

HOUSTON MENTAL HEALTH AND WELLNESS DIRECTORY

PURPOSE OF DIRECTORY

This document is intended to be a reference for individuals working to identify appropriate mental health and wellness services for refugees and immigrants. Our goal is to expand these listings over time to reflect the growing populations of refugees and immigrants throughout Houston.

The providers listed offer low-cost care options such as reduced fees or sliding fees and have expertise in serving diverse populations. Contact the clinic directly to discuss fees for individual services, which vary. We welcome new listings that have not been included in this edition. Please contact sshamsuddin@uscmail.org with additions. The online version of this guide is updated quarterly.

We hope you find it helpful in locating a mental health provider within your region.

Disclaimer: Any reference in this resource guide related to any provider or services do not constitute or imply the endorsement, recommendation, or favoring of the U.S. Committee for Refugees & Immigrants, or any of its employees acting on its behalf.

MENTAL HEALTH PROVIDERS: HOUSTON

ALLIANCE FOR MULTICULTURAL COMMUNITY SERVICES – THE ALLIANCE WELLNESS CENTER

6440 Hillcroft Street Suite 411
Houston, TX 77081
(713) 776-4700

Hours of Operation:

- Monday - Friday: 9:00 am – 5:00 pm
- Psychiatry services available only on Tuesday 12:30 am – 5:00 pm
- Child Psychologist available only on Saturday 10:00 am – 4:00 pm
- All services by appointment only

Type of Assistance:

- Provides individual, couple, group, children, and family counseling
- Provides psychiatric consultations and medication management
- Provides Dialectal Behavior Therapy
- Assists with trauma recovery (domestic violence, human trafficking and disaster)

Eligibility Requirements:

- Accepts Medicaid, Medicare, Point Comfort Underwriters (Refugee Medical Assistance) and private insurance
- For uninsured, sliding scale is based on household income and household size

Languages Available:

- Onsite languages available include Spanish, Vietnamese, Urdu, Hindi, Nepali
- The Wellness Center partners with the Alliance Language Network to accommodate over 80 languages with prior arrangement

Website:

- <https://thealliancetx.org/wellness-center/>

AVENUE 360 HEALTH AND WELLNESS

Main Campus

2150 West 18th Street, Suite 300
Houston, TX 77008
(713) 426-0027

Hours of Operation:

- Monday – Thursday: 8:00 am – 6:00 pm
- Friday: 8:00 am – 5:00 pm

Type of Assistance:

- Services include substance abuse treatment and mental health therapy for adults and adolescents
- Provides behavioral health services in individual, group and family settings

Eligibility Requirements:

- Accepts insured and uninsured. For uninsured, sliding scale is based on household income and household size
- Accepts private insurance, Medicaid, Medicare, special health plans, etc.

Languages Available:

- Onsite languages include English and Spanish
- Languages available through phone interpretation

Website:

- <https://avenue360.org/services/behavioral-health/>

BHC BEHAVIORAL HEALTH CONSULTANTS INC.

9525 Katy Freeway, Suite 312
Houston, TX 77024
(713) 463-9449

Hours of Operation:

- Monday - Friday: 8:30 am – 5:00 pm
- Psychiatry services available only on Tuesday 12:30 pm – 5:00 pm

Type of Assistance:

- Services provided include Psychiatric Evaluation, Psychotropic Medication Management, Individual Counseling, Group Counseling, and Couples Counseling

Eligibility Requirements:

- For uninsured, sliding scale is based on household income

Languages Available:

- Languages available include English and Spanish

Website:

- <http://www.bhchouston.com/>

BEN TAUB HOSPITAL-PSYCHIATRIC INPATIENT UNIT

1504 Ben Taub Loop
Houston, TX 77030
(713) 970-4640

Hours of Operation:

- 24 hours based on availability

Type of Assistance:

