



TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER.

**CAMPUS ALLIANCE FOR
TELEHEALTH RESOURCES**

Supported by TCHAT

ESC 17 Counseling and Therapy Resources

National/Regional Resources

Name of Resource	Phone Number	Notes
National Suicide Prevention Hotline	1-800-273-8255	Available 24/7
National Suicide Prevention Hotline	988	Call, text, or chat Available 24/7 (Available July 16, 2022)
Spanish Suicide Prevention Hotline	1-888-628-9454	Callers will be connected to a skilled trained counselor
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. https://loveline.com/
National Text Line	741741	Free and confidential; Available 24/7
RAINN: National Sexual Assault Hotline	800-656-HOPE 800-656-4673	https://www.rainn.org/about-national-sexual-assault-online-hotline
Trevor Lifeline for LGBTQ youth	866-488-7386	https://www.thetrevorproject.org/
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	https://www.thehotline.org/
Cyber Bullying Hotline	1-800-420-1479	Available 24/7
Substance Abuse and Mental Health Services Administration Hotline	1-800-662-4357	https://www.samhsa.gov/find-help/national-helpline
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

Local Mental Health Authority (LMHA)

Name of Resource	Phone Number	Address	Payment
<p>Starcare Specialty Health System (LMHA)</p>	<p>Main phone: 806-766-0310</p> <p>Crisis line: 806-740-1414 or 800-687-7581.</p> <p>IDD Crisis: 806-224-4391</p>	<p>904 Ave. O Lubbock, TX 79408</p> <p>Crisis Hotline available 24/7 (Serves Cochran, Crosby, Hockley, Lubbock, and Lynn counties)</p>	<p>Accepts most insurance and Medicaid; also offers sliding scale fee based on income (may be \$0-\$50)</p>
<p>West Texas Centers – Terry County Mental Health Center (LMHA)</p>	<p>Main Phone: (325) 754-5591</p> <p>Crisis line: 1-800-375-4357</p>	<p>502 W Broadway St., Brownfield, TX 79316</p> <p>Crisis Hotline available 24/7</p>	<p>Accepts most insurance and Medicaid; also offers sliding scale fee (ranging from \$38 to over \$200 a month)</p>
<p>West Texas Centers – Yoakum County MHC (LMHA)</p>	<p>Main Phone: (806) 592-8226</p> <p>Crisis line: 1-800-375-4357</p>	<p>104 W 2nd Denver City, TX 79323</p> <p>Crisis Hotline available 24/7</p>	<p>Accepts most insurance and Medicaid; Without insurance, sliding scale fee (ranging from \$38 to over \$200 a month)</p>
<p>Central Plains Center (LMHA)</p>	<p>Main Phone: (806) 291-4470</p> <p>Crisis line: 1-800-687-1300</p>	<p>2700 Yonkers St., Plainview, TX, 79072</p> <p>Crisis Hotline available 24/7 (Serves Bailey, Briscoe, Castro, Floyd, Hale, Lamb, Motley, Parmer, and Swisher Counties)</p>	<p>Accepts most insurance and Medicaid; Without insurance, sliding fee scale (ranging from \$0 to \$500 per month)</p>
<p>West Texas Centers – Dawson County (LMHA)</p>	<p>Main Phone: (806) 872-3790</p> <p>Crisis line: 1-800-375-4357</p>	<p>211 N Main Ave., Lamesa, TX 79331</p> <p>Crisis Hotline available 24/7</p>	<p>Accepts most insurance and Medicaid; Sliding scale fee.</p>
<p>Helen Farabee Centers – Cottle County (LMHA)</p>	<p>Main Phone: (940)-937-3644</p> <p>Crisis line: 1-800-621-8504</p>	<p>8150 US HWY 287 Childress, TX 79201</p> <p>Crisis Hotline available 24/7</p>	<p>Accepts Medicare, Medicaid, and most forms of private health insurance; sliding scale fee</p>
<p>West Texas Centers – Gaines County Mental Health Center (LMHA)</p>	<p>Main Phone: (432) 758-4028</p> <p>Crisis line: 1-800-375-4357</p>	<p>702 Hobbs Hwy., Seminole, TX 79360</p> <p>Crisis Hotline available 24/7</p>	<p>Accepts most insurance and Medicaid; Also offers sliding scale fee (ranging from \$38 to over \$200 a month)</p>

