



## Mental Health Providers & Resources List

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### Black Owned Therapy/Counseling – Local to Houston

#### Resource/Provider

Black Millennials Mental Health  
LiaSon Counseling Services  
Divine Counseling Service, LLC  
Right Mentality Mental Health & Wellness PLLC  
Kendred Wellness Center PLLC  
Elite Counseling Services  
Rachel D. Garrison  
Paulishia Augillard, LPC  
The Capicorn Wolf:  
Kay Counseling:  
Fully Alive Coaching, LLC  
Limitless Counseling Services  
The Inner Mind  
CMR Clinical Counseling and Consulting Service  
Seeds of Hope  
Master Peace Wellness & Consulting  
Black Millennials Mental Health  
LiaSon Counseling Services  
Divine Counseling Service, LLC  
Right Mentality Mental Health & Wellness PLLC  
Kendred Wellness Center PLLC  
Elite Counseling Services  
Rachel D. Garrison:  
Paulishia Augillard, LPC  
The Capicorn Wolf  
Kay Counseling  
Fully Alive Coaching, LLC  
Limitless Counseling Services  
The Inner Mind  
CMR Clinical Counseling and Consulting Service,  
PLLC  
Seeds of Hope  
Master Peace Wellness & Consulting

#### Website

<https://www.bmmh.org/about>  
<https://liasoncounselingservice.com/>  
<https://divinecounselingservice.org/>  
<https://www.rightmentalitypllc.com/>  
<https://www.kendredwellnesscenter.org/>  
<https://elitecounseling.org/>  
<https://www.racheldgarrison.com/>  
<http://www.paulishiaaugillard.com/>  
<https://www.thecapicornwolf.com/>  
<http://www.kaycounseling.net/>  
<https://www.fullyalivecoachingllc.com/>  
<https://www.limitlesscounselingservices.com/>  
<https://www.theinnermind.org/about>  
<https://www.cmrcclinicalcounseling.com/>  
<https://www.seedsofhopetx.com/>  
<https://masterpeacewellness.org/>  
<https://www.bmmh.org/about>  
<https://liasoncounselingservice.com/>  
<https://divinecounselingservice.org/>  
<https://www.rightmentalitypllc.com/>  
<https://www.kendredwellnesscenter.org/>  
<https://elitecounseling.org/>  
<https://www.racheldgarrison.com/>  
<http://www.paulishiaaugillard.com/>  
<https://www.thecapicornwolf.com/>  
<http://www.kaycounseling.net/>  
<https://www.fullyalivecoachingllc.com/>  
<https://www.limitlesscounselingservices.com/>  
<https://www.theinnermind.org/about>  
<https://www.cmrcclinicalcounseling.com/>  
  
<https://www.seedsofhopetx.com/>  
<https://masterpeacewellness.org/>



## Mental Health Providers & Resources List

### Online Resources for Therapy Service Providers

#### Resource/Provider

Therapy for Black Girls

Therapy for Black Men:

LGBTQ Therapists of Color:

National Queer & Trans Therapists of Color

Network

Open Path Collective

Melanin Mental Health

Black Mental Health

Better Help

Thrivework

#### Website

<https://providers.therapyforblackgirls.com/>

<https://therapyforblackmen.org/therapists/>

<https://www.lgbtqpsychotherapistsofcolor.com/>

<https://nqttcn.com/en/>

<https://openpathcollective.org/>

<https://www.melaninandmentalhealth.com/directory-therapists/>

<https://blackmentalhealth.com/connect-with-a-therapist/>

[www.betterhelp.com/](http://www.betterhelp.com/)

<https://thriveworks.com/online-counseling/>

### Crisis and Suicide Prevention

#### Resource/Provider

Crisis Hotline Houston

Texas Suicide Prevention

National Suicide Prevention Lifeline

The Trevor Project: World's largest suicide prevention and crisis intervention organization

BlackLine

#### Website/Phone Number

(832) – 416 - 1177

<https://texassuicideprevention.org/>

1-(800) -273-8255

Call 1-866-488-7386 or text TREVOR to 1-202-304-1200

1-800-604-5841

### Domestic Violence Resources

#### Resource/Provider

Empowered Survivors Project dedicated to amplifying the voice of the unheard.

Bay Area Turning Point is a crisis intervention center and shelter serving survivors of family violence and sexual assault in the Greater Bay Area.

Sexual Assault Crisis Hotline

Domestic Violence Hotline

#### Website/Phone Number

<https://empoweredsurvivorproject.org/>

<https://www.bayareaturningpoint.org/>

(713)- 528- 7273

(713) - 528 2121



## Mental Health Providers & Resources List

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### Additional Resources

#### Resource/Provider

My Therapy Cards  
Black Women's Health Imperative  
Black Girls Smile  
Therapy for Black Men  
Black Men Heal  
The Trevor Project

Melanin Mental Health:  
Eustress  
The Steve Fund  
Black mental Matters  
National Association of Black Counselors  
  
Black Emotional & Mental Health  
Collective  
BlackLine

#### Website

[https://www.mytherapycards.com/?r\\_done=1](https://www.mytherapycards.com/?r_done=1)  
<https://bwhi.org/partners/>  
<https://www.blackgirlssmile.org/resources>  
<https://therapyforblackmen.org/>  
<https://blackmenheal.org/>  
<https://www.thetrevorproject.org/resources?s=Mental+Health>  
<https://www.melaninandmentalhealth.com/>  
<https://www.eustressinc.org/about-1>  
<https://www.steefund.org/>  
<https://blackmentalmatters.com/>  
<https://www.nabcounselors.org/member-directory/#!directory/map>  
<https://beam.community/get-help-now/>  
  
<https://www.callblackline.com/>

#### Want to learn more about how you can optimize your brain for peak mental performance?

[Reserve your seat in this free one-hour action-packed masterclass](#) that teaches entrepreneurs & business leaders how to gain more time by improving mental clarity, increasing concentration, and elevating creativity. These are the actionable secrets behind Optimized Brain clients that enabled them to gain 1 to 3 hours in a day, triple their productivity and develop a sharp brain to get to 8-figures in 7 months.

#### Are you an entrepreneur or a people manager in an established company and want to get personalized feedback on how you can optimize your brain for peak mental performance?

To unlock the brain potential of our community and achieve great heights, you are invited for a 30-minute complimentary session with Portia Asli. [Click here to book a call.](#)

#### Love to continuously stay updated and learn about brain optimization?

Then you'll enjoy following Portia Asli on LinkedIn (<https://www.linkedin.com/in/portiaasli/>) who shares weekly tips, tricks and techniques.