Psychiatrists

Dr. Ken Arfa

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

Address: 6750 West Loop South, Suite 710, Bellaire, TX 77401

Phone: 713-240-3313

Website: https://houstonpsychiatry.com/

Insurance: Does not accept insurance; patients pay directly

Dr. Michael Barber

Specialty/Notes: Adults only (18 and older)

Address: 2180 North Loop West, Suite 450, Houston, TX 77018

Phone: 832-384-1560

Website: http://michaelbarbermd.com/

Insurance: Accepts most commercial insurance

Dr. Barry Gritz

Specialty/Notes: Private psychiatrist; new patients and follow-ups are seen by his psychiatric nurse practitioners; telehealth and in person

Address: 2211 Norfolk St, Suite 410, Houston, TX 77098

Phone: 713-869-7400

Website: https://drgritz.com/

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

Website: https://psychiatryhoustontx.com/

Insurance: Call to confirm

Dr. Chad Lemaire

Specialty/Notes: Board-certified psychiatrist at Legacy Community Health, Montrose location

Address: Legacy Community Health Montrose, 1415 California St, Houston, TX 77006

Phone: 832-548-5000

Website: https://www.legacycommunityhealth.org/provider-directory/chad-lemaire-md/

Insurance: Medicaid, CHIP, Medicare, private insurance, and sliding scale

Dr. Olivia Moffitt

Specialty/Notes: UT Physicians; adult and pediatric patients; also sees patients at the UT Physicians Psychiatry Outpatient Clinic, 1941 East Rd, Suite 2100 (713-486-2700)

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

Phone: 832-325-7100

Website: https://www.utphysicians.com/provider/olivia-a-moffitt/

Insurance: Call to confirm

Dr. Milena Newhook

Specialty/Notes: Adults 18 to 64; practices in English, Spanish, & Portuguese; her website states she is not currently accepting new patients

Address: 950 Echo Ln, Suite 200, Houston, TX 77024

Phone: 346-760-0500

Website: https://www.drmilenanewhook.com/

Insurance: Out of network with all plans (self-pay) as of December 2025

Dr. James Paskowitz

Specialty/Notes: Psychiatrist; shares an office with Dr. Tomjanovich

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

Phone: 713-520-1411

Insurance: BCBS of Texas listed; call to confirm other plans

Dr. Christina Tjok

Specialty/Notes: Psychiatrist in private practice; affiliated with the Michael E. DeBakey VA Medical Center

Address: 2211 Norfolk St, Suite 628, Houston, TX 77098

Phone: (281) 789-8931

Insurance: Aetna, BCBS, Cigna, and UnitedHealthcare listed; call to confirm

Dr. Nichole Tomjanovich

Specialty/Notes: Psychiatrist; shares an office with Dr. Paskowitz

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

Phone: (713) 520-1411

Insurance: Call to confirm

Dr. Lisa Valentine

Specialty/Notes: Adults; psychotherapy and medication management; reproductive mental health; telehealth and in person

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

Phone: 832-987-2555

Website: https://lisavalentinemd.com/

Insurance: Out of network only; provides documentation for reimbursement

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

Specialty/Notes: Child, adolescent & adult psychiatry; ADHD, autism, mood disorders; video visits, TMS, and Spravato available

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

Phone: (713) 864-6694

Website: https://www.memorialparkpsychiatry.com/

Insurance: Aetna, BCBS, Cigna, Humana, Magellan, MHN, UnitedHealthcare, ValueOptions, and others

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

Specialty/Notes: Anxiety, depression, ADHD; ages 6 and up; telehealth & in-person

Address: 3634 Glenn Lakes Ln, Suite 170, Missouri City, TX 77459

Phone: (281) 606-0622

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

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

Houston Mind & Brain

Specialty/Notes: Adult psychiatry for treatment-resistant conditions; TMS, Spravato, ketamine, and psychotherapy; medical director Raymond Y. Cho, MD