West Texas Centers - Garza County MHC (LMHA)	Main Phone: (806) 495-2813 Crisis line: 1-800-375-4357	411 South Ave C Post, TX 79356 Crisis Hotline available 24/7	Accepts most insurance and Medicaid; also offers sliding scale fee (ranging from \$38 to over \$200 a month)
West Texas Centers – Howard County MHC (LMHA)	Main Phone: (432) 263-0027 Crisis line: 1-800-375-4357	1501 W 11 th Pl, Ste 104 Big Spring, TX 79720 Crisis Hotline available 24/7 (Serves Howard, Glasscock, Martin and Borden Counties)	Accepts most insurance and Medicaid; also offers sliding scale fee (ranging from \$38 to over \$200 a month)
Helen Farabee Centers – Headstream County Center (LMHA)	Main Phone: (940) 864-3472 Crisis line: 1-800-621-8504	1201 North 1 st St. Ste A Haskell, TX 79521 Crisis Hotline available 24/7 (Serves Haskell, Baylor, Throckmorton, Stonewall, King, Dickens, and Knox Counties)	Accepts Medicare, Medicaid, and most forms of private health insurance; sliding scale fee

Local Resources

Name of Resource	Phone Number	Address	Notes
Voice of Hope	806-763-7273		N/A
ADHD Clinic	(806) 773-9480	5120 29th Dr., Suite C, Lubbock, TX 79407	FirstCare; Medicaid
Austin Johnson, PhD	(806) 793-7491	4401 6th St., Suite A, Lubbock, TX 79416	Accepts most insurance; Medicaid; \$250 intake, \$150 per session
Beth van Rensburg, PhD, LPC-S, NCC, RPT-S	(806) 281-1000	2714 82 nd St., Suite A, Lubbock, TX 79423	Accepts most insurance; Medicaid; Sliding scale fee
Bobby Carter, LPC	(806) 412-7043	4630 50 th St., Suite 610 Lubbock, TX 79414	BCBS; Medicaid; \$100 per session
Cody Dickson, PhD, LPC	(806) 765-2611	1610 5th St., Lubbock, TX 79401	Accepts most insurance; Medicaid; Sliding scale fee \$5 - \$25
Community Health Center of Lubbock	(806) 765-2611	1610 5 th St., Lubbock, TX 79401	Accepts most insurance; Medicaid; Sliding scale fee \$5- \$25
Covenant Counseling Center	(806) 725-5443	3715 20 th St., Lubbock, TX 79410	Medicaid; Sliding scale fee \$5 -\$40; Teletherapy is free
David C. Ivey, PhD, LMFT	(806) 797-3020	5502 58 th St., Suite 600, Lubbock, TX 79414	Accepts most insurance; Medicaid
First Episode Psychosis Program	(806) 740-1400	Sunrise Canyon Hospital 1950 Aspen Ave	Ages 15-30 experiencing their first psychotic episode; services

