



## ESC 15 Counseling and Therapy Resources

### National / Regional Resources

Name of Resource	Phone Number	Notes
National Suicide Prevention Hotline	988	Call, text, or chat Available 24/7 <i>Habla Español</i>
National Suicide Prevention Hotline (For Deaf and Hard of Hearing)	Dial 711 then 1-800-273-8255	For TTY Users; Available 24/7
LoveLine	888-550-1588	Hotline (call, text, or email) especially for single parents and pregnant women. Can provide financial assistance and case management. <a href="https://loveline.com/">https://loveline.com/</a>
National Text Line	741741	Free and confidential; Available 24/7
RAINN: National Sexual Assault Hotline	800-656-HOPE 800-656-4673	<a href="https://www.rainn.org/about-national-sexual-assault-online-hotline">https://www.rainn.org/about-national-sexual-assault-online-hotline</a>
Trevor Lifeline for LGBTQ youth	866-488-7386 Text START to 67867	<a href="https://www.thetrevorproject.org/">https://www.thetrevorproject.org/</a>
Teen Text Crisis Line	855-449-1212 Text Only	Operates from 3:00pm to midnight daily
24-Hour Runaway Hotline	1-800-778-7673	Available 24/7
24-Hour Youth Crisis Hotline	1-800-530-4740	Available 24/7
National Domestic Violence Hotline	1-800-799-7233	<a href="https://www.thehotline.org/">https://www.thehotline.org/</a>
Cyber Bullying Hotline	1-800-420-1479	Available 24/7
Substance Abuse and Mental Health Services Administration Hotline	1-800-662-4357	<a href="https://www.samhsa.gov/find-help/national-helpline">https://www.samhsa.gov/find-help/national-helpline</a>
NAMI Help Line –Information Only	800-950-6264	Toll free number
Texas Substance Abuse Hotline	877-966-3784	Toll free number

Texas Youth Hotline	1-800-989-6884	Free and confidential; Available 24/7
Texas Abuse Hotline	1-800-252-5400	Available 24/7
Little Otter Therapy and Crisis Line	1-800-273-TALK (8255)	<a href="https://www.littleotterhealth.com/">https://www.littleotterhealth.com/</a>
Charlie Health	1-214-740-4723	<a href="https://outreach.charliehealth.com/regions/texas">https://outreach.charliehealth.com/regions/texas</a>
Trans Lifeline	1-877-565-8860	24/7 Hotline Assistance for Trans or Nonbinary Youth
Nurse Hotline	(210) 22-NURSE (68773)	24/7 service staffed by pediatric registered nurses to provide answers about children's non-emergency medical situations. <i>Habla Español</i>
National Parent Helpline	1-855-4A PARENT (1-855-427-2736)	Hours of Operation: M-F, 10:00 AM PST – 7:00 PM PST
Amerigroup	1(800)600-4441	<a href="https://www.amerigroup.com/find-care">https://www.amerigroup.com/find-care</a> Medicaid or Chip recipients
Firstcare	1(800)884-4901	<a href="https://portal.swhp.org/#/fcsearch?networkCode=31">https://portal.swhp.org/#/fcsearch?networkCode=31</a> Medicaid or Chip recipients
Superior		<a href="https://findaprovider.superiorhealthplan.com/location">https://findaprovider.superiorhealthplan.com/location</a> Medicaid or Chip recipients
AgriStress Helpline	833-897-2474	Call or text for Crisis Support in Agricultural Communities in Texas. Free and confidential crisis and support line available 24/7. Helpline is answered by trained professionals who can offer support and/or help you find mental health resources in your area. Interpreter services for 160 languages.
National Center on the Sexual Behavior of Youth		<a href="https://www.ncsby.org/">https://www.ncsby.org/</a>

