

Mental Health Referral Directory

Updated: November 2025

Real Talk prepared this directory for internal use. It includes recommended providers, community services, and resources in Texas, especially the Greater Houston area. Please verify availability, insurance, and specialties directly with each provider.

Psychiatrists.....	1
Community Counseling & Affordable Services.....	5
Child & Adolescent Programs.....	6
Additional Providers & Agencies.....	8

Psychiatrists

Dr. Ken Arfa

Specialty/Notes: Campus psychiatrist for 20 years at the University of Houston and Rice University

Address: 4615 Southwest Fwy Suite 860, Houston, TX 77027

Phone: (713) 723-5774

Insurance: Call to confirm

Dr. Michael Barber

Specialty/Notes: Adults only; accepts most insurance

Address: 2180 N Loop Fwy #450, Houston, TX 77018

Phone: 832-384-1560

Insurance: Accepts most insurance

Dr. Barry Gritz

Specialty/Notes: Private psychiatrist



Address: 230 Westcott Street, Suite 210, Houston, TX 77007

Phone: 713-869-7400

Insurance: Does not accept insurance

Dr. Dharmendra Kumar

Specialty/Notes: At Greater Heights Holistic Psychiatry

Address: 1111 N Loop W Suite 900, Houston TX 77008

Phone: (832) 930-1202

Dr. Chad Lemaire

Specialty/Notes: At Legacy Clinic, Montrose location

Address: Legacy Clinic (Montrose Location), Houston, TX

Phone: 832-548-5000

Insurance: Accepts most insurance

Dr. Olivia Moffitt

Specialty/Notes: UT Physicians

Address: 6410 Fannin St Ste 600, Houston, TX 77030

Phone: 832-325-7100

Insurance: Call to confirm

Dr. Molina Newhook

Specialty/Notes: Practices in English, Spanish, & Portuguese

Address: 920 Frostwood Drive, Suite 670. Houston, TX 77024

Phone: (346) 444-1791

Insurance: Call to confirm

Dr. James Paskowitz

Specialty/Notes: Takes most commercial insurance

Address: 2323 S Shepherd Dr Ste 1012, Houston, TX

Phone: 713-520-1411

Insurance: Takes most commercial insurance

Dr. Christina Tjok

Specialty/Notes: VA Medical Center

Address: 1709 Dryden Rd # 570, Houston, TX 77030

Phone: (281) 789-8931

Insurance: Call to confirm

Dr. Nicole Tomjanovich

Specialty/Notes: Psychiatrist

Address: 2323 S Shepherd Dr Ste 1012, Houston, TX, 77019

Phone: (713) 520-1411

Insurance: Call to confirm

Dr. Lisa Valentine

Specialty/Notes: Psychiatrist

Address: 6565 W. Loop S. #760, Bellaire, TX 77401

Phone: 832-987-2535

Insurance: Call to confirm



Memorial Park Psychiatry (Dr. Alice Mao, Dr. Matthew Brams)

Specialty/Notes: Child, adolescent & adult psychiatry; ADHD, autism, mood disorders

Address: 550 Westcott St, Suite 520, Houston, TX 77007

Phone: (713) 864-6949

Website: <http://www.memorialparkpsychiatry.com/>

Insurance: Call to confirm

Synapse Psychiatry (Sherry Grogan, APRN, PMHNP-BC)

Specialty/Notes: Anxiety, depression, ADHD; telehealth & in-person

Address: 7435 Highway 6 South, Suite C, Missouri City, TX 77459

Phone: (281) 606-0622

Website: <https://www.synapse-psychiatry.com/>

Insurance: Accepts Aetna, BCBS, Cigna, UHC, and more

Houston Mind and Body Institute

Specialty/Notes: Psychiatry and therapy services

Address: 9432 Katy Freeway, Suite 460. Houston, TX 77005

Phone: 832-536-7657

Website: <https://houstonmindandbrain.com/>

Insurance: Call to confirm

Inger Daniels, APRN

Specialty/Notes: Psychiatric nurse practitioner

Address: 12808 West Airport Boulevard, 270D. Sugar Land, TX 77478

Phone: (832) 737-8467

Insurance: Call to confirm

Dr. Frieda Aboul-Fotouh

Specialty/Notes: Child/adolescent psychiatry; telehealth

Address: 2000 S Dairy Ashford Rd, Suite 660, Houston, TX 77077

Phone: (832) 769-5576

Insurance: Accepts most commercial insurance

Dr. Jair Soares

Specialty/Notes: Brazilian psychiatrist at UT Physicians

Address: 1941 East Rd, Ste 2100, Houston, TX 77054

Phone: 713-486-2700

Insurance: UT Physicians accepts most major insurance plans

Dr. Rafael Guerrero

Specialty/Notes: Latino psychiatrist, sees patients in Katy

Address: Call to confirm

Phone: 281-398-9800

Insurance: Call to confirm

Community Counseling & Affordable Services

Please refer to our website's Community Referrals page for a comprehensive list of resources.

