

Local Area Counseling Resources

Counseling/Agency	Services	Contact Information
Legacy Community Health 3430 Center St. Deer Park, TX 77536	Counseling and psychiatry services. Accepts most insurance plans including Medicaid, Medicare, CHIP and most HMO/PPOs and offers sliding scale	281-479-3783 http://www.legacycommunityhealth.org/
DePelchin Children's Center	Counseling for children and families through its grant-funded prevention programs, including at-risk youth, school-based and parenting programs.	713-730-2335 www.depelchin.org
The Harris Center for Mental Health and IDD 9401 Southwest Freeway Houston, TX 77074	The following services can be provided: Assessment, Medication, Case Management, Skills Training, Counseling, Medication Training, Parent Partner & School-Based Program.	713-970-7000 www.mhmrharris.org
Pro-Act 2601 Pasadena Blvd. Pasadena, TX 77502	Individual/Family counseling provided in sliding scale fee or at no cost to client.	713-475-0072
Family Services of Greater Houston Baytown 1300 Rollingbrook Dr., Suite 406 Baytown, TX 77521 Clear Lake 1300 Bay Area Blvd., Suite 230 A Houston, TX 77058	Family counseling to address a variety of family issues. Grants for free counseling available. Clear Lake location has Spanish Speaking therapist. Also has WAYS to WORK and other programs.	713-861-4849 http://www.familyservices.org
Bay Area Turning Point 210 S. Walnut St. Webster, TX 77598	Counseling services focused on victims of domestic violence and sexual abuse. Sliding scale fee or at no cost to client.	281-338-7600 281-286-2525 www.bayareaturningpoint.org
Catholic Charities 1300-A Bay Area Blvd. Houston, TX 77058	Family counseling, couples and individual. Services in English and Spanish.	281-282-6069 www.catholiccharities.org
Innovative Alternatives 1335 Regents Park Dr., Suite 240 Houston, TX 77058	Mediation and counseling	713-222-2525 www.innovativealternatives.org
<u>El Centro de Corazon</u> Eastwood Health Center 412 Telephone Rd. Houston, Texas 77023 John S. Dunn Health Center 7635 Canal St. (one block east of 76th St.) Houston, Texas 77012 Magnolia Health Center 7037 Capitol St., Ste. N100 Houston, Texas 77011 The Harris Center for Mental Health and IDD Southeast Facility 5901 Long Drive Houston, Texas 77087	Therapy: Individual, Couples & Family, Trauma Focused Cognitive Behavioral Therapy, Play & Art Therapy Psychiatric Services: Psychiatric Evaluation & Medication Management Psychological Services: Psychological Testing & Assessment	713-660-1880 http://www.elcentrodecorazon.org/services/behavioral-health-services/
Counseling/Private Practice	Services	Contact Information
Coronado Counseling Center 3315 Burke RD Suite 105 Pasadena, Texas 77504	Counseling for children, adolescents & families. Medicaid accepted. Bilingual services available.	281- 336-0302

Clearhope Counseling Center 5151 E. Sam Houston Pkwy. S. Pasadena, TX	Accepts insurance, Medicaid and offers sliding scale	281-760-8454 https://www.clearhopecounseling.com/index.html
Jan Townsend LMSCW 16815 Royal Crest Dr. Houston, TX	Marriage and Family Therapy. Insurance, Medicaid and sliding scale fee.	281-479-2295
Meadows Counseling Center Julia Meadows, MA. LPC 4650 Center St Deer Park, TX 77536	Individual and family therapy. Insurance or self-pay. all ages. Open Saturdays	832-794-0646
Philip Townsend, Ph.D. 3833 Fairmont Pkwy.Ste. 102 Pasadena, TX	Individual and family therapy. Ages 7 and up. Insurance only.	281-991-9803
Rick White LPC 3325 Plainview Pasadena, TX 77504	Individual and family therapy. All ages. Insurance, sliding scale and Medicaid.	713-941-3028
Behavior Plus Inc. Page Elgin RPT 902 South Friendswood Drive, Suite G Friendswood, TX 77546	Registered Play Therapist	713-366-2914 (Cell) 281-482-7587 (Office) http://www.behaviorplus-texas.com/Index.php
The South Shore Center for Couples & Families Clara Pena RPT 1100 E NASA Pkwy #101 Houston, TX 77058	Registered Play Therapist	832-742-4723 http://www.southshorefamilies.com/
Medical/Psychiatrists	Services	Contact Information
Legacy Community Health 3430 Center St. Deer Park, TX 77536	Counseling and psychiatry services. Accepts most insurance plans including Medicaid, Medicare, CHIP and most HMO/PPOs and offers sliding scale	281-479-3783 http://www.legacycommunityhealth.org/
Dr. Denise Ingham Peter C. Ly, M.D. 17625 El Camino Real Suite 250 Houston, TX 77058	Pediatric/Adolescent psychiatry. Insurance.	281-990-0800
Holly P. Rigoulot, M.D. 17555 El Camino Real Houston, TX 77058	Pediatric/Adolescent psychiatry. Insurance.	281-480-7554
Cindy Wigg, M.D. 400 North Texas Avenue Webster, TX 77598	Pediatric/Adolescent and Adult psychiatry. UTMB Clinic Insurance.	281-338-2798
Mohamed Ahmed M.D. Psyclinic 4201 Garth Baytown, TX 77521 330 E Medical Center Blvd Webster, TX 77598	Pediatric/Adolescent and Adult psychiatry. Behavioral and psychological interventions. Insurance and Medicaid	281-837-6463
Carlos Guerra, M.D. 9701 Richmond, Ste. 200 Houston, TX 77042	Pediatric/Adolescent psychiatry. Cognitive behavioral therapy institute. Insurance and Medicaid.	713-840-7956
Elizabeth Hedden, M.D. James A. Nelson, M.D. 11550 Fuqua St Ste 560 Houston, TX 77034	Pediatric/Adolescent psychiatry. Insurance.	281-992-7333

*****This list is not all-inclusive; please contact 2-1-1 for additional resources or insurance provider for other options.***