- Program offers individual counseling, group therapy, educational groups, and the development of an outpatient treatment plan to reduce relapse rates
- Offers both voluntary and involuntary psychiatric treatment

Eligibility Requirements:

- Open to all individuals within Harris County regardless of their financial status and individuals outside of Harris County who are covered by their insurance or self-pay

Languages Available:

- Languages available through phone interpretation

Website:

- <https://www.harrishealth.org/locations-hh/Pages/ben-taub.aspx>

BEE BUSY WELLNESS CENTER

8785 W. Bellfort Blvd.
Houston, TX 77031
(713) 771-2292

Hours of Operation:

- Monday – Thursday: 8:30 am – 6:00 pm
- Friday: 8:30 am – 1:00 pm
- Saturday: 8:30 am – 2:30 pm

Type of Assistance:

- Provides mental and behavioral healthcare services including individual, family, marriage and adolescent counseling
- Provides referrals for medication management

Eligibility Requirements:

- For uninsured, sliding scale is based on household income and household size
- Accepts Medicaid, Medicare, and most major health insurances

Languages Available:

- Languages available: English & Spanish

Website:

- <http://mybbwc.org/index.html>

CATHOLIC CHARITIES: ARCHDIOCESE OF GALVESTON – HOUSTON

Moran Health Center
2615 Fannin Street
Houston, TX 77002

St. John Vianney Catholic Community
625 Nottingham Oaks Trail
Houston, TX 77079

Hours of Operation:

- Monday – Friday: 8:00 am – 5:00 pm

Type of Assistance:

- Provides couples, premarital and marriage counseling to strengthen relationships
- Provides counseling to individuals who have experienced the following:
 - a. Loss, trauma, or life changes
 - b. Youth dealing with peer pressure or bullying
 - c. Parents who need guidance raising children with behavioral issues

- d. Individuals struggling with anger or anxiety
- e. Families adjusting to separation or divorce

Eligibility Requirements:

- For uninsured, sliding scale is based on household income and will be assessed when scheduling an appointment.
- Accepts some insurance plans

Languages Available:

- Languages available: English & Spanish

Website:

- <https://catholiccharities.org/>

CENTRAL CARE INTEGRATED HEALTH SERVICES

Acres Home Clinic

1102-A Pinemont
Houston, TX 77018
(281)822-0900

Hillcroft Clinic

14087 S. Main St.
Houston, TX 77035
(832) 308-1060

Berry Road

96 Berry Road
Houston, TX 77022
(713) 734-0199

MLK

8610 Martin Luther King Blvd.
Houston, TX 77033
(713) 732-0199

Riverside Clinic

3315 Delano St.
Houston, TX 77004
(713) 333-1336

Hours of Operation:

- Monday – Friday: 8:00 am – 5:00 pm

Type of Assistance:

- Provides individual, group or family therapy, medication management, evaluation & maintenance, stress management, treatment planning and additional support services

Eligibility Requirements:

- For uninsured, sliding scale is based on household income and household size
- Accepts most major health insurances including Medicaid

Languages Available:

- Languages available: English and Spanish
- Additional languages available through phone interpretation

Website:

- <http://www.centralcarechc.org/index.php>

CLINIC FOR INTERNATIONAL TRAUMA SURVIVORS (CITS) – EL FRANCO LEE HEALTH CENTER

*Clinic is jointly run by Harris Health, Ben Taub, Hospital, and Baylor College of Medicine, Department of Psychiatry and Behavioral Sciences

8901 Boone Road
Houston, TX 77099
(281) 454-0500

Hours of Operation:

- Monday – Friday: 1:00 pm – 5:00 pm
- Tuesday – Thursday: Appointment only

Type of Assistance:

- Provides psychiatric evaluations and medication management, supported with counseling services
- Provides individual and group therapy

Eligibility Requirements:

- Serves individuals who are survivors of torture
- Accepts most major health insurance plans including ACA Marketplace, CHIP, Medicare and Medicaid
- Accepts Eligibility Card (previously known as Gold Card)