		Lubbock, TX	as low as \$0 depending on financial needs
Diane Luera, LPC	(806) 787-8669	8212 Ithaca Ave., Suite W6 Lubbock, TX 79423	Accepts insurance; Medicaid; Sliding scale fee
Dr. White and Associate, P.C.	(806) 608-2695	2545 74 th St., Lubbock, TX 79423	\$65 to \$130 per session
Family Counseling Services	(806) 747-3488	5701 Ave P., Lubbock, TX 79412	Medicaid; \$20-\$40 per session; Master's level intern is \$20 for unlimited sessions
Gaston RougeauxBurnes, PsyD, Shiloh Counseling Services	(806) 370-0767	12402 Slide Rd., #402, Lubbock, TX 79424	Sliding scale fee; \$120 per session
Gwendolyn Cate	(806) 632-5248	5212 75 th St., Lubbock, TX 79424	Accepts most insurance; Medicaid
Hospice of Lubbock (bereavement counseling)	(806) 795-2751	3702 21 st St., Lubbock, TX 79410	Free services
Jennifer Morazan, LPC	(806) 412-7043	4630 50 th St., Suite 610, Lubbock, TX 79414	Accepts some insurance; \$100 per session
Journeys Counseling	(806) 687-5413	6500 Quaker Ave., Suite D, Lubbock, TX 79413	Accepts most insurance; Medicaid; \$130 for initial session, \$100 per session
Julianna Harris, LPA	(806) 794-3393	5212 75 th St., Lubbock, TX 79424	Accepts most insurance; Medicaid; Sliding scale fee
Kelly Martin, LPC The Playroom Lubbock	(806) 340-0713	6520 University Ave., Lubbock, TX 79413	Medicaid; starts at \$125 per session; Intern starts at \$65 per session
Kellye Wilhite, LPC, LCDC	(806) 391-7057	8207 Hudson Ave., Suite. D, Lubbock, TX 79423	\$100-\$175 per session
Kristin Morgan, M.Ed., LPC, LCDC	(806) 445-3995	7212 Joliet Ave., Suite 7, Lubbock, TX 79423	Accepts most insurance; Medicaid; Sliding scale fee
Larry Combest Community Health and Wellness Center	(806) 743-9355	301 40 th St., Lubbock, TX 79404	Accepts most insurance; Medicaid; sliding scale fee
Lubbock Child Counseling, Doreen Hutton, LPC	(806) 239-3376	Executive Gardens Building 3311 81 st St., Suite K, Lubbock, TX 79423	\$85 per session; Accepts some insurances
Marisha Mauch M.MFT, LMFT	(806) 317-0495	8212 Ithaca Ave., Suite E-12, Lubbock, TX 79423	\$100 per session

Richard Gatlin, MHR, LPC	(806) 252-2854	2402 52 nd St., Suite 5, Lubbock, TX 79412	Medicaid, FirstCare, Amerigroup, Superior, BCBS, United Behavioral Health; \$100 per session; Sliding scale fee
Sheila Anderson, MA, LPC	(806) 602-2121	8207 Hudson Ave., Suite A, Lubbock, TX 79423	Accepts most insurance; \$100 - \$150 per session
Shelley Lee Christian Counseling	(806) 589-2958	8200 Nashville Ave., Suite 208, Lubbock, TX 79423	Accepts most insurance; \$90 per session
Shiloh Counseling Services	(806) 794-3232	12402 Slide Rd., #402, Lubbock, TX 79424	Sliding fee \$30+; \$70-\$125 Christian counseling available
Minerva Bonin, Beacon of Redemptive Power Counseling, P.L.L.C.	(806) 781-6143	4630 50th St., Suite 406, Lubbock, TX 79414	Accepts most insurance and Medicaid; Without insurance, a sliding scale fee (ranging from \$50-150)
Kristy J. Harrist, LPC-A	(806) 535-0097	8207 Hudson Ave., Suite D, Lubbock, TX 79423	Does not accept Medicaid or insurance; \$100 per session; *prefers age 9+
Crystal Glister, LPC	(806) 831-2197	5121 69th St., Suite 707B, Lubbock, TX 79424	Accepts BCBS; First Care and Magellan; Does not accept Medicaid; \$85-\$105 per session
The Parenting Cottage – Parenting Classes	(806) 795-7552	3818 50 th St., Lubbock, TX 79413	Free services
TTU Family Therapy Clinic	(806) 742-3074	Human Sciences Building, 15 th St. and Akron, Lubbock, TX 79415	Sliding scale fee; \$10-\$70 per session
TTU Psychology Clinic	(806) 742-3737	Psychology Building, 2700 18 th St., Lubbock, TX 79410	Sliding scale fee; Initial intake is \$25
Choices Counseling	(806) 300-5370	2126 50 th St. Lubbock, TX 9412	Accepts most insurances and Medicaid; without insurance \$90 per session
Voice of Hope (victims of sexual assault)	(806) 763 - 3232	P.O. Box 2000 Lubbock, TX 794457	Free services
Mari Evans, LPC	(806) 790-4742	3417 Farm to Market Rd. 597 Abernathy, TX 79311	Does not accept insurance or Medicaid; Sliding scale fee from \$85 to \$120 per session
Hope Harbor Counseling	(806) 500-9903	115 W 3 rd St., Denver City, TX 79323	Accepts most insurance, but does not take Medicaid; Without insurance, \$125 per session, sliding fee scale available