Address: 9432 Katy Freeway, Suite 460, Houston, TX 77055

Phone: 832-699-7922

Website: https://www.houstonmindandbrain.com/

Insurance: Aetna, BCBS, Cigna, Medicare, Optum, and TRICARE; no Medicaid

Inger Daniels, APRN, PMHNP-BC

Specialty/Notes: Psychiatric nurse practitioner (PMHNP-BC) at Moving Forward Psychiatry; children and adults; telehealth available; does not prescribe stimulants

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

Phone: 281-616-7556 (office); (832) 737-8467 (Psychology Today line)

Website: https://www.movingforwardpmh.com/

Insurance: Amerigroup, BCBS, Cigna, Humana, Texas Children's Health Plan, and select Medicare and Medicaid plans; self-pay with superbills for out of network

Dr. Frieda Aboul-Fotouh

Specialty/Notes: Board-certified in general and child/adolescent psychiatry; sees children, adolescents, and adults; practices as Dr. Frieda A. Fotouh at Healthy Minds Psychiatry; confirm telehealth

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

Phone: 832-318-6277

Website: https://www.healthymindspsychiatry.com/

Insurance: Aetna, BCBS, and Cigna

Dr. Jair Soares

Specialty/Notes: Brazilian psychiatrist at UT Physicians; speaks English, Portuguese, and Spanish; adults and children

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

Phone: 713-486-2700

Website: https://www.utphysicians.com/provider/jair-soares/

Insurance: UT Physicians accepts most major insurance plans

Dr. Rafael Guerrero

Specialty/Notes: Latino psychiatrist in Katy; child, adolescent, and adult psychiatry; English and Spanish; telepsychiatry, TMS, and Spravato

Address: 1830 Snake River Road, Suites B and E, Katy, TX 77449

Phone: 281-398-9800

Website: https://www.drrafaelguerrero.com/

Insurance: Out of network only, per Psychology Today; call to confirm

Dr. Carla Bejjani

Specialty/Notes: Board-certified in general and geriatric psychiatry; online only through Array Behavioral Care

Address: Online only

Phone: 800-442-8938 (Array)

Website: https://arraybc.com

Insurance: In Texas, Array accepts BCBS of Texas, UnitedHealthcare/Optum, and SCAN Medicare Advantage; call to confirm

Dr. Julia Ridgeway-Diaz

Specialty/Notes: Board-certified psychiatrist; anxiety, panic, and depression; medication management combined with therapy; online only through Alma

Address: Online only (Texas)

Phone: None listed; book through her Alma profile

Website: https://secure.helloalma.com/providers/julia-ridgeway-diaz/

Insurance: In-network with Aetna, Cigna, UnitedHealthcare, BCBS, and others through Alma

Dr. Mara Rivera

Specialty/Notes: Board-certified psychiatrist; women's and reproductive mental health, including perinatal and perimenopausal care; office in Austin, telehealth anywhere in Texas; adolescents and adults

Address: 9390 Research Blvd #2-200, Austin, TX 78759

Phone: 512-434-0730

Website: https://www.estelamentalhealth.com/dr-mara-rivera

Insurance: Aetna, BCBS, Cigna/Evernorth, Optum, Oscar, UMR, and UnitedHealthcare; does not accept Medicare or Medicaid

Dr. Alexis Kropf

Specialty/Notes: Board-certified adult psychiatrist; anxiety, depression, bipolar disorder, OCD, trauma, and perinatal psychiatry; speaks English and Spanish; online only through Talkiatry

Address: Online only

Phone: 833-351-8255 (Talkiatry)

Website: https://www.talkiatry.com/team-members/alexis-kropf-md

Insurance: Accepts most major plans, including Aetna, BCBS, Cigna, Humana, Medicare, and UnitedHealthcare

