

# Counseling Resources for low income families (Houston Locations)

If you have insurance, you may want to contact your provider for their list of therapists who specialize in grief counseling, working with children or adolescents, anger management, or any other specialty that will meet your needs. This resource list is provided for information purposes only and is not an endorsement of the organizations listed or the services provided.

## Directory of Therapists

This website can help you find a therapist. You can search by zip code, insurance, age, or main concern and different providers near you will populate to support your quest to find the right professional.

- [psychologytoday.com](https://www.psychologytoday.com)

## Abiding Christian Therapy

Specializes in individual, family, and group counseling for children, adolescents, and adults of all ages. Helps clients develop problem-solving strategies - and asking God's help - is part of the therapeutic process. Offers a sliding fee scale and accepts Medicaid. Serves the following areas: Houston, Katy, The Woodlands, Cypress, Kingwood, Tomball, Sugar Land, Friendswood, Clear Lake, Pearland, Richmond, Resendberg, Spring and the greater Houston area.

- 713-453-2300
- [abidingchristiantherapyllc.com](https://www.abidingchristiantherapyllc.com)

## Bo's Place

A non-profit, free-of-charge bereavement center, offers multiple grief support services for children, families, and adults, and provides education and resources for those who assist people in grief.

- 713-942-8339
- [bosplace.org](https://www.bosplace.org)
- Bilingual services available

## Carole and Ronald Krist Samaritan Counseling Center

Services include individual and family counseling, psychological testing, education, and professional training programs. Locations in Houston, Galveston, Katy, Pearland and The Woodlands.

- 713-526-4611
- [catholiccharities.org](https://www.catholiccharities.org)
- Bilingual services offered

## Center for Family Consultation

Offers a spectrum of services from trauma resolutions, Latino and Hispano- American Family Issues, family therapy, and school consults to help clients get along better with themselves and others. Accepts Medicaid and offers Spanish-speaking services.

- 713-526-4751
- [cfctexas.com](https://www.cfctexas.com)

# Counseling Resources for low income families (Continued)

## Counseling Connections for Change

This nonprofit organization in Pearland, Texas, helps with foster care reunification and offers programs that are uniquely designed, evidence-based and trauma informed to meet people's specific needs. Offers sliding fee scale.

- 281-485-9280
- [counselingconnections.org](http://counselingconnections.org)
- Bilingual services available

## DePelchin Children's Center

Services include counseling for children ages 3-18 and their families. Locations in Houston, Brookshire, and Stafford. Bilingual services. Additionally, they provide families with a sliding fee scale.

- 713-730-2335
- [depelchin.org](http://depelchin.org)
- Bilingual services offered

## Family Houston

A multi-service agency with a wide range of social services and educational programs. Services include counseling for individuals and families. Locations in the Bay Area, Houston, Stafford, and The Woodlands.

- 713-861-4849
- [familyhouston.org](http://familyhouston.org)
- Bilingual services offered

## Family Service Center of Galveston County

Promotes the mental health and well-being of individuals and families through counseling, education, and prevention. Offers trauma-focused care and parent education through free or slide fee mental health services.

- 409-762-8636
- [fsc-galveston.org](http://fsc-galveston.org)
- Bilingual services available

## Fuller Life Family Therapy Institute

A nonprofit organization that provides quality counseling, including individual, parenting, family, and couples therapy, for people of all incomes. Offers a sliding fee scale and provides free counseling to students, which includes relational, emotional, mental, and spiritual wellness and healing.

- 855-245-5433
- [Fullerlifefamilytherapy.org](http://Fullerlifefamilytherapy.org)
- Bilingual services available

## Green Tree Behavioral Health and Counseling Services

Offers psychotherapy to help people manage and cope with the challenges presented by life. This private practice sole practitioner accepts Medicaid.

- [greentreebehavioralhealth.com](http://greentreebehavioralhealth.com)
- 713-588-4390

# Counseling Resources for low income families (Continued)

## Hope & Healing Center & Institute

Offers free mental health services including support groups, mental health coaching, case management and other services in the Houston area.

- 713-871-1004 Ext. 570 (Behavioral and Mental Health Line)
- [hopeandhealingcenter.org](http://hopeandhealingcenter.org)
- Bilingual services offered

## Houston Galveston Institute

Non-profit offering individual, family and group counseling. Locations in Houston and Richmond.

