



At City Church, we place a high value on connecting people with support for a range of mental health and spiritual direction concerns, and it is our privilege to provide the following counselor referral list as a potential first step toward addressing those needs in your life. If you have other questions about this list, or need additional support, please contact our Community & Care Pastor, Clint Wilson, at clint@citychurch.org.

If you, or someone you know, is experiencing a mental health emergency, we urge you to consider these urgent care resources:

Mental Health Emergency Hotline - call or text: 988

Houston Crisis Emergency Hotline: 832-416-1177

Houston Crisis Emergency Hotline for Teens: 832-416-1199

Crisis Text Line: Text "TX" to 741741

The Trevor Project (LGBTQ+ Crisis Support): 1-866-488-7386

The Harris Center Crisis Line: 713-970-7000 **The Harris Center is the designated crisis support provider by DHHS in our service area

Menninger Clinic: 713-589-5860 (non-crisis line)

Disclaimer: Counselors recommended are based on personal experience and understanding. However, individual needs vary, and it is important to find a mental health professional who is the right fit for you. City Church encourages you to conduct your own research and consider consulting multiple professionals before making a decision. This recommendation is not a substitute for professional medical advice, diagnosis, or treatment. Please consult a qualified healthcare provider with any questions or concerns you may have.

Our Counseling Referral List [last updated MAY 2025]:

Katie Ashby, LPC

Email: Katie@memorialfamilyconnections.com

Phone: 713-581-9100 (ext. 2)

Website: www.memorialfamilyconnections.com

Location: 9575 Katy Freeway, Suite 220

License #: 74790

Specialties: Individual adult clients and couples: Trauma, Anxiety, relationship distress, faith crisis, shame, grief, boundary issues

Sarah Burkhart Adeniran, LPC

Email: sarah@anthologycw.com

Phone: 817-754-0123

Website: www.anthologycw.com

Office location: **Teletherapy only**

License #: 71443

Specialties: Anxiety/panic/OCD, depression, perinatal issues, multicultural/interracial relationships, blended families, life transition, relationship difficulties, stress management

Hannah Castle, LCSW

Email: hannahcastlelcsw@gmail.com

Phone: 860-463-1817

Website: www.hannahcastlelcsw.com

Office location: **Teletherapy only**

License #: 58184

Specialties: Perinatal, Postpartum, Women's issues, Adults, Parenting, Trauma, Sexual Abuse, Parent Coaching for both Individuals and Couples wanting to get on the same page.

Stephanie Frey, LPC, LMFT

Email: srf@stephanierfrey.com

Phone: 281-953-7474

Website: www.stephanierfrey.com

Office location: Village Executive Suites 2525 Robinhood St. Houston , Tx 77005

License #: 61077

Specialties: Stephanie offers counseling services to individuals, couples, and families in various areas such as addictions (food, chemical, sexual, substance), anxiety and depression disorders, blending families and co-parenting, career, vocational and work issues, grief and other life transitions, marriage counseling and divorce, pre-marital or pre-engagement counseling, relationship concerns and infidelity, stress management, and trauma. Additionally, she provides counseling for infertility, pregnancy, and birth complications.

Ben Graham, Graduate Student under Supervision of Melissa Ramsey, LPC

Email: info@reverecw.com

Phone: 832-241-0023

Website: www.reverecw.com

Location: 701 N Post Oak Rd, Ste 335, Houston TX 77024

License #: 70028

Specialties: adolescents and adults, specifically men who are processing changes and transitions.

