**  
- Residential Treatment Service & Sober Living, Inpatient, Outpatient, Occupational Therapy  
- Adults (Women Only, 18+)

**Insurances:**  
- Most major plans accepted  
- Payment Plans  
- Income Eligible Public Funding Options
Alcohol Drug & Psychological Treatment (ADAPT)- 1-855-862-3278
http://www.adaptprograms.com/
Locations in Houston & Texas City
Services: • Intensive Outpatient, Outpatient, DWI-Intervention, Substance Use Assessment, Detox, Education Classes, Mental Health Programming
• Adults (18+), Adolescents (13-17)
Insurances: • Most major plans accepted
• Managed Care & Medicaid
• Private Pay

Bay Area Council on Drugs and Alcohol (BACODA)- 1-800-510-3111
http://bayareacouncilondrugsandalcohol.homestead.com/
Locations in Houston & Pearland
Services: • Information Dissemination, Substance Abuse Counseling, Assessments, Crisis Counseling, Recovery Support, DWI Services
• Adults (18+)
Insurances: • Private Pay

Bay Area Recovery Center (BARC)- 713-999-0116 (or) 713-597-3431
https://www.bayarearecovery.com/programs/
Locations in Houston, Pasadena, and Dickinson
Services: • Detox, Inpatient, Residential Treatment, Partial Hospitalization, Intensive Outpatient, Outpatient, & Support Groups
• Adults (18+)
Insurances: • Most major plans accepted
• Additional Financing Options Available: Prosper Healthcare Lending
**Brazos Place** - 1-855-862-3278  
https://www.brazosplace.org/  
1103 N Avenue H, Freeport, TX 77541  
Services:  
- Detox, Crisis Stabilization, Intensive Residential Treatment, & Substance Use Prevention  
- Women (18+)  
Insurances:  
- Some major plans accepted  
- Private Pay  

**Cenikor Foundation** - 1-888-236-4567  
https://www.cenikor.org/  
4525 Glenwood Ave, Deer Park, TX 77536  
Services:  
- Detox, Adult Inpatient (Short & Long Term), Outpatient, Prevention  
- Adults (18+), Adolescents (13-17)  
Insurances:  
- Most major plans accepted  
- Payment Plan or Sliding Scale  
- Employee Assistance Program  
- Private Pay  

**Cocaine Anonymous** - 713-668-6822  
http://www.ca-texas.org/  

**Crystal Meth Anonymous** - 855-638-4373  

**DAPA Psychiatric & Substance Abuse Programs** - 713-783-8889  
(or) 800-828-3272  
http://www.dapahelp.com/  
5500 Guhn Road Suite 100 Houston, TX 77040  
Services:  
- Partial Hospitalization Program  
- Adults (18+)  
Insurances:  
- Most major plans accepted  
- Medicare & Medicaid
Galveston Recovery Program - 409-944-4337
http://www.gulfcoastcenter.org/
123 Rosenberg Street Suite 6, Galveston, TX, 77550
Services:  • Intensive Outpatient, Outpatient, Residential Treatment, & Women’s Program
           • Adults (18+)
Insurances: • Most major plans accepted
            • Payment Plan or Sliding Scale

Houston Area Service Committee of Narcotics Anonymous - 713-661-4200
https://hascona.com/
HASCONA, PO Box 3561, Houston, TX 77253

Into Action Recovery Centers - 844-694-3576 (or) 844-303-3969
https://www.intoactionrecovery.com/about/
17250 El Camino Real, Houston, TX 77058
Services:  • Detox, Residential Treatment, Intensive Outpatient, & Extended Care
           • Adults (18+)
Insurances: • Most major plans accepted
            • Payment Plans & Private Pay

Kemah Palms Recovery - 866-447-2622
https://www.kemahpalms.com/
1013 Delesandri Lane, Kemah, Texas 77565
Services:  • Detox, Inpatient, Residential Treatment, Outpatient, & Women’s Program
           • Adults (18+)
Insurances: • Most major plans accepted
            • Private Pay
Memorial Hermann Prevention & Recovery Center (PaRC): 713-939-7272
http://parc.memorialhermann.org/
3043 Gessner, Houston, TX 77080
Services:  
• Detox, Inpatient, Partial Hospitalization, Residential Treatment, Intensive Outpatient, Family Therapy, & Executives & Professionals Program  
• Adults (25+), Young Adults (18-24), Adolescents (13-17)
Insurances:  
• Most major plans accepted  
• Private Pay

