

Mental Health Support

Children's Health Psychiatry and Psychology Center

- Outpatient Appointments- 214-456-5937
- SPARC (Suicide Prevention & Resilience @ Children's) IOP (Intensive Outpatient Program)- 214-456-3600
- Inpatient & Day Treatment Programs – 214-456-8899; Eating Disorders Treatment -214-456-8899
- Provides psychiatric evaluation, diagnosis & medication management

Family Studies Center - UT Southwestern Medical Center

- 214-648-6945; Paul M. Bass Administrative & Clinical Center: 6363 Forest Park Road, Tower 2/7th floor/Suite 722 Dallas, TX 75390
- www.utswnmedicine.org/hospitals-clinics/bass/family-studies-center.html
- \$20 flat fee per session; don't accept insurance; Evening hours available
- Offers therapy to individuals and families. A sub-specialty of the Center is medical family therapy, which has a specific focus on patients and family members dealing with chronic illnesses or disabilities, and the impact these challenges have on everyone.

The Center for Integrative Counseling and Psychology (Pastoral Counseling Center (PCC))

- 214-526-4525; 18 locations in DFW. thecentercounseling.org/locations
- www.thecentercounseling.org
- Accepts insurance, Medicaid, Chip, Tricare, self-pay, & also an adjusted fee scale based on income & family size
- Provides counseling for pre-school through adolescents, social skills group. A program dedicated to helping parents navigate adolescent years and maintaining strong, healthy parent-child relationships. Play and Talk Therapy, Family therapy, Behavioral testing, Academic Assessments, parent workshops.

Centro de Mi Salud

- 214-941-0798; Crisis Line- 1-866-260-8000; 628 Centre Street Dallas, TX 75208
- www.centromisalud.com
- Accepts private insurance, self-pay, CHIP, Medicaid, NTBHA; Appointments Monday through Saturday 9am to 6pm
- Provides individual, child, adolescent and family counseling, and play therapy, Provides psychiatric evaluation, diagnosis, and medication management.

Gearing Up

- 972-596-7229; 2415 Coit Road., Suite B, Plano, Tx 75075
- www.gearingup.com
- Accept Private Insurance, offers fee for service and sliding scale fees
- Services include the following issues for children, teens, and adults: Depression, anxiety, obsessive compulsive disorder, oppositional defiant disorder, Separation anxiety disorder
- *Growing Girls Strong & Growing Boys Strong*- Program focused on teenage self-care, self-acceptance, and most of all self-empowerment. Tackles teen specific issues like self-appraisal and body image, relationships with parents, social media, toxic friends, bullying, temptation of self-harm, and much more.

SMU Center for Family Counseling

- 972-473-3456; 1517 H Ave Plano, TX 75074
- smu.edu/FamilyCounseling
- Fees are on a sliding scale

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- Offers individual and family therapy for various issues such as anxiety, depression, ADD/ADHD, behavior opposition, grief/loss, trauma, stress, as well as other issues, Play therapy (children 2+), Talk and activity counseling (ages 13-17), activity therapy (ages 9-12), Group Counseling also offered

Jewish Family Services

- 972-437-9950; The Edna Zale Building @ 5402 Arapaho Road Dallas, TX 75248
- <https://jfsdallas.org/services/children-teens/>
- Fees are on a sliding scale
- Offers individual play therapy, counseling for children, adolescents, & adults as well as children and adolescents with special needs, psychological evaluations; support groups and social skills groups; school mental health counseling; and can serve as a school & family liaison

Counseling Center of Denton (CCD)

- 972-353-9404; 940-382-5328; 2727 Lyndon B Johnson Fwy, Suite 406, Dallas, Tx 75234; 1512 Scripture St., Denton, Tx 76201; 1614 Scripture St., Suite 200, Denton, Tx 76201, 326 Edmonds Ln., Suite 103, Lewisville, Tx 75067
- www.ccdcounseling.com
- Most accept Medicaid, private insurance, self-pay and Sliding scale
- Services include: Anger management, self-injurious behavior, family conflict, substance abuse, ADD/ADHD Assessments, Play therapy, parent-child relationships, adolescent/teen issues

Family Tree Program

- Dallas county (1-888-837-0666 ext. 7); Denton county (1-888-837-0666 ext. 2);
- <http://familytreeprogram.org/>
- Dallas and Denton County Residents, provides short-term counseling to families who are experiencing changes in life circumstances, school issues, behavior issues, communication breakdowns, grief, & general family struggles.

Youth and Family Counseling

- 972-724-2005; 105 Kathryn Dr., Lewisville, Tx 75067; 306 N. Loop 288, Denton, Tx 76209
- <http://www.youthandfamilycounseling.org/>
- Fees are on a sliding scale
- Provides individual and family counseling as well as play therapy for residents of **Denton county**.