Languages Available:

- Languages available through onsite and phone interpretation

CUFA BEHAVIORAL HEALTH SERVICES

9100 Southwest Fwy. Suite 121
Houston, TX 77074
(713) 360-7972

Hours of Operation:

- Monday – Saturday: 9:00 am – 6:00 pm

Type of Assistance:

- Provides mental and behavioral healthcare services including individual, family, adolescent and group counseling

Eligibility Requirements:

- Accepts most major health insurance plans, Medicaid and Medicare

Languages Available:

- Onsite languages available are English and Spanish

Website:

- <http://www.cufabehavioralhs.com/>

HOPE CLINIC COMMUNITY HEALTH CENTER

Main

7001 Corporate Drive, Suite 120
Houston, TX 77036
(713) 773-0803

West

12121 Westheimer Road, Suite 205
Houston, TX 77077
(713) 773-0803

Alief

14438 Bellaire Blvd.
Houston, TX 77083
(713) 773-0803

Hours of Operations:

- Monday – Thursday: 8:00 am – 7:00 pm
- Friday: 8:00 am – 5:00 pm
- Saturday: 9:00 am – 5:00 pm

Type of Assistance:

- Provides mental health services through their CRANE Behavioral Health Program. CRANE stands for Counseling, Referrals, Assessment of Needs, and Education
- Provides education and support to manage emotional issues affecting the health outcomes of patients
- Provides psychiatric evaluation and medication management, supported with counseling services for children, adolescents and adults

Eligibility Requirements:

- Accepts most major health insurance plans including ACA Marketplace, CHIP, Medicare, Medicaid, and PCU (Refugee Medical Assistance)
- For uninsured, sliding scale is based on household income and household size

Languages Available:

- Languages available through onsite and phone interpretation
- Hope Clinic staff speaks over 30 languages

Website:

- www.hopechc.org

HOUSTON BEHAVIORAL HEALTHCARE HOSPITAL

2810 Gessner Road
Houston, TX 77080
(877) 480-4707

Hours of Operation:

- 24 hours

Type of Assistance:

- Provides adult psychiatry, adolescent services, and inpatient and outpatient care for behavioral health services

Eligibility Requirements:

- No fee for initial assessment
- Accepts insurance only or cash payments, no sliding scale

Languages Available:

- Languages available through onsite interpretation

Website:

- <http://www.houstonbehavioralhealth.com/>

HOUSTON AREA WOMEN'S CENTER

1010 Waugh Drive
Houston, TX 77019
(713) 528-2121

Hours of Operation:

- 24 hours

Type of Assistance:

- Provides mental and behavioral healthcare services including individual and group counseling
- Services for domestic violence survivors, sexual assault and childhood sexual abuse survivors include:
 - a. Group counseling—Offered on weekdays, evenings, and Saturdays in English and Spanish
 - b. Individual counseling—Available on a limited basis
 - c. Community based counseling and advocacy for individuals with disabilities
 - d. Provides resources and referrals
- Provides children and youth counseling services to victims of domestic violence or sexual abuse
- Provides 24-hour hotlines:
 - a. Domestic Violence Hotline: 713-528-2121
 - b. Sexual Assault Hotline: 713-528-7273

Eligibility Requirements:

- Services are confidential, free and available to all survivors, regardless of their race, country of origin, language, sex, gender identity, sexual orientation, or disability

Languages Available:

- Onsite languages available include English, Spanish, and Arabic
- Languages available through phone interpretation

Website:

- <https://hawc.org/>

INTENSIVE OUTPATIENT PROGRAM (IOP)

*The IOP is jointly run by Harris Health, Ben Taub, Hospital, and Baylor College of Medicine, Department of Psychiatry and Behavioral Sciences

1502 Taub Loop 2nd Floor
Houston, TX 77030
(713) 873-4901

Hours of Operation:

