



TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER.

**CAMPUS ALLIANCE FOR  
TELEHEALTH RESOURCES**

*Supported by TCHAT*

## ESC 09 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 <b>(Available July 16, 2022)</b>
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. <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	<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

## Local Mental Health Authority (LMHA)

Name of Resource	Phone Number	Address	Notes
Helen Farabee Centers	Main Phone: (940) 397-3143  Crisis Phone: (800) 621-8504	1000 Brook St. Wichita Falls, TX 76301  <b>Crisis Hotline available 24/7</b> <a href="https://www.helenfarabee.org/">https://www.helenfarabee.org/</a>  (Serves: Archer, Baylor, Childress, Clay, Cottle, Dickens, Foard, Hardeman, Haskell, Jack, King, Knox, Montague, Stonewall, Throckmorton, Wichita, Wilbarger, Wise and Young)	Accepts Medicare, Medicaid, and most forms of private health insurance; also offers sliding scale fee based on income (may be \$0-\$50)
Helen Farabee Centers: Baylor/Throckmorton County Center	Main Phone: (940) 889-2277  Crisis Phone: 800-621-8504	301 North Washington Seymour, TX 76380  Open on Monday and Wednesday (9am – 3:30pm)	Accepts Medicare, Medicaid, and most forms of private health insurance; also offers sliding scale fee based on income (may be \$0-\$50)
Helen Farabee Centers: Childress County Center	Main Phone: (940) 937-3644  Crisis Phone: 800-621-8504	8150 US Hwy 287 Childress, Texas 79201	Accepts Medicare, Medicaid, and most forms of private health insurance; also offers sliding scale fee based on income (may be \$0-\$50)
Helen Farabee Centers: Hardeman/Foard County Center	Main Phone: (940) 663-5366  Crisis Phone: 800-621-8504	510 King Street Quanah, Texas 79252	Accepts Medicare, Medicaid, and most forms of private health insurance; also offers sliding scale fee based on income (may be \$0-\$50)
Helen Farabee Centers: Headstream County Center	Main Phone: (940) 864-3472  Crisis Phone: 800-621-8504	1201 North 1st Street Suite A Haskell, Texas 79521  (Serves Haskell, Baylor, Throckmorton, Stonewall, King, Dickens, and Knox)	Accepts Medicare, Medicaid, and most forms of private health insurance; also offers sliding scale fee based on income (may be \$0-\$50)
Helen Farabee Centers: Montague County Center	Main Phone: (940) 696-6267  Crisis Phone: 800-621-8504	605 Decatur Street Bowie Texas 76230	Accepts Medicare, Medicaid, and most forms of private health insurance; also offers sliding scale fee based on income (may be \$0-\$50)
Helen Farabee Centers: Wilbarger County Center	Main Phone: (940) 553-4002  Crisis Phone: 800-621-8504	2500 Wilbarger Vernon, Texas 76384	Accepts Medicare, Medicaid, and most forms of private health insurance; also offers sliding scale fee based on income (may be \$0-\$50)
Helen Farabee Centers:	Main Phone: (940) 627-3894	105 East Walnut Street Decatur Texas 76234	Accepts Medicare, Medicaid, and most forms of private health

Wise County Center	Crisis Phone: 800-621-8504		insurance; also offers sliding scale fee based on income (may be \$0-\$50)
Helen Farabee Centers: Young County Center	Main Phone: (940) 549-4896  Crisis Phone: 800-621-8504	1720 4th Street Graham, Texas 76450	Accepts Medicare, Medicaid, and most forms of private health insurance; also offers sliding scale fee based on income (may be \$0-\$50)
Helen Farabee Centers: Wilbarger County Center	Main Phone: (940) 553-4002  Crisis Phone: 800-621-8504	2500 Wilbarger Vernon, Texas 76384	Accepts Medicare, Medicaid, and most forms of private health insurance; also offers sliding scale fee based on income (may be \$0-\$50)