<https://www.realtalkpsychology.com/community-resources>

Child & Adolescent Programs

Houston Behavioral Healthcare Hospital

Specialty/Notes: Adolescent inpatient psychiatric treatment

Address: Call to confirm

Phone: 832-834-7710

Website:

<https://www.houstonbehavioralhealth.com/programs/houston-adolescent-services>

Insurance: Call to confirm

UT Health Harris County Psychiatric Center

Specialty/Notes: Child and adolescent inpatient services

Address: Call to confirm

Phone: Call to confirm

Website: <https://hpcp.uth.edu/pages/inpatient-services/imp-child-serv.htm>

Insurance: Call to confirm

The Harris Center (Outpatient)

Specialty/Notes: County mental health services

Address: Call to confirm

Phone: Call to confirm

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

Insurance: Call to confirm

Kingwood Pines Hospital

Specialty/Notes: Adolescent inpatient and outpatient



Address: 2001 Ladbrook Drive, Kingwood, TX 77339

Phone: 281-404-1001

Website: <https://kingwoodpines.com/treatment-services/>

Insurance: Call to confirm

Eddins Counseling Group

Specialty/Notes: Child counseling and therapy services

Address: 5225 Katy Fwy, Suite 103, Houston, TX 77007

Phone: 832-559-2622

Website: <https://eddinscounseling.com/child-counseling-services/>

Insurance: Call to confirm

Melissa Tabin, Ph.D.

Specialty/Notes: Child and adolescent psychologist

Address: 3000 Wesleyan St Suite 255, Houston, TX 77027

Phone: 712-591-2953

Insurance: Call to confirm

Heights Family Counseling

Specialty/Notes: Child, teen, and family therapy

Address: 2500 Summer St Suite 1220, Houston, TX 77007

Phone: 713-380-1151

Website: <https://heightsfamilycounseling.com>

Insurance: Call to confirm

Additional Providers & Agencies

Texas Children's Hospital – Pediatric Psychiatry

Specialty/Notes: Child & adolescent psychiatry, Intensive Outpatient Program (IOP)

Address: 6621 Fannin Street, Houston, TX 77030

Phone: (832) 822-1900

Website: <https://www.texaschildrens.org>

Insurance: Accepts most commercial and government insurance plans

UT Physicians – Child & Adolescent Outpatient Services

Specialty/Notes: Comprehensive youth mental health services

Address: Multiple Houston-area clinics

Phone: Visit website or call UT Physicians' referral line

Website: <https://www.utphysicians.com>

Insurance: Accepts most major insurance plans

Cenikor Foundation

Specialty/Notes: Addiction recovery, detox, outpatient & residential behavioral health

Address: Multiple locations across Houston & Texas

Phone: 1-888-CENIKOR

Website: <https://www.cenikor.org>

Insurance: Accepts most insurance, Medicaid; sliding scale available

Depelchin Children's Center

Specialty/Notes: Trauma counseling, residential treatment, foster/adoption services



Address: 4950 Memorial Drive, Houston, TX 77007

Phone: (713) 730-2335

Website: <https://www.depelchin.org>

Insurance: Accepts Medicaid and public funding sources

Bo's Place

Specialty/Notes: Free grief support for children & families, bilingual (English/Spanish)

Address: 10050 Buffalo Speedway, Houston, TX 77054

Phone: (713) 942-8339

Website: <https://www.bosplace.org>

Insurance: Free services

Depression & Bipolar Support Alliance (DBSA) – Greater Houston

Specialty/Notes: Free peer-led support groups (youth, adult, veteran, LGBTQ, Spanish-speaking)

Address: Various locations

Phone: Visit the website for locations and schedule

Website: <https://www.dbsahouston.org>

Insurance: Free peer support (no insurance required)

Assessments

Robert J. Strudler Diagnostic and Remediation Center

Specialty/Notes: Psycho-educational evaluations for children and adults. Focused on identifying learning disabilities and providing recommendations for remediation or compensatory supports.

Address: 3808 Garrott St, Houston, TX 77006



Phone: (713) 520-8002

Website: Not listed

Insurance: Affordable self-pay evaluations. Insurance coverage varies.