



# BLACK

## MENTAL HEALTH THERAPISTS

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HOUSTON, TX

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**Updated  
with even  
more  
counselors**

NOT AN ALL INCLUSIVE LIST  
BROUGHT TO YOU BY @ASPENCOUNSELING





## **DR. BERNADETTE P. SMITH, LPC-S, NCC**

Specialty: Relationships, Anxiety, Wellness/Mindfulness  
713-581-4527

Telemental Health

[www.LPC-Houston.com](http://www.LPC-Houston.com)

FB: Aspen Counseling & Wellness

IG: @AspenCounseling



## **DR. JASMINE BOONE, LPC**

Specialty: Trauma, Relationships, Life Transitions  
346-360-2885

1325 Campbell Rd. Houston, TX 77055

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

FB: Dr. Jasmine Boone

IG: Dr.JasmineBoone





## **DR. ANGELA JONES, LPC**

Specialty: Individual, Couples, Sex Therapy  
346-808-0450  
1325 Campbell Rd., Houston, TX  
[www.getcenteredcc.com](http://www.getcenteredcc.com)  
FB: Dr. Angela Jones  
IG: @drangelajones



## **DR. CAREN COOPER, LPC-S, PMH-C**

Specialty: Maternal Mental Health, Trauma, Women's  
Issues  
713-332-3982  
Telemental Health  
[www.cooper-counseling.com/](http://www.cooper-counseling.com/)  
IG: CooperCounselingWellness





**SYLVIA BOYD,  
LPC, CCTP**

Specialty: Anxiety, Depression, Family  
832-953-5473

Telemental Health

[www.lightofhopecounseling.org](http://www.lightofhopecounseling.org)

FB: @lightofhopecounselingpllc

IG: @lightofhopecounseling\_pllc



**SELENIA PELLERIN,  
MA, LPC**

Specialty: Anxiety, Depression, Trauma  
713-365-9015

1325 Campbell Rd. Houston, TX 77055

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

IG: @pellerinpsychotherapy





**NATASHA YOUNG,  
M.ED, LPC**

Specialty: Grief, Depression, Couples

281-903-5353

101 Southwestern Blvd. Ste. 105 Sugar Land, TX 77478

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



**MILTON SMITH,  
LPC**

Specialty: Adjustment/Life Transition, Black Male  
Related Issues, Depression

713-867-7708

4625 Lillian St., Houston, TX 77007

[www.familyhouston.org](http://www.familyhouston.org)





## **GLEND A DEMAS, LPC, ACTP**

Specialty: PTSD, Anxiety, Depression

832-291-8363

2717 Commercial Center BLVD E200 Katy, TX 77494

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

IG: Pearlsofchange\_wellness



## **MONALISA BRYANT, LPC**

Specialty: Trauma, Depression, Teens

346-444-9038

3730 Kirby Dr. STE 1200 Houston, TX 77098

[www.masterpeacewellness.org/](http://www.masterpeacewellness.org/)

IG: masterpeacewellness





## **DR. BERNADETTE SMITH LPC-S, NCC**

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**How has being a therapist helped you through your personal struggles?**

Being a therapist has taught me 2 very important things. 1: It is okay to reach out for help. Reaching out for help is the strongest thing I can do. 2: Practice self compassion. I am not perfect. I am going to mess up, and that's ok because every day I have a chance to get it right.

**What drew you to your specialty?**

I was first drawn to wellness in undergrad. My mentor taught me the importance of the dimensions of wellness. As a counselor, I began to see how imbalance in an area of wellness can truly impact an individual's sense of self and relationships. I incorporate wellness and other theories and techniques that I have learned over the years to help individuals and couples create healing so they can get the love and peace they want.

## **DR. JASMINE BOONE LPC**

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**How has being a therapist helped you through your personal struggles?**

Counseling my clients has been life changing. It has not only helped to heal my clients, but myself as well. My clients are like a mirror for me, constantly showing me areas that I need to continue working on.



**What drew you to your specialty?**

I feel like it's the other way around rather than me being drawn to the specialty, I feel like the specialties came and found me. Clients would come in with concerns of single-hood, relationships or trauma and it just resonated with me in a very deep way. After awhile I just knew that this is where I can really help people heal.