Dr. Cecilia Fitz-Gerald

Specialty/Notes: Board-certified psychiatrist; ADHD, anxiety, depression, bipolar disorder, OCD, trauma, and perinatal psychiatry; online only through Talkiatry

Address: Online only

Phone: 833-351-8255 (Talkiatry)

Website: https://www.talkiatry.com/team-members/cecilia-fitz-gerald-md

Insurance: Accepts most major plans, including Aetna, BCBS, Cigna, Humana, Medicare, and UnitedHealthcare

Dr. Lillian Cole

Specialty/Notes: Psychiatrist; anxiety, depression, bipolar disorder, OCD, and trauma; online only through Talkiatry

Address: Online only

Phone: 833-351-8255 (Talkiatry)

Website: https://www.talkiatry.com/team-members/lillian-cole-md

Insurance: Accepts most major plans, including Aetna, BCBS, Cigna, Humana, Medicare, and UnitedHealthcare

Dr. Chester Wu

Specialty/Notes: Board-certified in psychiatry and sleep medicine; adults; medication management, psychotherapy, and insomnia treatment including CBT-I; in person and telehealth; free 15-minute phone consultation

Address: 3730 Kirby Drive, Suite 520, Houston, TX 77098

Phone: (346) 704-4650

Website: https://www.chesterwumd.com/

Insurance: UnitedHealthcare, Aetna, Oxford, and Oscar for psychiatric services; other plans out of network

Dr. Samantha Symons

Specialty/Notes: Board-certified psychiatrist at Bluebird Psychiatry; adults 18 to 65; mood disorders, anxiety, PTSD, ADHD, and women's mental health; office in Austin, telehealth available

Address: 3355 Bee Caves Rd, Suite 403, Austin, TX 78746

Phone: 512-521-0868

Website: https://www.bluebirdpsychiatry.com/provider/samantha-symons-md

Insurance: BCBS PPO only

Hauser Clinic & Associates (Layla Wood, APRN, PMHNP-BC)

Specialty/Notes: Board-certified psychiatric nurse practitioner; adults, with a special interest in children and adolescents; depression, bipolar disorder, anxiety, PTSD, ADHD, psychotic disorders, and treatment-resistant depression; in person and telepsychiatry; clinic also offers Spravato, TOVA testing for ADHD, genetic drug sensitivity testing, and Suboxone; Spravato and scheduling coordinated by Melly P, patient coordinator; clinic fax 713-669-0704; front desk email frontdesk@hauserclinic.com

Address: 5959 West Loop South, Suite 600, Bellaire, TX 77401

Phone: 713-669-0303 (clinic); 346-633-4832 ext. 111 (direct line listed on Psychology Today)

Website: https://www.hauserclinic.com/

Insurance: Aetna, BCBS, Cigna/Evernorth, Medicare, Optum, and UnitedHealthcare listed; self-pay rates of $350 for the intake and $150 per follow-up; call to confirm

Dr. Kate Travis

Specialty/Notes: As of October 2026 her profile states she is seeing only Houston Methodist employees, so confirm availability before referring; clinic fax 346-238-0002; Houston Methodist physician records office 713-394-6428, fax 713-791-5385

Address: 6550 Fannin St, Smith Tower, Suite 2509, Houston, TX 77030

Phone: 346-238-2040 (clinic); 713-790-3333 for other Houston Methodist behavioral health providers

Website: https://www.houstonmethodist.org/doctor/kate-travis/

Insurance: Aetna, Cigna, Molina, and others listed; verify the plan when scheduling

Dr. Sonam Bhakta

Specialty/Notes: Sonam Bhakta, MD; child, adolescent, and adult psychiatry at Greater Houston Psychiatric Associates (GHPA); ADHD, anxiety disorders, mood disorders, and peripartum disorders; Wilcrest office; fax 713-400-7400; practice email info@ghpa.net

Address: 2901 Wilcrest Dr, Suite 520, Houston, TX 77042

Phone: 713-974-0870

Website: https://ghpa.net/psychiatrists.php

Insurance: Not published; call to confirm

Dr. Aaron Fink

Specialty/Notes: toddlers through adults; individual, family, and group work, including adult, adolescent, and mental health professional groups; in person and by video.