Edna Lee, LPC-S

Email: edna_kwan@yahoo.com

Phone: 713-292-4157

Website: <https://www.psychologytoday.com/us/therapists/edna-lee-bellaire-tx/776785>;
<https://ednaleecounseling.wixsite.com/home>

Location: 4646 Spruce St, Bellaire, TX 77401

License #: 61991

Specialties: Depression; Anxiety; Trauma/Abuse; Relationships (marriage, dating, parenting, work); Grief/Loss; Stress/Burnout; Issues related to perinatal/postpartum depression or anxiety

Margaret Magness, LPC-Associate

Email: info@reverecw.com

Phone: 832-241-0023

Website: <https://reverecw.com/>

Office location: 701 N Post Oak Rd Suite 335 Houston, TX

License #: 83772

Specialties: Margaret is a Play Therapist passionate about working with children experiencing behavioral issues, oppositional tendencies, anxiety, depression, and life transitions. She firmly believes in the power of a strong therapeutic relationship as the foundation for growth. Through collaborating with parents she hopes to enhance positive change throughout the entire family. Her goal is to create a safe environment for children to freely express, flourish, and heal!

Tim Mavergeorge, LPC, MA, LMFT, LCDC

Email: mavergeorge@christiancounselinghouston.com

Phone: 281-277-8811

Website: <https://www.christiancounselinghouston.com/>

Location: 402 Julie Rivers Dr., Sugarland, Texas

License #: 10070

Specialties: Abuse, Adult, Anxiety / Depression, Boundaries, C-SASI (Christian Sex Addiction Specialists International), Clergy Related, Couples / Marriage, EMDR (Trauma), Grief and Loss, Marital Problems, PTSD, Sexual / Pornography Addiction, Stress Management, Trauma

Caroline McKee, MABC, LPC

Website: www.barnabascenterhou.com

Phone [for clients]: 713-892-5464

Email: caroline.mckee@barnabascenterhou.com

Office location: The Barnabas Center, 1201 Silber Rd, Houston, TX 77055

License #: 80486

Specialties: She works with families and children as they encounter behavioral concerns, anxiety, depression, loss, conflict, and family transitions. She is also trained to administer the Brown Executive Function/Attention Scales Assessment, describing symptoms in agreement with a diagnosis of ADHD.

Shannon Owen, MA, LPC

Website: <https://www.heritagebehavioral.com/>

Phone [for clients]: [713-365-9015](tel:713-365-9015)

Email: sowen@heritagebehavioral.com

Office location: 1325 Campbell Road, Houston, TX 77055

License #: 89559

Specialties: Primarily working with adolescents, adults, and couples, Shannon's special clinical interests and experience include: anxiety disorders, depression, grief and loss, infertility, life transitions and adjustment, parent coaching (including special needs parenting), perinatal mental health/ birth trauma, relationship issues, trauma.

Todd Parish, LPC, Executive Director

Email: houston@riversedgecw.com

Phone: (713) 628-8197

Website: riversedgecw.com

Location: 1650 Richmond Ave. Houston, TX 77006

License #: 83112

Specialties: Anxiety, Depression, Trauma, Grief & Loss, Sexual Addiction, Relationship Issues, Spiritual Struggles

Leslie Peacock, MAC, LPC, Director of Counseling

Email: leslie.peacock@barnabascenterhou.com

Phone: 713-892-5464

Website: www.barnabascenterhou.com

Location: The Barnabas Center, 1201 Silber Rd, Houston, TX 77055

License #: 76747

Specialties: Grief, Trauma-related issues, Anxiety, Singleness; Certified in EMDR therapy

Jeff Penner, Graduate Student under Supervision of Amanda Brown, LCPC-S and Leslie Peacock, LPC

Email: jeff.penner@barnabascenterhou.com

Phone: 713-892-5464

Location: The Barnabas Center, 1201 Silber Rd, Houston, TX 77055

License #: 2741, 76747

Specialties: Jeff specializes in individual and group counseling for men with unwanted sexual behavior. He's interested in men's issues and helping men grow holistically. He is passionate about creating a space of grace, kindness, and curiosity, where individuals can explore their path forward without fear of judgment. Jeff also works with both individuals and couples with life transitions, anxiety, depression, grief, and conflict. Jeff believes every person is uniquely made and is excited to work with men and women from any background to heal and grow.