## **ANDRANIQUE GOODMAN, LPC**

Specialty: Teen, Young Adult

734-210-0005

440 Cobia Drive STE 1301, Katy, TX 77494

[www.theinnermind.org](http://www.theinnermind.org)

IG: therapywithnique



## **TORRENZO MOORE, MA, LPC**

Specialty: Anxiety, Depression, and Life Transitions

281-899-8551

22720 Morton Ranch Rd STE 160 #206 Katy, TX 77449

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

FB: BetterDaysCounselingandWellness





## **JASMINE DAVISON, MA, LPC**

Specialty: Depression, Racial Identity, Mindfulness

832-278-1992

Telemental Health

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



## **GERALD SCOTT, JR. LPC**

Specialty: Men's Issues, Anxiety, Marital Restoration

281-910-5205

3431 Rayford RD STE 200 Spring, TX 77386

IG: completenewcare





## **BRANDON L KING M.A., LPC**

Specialty: Depression, Anxiety, Relationship Issues

346-208-2942

25511 Budde Rd. Ste 2802, The Woodlands, TX 77380

IG: B.King\_lpc



## **SABASTAN MOORE, LPC**

Specialty: Adolescents/Teens, Couples, Special Needs

832-777-7808

Telemental Health

[www.progress2purpose.com](http://www.progress2purpose.com)

IG: P2P\_LPC

FB: Progress to Purpose Concierge Therapy





**LAKEISHA WILLIAMS, MA,  
LPC**

Specialty: Anxiety, Depression, Conflict Resolution  
832-616-1977  
2214 Park Avenue, Pearland, TX  
[www.blueflamepsychotherapy.com](http://www.blueflamepsychotherapy.com)



**MARTHA J. LOPEZ, MA,  
LPC**

Specialty: Anxiety, Mindfulness, Adjustment/Life  
Transition  
281-382-3807  
Telemental Health  
FB: Evolution Counseling Services, PLLC



## I'M READY TO START THERAPY, NOW WHAT?

Taking the first steps towards therapy can be overwhelming especially if you have never been to therapy before. Many therapists, like the ones above, have relevant information and resources on his/her website. However, you may have more questions. Look over the questions below to ask your therapist and insurance company.

### Ask the Therapist

- Are you accepting new clients?
- Do you offer a free consultation?
- How do you approach therapy?
- What is your fee/ Do you accept insurance?
- How can I schedule appointments?

### Ask Your Insurance Company

- Do I have out-of-network outpatient mental/behavioral health benefits?
- Is there a limit on how many mental health visits I receive per calendar year?
- Do I have a deductible, and how much of the deductible has been met?
- What is the patient co-insurance per session? (Co-insurance is the percentage of the fee that you will ultimately be responsible for after your deductible is met. Your insurance company will cover the rest.)
- Is there an out-of-pocket maximum? (This means that after you pay a certain amount out-of-pocket, your insurance company should fully cover the cost of your visits.)
- Do I need pre-authorization from my doctor?





## MORE RESOURCES

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Want to find more mental health therapists? Check out these sites:

- [www.melaninandmentalhealth.com](http://www.melaninandmentalhealth.com)
- [www.therapyforblackgirls.com](http://www.therapyforblackgirls.com)
- [www.psychologytoday.com](http://www.psychologytoday.com)

## WHY SEEK THERAPY?

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Many people seek therapy because they want an objective person who will help them reach their personal goals in a safe and confidential place.

## ARE YOU IN CRISIS?

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If you are currently in crisis (thoughts of self harm or harm to others) reach out to these resources:

911\* ask for Crisis Intervention Team

Crisis Hotline: 1-800-273-8255

Crisis Text Line: Text Steve to 741-741



## ABOUT THIS GUIDE

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This guide is not an all inclusive guide, nor is it an endorsement of any particular counselor.

If you would like to download the guide, you may do so at:

<https://www.lpc-houston.com/links>

## BE FEATURED

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Are you a licensed mental health therapist? Would you like to be featured in the Black Mental Health Therapist of Houston Guide, follow this link:

[www.lpc-houston.com/links](http://www.lpc-houston.com/links)





**YOUR JOURNEY  
STARTS TODAY**

**YOUR MENTAL  
HEALTH MATTERS**