New Dimensions Day Treatment Centers - 1-800-685-9796
http://www.nddtreatment.com/about-us.html
Locations in Clear Lake, Katy, and The Woodlands
Services:  
• Partial Hospitalization, Intensive Outpatient, Detox, Drug and Alcohol Rehab, Substance Use  
• Adults (18+), Adolescents (13-18)
Insurance:  
• Most major plans accepted  
• Payment plan options

Pathway to Recovery - 888-300-3697
http://www.pathwaytorecovery.com/
Locations in La Marque, TX 77568
Services:  
• Inpatient, Residential Treatment, Partial Hospitalization, Intensive Outpatient, Outpatient, & Aftercare Programs  
• Adults (18+)
Insurances:  
• Most major plans accepted  
• Payment Plans Available & Employee Assistance Programs  
• Private Pay
Pills Anonymous World Service - https://www.pillsanonymous.org/

“Prescription for Recovery”
3043 Gessner Houston, TX 77080
• David G. 281-948-4642
  David@recoveryroofingusa.com

“Solutions”
2450 River Oaks Blvd Houston, TX 77019
St. John The Divine, Room L21
• Chad 909-263-3948
• Suzy R. 713-447-2510

“Clear Cut Directions”
2450 River Oaks Blvd Houston, TX 77019
St. John The Divine, Room NAU Family Room Main Chapel
• Book Study Meeting
  • Chad 909-263-3948

“Southeast PA”
2111 Webster St League City, TX 77573
• Emmy L. 281-433-5110
• Tanya 713-823-1849

Roads to Recovery - 832-481-2520
http://www.roads2recovery.com/
699 S Friendswood Dr, Friendswood, TX 77546
Services: • Treatment Placement, Transport, & Referral, Outpatient Counseling, Groups, Substance Use Education, DWI Education,
  • Adults (18+), Adolescents (13-17)
Insurances: • Private Pay
Sacred Oak Medical Center - 281-241-6460
https://www.sacredoakmedical.com/
11500 Space Center Blvd, Houston, TX 77059
(with outpatient clinic in Pearland)
Services:
• Inpatient, Partial Hospitalization, Intensive Outpatient, Managed Detox, Substance Dependency/Use, & Ketamine Therapy
• Adults (18+)
Insurance:
• Most major plans accepted
• Private pay out of pocket

Serenity Light Recovery LLC. - 281-431-6700
https://www.serenitylightrecovery.com/
1820 County Rd 36, Angleton, TX 77515
Services:
• Detox, Inpatient Rehab, Residential Treatment, Intensive Outpatient, & Outpatient
• Veteran’s, Men’s, Women’s, & Faith Specific Programs
• Adults (18+)
Insurance:
• Most major plans accepted
• Private pay out of pocket

Texas Tri County Area Narcotics Anonymous - 1-888-955-8822
https://ttcana.net/
Locations in Alvin, Angleton, Bay City, Clear Lake, Clute, Dickinson, Galveston, La Porte, Santa Fe, Texas City, West Columbia & Webster
Medical Resources

Online Resources:

Free 24-Hour Nurse Line for Texas Residents: (713) 338-7979  
https://communitybenefit.memorialhermann.org/healthcare-resources/nurse-health-line/

Find a Low Cost Medical Clinic Near You-  
https://www.needymeds.org/Medical_Clinics.taf  
*When searching by zip code be sure to mark a distance to maximize results

Low Cost or Free Medication Program-  
https://www.themedicineprogram.com/how-it-works/

Low Cost Prescription Programs- https://1020rx.com/

Prescription Savings- https://www.goodrx.com/

Pride Houston Health Resources- 832-808-8445  
https://pridehouston.org/outreach/health-resources/

Local Low Cost Medical Clinics:

Clear Lake Specialties- 281-724-1860  
https://www.clearlake-specialties.com/  
600 N Kobayashi Rd, Webster, TX 77598