Address: 4550 Post Oak Place Dr, Suite 320, Houston, TX 77027

Phone: 713-622-7381 (office); 281-940-3554 listed on Psychology Today

Website:
https://www.psychologytoday.com/us/psychiatrists/aaron-h-fink-houston-tx/149157

Insurance: Out of network only; self-pay rates of $475 for the intake, $330 per follow-up.

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 (ages 13 to 17); also offers partial hospitalization and intensive outpatient programs

Address: 2801 Gessner Road, Houston, TX 77080

Phone: 832-834-7710 (24/7 intake)

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

Insurance: Call to confirm; free assessments available

UTHealth Houston Harris County Psychiatric Center

Specialty/Notes: Child (ages 4 to 12) and adolescent (ages 13 to 17) inpatient services; 24/7 admissions, including walk-in crisis evaluation

Address: 2800 South MacGregor Way, Houston, TX 77021

Phone: 713-741-3883 (24/7 admissions); main line 713-741-5000

Website: https://hcpc.uth.edu/pages/inpatient-services/imp-child-serv.htm

Insurance: Call to confirm

The Harris Center for Mental Health and IDD (Outpatient)

Specialty/Notes: Harris County's public mental health and IDD provider; outpatient services for children, adolescents, and adults

Address: 9401 Southwest Freeway, Houston, TX 77074 (main office; services at many sites)

Phone: 713-970-7000 (24/7 Crisis and Access Line; also used for outpatient intake)

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

Insurance: Accepts multiple insurance and payment types; sliding scale based on income; no one is turned away for inability to pay

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

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Eddins Counseling Group

Specialty/Notes: Child counseling and therapy services, ages 2 and up; second office at 802 West Alabama St, Houston, TX 77006

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

Phone: 832-559-2622

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

Insurance: Aetna, Ambetter (commercial only), Cigna/Evernorth, GEHA, Optum, UnitedHealthcare, UMR, TRICARE, and self-pay; no Medicare

Melissa Tabin, Ph.D.

Specialty/Notes: Child and adolescent psychologist

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

Phone: 713-591-2953

Insurance: Call to confirm

Heights Family Counseling

Specialty/Notes: Child, teen, and family therapy; toddlers through adults

Address: 611 W 22nd St, Suite 100, Houston, TX 77008

Phone: 713-380-1151

Website: https://heightsfamilycounseling.com

Insurance: Self-pay only (out of network)

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Additional Providers & Agencies

Texas Children's Hospital – Pediatric Psychiatry

Specialty/Notes: Child & adolescent psychiatry; Intensive Outpatient Program (IOP) for ages 12 to 17, by referral

Address: Psychiatry clinic at 8080 N. Stadium Dr, Suite 180, Houston, TX 77030; IOP at 6330 W. Loop South, Suite 200, Bellaire, TX 77401, and in The Woodlands

Phone: (832) 822-1900 (main); IOP 832-822-2400

Website: https://www.texaschildrens.org/departments/psychiatry

Insurance: Aetna, BCBS, Cigna, UnitedHealthcare, Medicaid (STAR, STAR Kids), CHIP, and TRICARE; Marketplace plans are out of network

UT Physicians – Child & Adolescent Outpatient Services

Specialty/Notes: Comprehensive youth mental health services

Address: 1941 East Rd, Suite 2100, Houston, TX 77054 (main clinic; other Houston-area locations)

Phone: 713-486-2700 (Psychiatry Outpatient Clinic); central line 888-488-3627

Website: https://www.utphysicians.com/specialty/psychiatry-child-and-adolescent/

Insurance: Aetna, BCBS, Cigna, Humana, UnitedHealthcare, Medicaid (STAR), and CHIP; networks vary by provider