### Local Mental Health Authority (LMHA)

Name of Resource	Phone Number	Address	Notes
Hill Country Mental Health Center	Main Phone: (830) 792-3300  Crisis Phone: 1-877-466-0660	819 Water St., Suite 300 Kerrville, TX 78028  (Serves Mason county)	Accepts most insurance and Medicaid; Also offers sliding scale fee  <a href="https://www.hillcountry.org/">https://www.hillcountry.org/</a>
MHMR Services for the Concho Valley	Main Phone: (325) 658-7750	1501 W. Beauregard San Angelo, TX 79601	Accepts TriCare, BCBS, Medicare & Medicaid and no insurance. Payment options

	Crisis Phone: 1-800-375-8965	(Serves Irion, Coke, Sterling County)	vary based off income and household size. <a href="https://www.mhmrcv.org/">https://www.mhmrcv.org/</a>
Center for Life Resources	Main Phone: (325) 646-9574  Crisis Phone: 1-800-458-7788	408 Mulberry Brownwood, TX 76801  (Serves Brown, Coleman, Comanche, Eastland, McCulloch, Mills, & San Saba)	Accepts most insurance and Medicaid; Also offers sliding scale fee  <a href="https://cflr.us/ns/">https://cflr.us/ns/</a>
Center for Life Resources	Main Phone: (325) 646-9574  Crisis Phone: 1-800-458-7788	201 S Bridge Brady, TX 76825	Accepts most insurance and Medicaid; Also offers sliding scale fee  Services offered: TRR Outpatient services, Telemed Site, Crisis intervention

### Local Resources

Name of Resource	Phone Number	Address	Notes
MHMR Services for the Concho Valley: Child & Adolescent Services	Main Phone: (325) 658-7750	424 S. Oakes San Angelo, TX 76903	Accepts TriCare, BCBS, Medicare & Medicaid and no insurance. Payment options vary based off income and household size.
Carrie Elkins, MS, LPC	(325) 255-0868	3131 Executive Dr., San Angelo, TX 76904	Accepts most insurance; \$100-\$125 per session without insurance
Samantha Stokes	(325) 939-0834	17 Chadbourne St., Suite 201 San Angelo, TX 76904	Accepts most insurance; \$90- \$120 per session without insurance
Belinda Willberg, MS, PCC, LPC-S	(325) 262-2332	2002 Colorado Ave., San Angelo, TX 76901	Accepts most insurance and Medicaid; \$100- \$120 per session without insurance
Anne Mills, MEd, LPC-S	(325) 252-3739	17 S Chadbourne St., Suite 201, San Angelo, TX 76903	Accepts most insurance; \$90 per session without insurance
Sheila Stewart, MEd, LPC	(325) 455-2745	3131 Executive Dr., San Angelo, TX 76904	Accepts most insurance and Medicaid; \$70- \$100 per session without insurance

Aegis Counseling PLLC	(325) 221-0163	2141 Office Park Dr., Suite 3, San Angelo, TX 76904	Accepts most insurances and Medicaid; \$110 per session without insurance, but tries to work with families
Anne Hardegree, MEd, LPC	(325) 515-5256	3131 Executive Dr., San Angelo, TX 76904	Accepts most insurance and Medicaid; \$60- \$100 per session without insurance
Rachel Rainey, MA, LPC	(512) 710-0785	2137 Office Park Dr., Ste F, San Angelo, TX 7690	Accepts most insurance and Medicaid; \$80- \$120 per session without insurance
West Texas Counseling and Guidance	(325) 944-2561	36 E Twohig Ave., Cactus Hotel, 6th Floor, San Angelo, TX 76903	Accept most insurances and Medicaid; Sliding fee scale and payment assistance
Blue Spring San Angelo Autism Therapy Clinic	(325) 939-2650	439 W. Harris Ave., San Angelo, TX 76903	Accepts most insurances and will take Medicaid in 2021; Self pay cost: Initial Assessment: \$1500; 10 hours of ABA - \$600; offer payment plans
Rivercrest Hospital	(888) 495-0804	1636 Hunters Glen Rd., San Angelo, TX	*Only intensive outpatient, partial hospitalization, and inpatient; Accepts most insurance and Medicaid; Self pay is \$275 for 3-hour sessions
Lori Hollingsworth, ED	(325) 656-5260	2002 Colorado Ave., San Angelo, TX 76901	Accepts most insurance and Medicaid; \$100 per session without insurance
Angelo Counseling: Linda Curtis & Rhonda Hayes	(325) 617-2997	2406 W Ave. N, San Angelo, TX 76904	Accepts most insurance and Medicaid
Stephanie Thomas, LPC	(325) 227-6847	10694 Twin Lakes Ln., San Angelo, TX 76904	Accepts BCBS, Scott & White, and Medicaid; Sliding fee scale
Ashley Villarreal, LPC	(325) 216-4762	2137 Office Park Dr. Ste. E San Angelo, TX 76904	\$120/session; Accepts most insurance; offers online services