Nikki Russell Counseling Services	(432) 813-0137	110 SE Ave. B, Seminole, TX 79360	Accepts most insurance and Medicaid; \$175 per session without insurance (reduced fees available for cash paying clients)
PCS Counseling Services	(806) 891-8995	1008 Austin St., #B, Levelland, TX 79336	Accepts most insurances and Medicaid; Without insurance, \$100 per session *TF-CBT trained
Kasey Kuehler, LLC	(806) 414-1244	613 Austin St., Levelland, TX 79336	Accepts most insurances and Medicaid; Without insurance, a sliding fee scale is available, typically \$100 per session
South Plains Rural Health	(806) 894-7842	1000 FM300, Levelland, TX 79336	Accepts most insurances and Medicaid; Without insurance, a sliding fee scale is available
Waypoint Counseling	(806) 429-8088	812 W. 8th St., Suite 6A, Plainview, TX 79072	Accepts most insurance and Medicaid; Without insurance, sliding fee scale (ranging from \$25 to over \$135 per session) *ages 10+
RHN Plainview Medical	(806) 291-0297	2601 Dimmitt #104, Plainview, TX 79072	Accepts most insurance and Medicaid; Without insurance, sliding fee scale (\$15-\$70 per session)
Heather Dillard, LPC	(806) 589-5171	3109 Olton Rd., Box 5053, Plainview, TX 79072	Accepts only Superior Health Plan Medicaid/insurance; Without insurance, sliding fee scale (\$70-\$110 per session)
Larry Keltz, LCDC, LSOTP	(806) 292-9321	4422 Olton Rd., Plainview, TX 79072	Does not accept insurance or Medicaid; \$70 per session; *treats substance abuse and PSB
Robert Ragland, MA, LPC	(806) 731-1246	3109 Olton Rd., Suite 103 Plainview, TX 79072	Does not accept insurance or Medicaid; Free intake, sliding fee scale (\$80-\$120 per session)
Karen Faye Harmon, LPC	(806) 930-5651	1465 FM 54 Littlefield, TX 79339	Accepts most insurances and Medicaid; Without insurance, \$150 for intake and \$90 per session
Laura Ann Locke, LPC, LSOTP	(615) 812-3473	232 Phelps Ave Littlefield, TX 79339	Accepts BCBS, Aetna, United, and Cigna; Does not accept Medicaid; Without insurance, a sliding fee scale (\$70-95 per session)