Cenikor Foundation

Specialty/Notes: Addiction recovery, detox, outpatient & residential behavioral health; adolescent substance use and co-occurring treatment at Odyssey House Houston

Address: Adolescents: Odyssey House, 5629 Grapevine St, Houston, TX 77085; adults: 4525 Glenwood Ave, Deer Park, TX 77536

Phone: 1-888-236-4567 (1-888-CENIKOR), answered 24/7

Website: https://www.cenikor.org

Insurance: Aetna, Ambetter, BCBS, Cigna, UnitedHealthcare, Medicaid, and self-pay

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: Some programs free (FAYS counseling, ages 3 to 17, for Harris, Fort Bend, and Waller county residents; 713-664-3459); call about Medicaid and other insurance

Bo's Place

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

Address: 10050 Buffalo Speedway, Houston, TX 77054

Phone: (713) 942-8339

Website: https://www.bosplace.org

Insurance: Free services

re:MIND, formerly Depression & Bipolar Support Alliance (DBSA) – Greater Houston

Specialty/Notes: Free peer-led support groups for adults with depression or bipolar disorder, family and friends groups, and a teen group (ages 13 to 17, application required); now called re:MIND

Address: Various locations (partner churches) and online via Zoom

Phone: 713-600-1131 (from third-party listings); see website for group schedule

Website: https://www.remindsupport.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 recommending remediation or compensatory supports; part of the Foundation for the School for Young Children

Address: 3808 Garrott St, Houston, TX 77006

Phone: (713) 520-8002

Website: https://www.foundationsyc.org/diagnostic.html

Insurance: Fees and insurance not published; call to ask

Adult Autism Evaluation

West Houston Psychology

Specialty/Notes: Adult autism evaluation

Address: 25145 Star Lane, Suite 101, Katy, TX 77494

Phone: 832-906-4434

Website: https://www.westhoustonpsychology.com/autism-evaluation

Insurance: Not confirmed; call to ask

Houston Therapy

Specialty/Notes: Adult autism testing

Address: 4646 Wild Indigo Street, Suite 150, Houston, TX 77027

Phone: 713-936-2561

Email: info@houston-therapy.com

Website: https://www.houston-therapy.com/adult-autism-testing

Insurance: Not confirmed; call to ask

UT Psychiatry and Behavioral Sciences (UTHealth Houston)

Specialty/Notes: Autism spectrum disorder evaluation and services

Address: Behavioral and Biomedical Sciences Building (BBSB), 1941 East Road, Houston, TX 77054

Phone: 713-486-2500

Website: https://med.uth.edu/psychiatry/autism-spectrum-disorder/

Insurance: Not confirmed; call to ask

UH-Clear Lake Center for Autism and Developmental Disabilities

Specialty/Notes: Autism assessment services

Address: Arbor South, 2700 Bay Area Blvd, Box 245, Houston, TX 77058

Phone: 281-283-3452

Email: autismcenter@uhcl.edu

Website: https://www.uhcl.edu/autism-center/autism-assessment-services

Insurance: Not confirmed; call to ask

Geo Psychological Testing (Dr. Geo-Anna Hirshenbaum)

Specialty/Notes: Psychological testing, including autism evaluation

Address: 2002 Timberloch Pl, Suite 200, The Woodlands, TX 77380

Phone: 281-899-8877

Email: Dr.geo@geotherapy.info

Website: https://geopsychologicaltesting.com/

Insurance: Not confirmed; call to ask

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Sugarland Counseling Center

Specialty/Notes: Psychological testing for ADHD and autism

Address: 16400 Kensington Drive, Sugar Land, TX 77479

Phone: 832-876-3232

Website: https://www.sugarlandcounseling.com/psychological-testing-adhd-autism

Insurance: Not confirmed; call to ask