- Monday – Friday: 8:00 am – 5:00pm
- Group Schedules: Monday, Wednesday, Friday: 8:00 am – 12:00 pm

Type of Assistance:

- Provides intensive group and individual therapy programs for adults (18+) who acutely require a higher level of care than standard outpatient visits but do not require inpatient hospitalization
- Duration of treatment is usually ten weeks and includes the following:
 - a. Individual and group psychotherapy
 - b. Medication management
 - c. Case management

Eligibility Requirements:

- Individuals are required to be over 18 years of age and have stable housing and a form of transportation to and from the program
- Be willing to abstain from illicit drug and alcohol use for the duration of the program
- Open to all individuals within Harris County regardless of their financial status
- For individuals outside of Harris County, eligibility depends on insurance coverage

Languages Available:

- Languages available through onsite interpretation

Website:

- <http://www.houstoniop.com/>

INTRACARE BEHAVIORAL HOSPITAL

North

1120 Cypress Station Drive
Houston, TX 77090
(281) 893-7200

North PHP/IOP

5500 Guhn Road
Houston, TX 77040
(281) 768-7874

Hours of Operation:

- 24 hours open everyday

Type of Assistance:

- Offers a continuum of mental health and chemical dependency services for children, adolescents, and adults
- Children's services include inpatient program and day treatment
- Adolescent services include acute inpatient, adolescent partial hospitalization, and family services
- Adult services include psychiatric inpatient, chemical dependency services, and intensive outpatient program
- Both IntraCare Medical Center Hospital and IntraCare North Hospital provide a wide range of mental health services, including:
 - a. Assessments and Evaluations
 - b. Crisis Stabilization
 - c. Medication Management
 - d. Nursing Services
 - e. Social and Therapy Services

Eligibility Requirements:

- Accepts most major health insurances, Medicaid and Medicare

Languages Available:

- Onsite languages available are English and Spanish
- Additional languages available through phone interpretation

Website:

- <http://www.intracare.org/>

LEGACY COMMUNITY HEALTH

Montrose

1415 California Street
Houston, TX 77006
(832) 548-5100

Hours: Monday and Wednesday: 8:00 am - 6:30 pm
Tuesday: 8:00 am - 6:00 pm
Thursday and Friday: 8:00 am - 5:00 pm
Saturday: 9:00 am - 3:00 pm

Southwest

6441 High Star
Houston, TX 77074
(832) 548-5300

Hours: Saturday and Sunday only

Baker Ripley

6500 Rookin Street, Building B Suite 200
Houston, TX 77074
(713) 351-7350

Hours: Monday-Friday 7:30 am - 5:00 pm

Sharpstown Rookin

6677 Rookin
Houston, TX 77074
(713) 666-6700

Hours: Monday and Friday: 8:00 am - 5:00 pm
Tuesday - Thursday: 8:00 am - 7:00 pm

Northline

5598-A1 North Freeway, Northtown Place
Houston, TX 77076
(281) 628-2030

Hours: Monday - Friday: 8:00 am - 5:00 pm

Type of Assistance:

- Offers assessments, medication management, therapy, and psychological testing for all patients
- Provides resource linkage, school advocacy, and connection to immigration and legal services

Eligibility Requirements:

- Accepts most major health insurance plans including ACA Marketplace, CHIP, Medicare and Medicaid
- For uninsured, offers sliding scale which is based on household income and household size

Languages Available:

- Languages available through onsite and phone interpretation

Website:

- <https://www.legacycommunityhealth.org/services/behavioral-health/>

Mapleridge

6550 Mapleridge St. Suite 106
Houston, TX 77081
(713) 779-7200

Hours: Monday - Thursday: 7:30 am - 7:30 pm
Friday: 7:30 am - 5:00 pm

Bissonnet

12667 Bissonnet
Houston, TX 77099
(281) 498-6100

Hours: Monday-Thursday 7:30am-7:30pm
Fri: 8:00 am - 5:00 pm
Sat: 9:00 am - 1:00 pm