South Plains Rural Health	(806) 872-3069	1502 North Avenue K, Lamesa, TX 79331	Accepts most insurances and Medicaid; Without insurance, a sliding fee scale is available
Guadalupe Economic Services Corporation	(806) 744-4416	1502 Erskine St. Lubbock, TX 79403	“Our mission is to grow, educate and support families living in an agriculture-based community who seek to escape poverty through housing, education and supportive services; one household at a time.”
South Plains Food Bank	(806) 763-3003	5605 MLK Blvd. Lubbock, TX 79404	Food pantry and non-profit that is part of the Feeding America Network.
Upland Mission	(806) 993-3347	1711 Upland Ave. Lubbock, TX 79416	Clothing for the family, small home goods, and a food bag and/or limited personal hygiene and cleaning supplies.
Salvation Army Lubbock	(806) 765-9434	1111 16 th St. Lubbock, TX 79401	SOCIAL SERVICES: Emergency Shelter; Feeding Program; Rapid-Rehousing Rent and Utility Assistance; Food Vouchers; Clothing Vouchers; Hygiene Kits; Cooling and Warming Stations; Public Showers EMERGENCY DISASTER SERVICES Mobile Kitchen; Cold Patrol/Survive The Night: at 30 degrees or less
Hope Community of Shalom	(806) 762-0829	2005 Ave. T Lubbock, TX 79411	Provides community meals, a clothing pantry, and after school care.
Lubbock Impact	(806) 799-4329	2707 34 th St. Lubbock, TX	Food/clothing, healthcare, and spiritual care ministries.
Open Door	(806) 687-6876	1918 13 th St. Lubbock, TX 79401	SERVICES: Showers and restrooms; mail and phone service; lockers for personal items; daily breakfast, prayer, and coffee; life skills classes; IDs and birth certificates; addiction recovery; job skills; anger management; spiritual wellness; health and wellness; men’s

			empowerment; art; cooking; grief counseling.
Grace Campus	(806) 544-3365	1301 Ave. A Lubbock, TX 79401	Six month transitional homeless shelter. Emergency housing is provided during inclement weather.
Catholic Charities of Lubbock	(806) 765-8475	102 Ave. J Lubbock, TX 79401	Food and clothing services; education assistance; mental healthcare vouchers; nutrition aid.
Upbring Neighborhood House	(806) 589-1907	6501 University, Ste. 504 Lubbock, TX 79413	Provides utility payment assistance .
Family Promise of Lubbock	(806) 744-5035	1319 15 th St. Lubbock, TX 79401	Provides temporary housing and housing assistance.
Lemond Nutrition Lubbock	(888) 422-8070	5307 W Loop 289, Ste. 106 Lubbock, TX 79414	In network with Aetna, BlueCross BlueShield, Cigna, Humana, Medicaid traditional/Superior/BCBS, Medicare, TriWest, UnitedHealthcare, Ambetter, Tricare Offers virtual/telehealth services.
Recovery TX / Be Well Texas	Information and scheduling: (833) 778-2571 Connect with a Peer Specialist: (833) 922-2557 Youth Support Line: (210) 729-2273 Heroes Helpline (First Responders and Healthcare): (833) 367-4689	BeWellTexasClinic.org RecoveryTexas.org (all virtual services)	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. 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.

Substance Abuse Resources

Name of Resource	Phone Number	Address	Notes
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<u>Central Plains Center</u>	(806) 291-4422	2700 Yonkers Plainview, TX 79072	Offers inpatient unit only for boys and an outpatient program for boys and girls
Recovery TX / Be Well Texas	Information and scheduling: (833) 778-2571 Connect with a Peer Specialist: (833) 922-2557 Youth Support Line: (210) 729-2273 Heroes Helpline (First Responders and Healthcare): (833) 367-4689	BeWellTexasClinic.org RecoveryTexas.org (all virtual services)	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. 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.

Autism/ABA Resources

Name of Resource	Phone Number	Address	Notes
Behavioral Innovations	(855) 782-7822	7204 Joliet Ave., Suite 3, Lubbock, TX 79423 info@behavioral_innovations.com	Oklahoma and Colorado insurance & Medicaid; Texas insurance & Medicaid in March 2021; Call for session fee
Burkhart Center for Autism Education and Research	(806) 742-4561	2902 18th St., Texas Tech University, Lubbock, TX 79410	Free if participate in research study
Caprock Behavioral Solutions	(806) 317-1071	4505 82nd St., Suite 5, Lubbock, TX 79424	Accepts some insurance
Deanna Dawson, LPC	(806) 318-8448	4105 50 th St., Suite 108, Lubbock, TX 79413	BCBS; Medicaid; \$75 per session