Melissa Ramsey, LPC-S, RPT-S

Email: info@reverecw.com

Phone: 832-241-0023

Website: www.reverecw.com

Location: 701 N Post Oak Rd, Ste 335, Houston TX 77024

License #: 70028

Specialties: Revere Counseling and Wellness is a client-centered, trauma-informed practice dedicated to providing compassionate and personalized care. Our team of skilled clinicians understands the importance of meeting clients where they are in their healing journey. We specialize in supporting individuals who have experienced trauma, have significant medical diagnoses, and children who have faced challenging life events.

Steve Rossi, LPC, MA

Email: srossi@thechristiancounselor.com

Phone [for clients]: (713) 395-1555

Website: <https://thechristiancounselor.com>

Office location: **Teletherapy only**

License #: 8409

Specialties: Individual, Marriage, Family; Children 11-12; Depression, Anxiety, Men's Issues, Men - Sexual Addiction, Father-Child Relationships, Marital Issues, Parenting, Blended Families

Brittany Senseman, LPC-S

Email: brittany@anthologycw.com

Phone: 713-987-3161 (ext. 101)

Website: <https://www.anthologycw.com>

Location: 5252 Westchester, Suite 280, Houston, TX 77005

License #: 62019

Specialties: Brittany currently works with adolescents and adult individuals and couples dealing with a variety of issues, including anxiety, depression, ADHD, grief, and relational conflict. A particular area of interest is working with other counselors, providing support for those who are helping others.

Lisa Smith, LPC

Email: contact@wilsoncounseling.org

Phone: 713-565-0922

Website: <https://www.wilsoncounseling.org/>

Location: 6575 West Loop South Suite #160

License #: 82709

Specialties: EMDR, Abuse and Trauma (including religious trauma), Autism, Borderline Personality Disorder, Grief& Loss, Body Image & Eating Disorders

Jennifer Welch, MA, LPC

Email: jennifer@risewellgroup.com

Phone: 713-955-4302

Website: <https://risewellgroup.com/therapists/#Jennifer>

Location: 8431 Interstate 10 Frontage Rd, Houston, TX 77024

License #: 82451

Specialties: Jennifer primarily works with adolescents, college students, young adults and professionals. Her areas of experience and interest include: ADHD, anxiety, depression, stress and job-related issues, trauma, relationships, grief, identity issues, bullying, self-esteem and life transitions. She offers expertise in conducting ADHD and psychoeducational assessments. Jennifer also focuses on guiding clients through understanding their emotional responses, building regulation skills, establishing boundaries, and developing healthy communication skills.

Ginny Wiley, LPC

Email: GinnyWileyLPC@gmail.com

Phone (for clients): 832-819-1114

Website: <https://www.anthologycw.com/>

Office location: 5252 Westchester Ave #280, Houston, Tx 77005

License #: 68644

Specialties: Trauma based and trained in EMDR. Ginny's main focus is marriage counseling and working with individual women. She does see men individually, but it is typically within couple's counseling as needed.

Nancy Wilson, LPC-S, MEd, MBA

Email: contact@wilsoncounseling.org

Phone: 713-565-0922

Website: <https://www.wilsoncounseling.org/>

Location: 6575 West Loop South Suite #160

License #: 61954

Specialties: Anxiety, PTSD, Couples, EMDR, Trauma & Abuse, Body Image & Eating Disorders, Parenting

Emily Young, MS, LPC-Associate, NCC, CTRS

Supervised by Audrey Omenson, LPC-S

Email: emily@youngwrightcounseling.com

Phone: 832-224-5909 – *all calls are directed to a secure voicemail line and are returned within 24 hours.*

Website: www.emilycounselor.com

Office location: 730 N Post Oak Rd., Suite 301 Houston, TX 77024

License #: 96287

Specialties: I specialize in supporting adolescents and adults navigating major changes such as life transitions, coping with a medical diagnosis or condition, and processing chronic pain or chronic illness.