

Resource List

Levels of Care: Mental Health Support

There are a variety of levels of care for individuals who are struggling with mental or behavioral health. This document provides an explanation of the various levels of care and available resources in the Houston area.

Suicide Prevention Hotlines

Suicide hotlines are available 24/7 and support individuals in crisis situations. If your child is in crisis and you need immediate help, reach out one of the hotlines.

Emergency Clinics

Emergency clinics are available to provide one-time immediate consultation with a psychiatrist or an advance practice provider to navigate medication needs. These clinics are first come, first served. Please arrive as early as possible and 2 hours before the office closes in order to receive an appointment.

Wrap-Around Services

Offers a variety of comprehensive services that support a child and family experiencing mental health and/or behavioral health challenges.

Intensive Outpatient Program (IOP)

A treatment program that provides intensive therapy typically three to four days a week for three to four hours a day.

Partial Hospitalization Program (PHP)

A treatment program that provides intensive therapy typically four to five days a week for four to eight hours a day.

Inpatient Psychiatric Hospitalization

Hospitalization on a specialized locked mental health unit that lasts from one day to a few weeks to help an individual stabilize.

Residential Treatment Center (RTC)

Intensive “live in” program that provides treatment for youth with serious emotional or behavioral challenges. Typical length of treatment is six weeks to three months.

It is recommended that you check with your insurance provider regarding emergency Behavioral Health treatment.

These resources do not represent an endorsement of the agencies or providers; however, it may help you locate the most appropriate services for your child.

Suicide Prevention Hotlines

Suicide hotlines are available 24/7 and support individuals in crisis situations. If your child is in crisis and you need immediate help, reach out one of the hotlines.

<p>National Suicide Prevention Hotline</p> <p>Call 988 For Deaf & Hard of Hearing (800) 799-4889 samhsa.gov/find-help/988</p>	<p>Teen Line - Teens Helping Teens</p> <p>(310) 855-4673 Text: TEXTTEEN to 839863 teenlineonline.org</p>
<p>Trevor Project Lifeline - LGBTQ Youth</p> <p>(866) 488-7386 Text: "START" to 678678 thetrevorproject.org/get-help-now</p>	<p>Love is Respect (Dating Concerns/Teen Domestic Violence)</p> <p>(866) 331-9474 Text: "LOVEIS" to 22522 loveisrespect.org</p>
<p>Crisis Hotline Teeline</p> <p>(713) 529-8336 (phone call) (281) 201-4430 (text) thethreadalliance.org/kids-and-teens</p>	<p>Servicios en Español Linea de Crisis - Adolescents</p> <p>(713) 526-8088 Nacional de Prevencion del Suicidio (888) 628-9454</p>
<p>Crisis Intervention of Houston</p> <p>(832) 416-1177 (hotline number) (832) 416-1199 (hotline for teens) crisishotline.org</p>	

Emergency Clinics

Emergency clinics are available to provide one-time immediate consultation with a psychiatrist or an advance practice provider to navigate medication needs. These clinics are first come, first served. Please arrive as early as possible and 2 hours before the office closes in order to receive an appointment.

Memorial Hermann Mental Health Crisis Clinics

The phone number for all three clinics is: (713) 338-6422.

Memorial Herman Northwest Hospital

18838 S. Memorial Blvd., Suite 106
Humble, TX 77338

Hours of operation:

8:00 a.m. — 4:00 p.m.
(will not accept
patients after 2:00 p.m.)

Spring Branch Clinic

10780 Westview Drive, Suite C
Houston, TX 77042

Hours of operation:

12:00 p.m. — 8:00 p.m.
(will not accept
patients after 6:00 p.m.)

Meyerland Clinic

4850 West Bellfort Blvd.
Houston, TX 77035

Hours of operation:

8:00 a.m. — 4:00 p.m.
(will not accept
patients after 2:00 p.m.)

Wrap-Around Services

Offers a variety of comprehensive services that support a child and family experiencing mental health and/or behavioral health challenges.

For more information on wrap-around services through the local mental health authority, please visit this link: hhs.texas.gov/services/mental-health-substance-use/mental-health-substance-use-resources/find-your-local-mental-health-or-behavioral-health-authority.

Harris County Harris Center for Mental Health and IDD

9401 Southwest Freeway
Houston, TX 77074
Crisis phone: (866) 970-4770
Main phone: (713) 970-7000
theharriscenter.org

Liberty, Montgomery and Walker Counties Tri-County Behavioral Healthcare

233 Sgt Ed Holcomb Blvd. South
Conroe, TX 77304
Crisis phone: (800) 659-6994
Main phone: (936) 521-6100
tricountyservices.org

Galveston and Brazoria Counties Gulf Coast Center

10000 Emmett F. Lowry Expressway, Suite 1220
Texas City, TX 77591
Crisis phone: (866) 729-3848
Main phone: (409) 763-2373
gulfcoastcenter.org

Brazos, Burleson, Grimes, Leon, Madison, Robertson and Washington Counties MHMR Authority of Brazos Valley

1504 South Texas Ave.
Bryan, TX 77802
Crisis phone: (888) 522-8262
Main Phone: (800) 282 -6467 or (979) 822-6467
mhmrabv.org

Austin, Colorado, Fort Bend, Matagorda, Waller and Wharton Counties Texana Center

4910 Airport Avenue, Building D
Rosenberg, TX 77471
Crisis phone: (800) 633-5686
Main phone: (866) 483-9262 or (281) 239-1300
texanacenter.com

Intensive Outpatient Program (IOP)

A treatment program that provides intensive therapy typically three to four days a week for three to four hours a day.