- 713-526-8390
- [hgicounseling.org](http://hgicounseling.org)
- Bilingual services offered

## Innovative Alternatives

Offers counseling and other services for individuals, couples, and families. Victim Assistance Program provides 8 free therapy sessions and up to 18 hours of free workshops and/or group sessions to any crime victim, family member, or eye witness who is experiencing trauma reactions to a crime. Offers services in both Christian and secular formats in the Clear Lake Area.

- 713-222-2525
- [innovativealternatives.org](http://innovativealternatives.org)
- Bilingual services offered

## Jewish Family Services

Multi-service agency with a wide range of social services and educational programs. Services include individual, couple and family counseling. Some programs are faith based from a Jewish perspective in the Houston area.

- 713-667-9336
- [jfshouston.org](http://jfshouston.org)

## Legacy Community Health

Offers medication management, testing, and therapy for children, teens, and adults. Locations in Baytown, Beaumont, and Houston.

- 713-351-7360
- [legacycommunityhealth.org](http://legacycommunityhealth.org)
- Bilingual services offered

## Nick Finnegan Counseling Center

Services include individual, couple and family counseling, support groups and workshops in the Houston area.

- 713-402-5046
- [finnegancounseling.org](http://finnegancounseling.org)
- Bilingual services offered

# Counseling Resources for low income families (Continued)

## The Center for Postpartum Family Health

Services include individual and family counseling, psychotherapy, screening and assessment for perinatal challenges. Locations in Houston and The Woodlands.

- 713-561-3884
- [cpfh.org](http://cpfh.org)

## The Council on Recovery

Provides support, information, and treatment to all who may be adversely affected by alcohol, drugs, and addiction-related issues. Services include individual and family counseling in the Houston area.

- 713-914-0556
- [councilonrecovery.org](http://councilonrecovery.org)
- Bilingual services offered

## The Montrose Center

A multi-service agency with a focus on LGBTQ communities offering a wide range of social services and educational programs. Services include individual, family, and group counseling. Houston area.

- 713-529-0037
- [montrosecenter.org](http://montrosecenter.org)
- Bilingual Services offered

## UTHealth Trauma and Resilience Center

Multidisciplinary treatment, research, and education center devoted to helping people who are experiencing psychological problems in the aftermath of traumatic life experiences in the Houston area. Medicaid accepted. Grants available that may cover certain populations.

- 713-486-2630
- [med.uth.edu/psychiatry/research/centers/trauma-and-resilience-center](http://med.uth.edu/psychiatry/research/centers/trauma-and-resilience-center)
- Bilingual services offered

## UH-ADAPT (Adolescent Diagnosis, Assessment, Prevention and Treatment) Center

Provides assessments ONLY.

- 713-743-0950
- [uh.edu/class/psychology/clinical-psych/research/dpl/adapt](http://uh.edu/class/psychology/clinical-psych/research/dpl/adapt)
- Bilingual services offered

## Pathways Youth and Family Services

Pathways is a community-based social service organization specializing in foster care, adoption, residential care, and behavioral health services. They provide trauma-based therapy along with psychiatry and counseling. Accepts Amerigroup/Superior Medicaid. Serves the Clear Lake, Houston-North Loop, Austin, San Antonio, and Dallas areas.

- 832-726-0888
- [pathway.org](http://pathway.org)

# Counseling Resources for low income families (Continued)

## Renewing Home

Offers various services counseling services, including a play therapy program to serve ages 3-10. Accepts Medicaid and offers a sliding fee scale. Additionally, Renewing Hope provides prayer and scriptural application if desired.

- 713-365-0700
- [renewinghope.net](http://renewinghope.net)

## Shield Bearer Counseling Centers

Counseling services include Marriage and Family Counseling and Trauma Recovery. Other services include seminars, retreats and workshops. Locations in Conroe, Cypress, Houston, The Woodlands and Tomball.

- 281-894-7222
- [shieldbearer.org](http://shieldbearer.org)
- Bilingual services offered

## The Adolescent Center and Mental Health Services

Offers a multidisciplinary intervention and treatment center specializing in adolescent behavioral health services in Houston. The services include individual, family, and couples therapy, psychological testing, psychosocial assessments, diagnostic assessments, support groups, case management, medication consultation, and long-term mental health treatment plans. Offers trauma therapy and CPS psychological evaluations; accepts Medicaid.

- 832-484-2635
- [theadolescentcenter.com](http://theadolescentcenter.com)