Eating Disorder Resources

Name of Resource	Phone Number	Address	Notes
Kayli Cross, LMFT	(940) 343-9226	Telehealth only	Sliding scale fee; Medicaid; \$125 per session

Shauna Frisbee, PhD, LPC	(806) 781-5143	5212 75 th St., Lubbock, TX 79424	Sliding scale fee. Eating disorder specialist.
Susan Cowden, MS, LMFT The Playroom Lubbock	(806) 370-2110	6520 University Ave., Suite 5, Lubbock, TX 79413	\$100 per session
Tackett and Bradstreet Psychology Services	(806) 319-5426	2024 82nd St., Suite 103, Lubbock, TX 79423	\$175 per session; Practicum student \$50 per session

Foster and Adoption Resources

Name of Resource	Phone Number	Address	Notes
Brenda Wilbanks, EdD, LPC, LMFT	(806) 767-9007	#22 Briercroft Office Park, Suite 10, Lubbock, TX 79412	Medicaid
Deanna Dawson, LPC	(806) 318-8448	4105 50 th St. Suite 108 Lubbock, TX 79413	BCBS; Medicaid; \$75 per session

LGBTQIA Resources

Name of Resource	Phone Number	Address	Notes
Bethany Luna, MS, LMFT	(806) 236-6818	4601 50th St., Suite 201, Lubbock, TX 79414	UnitedHealthcare; \$100 per session; Sliding scale for Trans clients
Bradley Roark, MA, LPC	(806) 283-8586	6835 82nd St., Suite 102, Lubbock, TX 79424	\$125 per session
Deanna Dawson, LPC	(806) 318-8448	4105 50 th St., Suite 108, Lubbock, TX 79413	BCBS; Medicaid; \$75 per session
Dyana Michelle Clark, MA, LPC	(619) 383-1999	2514 82 nd St., Lubbock, TX 79423	\$65 per session
Heather Austin- Robillard, PhD, LMFT-S	(214) 277-4266	8212 Ithaca Ave. E, Lubbock, TX 79423	\$150 per session
Journeys Counseling Center	(806) 687-5413	6500 Quaker Ave, Suite D, Lubbock, TX 79413	Accepts most insurance; Medicaid; \$130 for initial session, \$100 per session

Kirby Wood, LPC	(806) 305-2012	4601 50th St., Suite 108A, Lubbock, TX 79414	Insurance credentialing process; \$95 for 1 hour session; \$80 for 45 min session
Kristy Lee Soloski, PhD, LMFT-A, LCDC	(806) 680-2466	8212 Ithaca Ave., Suite E-12, Lubbock, TX 79423	\$95 per session; Sliding scale fee
Marisha Mauch M.MFT, LMFT	(806) 317-0495	8212 Ithaca Ave., Suite E-12, Lubbock, TX 79423	\$100 per session
Richard Paul Loveless, MEd, LPC, LCDC	(806) 438-7197	4413 71st St., Suite G101, Lubbock, TX 79424	\$120 per session; Sliding scale fee \$80

Trauma-Focused Cognitive Behavioral Therapy Resources

Name of Resource	Phone Number	Address	Notes
Angela Lee Journeys Counseling Center	(806) 687-5413	6500 Quaker Ave., Suite D, Lubbock, TX 79413	Accepts most insurance; Medicaid; \$130 for initial session, \$100 per session
Bethany Luna, MS, LMFT	(806) 236-6818	4601 50 th St, Suite 201 Lubbock, TX 79414	United Healthcare; \$100 per session; Sliding scale for Trans Clients
Chris Straface, LPC	(806) 891-8995	6202 Iola Ave., Suite #111, Lubbock, TX 79424	Accepts most insurance; \$90 per session
Deanna Dawson, LPC	(806) 318-8448	4105 50 th St., Suite 108, Lubbock, TX 79413	BCBS; Medicaid; \$75 per session
Krista Torres, LPC	(806) 412-7043	4630 50 th St., Suite 610, Lubbock, TX 79414	Accepts some insurance; \$125 per session
Nigel Torres, LPC	(806) 412-7043	4630 50 th St., Suite 610 Lubbock, TX 79414	Accepts most insurance; Medicaid; \$125 per session
Shana Dallas, LPC	(806) 241-8773	4630 50 th St., Suite 610, Lubbock, TX 79414	Accepts most insurance; Medicaid; \$100 per session
TTU Psychology Clinic	(806) 742-3737	Psychology Building, 2700 18 th St., Lubbock, TX 79410	Sliding scale fee; Initial intake is \$25
Kim Ruthardt, LPC Covenant Counseling Center	(806) 725-5443	3715 20 th St., Lubbock, TX 79410	Medicaid; Sliding scale fee \$5-\$40 per session; Teletherapy is free