New Life Family Counseling	(325) 315-3874	5191 S. Bryant Blvd. San Angelo, TX 76904	Call for pricing and insurance information
CV Counseling Center	(325) 234-5599	2601 Freeland Ave. San Angelo, TX 76901	Sliding scale up to \$80/session
Lyndsi Parker, LCSW	(325) 238-7554	San Angelo, TX Call for exact location	Accepts BCBS and some Out of Network. \$90-\$135/session.
Concho Valley Counseling, PLLC	(325) 221-0871	27 W Beauregard Ave. San Angelo, TX 76903	Call for pricing and insurance information
Leslie Bennett, DBH, LCSW	(325) 221-4079	3371 Knickerbocker Rd. San Angelo, TX 76904	Accepts most insurance
Elizabeth Starnes, MS, LPC, ATR	(325) 425-2837	San Angelo, TX Call for exact location	\$200/session. Private pay. Offers art therapy.
Concho Counseling Services	(325) 475-4637	3131 Executive Dr. San Angelo, TX 76904	Private pay. Call for pricing.
Spring Hope Recovery	(325) 208-4892	14 S. Jefferson Ste. 2 San Angelo, TX 76901	\$20-\$50
Frontera Healthcare Network – Mason Clinic	(325) 347-5926	216 w. College Ave. Mason, TX 76856	Accepts most Insurance
Deborah Christine Probst, PhD, LPC	(325) 455-2494	203 Brady St. Brady, TX 76825	Not listed
Frontera Healthcare Network – Brady Clinic	(325) 597-0102	2205 S. Bridge St., Ste. 300 Brady, TX 76825	Accepts most Insurance;

Concho Valley Regional Food Bank Referral Program & Food Stamp Assistance	(325) 655-3231	1313 S. Hill St. San Angelo, TX 76903	Food bank and food assistance center.
United Way of the Concho Valley	(325) 949-3716	955 Turner St. San Angelo, TX 76903	Food resource.
Rust Street Ministries	(325) 486-1004	803 Rust St. San Angelo, TX 76903	Food and clothing resource. Free lunch also served 12-1 on Mon. – Fri.
Wesley Trinity United Methodist Church	(325) 653-9028	301 W 18 <sup>th</sup> St. San Angelo, TX 76903	Soup Kitchen open from 11am to 1pm Mon.-Sat. including most holidays.
Freedom Fellowship Food Pantry	(325) 227-4121	342 S Chadbourne St. San Angelo, TX 76903	In the back. Go down the alley. Ask for Thabiti. Call for assistance or directions.
Christmas in Action Thrift Store	(325) 655-5127	1505 S Chadbourne St. San Angelo, TX 76903	Thrift Store and clothing resource.
Junior League of San Angelo Family Resource Center	(325) 653-4673	3418 Town and Country Dr. San Angelo, TX 76903	Provides access to brand new clothing, shoes, hygiene products, and baby items completely free of charge. Call to request supplies.
St. Paul Presbyterian Church: Project Dignidad	(325) 653-5691	11 N Park St. San Angelo, TX 76901	Provides and food and clothing to those in emergency situations.
Sacred Heart Cathedral	(325) 658-6567	20 E. Beauregard Ave. San Angelo, TX 76903	Sack lunch ministry for those in need. Come to the school kitchen door in the back parking lot from 11:30am to 1:00pm M-F.

