



Mental Health Providers & Resources List

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
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Rachel D. Garrison:
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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.cmrcinicalcounseling.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.cmrcinicalcounseling.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://nqtcn.com/en/>

<https://openpathcollective.org/>
<https://www.melaninandmentalhealth.com/directory-therapists/>
<https://blackmentalhealth.com/connect-with-a-therapist/>

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

Additional Resources

Resource/Provider	Website
My Therapy Cards	https://www.mytherapycards.com/?r_done=1
Black Women's Health Imperative	https://bwhi.org/partners/
Black Girls Smile	https://www.blackgirlssmile.org/resources
Therapy for Black Men	https://therapyforblackmen.org/
Black Men Heal	https://blackmenheal.org/
The Trevor Project	https://www.thetrevorproject.org/resources?s=Mental+Health
Melanin Mental Health:	https://www.melaninandmentalhealth.com/
Eustress	https://www.eustressinc.org/about-1
The Steve Fund	https://www.stevelfund.org/
Black mental Matters	https://blackmentalmatters.com/
National Association of Black Counselors	https://www.nabcounselors.org/member-directory/#!directory/map
Black Emotional & Mental Health Collective	https://beam.community/get-help-now/
BlackLine	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.