### Local Resources

Name of Resource	Phone Number	Address	Notes
Garden Counseling, LLC	(940) 263-1309	813 8th St., Ste 550-I Wichita Falls, TX 76301	Private pay only. Sliding scale fee from \$30-\$120
Taft Counseling Center	(940) 220-4173	4722 Taft Blvd., Ste. 2 Wichita Falls, TX 76308	Accepts Medicare, Medicaid, and most forms of private health insurance; also offers sliding scale fee based on income (\$30-\$120)
Byers Counseling	(940) 500-5909	900 8th St, Ste. 901 Wichita Falls, TX 76301	Accepts some Medicaid plans and most forms of private insurance.
Positive Frame of Mind Counseling	(940) 228-2951 (940) 204-5508	4245 Kemp Blvd., Ste 720 Wichita Falls, TX 76308	Accepts Medicare, Medicaid, and most forms of private health insurance; \$125-\$145.
Jennyfer Rosado, MS, LPC	(940) 400-0746	710 Lamar St. Wichita Falls, TX 76301	Accepts BCBS, Cigna, and Magellan. Up to \$120.
Megan Bodine, PhD, LP	(940) 400-3720	807 8th St., Ste. 510 Wichita Falls, TX 76301	Accepts Medicare, Medicaid, and most forms of private health insurance; also offers sliding scale fee based on income.
Kelly Guthrie, PhD, LP	(940) 580-9928	2707 Taft Blvd. Wichita Falls, TX 76308	Call for pricing.
Diane Lockhard, MEd, LPC-S	(940) 373-6443	3115 Buchanan St., Ste. A Wichita Falls, TX 76301	Accepts Medicare, Medicaid, and most forms of private health insurance; also offers sliding scale (\$100-\$125).
Rachel Rallis, MA, LPC	(940) 222-4367	1714 10 <sup>th</sup> St. Wichita Falls, TX 76301	Accepts Medicare, Medicaid, and some forms of private health insurance; also offers sliding scale (\$90-\$150).
Angie Rallis, MA, LPC	(940) 386-9041	1411 9th St Wichita Falls, TX 76301	Accepts Medicare, Medicaid, and some forms of private health

			insurance; also offers sliding scale (\$90-\$130).
Judith Beechler, PhD, LPC-S, NCC	(940) 799-9921	3011 10 <sup>th</sup> St. Wichita Falls, TX 76309	Accepts BCBS and offers sliding scale based on income (\$40-\$130).
James McGinn, MA, LPC	(940) 355-0321	1410 8 <sup>th</sup> St. Wichita Falls, TX 76301	Accepts Medicare, Medicaid, and most forms of private health insurance; also offers sliding scale (\$50-\$120).
Christ Counseling Ministries	(940) 696-0181	1420 Twin Oaks St. Wichita Falls, TX 76302	Accepts Medicare. Fee assistance program available.
Lolita Baker, MA, LPC-A	(940) 204-4719	807 8 <sup>th</sup> St., Ste. 401 Wichita Falls, TX 76301	Accepts Cigna. Fee range from \$70-\$110
Lavon Williams, DNP, PMHNP	(940) 696-1081	1101 Scott Ave., Ste. 28 Wichita Falls, TX 76301	Accepts Medicare, Medicaid, and most forms of private health insurance.
Henry-Sanchez-Leal, MD	(940) 782-1777	1500 8 <sup>th</sup> St. Wichita Falls, TX 76301	Accepts Medicare, Medicaid, and most forms of private health insurance.
Adam Butera, MD	(940) 766-4482	1714 10 <sup>th</sup> St. Wichita Falls, TX 76301	Accepts Medicare, Medicaid, and most forms of private health insurance.
Jesse Gorley, MD	(940) 386-9041	1411 9 <sup>th</sup> St. Wichita Falls, 76301	Accepts Medicare, Medicaid, and most forms of private health insurance.
Rose Street Mental Health	<b>Location 1:</b> (940) 202-0640  <b>Location 2:</b> (940) 723-4488 <b>ABA Clinic:</b> (940) 228-5297	<b>Location 1:</b> 1808 Rose St. Wichita Falls, TX 76301 <b>Location 2:</b> 1819 8 <sup>th</sup> St. Wichita Falls, TX 76301 <b>ABA Clinic:</b> 4084 S Regent Dr. Wichita Falls, TX 76308	Accepts Medicare, Medicaid, and most forms of private health insurance. Fee depends on service. Psychiatric, counseling, and applied behavioral analysis services available.
Benny Barnhart, MD	(940) 766-8688	501 Midwestern Pkwy. Wichita Falls, TX 76302	Accepts Medicare, Medicaid, and most forms of private health insurance.
Wichita County Mental Health Department	(940) 766-8103	900 7 <sup>th</sup> St., #350 Wichita Falls, TX 76301	County department that can help connect families with resources.
North Texas State Hospital	(940) 692-1220	6515 Kemp Blvd. Wichita Falls, TX 76308	Open 24 hours. Accepts Medicare, Medicaid, and most forms of private insurance.
Texoma Mental Health Associates	(940) 767-4303	900 8 <sup>th</sup> St., #716 Wichita Falls, TX 76308	Accepts Medicare, Medicaid, and most forms of private health insurance. Fee depends on service.
Managing Life Mental Health Clinic	(940) 500-4408	1708 Dayton Ave Wichita Falls, TX 76301	Accepts Medicare, Medicaid, and most forms of private health insurance. Fee depends on service.

