



## Who We Are

The Counseling and Behavioral Health Clinic provides individual counseling, as well as workshops/presentations for men, women and children. These services are provided by licensed clinicians who hold Master's degrees and state licenses and credentials. Bilingual clinicians are also available!

## What We Do

We provide support, guidance, and insight for:

- Adults and youth who experience consistent depression, anger, and anxiety from life's daily stressors
- Families seeking new ways to communicate internally and externally
- Youth dealing with peer pressure or bullying
- Parents seeking guidance on children development and behavioral issues
- Caregivers struggling to support mentally ill and/or physically challenged loved ones
- People who feel sad or alone
- Families adjusting to social changes such as separation or divorce

## Eligibility & Fees

While there is a fee for counseling services, we offer a sliding scale based on a family's income. Proof of income must be provided, then fees will be assessed.

We also take insurance, which include the following plans:

- Cigna
- Aetna
- Blue Cross Blue Shield of Texas (BCBS-TX)

*Please note:* We do not accept Texas Medicaid or Texas Medicare

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Visit us online at [catholiccharities.org/counseling](https://catholiccharities.org/counseling)

## Locations

Counseling services are offered virtually, but in-person services are provided at the following locations:

### **Central Houston:**

Catholic Charities Central Office  
2900 Louisiana St., Houston, TX 77006

### **Fort Bend County:**

United Way  
12300 Parc Crest Dr., Stafford, TX 77477

### **Gulfgate/Third Ward:**

St. Austin Center  
2002 S. Wayside Dr., Houston, TX 77023

### **Montgomery County:**

United Way  
1600 Lake Front Cir Ste 248, Spring, TX 77380