Lyons

3811 Lyons Avenue
Houston, TX 77020
(832) 548-5400

Hours: Monday - Friday: 8:00 am - 5:00 pm

Santa Clara

5616 Lawndale St. Suite A108
Houston, TX 77023
(713) 921-0075

Hours: By appointment only

LIFE CENTER, A HEALING AND CULTURAL PLACE

26515 Oakridge Drive
Houston, TX 77380
(281) 705 - 8590

Hours of Operation:

- Monday – Friday: 9:00 am – 8:00 pm

Type of Assistance:

- Provides Psychotherapy including Individual, Couple, Marriage, Family, and Group therapy
- Provides psychoeducational services which includes support groups, parenting classes, relaxation training, stress management, anger management class
- Provides medication management

Eligibility Requirements:

- Accepts most major health insurance plans including Medicare, Medicaid, and Ameriplan providers
- Appointments only do not accept walk-in's

Languages Available:

- Onsite languages available include English and Arabic

Website:

- <http://www.lifecenter-healingandcultural.com/index.html>

PRABHU MANJESHUSAR, MD

1147 Brittmoore Road, Suite 4
Houston, TX 77043
(713) 960 - 0344

Hours of Operation:

- Monday – Friday: 8:30 am – 5:00 pm

Type of Assistance:

- Provides Psychiatric evaluation, Individual Counseling, Group Therapy, and Medication Management

Eligibility Requirements:

- Accepts most major health insurance plans

Languages Available:

- Onsite languages available include English, Hindi, and Gujrati

THE HARRIS CENTER FOR MENTAL HEALTH AND IDD

Southwest MHMRA Clinic

9401 Southwest Fwy
Houston, TX 77074
(713) 970 - 3800

Northeast Clinic

7200 North Loop East Freeway
Houston, TX 77028
(713) 970 - 7000

Southeast Clinic

5901 Long Drive
Houston, TX 77087
(713) 970 - 4300

Northwest Clinic

3737 Dacoma Street
Houston, TX 77092
(713) 970 - 7000

Neuropsychiatric Center- Anti-Human Trafficking Program

1502 Taub Loop
Houston, TX 77030
(713) 970 - 7000

Hours of Operation:

- Monday – Friday: 8:00 am – 5:00 pm

Type of Assistance:

- Services include Outpatient Mental Health Services, Comprehensive Psychiatric Emergency Program and Intellectual Disability, and Autism Services
- Offers Homeless and Care Coordination Programs
- Offers a crisis counseling program called Texans Recovering Together which provides short term interventions to individuals and groups experiencing psychological reactions to large scale disasters
- Provides a 24-hour crisis hotline (866-970-4770)

Eligibility Requirements:

- Must be a resident of Harris County
- Accepts Medicaid and Medicare
- For uninsured, offers sliding scale which is based on household income
- For additional eligibility information, call patient access line at 713-970-7000, option 2

Languages Available:

- Languages available through onsite and phone interpretation

Website:

- <https://www.theharriscenter.org/>

UT HARRIS COUNTY PSYCHIATRIC CENTER

2800 S. MacGregor Way
Houston, TX 77021
(713) 741 - 5000

Hours of Operation:

- 24 hours

Type of Assistance:

- Provides Adult Psychiatry, Adolescent Services, Inpatient and Outpatient care for behavioral health services
- Offers transcranial magnetic stimulation, also referred to as TMS for patients with depression

Eligibility Requirements:

- Accepts most major health insurance plans including Medicare and Medicaid
- Gold Card accepted with sliding scale
- For uninsured, offers sliding scale which is based on household income

Languages Available:

- Languages available through onsite and phone interpretation
- Sign language provided

Website:

- <https://med.uth.edu/psychiatry/>