



Pasadena Area Mental Health Providers

Provided by the Pasadena Chamber of Commerce

If you or anyone you know needs help coping with depression, stress, anxiety and worry during the COVID-19 crisis, reach out to one of our mental health resource partners. Get online, phone, teleconference or in-person (by appointment) counseling. There are also free webinars available and most insurance is accepted.

Mental Health Providers

Telehealth at Oceans Behavioral Hospital

4001 Preston Rd. Suite 150
Pasadena, TX 77505
Phone: 832-619-8836

Website: Oceanspasadena.com

Clearhope Counseling

6021 Fairmont Pkwy
Pasadena, TX 77504
Phone: 281-769-2238

Website: clearhopecounseling.com

Kelsey Seybold

5001 E Sam Houston Pkwy S
Pasadena, TX 77505
Phone: 713-442-7100

Website: kelsey-seybold.com

Pasadena Health Center

908 Southmore Ave Suite 100
Pasadena, TX 77502
Phone: 713-554-1091

Website: pasadenahealthcenter.com

Innovative Alternatives

1335 Regents Park Dr. Suite 240
Houston, TX 77058
Phone: 281-954-1769

Website: innovativealternatives.org

The Bridge Over Troubled Waters

3811 Allen Genoa Rd
Pasadena, TX 77504
Phone: 713-472-0753

Website: tbotw.org

HCA Houston Healthcare Southeast

Geriatric Behavioral Health Program
4000 Spencer Hwy, Pasadena, TX 77504
Phone: 713-359-2000

Website: hcahoustonhealthcare.com/southeast

Houston Methodist Clear Lake Hospital

18300 Houston Methodist Dr.
Nassau Bay, TX 77058
Phone: 281-523-2000

Website: houstonmethodist.org/clearlake

Texas Health & Human Services

Mental Health Support Line
24 Hours, 7 Days Per Week
Phone: 833-986-1919

Suicide Prevention Hotline

Phone: 800-273-8255
Website: suicidepreventionlifeline.org
Text HOME to 741741

Samaritan Center Clear Lake

16441 Space Center Blvd, Suite C-100
Houston, TX 77058

Ph: 281-480-7554 **Web:** samaritanhouston.org

KSBJ Radio 24 Hour Prayer Line

Phone: 281-652-5555

The following resources provide more information about anxiety disorders:

Anxiety & Depression Association of America (adaa.org/finding-help/treatment)
National Institute of Mental Health (nimh.nih.gov/health/topics/anxiety-disorders)
American Psychological Association (apa.org/helpcenter/anxiety-treatment)

For more resources & information, visit PasadenaChamber.org