

# Mental Health Referral Directory

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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.

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## 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://hcpc.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)