Services:  
• Medical, specialty, & diagnostics  
• Appointment & walk-in’s

Fees:  
• Most major insurance plans  
• Private pay out of pocket
Coastal Health & Wellness – 409-938-2234
https://www.gchd.org/clinical-services/coastal-health-wellness
4700 Broadway Avenue J, Galveston, TX 77551 (additional location in Texas City)
Services:  • Medical, dental, specialty, & diagnostics
           • Appointment only
Fees:    • Most major insurance plans
           • Eligibility screening for uninsured
           • Private pay out of pocket

Community Health Network – 281-824-1480
https://www.sfachn.org/
2552 E Broadway St #102, Pearland, TX 77581 (additional locations in the Bay Area)
Services:  • Medical, dental, ob/gyn, & diagnostics
           • Counseling & psychiatry
           • Appointment only
Fees:    • Most major insurance plans
           • Sliding scale
           • Private pay out of pocket

IBN Sina Community Medical & Dental Clinic – 281-990-7462
https://ibnsinafoundation.org/
15132 Galveston Rd, Webster, TX 77598
Services:  • Medical, dental, specialty, ob/gyn, & diagnostics
           • Appointment & walk-in’s
Fees:    • Healthcare Discount Program
           • Private pay out of pocket
           • PPO insurances
**Legacy Community Health** - 281-628-2040  
https://www.legacycommunityhealth.org/services/behavioral-health/  
3430 Center St, Deer Park, TX 77536  
Services:  
- Medical, dental, specialty, ob/gyn, & diagnostics  
- Counseling & psychiatry  
- Appointment only  
Fees:  
- Most major insurance plans accepted  
- Sliding Scale & financial assistance

**Pasadena Health Center** – 713-322-9645  
https://www.pasadenahealthcenter.com/  
908 Southmore, Pasadena, TX 77502  
Services:  
- Medical, dental, specialty, ob/gyn, & diagnostics  
- Counseling  
- Appointment & walk-in’s  
Fees:  
- Most major insurance plans  
- Sliding scale  
- Private pay out of pocket

**V-Care Clinics** – 713-944-2273  
https://www.vcareclinics.org/  
2615 Strawberry Rd, Pasadena, TX 77502 (additional location in Houston)  
Services:  
- Medical, dental, specialty, & diagnostics  
- Appointment & walk-in’s  
Fees:  
- No insurance accepted, low fee  
- Private pay out of pocket
Social Services

*Advocacy:*

**Aid to Victims of Domestic Violence (AVDA)** - 713-224-9911
https://avda-tx.org/

**AIDS Foundation Houston** - 713-623-6796
https://www.aidshelp.org/index.cfm

**Assist Hers** - 713-529-0037
http://www.assisthers.org/
- Supporting LGBTQ+ women & nonbinary folks with chronic illnesses and disabilities

**Autism Society of Texas** - 512-479-4199
http://www.texasautismsociety.org/

**Bering Support Network** - 713-526-1017 (x 206)
http://beringconnect.org/
- HIV/AIDS services, support groups, spiritual support

**Brentwood Foundation**
**Project ‘ We Are All In This Together” (WAITT)** - 713-852-1452
http://brentwoodfoundation.org/our-programs/project-waitt/
- HIV/AIDS services, financial & housing assistance, counseling

**The Coalition for Barrier Free Living** - 713-974-4621
https://www.hcil.cc/

**Disability Rights Texas** - 713-974-7691
https://www.disabilityrightstx.org/en/home/
Equality Texas - 512-474-5475  
https://www.equalitytexas.org/

Gender Infinity - Mapping Affirmative Providers  
https://resource.genderinfinity.org/

NAMI Greater Houston - 713-970-4419  
https://namigreaterhouston.org/

Pride Houston - 832-808-8445  
https://pridehouston.org/

Trans Support Galveston  
https://transsupportgalveston.godaddysites.com/  
• Community support groups

United Way of Greater Houston - 2-1-1  
https://www.unitedwayhouston.org/about/  
50 Waugh Drive, Houston, TX 77007  
• Food, shelter, crises, job loss, domestic violence, & natural disaster  
• Referrals for legal resources & counseling  
• Veteran’s services
Housing & Shelters:

**Bay Area Homeless in Baytown** - 281-837-1654  
- Homeless shelter

**Bay Area Turning Point** - 281-286-2525  
- For survivors of domestic violence and/or sexual assault

**The Beacon** - 713-220-9737  
[https://www.beaconhomeless.org/](https://www.beaconhomeless.org/)  
- Homeless shelter, transitional housing, & legal services

**The Bridge Over Troubled Waters** - 713-473-2801  
[http://tbotw.org/](http://tbotw.org/)  
- For survivors of domestic violence and/or sexual assault

**Family Promise of Clear Creek** - 832-932-3963  
[https://www.ccfamilypromise.org/](https://www.ccfamilypromise.org/)  
- Homeless family assistance

**Sarah’s House** - 713-475-1480  
- Women & children only

**Star of Hope** - 713-748-0700  
[https://www.sohmission.org/](https://www.sohmission.org/)  
- Homeless shelters
Financial Assistance:

**Catholic Charities** - 409-948-0405  
https://catholiccharities.org/  
- Locations in Houston, Galveston, & Texas City  
- Rent & Utility Assistance

**Harris County Assistance Programs**  
https://www.needhelppayingbills.com/

**Soroptimist International of Alvin** - 281-650-7151  
https://www.soroptimist.org/  
- Offers grants to women in need returning to school in Brazoria Co.
Food & Clothing:

**Clothed by Faith** - 281-676-8837  
[https://www.clothedbyfaith.org/home/](https://www.clothedbyfaith.org/home/)  
- Locations in Katy & Deer Park

**Galveston County Food Bank** - 409-945-4232  
[http://www.galvestoncountyfoodbank.org](http://www.galvestoncountyfoodbank.org)

**Houston Food Bank Helpline** - 832-369-9390  
[https://www.houstonfoodbank.org/find-help/](https://www.houstonfoodbank.org/find-help/)

**League City United Methodist Church** - 281-332-1557  

**Ray of Light Food Pantry** - 281-478-4673  
[https://www.fumclp.org/content.cfm?id=9026](https://www.fumclp.org/content.cfm?id=9026)  
- Located in La Porte

**Salvation Army- Social Services** - 713-752-0677  
[https://salvationarmysouth.org/ways-we-help/social-services/](https://salvationarmysouth.org/ways-we-help/social-services/)  
- Locations in Galveston, Texas City, Freeport, and Pearland

**SNAP Food Benefits** - For more info dial 2-1-1  
[https://yourtexasbenefits.hhsc.texas.gov/programs/snap](https://yourtexasbenefits.hhsc.texas.gov/programs/snap)
Legal Resources

**Houston Bar Association Legal Line** - 713-759-1133  
[https://www.hba.org/legalline/](https://www.hba.org/legalline/)  
1111 Bagby St., FLB 200, Houston, TX 77002

**Houston Volunteer Lawyer Program** - 713-228-0732  
[https://www.makejusticehappen.org/](https://www.makejusticehappen.org/)  
1111 Bagby, Houston, TX 77002  
• Eligibility requirements for use of services  
• Family, Divorce, Domestic Violence, Taxes, Estate Planning, & Bankruptcy

**Lone Star Legal Aid** - 800-733-8394  
PO Box 398, Houston, TX 0398  
• Eligibility requirements for use of services  
• Family, Healthcare, Housing, Crime, Disaster Relief, and Military

**Texas Advocacy Project** - 1-800-374-4673 (or) 512-476-5377  
• Free legal services for victims of domestic violence, sexual assault, or stalking  
• Emergency protective orders
Veterans Resources

Career & Recovery Resources, Inc.- Veteran Assistance- 713-754-7059
https://www.careerandrecovery.org/veteran-services/

Family Houston Veteran Services- 713-861-4849
https://www.familyhouston.org/houston-veteran-services/

Lone Star Veterans Association- 281-744-7972
https://www.lonestarveterans.org/

TexVet
https://www.texvet.org/

United Way- Mission United- 2-1-1
https://www.unitedway.org/mission-united/about