Partial Hospitalization Program (PHP)

A treatment program that provides intensive therapy typically four to five days a week for four to eight hours a day.

Inpatient Psychiatric Hospitalization

Hospitalization on a specialized locked mental health unit that lasts from one day to a few weeks to help an individual stabilize.

Behavioral Health of Bellaire

5314 Dashwood Drive
Houston, TX 77081
Inpatient: (713) 600-9500
Outpatient: (713) 600-9510
bhbhospital.com

- **IOP:** Ages 12-17
- **PHP:** Ages 12-17
- **Inpatient:** Ages 12-17

Cenikor

Multiple Locations:
5629 Grapevine Street
Houston, TX 77085
(888) 236-4567
cenikor.org

- **IOP:** Ages 13-17

Center for Success and Independence

3722 Pinemount Drive
Houston, TX 77018
(713) 426-4545
tcsi.org

- **IOP:** Ages 12-17

Charlie Health

Virtual Only
(866) 721-0962
charliehealth.com

- **IOP:** Ages 11-17

Children's Outpatient Location The Excel Center of Katy

314 Dashwood Drive
2900 Commercial Center Blvd, Suite 102
Katy, TX 77494
(281) 647-0020

- **IOP:** Ages 5-12
- **PHP:** Ages 5-12

Cypress Creek

17750 Cali Drive
Houston, TX 77090
(281) 586-7600
cypresscreekhospital.com

- **IOP:** Ages 12-17
- **PHP:** Ages 12-17
- **Inpatient:** Ages 12-17

Discovery Mood and Anxiety Program

8588 Katy Freeway, Suite 440
Houston, TX 77024
(877) 607-2686 or (877) 316-0618
discoverymood.com

- **IOP:** Ages 11-17
- **PHP:** Ages 11-17

Houston Behavioral

2801 N. Gessner Road
Houston, TX 77080
(832) 834-7710
houstonbehavioralhealth.com

- **IOP:** Ages 13-17
- **PHP:** Ages 13-17
- **Inpatient:** Ages 13-17

Kingwood Pines

2001 Ladbook Drive
Houston, TX 77339
(281) 404-1001
kingwoodpines.com

- **IOP:** Ages 13-17
- **PHP:** Ages 13-17
- **Inpatient:** Children's Unit: Ages 8-12
- **Inpatient:** Adolescent Unit: Ages 13-17

Menninger Clinic

12301 South Main Street
Houston, TX 77035
(713) 275-5400
menningerclinic.org

- **IOP:** Ages 12-17
 - **PHP:** Ages 12-17
 - **Inpatient:** Ages 12-17
- *Self Pay*

Pathlight Mood and Anxiety

17350 St. Lukes Way, Suite 220
The Woodlands, TX 77384
(281) 223-1388
pathlightbh.com

- **IOP:** Ages 12-17
- **PHP:** Ages 12-17

Sun Behavioral

7601 Fannin Street
Houston, TX 77054
(713) 795-8802
sunbehavioral.com

- **IOP:** Ages 11-17
- **PHP:** Ages 11-17
- **Inpatient:** Children's Unit: Ages 6-12
- **Inpatient:** Adolescent Unit: Ages 13-17

UT Health (HCPC)

2800 South MacGregor Way
Houston, TX 77080
(713) 741-5000
hcpc.uth.edu

- **Inpatient:** Children's Unit: Ages 4-12
- **Inpatient:** Adolescent Unit: Ages 13-17

West Oaks Hospital

Inpatient Location:
6500 Hornwood
Houston, TX 77074
(713) 995-0909
westoakshospital.com

- **Inpatient:** Ages 12-17

Woodlands Springs

15860 Old Conroe Road
Conroe, TX 77384
(936) 270-7520
woodlandspringshealth.com

- **IOP:** Ages 13-17
- **PHP:** Ages 13-17
- **Inpatient:** Ages 13-17

Westpark Springs

Inpatient Location:

6902 South Peek Road
Richmond, TX 77407
(832) 586-8316
westparksprings.com

- IOP: Ages 12-17
- PHP: Ages 12-17
- Inpatient: Ages 13-17

Outpatient Location:

7830 West Grand Parkway, Suite 100
Richmond, TX 77406
(832) 945-1840
westparksprings.com/outpatient-treatment

- IOP: Ages 12-17
- PHP: Ages 12-17

New Dimensions

(800) 685-9796
nddtreatment.com

- IOP: Ages 13-18 (18 and still in high school)
- PHP: Ages 13-17 (18 and still in high school)

Clear Lake Location

1345 Space Park Drive, Suite C
Houston, TX 77058

Woodlands Location

25511 Budde Road, Suite 2401
Woodlands, TX 77380

Katy Location

439 Mason Park Blvd, Suite B
Katy, TX 77458

Residential Treatment Center (RTC)

Intensive “live in” program that provides treatment for youth with serious emotional or behavioral challenges. Typical length of treatment is six weeks to three months.

Cedar Crest Hospital

3500 I-35 Frontage Rd
Belton, TX 76513
(254) 939-2100
cedarcresthospital.com

- Ages 12-17

Laurel Ridge Treatment Center

17720 Corporate Woods Drive
San Antonio, TX 78529
(210) 791-9400
laurelridgetc.com

- Ages 11-17

Meridell Achievement Center

12550 W. Highway 29
Liberty Hill, TX 78642
(800) 366-8656
meridell.com

- Ages 11-17

Center for Success and Independence

3722 Pinemount Drive
Houston, TX 77018
(713) 426-4545
tcsi.org

- Ages 12-17

Rock Springs

1335 East Witestone Blvd, Suite Z200
Cedar Park, TX 78613
(913) 254-7265
rockspringshealth.com

- Ages 13-17