<p>Blessing Box Locations</p>	<p>Cross Pointe Fellowship Church (325) 276-3048</p> <p>First Baptist Church (325) 655-4101</p> <p>First Presbyterian Church (325) 655-5694</p> <p>First United Methodist Church (325) 655-8981</p> <p>Galilee Missionary Baptist Church (325) 655-1328</p> <p>Immanuel Baptist Church (325) 653-3361</p> <p>New Jerusalem Church (325) 655-6180</p> <p>State Farm Insurance (325) 942-7595</p>	<p>Cross Pointe Fellowship Church 4210 Coliseum Dr. San Angelo, TX</p> <p>First Baptist Church 13 E. Harris St. San Angelo, TX</p> <p>First Presbyterian Church 32 N Irving St. San Angelo, TX</p> <p>First United Methodist Church 37 E. Beauregard Ave. San Angelo, TX</p> <p>Galilee Missionary Baptist Church 721 W 19<sup>th</sup> St. San Angelo, TX</p> <p>Immanuel Baptist Church 90 E 14<sup>th</sup> St. San Angelo, TX</p> <p>New Jerusalem Church 1515 N Chadbourne St. San Angelo, TX</p> <p>State Farm Insurance 1820 College Hills Blvd. San Angelo, TX</p>	<p>The “blessing boxes” are to help people who may have immediate needs for help with food. Contact each location for details.</p>
<p>Salvation Army – San Angelo</p>	<p>(325) 655-6981</p>	<p>215 Gillis San Angelo, TX 76903</p>	<p>Food pantry every 90 days. Meals served daily. Call for details.</p>
<p>Recovery TX / Be Well Texas</p>	<p>Information and scheduling: (833) 778-2571</p> <p>Connect with a Peer Specialist: (833) 922-2557</p>	<p>BeWellTexasClinic.org RecoveryTexas.org (all virtual services)</p>	<p>Offers comprehensive care for substance abuse disorder and non-severe mental illness. Services include: psychiatric evaluation, medication management, counseling, peer recovery support, technology tools, and</p>

	<p>Youth Support Line: (210) 729-2273</p> <p>Heroes Helpline (First Responders and Healthcare): (833) 367-4689</p>		<p>case management. Lab and medication costs are free for qualifying patients.</p> <p>Open to anyone 18 and older, regardless of ability to pay. No-pay and no-insurance options available. Same-day and next-day appointments available.</p>
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### Autism/ABA Resources

Name of Resource	Phone Number	Address	Notes
ABC Center for Children	(325) 617-5845	902 Spaulding St. San Angelo, TX 76903	Accepts TriCare, BCBS, Medicare & Medicaid and private pay. Payment options vary based off income and household size.
Blue Spring San Angelo Autism Therapy Clinic	(325) 939-2650	439 W. Harris Ave., San Angelo, TX 76903	Accepts most insurances and will take Medicaid in 2021; Self pay cost: Initial Assessment: \$1500; 10 hours of ABA - \$600; offer payment plans

### Substance Abuse Resources

Name of Resource	Phone Number	Address	Notes
CV Counseling Center	(325) 234-5599	2601 Freeland Ave. San Angelo, TX 76901	Sliding scale up to \$80/session
Spring Hope Recovery	(325) 208-4892	14 S. Jefferson Ste. 2 San Angelo, TX 76901	\$20-\$50
Rivercrest Hospital	(888) 495-0804	1636 Hunters Glen Rd., San Angelo, TX	*Only intensive outpatient, partial hospitalization, and inpatient; Accepts most insurance and Medicaid; Self pay is \$275 for 3-hour sessions
West Texas Counseling and Guidance	(325) 944-2561	36 E Twohig Ave., Cactus Hotel, 6th Floor, San Angelo, TX 76903	Accept most insurances and Medicaid; Sliding fee scale and payment assistance