New Leaf Behavioral Health	(940) 761-9700	719 Scott Ave., #620 Wichita Falls, TX 76301	Accepts Medicare, Medicaid, and most forms of private health insurance. Fee depends on service.
Odyssey Behavioral Health	(940) 386-2100	3501 Sheppard Access Rd. Wichita Falls, TX 76306	Accepts Tricare and private pay for psychotherapy and psychological evaluation. Accepts most private insurance for ABA services.
The Recovery Center	(940) 761-3034	2501 Taylor St. Wichita Falls, TX 76309	24 hour call line available. Accepts most private insurance. Offers inpatient and outpatient services. Fee range depends on service.
Red River Psychiatric Hospital	(844) 814-7902	1505 8th St. Wichita Falls, TX 76301	Accepts Medicare, Medicaid, and most forms of private health insurance. Fee depends on service.
Wichita Falls Neuropsychiatric Center	(940) 723-0012	2410 9th St. Wichita Falls, TX 76301	Accepts Medicare, CMO Medicaids, and most forms of private health insurance. Fee depends on service.
Blissful Balance	(940) 322-5477	1708 Dayton Ave. Wichita Falls, TX 76301	Accepts most insurance. Does NOT accept BCBS HMO and First Care.
Breckenridge Family Counseling	(254) 870-2307	117 West Walker St., Breckenridge, TX 76424	Accepts most insurance and Medicaid; Sliding fee scale: \$80-\$120.
Dr. Goodall's House	(254) 559-5450	201 South Geneva St., PO BOX 272, Breckenridge, TX 76424	All services are free *Must have a history of trauma
ResourceCare Breckenridge	(354) 559-7215	2802 West Walker St. Breckenridge, TX 76424 <a href="https://www.resourcecare.org/behavioral-health">https://www.resourcecare.org/behavioral-health</a>	Accepts most insurance and Medicaid; Sliding fee scale starting around \$15 a session
Healing Play Counseling – LCSW Melissa Austen	(940) 276-1030	530 S 2 <sup>nd</sup> St. Haskell, TX 79521 <a href="https://www.healingplaycounseling.com/">https://www.healingplaycounseling.com/</a>	Accepts most insurance and Medicare and Medicaid; Initial assessment \$120 and follow up sessions \$80.
Laurie Markey, MFT-A, LPC-I	(940) 242-5967	706 S. Ave. E., Haskell, TX 79521	Does not take insurance; sliding fee scale starting at \$0 *Only adolescents 14+
Virginia's House	(940) 549-9829	729 Elm St., PO Box 155 Graham, TX 76450	Requires insurance or Medicaid *must have a history of trauma
Mighty Oak Psychology	(940) 280-2959	2304 Midwestern Pkwy. Ste. 105	Accepts most insurance. Up to \$150/session

