

## Service Options in Community:

### **Other Mental Health Clinics in Houston:**

Catholic Charities (Sliding Scale)	(713) 526-4611
Center for Creative Resources (Sliding Scale)	(713) 461-7599
Family Services of Greater Houston (Sliding Scale)	(713) 861-4849
The Montrose Center (Sliding Scale, LGBTQ affirming)	(713) 529-0037
Lone Star Circle of Care (low cost university affiliated clinic)	(877) 800-5722
Baylor Teen Health Clinic (Age 13-23; Free/ Low-Cost Counseling)	(713) 440-7456
Legacy Community Health (Sliding Scale)	(832) 548-5000
Jewish Family Service (Sliding Scale)	(713) 667-9336
Krist Samaritan Counseling Center (Sliding Scale)	(281) 480-7554
Vecino Denver Harbor Family Clinic (Sliding Scale, se habla español)	(713) 674-3326
Avenue 360 (Sliding Scale)	(832)-962-4111

### **Find a Therapist or Psychiatrist:**

UHC Choice Plus (United Behavioral Health) (student insurance, \$35/ session)	<a href="https://www.uhcsr.com/school-page">https://www.uhcsr.com/school-page</a>
Health Select of Texas (Magellan) OR KelseyCare (Beacon Health Options) (staff insurance, \$25/ session)	<a href="https://my.providerfinderonline.com/">https://my.providerfinderonline.com/</a> <a href="https://www.beaconhealthoptions.com/members/login/">https://www.beaconhealthoptions.com/members/login/</a>
Open Path Psychotherapy Collective (Low Cost Therapist Directory, \$30-50/session)	<a href="https://openpathcollective.org/">https://openpathcollective.org/</a>
Psychology Today (largest provider directory)	<a href="https://psychologytoday.com/">https://psychologytoday.com/</a>

### **Faculty and Staff Resources:**

Employee Assistance Program (EAP) (2 free sessions per issue)	<a href="http://www.uh.edu/human-resources/benefits/eap/">http://www.uh.edu/human-resources/benefits/eap/</a>
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### **Psychiatry/ Medication Management:**

University of Houston Psychiatric Clinic	(713) 743-5149
Memorial Mental Health Crisis Clinic (urgent psychiatric care)	(713) 338-6422
Legacy Community Health (sliding scale psychiatry services)	(832) 548-5018
Jewish Family Services (sliding scale psychiatry services)	(713) 667-9336
Avenue 360 (sliding scale psychiatry services)	(832)-962-4111

For additional referrals visit the CAPS website: [www.uh.edu/caps/referrals](http://www.uh.edu/caps/referrals) or call CAPS: 713-743-5454