Kirby Wood, LPC	(806) 305-2012	4601 50th St., Suite 108A, Lubbock, TX 79414	Insurance credentialing process; \$95 for 1 hour session; \$80 for 45 min session
Kristi Hosek Journeys Counseling Center	(806) 687-5413	6500 Quaker Ave., Suite D, Lubbock, TX 79413	Accepts most insurance; Medicaid; \$130 for initial session, \$100 per session
Michael Gomez, PhD Adversity and Resilience Community Center	Email only	Telehealth Only	Accepts most insurance; Drmichaelgomezbt@gmail.com
Nicole Black, LPC	(806) 412-7043	4630 50 th St., Suite 610, Lubbock, TX 79414	\$125 per session

*Several of these resources may offer telehealth options. Please call to inquire.

Food, Clothing, and Housing Resources

Guadalupe Economic Services Corporation	(806) 744-4416	1502 Erskine St. Lubbock, TX 79403	“Our mission is to grow, educate and support families living in an agriculture-based community who seek to escape poverty through housing, education and supportive services; one household at a time.”
South Plains Food Bank	(806) 763-3003	5605 MLK Blvd. Lubbock, TX 79404	Food pantry and non-profit that is part of the Feeding America Network.
Upland Mission	(806) 993-3347	1711 Upland Ave. Lubbock, TX 79416	Clothing for the family, small home goods, and a food bag and/or limited personal hygiene and cleaning supplies.
Salvation Army Lubbock	(806) 765-9434	1111 16 th St. Lubbock, TX 79401	SOCIAL SERVICES: Emergency Shelter; Feeding Program; Rapid-Rehousing Rent and Utility Assistance; Food Vouchers; Clothing Vouchers; Hygiene Kits; Cooling and Warming Stations; Public Showers EMERGENCY DISASTER SERVICES Mobile Kitchen; Cold Patrol/Survive The Night: at 30 degrees or less

Hope Community of Shalom	(806) 762-0829	2005 Ave. T Lubbock, TX 79411	Provides community meals, a clothing pantry, and after school care.
Lubbock Impact	(806) 799-4329	2707 34 th St. Lubbock, TX	Food/clothing, healthcare, and spiritual care ministries.
Open Door	(806) 687-6876	1918 13 th St. Lubbock, TX 79401	SERVICES: Showers and restrooms; mail and phone service; lockers for personal items; daily breakfast, prayer, and coffee; life skills classes; IDs and birth certificates; addiction recovery; job skills; anger management; spiritual wellness; health and wellness; men's empowerment; art; cooking; grief counseling.
Grace Campus	(806) 544-3365	1301 Ave. A Lubbock, TX 79401	Six month transitional homeless shelter. Emergency housing is provided during inclement weather.
Catholic Charities of Lubbock	(806) 765-8475	102 Ave. J Lubbock, TX 79401	Food and clothing services; education assistance; mental healthcare vouchers; nutrition aid.
Upbring Neighborhood House	(806) 589-1907	6501 University, Ste. 504 Lubbock, TX 79413	Provides utility payment assistance .
Family Promise of Lubbock	(806) 744-5035	1319 15 th St. Lubbock, TX 79401	Provides temporary housing and housing assistance.