<p>Recovery TX / Be Well Texas</p>	<p>Information and scheduling: (833) 778-2571 Connect with a Peer Specialist: (833) 922-2557</p> <p>Youth Support Line: (210) 729-2273</p> <p>Heroes Helpline (First Responders and Healthcare): (833) 367-4689</p>	<p>BeWellTexasClinic.org RecoveryTexas.org (all virtual services)</p>	<p>Offers comprehensive care for substance abuse disorder and non-severe mental illness. Services include: psychiatric evaluation, medication management, counseling, peer recovery support, technology tools, and case management. Lab and medication costs are free for qualifying patients.</p> <p>Open to anyone 18 and older, regardless of ability to pay. No-pay and no-insurance options available. Same-day and next-day appointments available.</p>
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### Eating Disorder Resources

<p>CV Counseling Center</p>	<p>(325) 234-5599</p>	<p>2601 Freeland Ave. San Angelo, TX 76901</p>	<p>Sliding scale up to \$80/session</p>
<p>West Texas Counseling and Guidance</p>	<p>(325) 944-2561</p>	<p>36 E Twohig Ave., Cactus Hotel, 6th Floor, San Angelo, TX 76903</p>	<p>Accept most insurances and Medicaid; Sliding fee scale and payment assistance</p>
<p>Kayli Cross, LMFT</p>	<p>940- 343-9226</p>	<p>Telehealth only</p>	<p>Sliding scale fee; Medicaid; \$125 per session</p>
<p>ANAD - Online Support Groups</p>	<p>888-375-7767</p>	<p>Virtual Support Group</p>	<p><a href="https://www.anad.org">Eating Disorder Peer Support Groups   National Association of Anorexia Nervosa and Associated Disorders (anad.org)</a></p> <p>Free - They do take donations</p>

EQUIP	855-387-4378	Virtual Support Group and Treatment	<a href="#">Virtual Eating Disorder Treatment   Equip Health</a> Take Cigna, Aetna, and Optum. Offer a private pay option for families that wish to start care with Equip before their plan is in-network.
Eating Recovery Center	1-866-303-8479	7351 E. Lowry Blvd, Ste 200 Denver, CO 80230  Call 1-866-303-8479 to talk to a masters-level clinician.  Mon–Fri: 6am–7pm MST Saturday: 8am-4pm MST Sunday: 8am-4pm MST  <a href="mailto:info@ercpathlight.com">info@ercpathlight.com</a>	<a href="#">Eating Disorder Treatment Centers   Anorexia, Bulimia &amp; Binge Eating</a> <a href="http://eatingrecoverycenter.com">(<a href="http://eatingrecoverycenter.com">eatingrecoverycenter.com</a>)</a>  They also offer a virtual IOP for ED.

### Foster and Adoption Resources

MHMR Services for the Concho Valley: Child & Adolescent Services	Main Phone: (325) 658-7750	424 S. Oakes San Angelo, TX 76903	Accepts TriCare, BCBS, Medicare & Medicaid and no insurance. Payment options vary based off income and household size.
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### Trauma Resources

Name of Resource	Phone Number	Address	Notes
West Texas Counseling and Guidance	(325) 944-2561	36 E Twohig Ave., Cactus Hotel, 6th Floor, San Angelo, TX 76903	Accept most insurances and Medicaid; Sliding fee scale and payment assistance
Anne Hardegree, MEd, LPC	(325) 515-5256	3131 Executive Dr., San Angelo, TX 76904	Accepts most insurance and Medicaid; \$60- \$100 per session without insurance
Deborah Christine Probst, PhD, LPC	(325) 455-2494	203 Brady St. Brady, TX 76825	Not listed