The Child and Family Resource Clinic at the University of North Texas

- 940-565-2066; Matthews Hall Annex, 1180 Union Circle Denton, TX 76203
- <https://www.coe.unt.edu/child-and-family-resource-clinic>
- Fees are on a sliding scale based on annual gross income. Assessments require full pay. Do not decline counseling services to clients based on financial hardship.
- A counseling & training clinic that serves Denton County. Offers play therapy, child, adolescent and adult counseling; group counseling; and psychoeducational assessment. Also provides parenting education.

The Momentous Institute-The Salesmanship Club

- 214-916-4000; 2 locations: 106 East Tenth Street Dallas, TX 75203 and 9705 Harry Hines Blvd Dallas, TX 75220
- <https://momentousinstitute.org/services/therapeutic-services>
- Fees are on a sliding scale based on income, do not bill insurance
- Offers individual (0-15 years) and family therapy; play therapy; on-site and community-based group therapy; psychological/developmental evaluations for children ages 0-6; parent education; and social skills groups.

Child and Family Guidance Center

- 214-351-3490; 4 locations: 8915 Harry Hines Blvd Dallas 75235; 120 West Main St Suite 220 Mesquite 75149; 4031 West Plano Parkway, Suite 211 Plano, 75093; 210 West 10th Dallas 75208
- <https://www.childrenandfamilies.org/mental-health-services-all-ages.html>
- Accepts private insurances, self-pay, CHIP, Medicaid, Medicare, payment plans and fees on a sliding scale
- Offers clinical assessment and counseling services to address numerous mental health issues. Also provide in-home, intense, wrap-around services for children, Provides psychiatric evaluation, diagnosis & medication management

CounselingWorks, affiliated with ChristianWorks

- 972-960-9981; 5440 Harvest Hill Road, Suite 140 Dallas, TX 75230; 2214 Hemphill St., Fort Worth, Tx 76110
- <http://www.counseling-works.org>
- Fees are on a sliding scale
- A Christian Family Counseling ministry providing counseling to individuals, play therapy, and families

Children First Counseling

- 972-264-0604; 202 College Street Grand Prairie, TX 75050
- <http://www.childrenfirstinc.org/>
- Fees are on a sliding scale, accepts private insurance, and Medicaid
- Serves age 3 to adulthood, Offers play therapy, individual and family counseling, Life Skills Group, Teen anger management group

Counseling Institute of Texas

- 972-271-4300; 3200 Southern Dr., Suite 100, Garland 75043
- Individual, family, marriage, play therapy and group counseling. Diagnostic evaluation and anger management groups are also offered.

STARRY Counseling

- 469-617-7476; 2150 S Central Expressway, McKinney, TX
- www.starry.org
- Counseling provided at no cost to the client
- Counseling services to families with children from 0-17 years of age who need assistance resolving family conflict or other difficult situations. Individual and family counseling, youth and parents skills group.

Crossroads Counseling

- 940-300-1706; 3550 Parkwood Blvd., Suite 401, Frisco, TX
- crossroadscounseling.com
- Private Pay and Sliding Scale Fee
- Counseling services to families with children from 0-17 years of age including play therapy, art therapy, grief counseling, parenting classes, individual and group

The Counseling Place

- 972-744-4858; 375 Municipal Dr., Suite 222, Richardson, Tx
- Counselingplace.org
- Sliding scale fee, does not accept insurance
- Individual and group therapy, Trauma Informed CBT, play therapy provided.

Family Connections Counseling

- 817-545-7100; 5209 Heritage Ave., #210, Building 2, Colleyville, 7603
- www.familyconnectionsounseling.com
- Individual, family, sibling, couples, group counseling, play therapy, sand and art therapy and expressive activities.

Dallas Independent School District (DISD) Youth and Family Centers

- 972-502-4190; There are 11 DISD Youth and Family Centers.
- <http://www.dallasisd.org/Page/1427>
- Some services require a fee or payment: accept Medicaid, Chip, Parkland Health Plus, private insurance, and sliding fees
- In addition to other services, the Youth & Family Centers provide evaluation/assessment, psychiatric consultation, group counseling, individual counseling, & family counseling, diagnosis, & medication management

Southern Area Behavioral Healthcare

- 972-283-9090; 4333 Gannon Lane, Dallas, Tx 75237
- Sabhc.org; Monday through Friday 2pm to 10pm; Sunday 2pm to 7pm
- Only takes Amerigroup and traditional Medicaid and uninsured
- A drop-in urgent care service open to any individual in need of emergency psychiatric care. Designed to stabilize individuals in a mental health or psychiatric crisis, then refer to an appropriate level of care for follow up treatment
- Serves Dallas, Collin, Ellis, Hunt, Navarro, Kaufman, and Rockwall Counties

The Oak Counseling & Psychiatric Services affiliated with Medical City

- 972-770-1032; 7777 Forest Lane, Professional Building C, Dallas Tx 75230
- Accepts Medicaid (except Parkland)
- Provides Outpatient therapy and Medication management to children 3 and up and adolescents

Medical City Green Oaks Hospital- Plano Outpatient Clinic

- 972-985-1599; 4001 W. 15th Street, Plano, Tx 75093
- Accepts Medicaid (except Parkland) for Individual therapy, accepts most insurance plans
- Psychiatry for patients three years old and older, Counseling Services for patient's 12 years old and older

Other suggestions for finding a mental health provider:

- Ask your child's primary care provider for recommendations.
- Ask your child's school staff, particularly the school counselor or special education staff
- Search for providers through your health insurance plan via the plan's website or by calling the 1-800 number on your health insurance card.
- Call 211 in order to learn of mental health resources in your community.

Suicide Prevention Crisis Hotlines

- **CONTACT Crisis Hotline**

Crisis Helpline: 972-233-2233

Teen Helpline: 972-233-8336

Spanish Helpline: 972-233-2428 (limited hours)

Suicide and Crisis Center of North Texas: 214-828-1000

National Suicide Prevention Lifeline: 1-800-273-8255 (TALK)

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Local Mental Health Authorities (LMHAs)

- Community mental health centers, also referred to as Local Mental Health Authorities (LMHAs) provide services to a specific geographic area of the state, called the local service area. The Texas Department of State Health Services requires each authority to deliver mental health services in the local service area.
- Provides psychiatric evaluation, diagnosis & medication management, behavioral services, and services to individuals with intellectual and developmental disabilities
- Following is a link to Local Mental Health Authorities (LMHA) in your area:
<https://hhs.texas.gov/services/mental-health-substance-use/mental-health-substance-use-resources/find-your-local-mental-health-or-behavioral-health-authority>

Following are some of the LMHAs in Texas:

Dallas County is Dallas Metrocare:

Behavioral and Psychiatric Services

- <http://www.metrocareservices.org/Our-Services/Child-and-Adolescent.aspx>
- For an initial appointment, you have to “walk-in” in the morning to one of these locations. They will try to fit you in for that day, but they may have to schedule your appointment another day.
- **Call ahead of time in order to learn what you need to bring & the time of the “walk-in” as it may vary per location.**
214-331-0107 – 1353 North Westmoreland, Dallas 75211; 972-861-5611 – 4701 Samuell Blvd., Dallas 75228
214-221-5433 – 9708 Skillman St., Dallas 75243; 214-330-2488 – 832 South Carrier, Grand Prairie

Intellectual and Developmental Disabilities

- 214-333-7000 - 1330 River Bend Drive, Dallas
- <http://www.dallasauthority-idd.org/>
- Call to speak with a staff member from the Eligibility Determination Unit who will conduct a screening and then schedule an appointment if you meet the criteria.

NTBHA (North Texas Behavioral Health Authority) – Dallas, Ellis, Hunt, Kaufman, Navarro, & Rockwall Counties

- 214-366-9407
- All Dallas Metrocare locations; Child and Family Guidance Center, Southern Area Behavioral Health
- Bienstar Counseling Services- 214-682-7842; 13140 Coit Rd, Suite 300, Dallas 75240
- Hunt County Lakes Regional Community Center- 903-455-3987; 4200 Stuart Street, Greenville 75402
- Ellis County Child and Family Guidance Center- 866-935-9700; 1505 W. Jefferson St., Suite 120, Waxahachie 75165
- Kaufman County Lakes Regional Community Center- 972-524-4159; 400 Airport Road, Terrell, 75160

Collin County is LifePath Systems

Behavioral and Psychiatric Services

- 972-422-5939
- <https://www.lifepathsystems.org/welcome-behavior-health>

Intellectual and Developmental Disabilities

- 972-727-9133
- <http://www.lifepathsystems.org/welcome-intellectdevelop-disabilities>



Social Work

Located in CL-240|Office: 214-456-2300|Fax:214-456-2847

Denton County is Denton County MHMR:

1-800-762-0157; <http://www.dentonmhmr.org/>

Bowie, Cass, Gregg, Harrison, Marion, Panola, Red River, Rusk & Upshur Counties is Community Healthcore:

903-758-2471; <http://www.communityhealthcore.com/>

Henderson, Rains, Smith, Van Zandt & Wood Counties is Andrews Center:

903-597-1351; <http://www.andrewscenter.com/>

Camp, Delta, Franklin, Hopkins, Lamar, Morris, Kaufman, & Titus Counties is Lakes Regional MHMR:

972-524-4159; <http://www.lrmhmrc.org/index.php>