Rivercrest Hospital	(888) 495-0804	1636 Hunters Glen Rd., San Angelo, TX	*Only intensive outpatient, partial hospitalization, and inpatient; Accepts most insurance and Medicaid; Self pay is \$275 for 3-hour sessions
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### LBGT Resources

Name of Resource	Phone Number	Address	Notes
CV Counseling Center	(325) 234-5599	2601 Freeland Ave. San Angelo, TX 76901	Sliding scale up to \$80/session
New Life Family Counseling	(325) 315-3874	5191 S. Bryant Blvd. San Angelo, TX 76904	Call for pricing and insurance information

### Food and Clothing Resources

Name of Resource	Phone Number	Address	Notes
Concho Valley Regional Food Bank Referral Program & Food Stamp Assistance	(325) 655-3231	1313 S. Hill St. San Angelo, TX 76903	Food bank and food assistance center.
United Way of the Concho Valley	(325) 949-3716	955 Turner St. San Angelo, TX 76903	Food resource.
Rust Street Ministries	(325) 486-1004	803 Rust St. San Angelo, TX 76903	Food and clothing resource. Free lunch also served 12-1 on Mon. – Fri.
Wesley Trinity United Methodist Church	(325) 653-9028	301 W 18 <sup>th</sup> St. San Angelo, TX 76903	Soup Kitchen open from 11am to 1pm Mon.-Sat. including most holidays.

Freedom Fellowship Food Pantry	(325) 227-4121	342 S Chadbourne St. San Angelo, TX 76903	In the back. Go down the alley. Ask for Thabiti. Call for assistance or directions.
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	First Baptist Church (325) 655-4101	First Baptist Church 13 E. Harris St. San Angelo, TX	
	First Presbyterian Church (325) 655-5694	First Presbyterian Church 32 N Irving St. San Angelo, TX	
	First United Methodist Church (325) 655-8981	First United Methodist Church 37 E. Beauregard Ave. San Angelo, TX	
	Galilee Missionary Baptist Church (325) 655-1328	Galilee Missionary Baptist Church 721 W 19 <sup>th</sup> St. San Angelo, TX	
	Immanuel Baptist Church (325) 653-3361	Immanuel Baptist Church 90 E 14 <sup>th</sup> St. San Angelo, TX	
	New Jerusalem Church (325) 655-6180	New Jerusalem Church 1515 N Chadbourne St. San Angelo, TX	
State Farm Insurance (325) 942-7595	State Farm Insurance 1820 College Hills Blvd. San Angelo, TX		
Salvation Army – San Angelo	(325) 655-6981	215 Gillis San Angelo, TX 76903	Food pantry every 90 days. Meals served daily. Call for details.

### Sex and Porn Addiction Resources

RebootNation	(325) 762-2447	<a href="https://rebootnation.org/">https://rebootnation.org/</a> The Reboot Nation on YouTube > Videos	FREE. Online recovering community.
OK2TALK.org National Alliance on Mental Health	1-800-273-TALK (8255)	<a href="https://ok2talk.org/">https://ok2talk.org/</a>	FREE. "Say anything. It's time we talked about mental health. Share what's on your mind."

Sex Addicts Anonymous	1-800-477-8191	saa-recovery.org	FREE. International Hotline, will most likely have to leave a message.
NoFap	N/A	<a href="https://nofap.com/">https://nofap.com/</a>	Comprehensive community based porn recovery website. Option for weekly anonymous accountability calls. \$20-\$120 per month depending on service. Other resources are FREE.
Sex / Pornography Addiction Support Group	N/A	<a href="https://www.dailystrength.org/group/sex-pornography-addiction">https://www.dailystrength.org/group/sex-pornography-addiction</a>	Online forums and posts for addiction and recovery.