		Wichita Falls, TX 76308	
Wichita Falls Area Food Bank	(940) 766-2322	1230 Midwestern Pkwy Wichita Falls, TX 76302	Food bank serving Archer, Baylor, Clay, Foard, Haskell, Jack, Knox, Montague, Throckmorton, Wilbarger, Wichita, and Young counties.
Noah's Ark Clothing	(940) 723-4904	701 Harding St. Wichita Falls, TX 76301	Free and discounted clothing. Open Fridays from 11am to 4pm.
Faith Mission	(940) 723-5663	1300 Travis St. Wichita Falls, TX 76301	Homeless shelter and clothing resource. Call for details.
SonShine House	(940) 781-1844 (940) 723-2731	912 Broad St. Wichita Falls, TX 76301	Clothing and food resources. Open Tuesdays from 1:30pm to 4:00pm. Phone number is for a church office
Salvation Army – Wichita Falls	(940) 322-9822	403 7 <sup>th</sup> St. Wichita Falls, TX	Can obtain clothing vouchers to use at the thrift store. Ask for Denny, and bring ID and SS cards.
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

The Recovery Center	(940) 761-3034	2501 Taylor St. Wichita Falls, TX 76309	24-hour call line available. Accepts most private insurance as well as TRICARE. Offers inpatient and outpatient services. Fee range depends on service.
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Serenity House Texas	(866) 795-4673	<p><b>Outpatient Services:</b> 2910 Kemp Blvd., Ste. 213 Wichita Falls, TX 76301</p> <p><b>Inpatient Services:</b> 150 Orange St. Abilene, TX 79601</p>	24-hour toll-free call line available. Accepts most insurances and private pay. Limited scholarships available.
Red River Psychiatric Hospital	(844) 814-7902	1505 8th St. Wichita Falls, TX 76301	Accepts Medicare, Medicaid, and most forms of private health insurance. Fee depends on service.
Mighty Oak Psychology	(940) 280-2959	2304 Midwestern Pkwy. Ste. 105 Wichita Falls, TX 76308	Accepts most insurance. Up to \$150/session
Recovery TX / Be Well Texas	<p>Information and scheduling: (833) 778-2571</p> <p>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>

### Autism/ABA Resources

Odyssey Behavioral Health	(940) 386-2100	3501 Sheppard Access Rd. Wichita Falls, TX 76306	Accepts Tricare and private pay for psychotherapy and psychological evaluation. Accepts most private insurance for ABA services.
Rose Street Mental Health	<p><b>ABA Clinic:</b> (940) 228-5297</p>	<p><b>ABA Clinic:</b> 4084 S Regent Dr. Wichita Falls, TX 76308</p>	Accepts Medicare, Medicaid, and most forms of private health insurance. Fee depends on service. Psychiatric, counseling, and applied behavioral analysis services available.

## Eating Disorder Resources

Helen Farabee Centers	<p>Main Phone: (940) 397-3143</p> <p>Crisis Phone: (800) 621-8504</p>	<p>1000 Brook St. Wichita Falls, TX 76301</p> <p><b>Crisis Hotline available 24/7</b> <a href="https://www.helenfarabee.org/">https://www.helenfarabee.org/</a></p> <p>(Serves: Archer, Baylor, Childress, Clay, Cottle, Dickens, Foard, Hardeman, Haskell, Jack, King, Knox, Montague, Stonewall, Throckmorton, Wichita, Wilbarger, Wise and Young)</p>	<p>Accepts Medicare, Medicaid, and most forms of private health insurance; also offers sliding scale fee based on income (may be \$0-\$50)</p> <p>See LMHA resources above for additional Helen Farabee locations</p>
Byers Counseling	(940) 500-5909	900 8th St, Ste. 901 Wichita Falls, TX 76301	Accepts some Medicaid plans and most forms of private insurance.
Mighty Oak Psychology	(940) 280-2959	2304 Midwestern Pkwy. Ste. 105 Wichita Falls, TX 76308	Accepts most insurance. Up to \$150/session

## Foster and Adoption Resources

Positive Frame of Mind Counseling	(940) 228-2951 (940) 204-5508	4245 Kemp Blvd., Ste 720 Wichita Falls, TX 76308	Accepts Medicare, Medicaid, and most forms of private health insurance; \$125-\$145.
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## LGBT Resources

Garden Counseling, LLC	(940) 263-1309	813 8th St., Ste 550-I Wichita Falls, TX 76301	Private pay only. Sliding scale fee from \$30-\$120
Positive Frame of Mind Counseling	(940) 228-2951 (940) 204-5508	4245 Kemp Blvd., Ste 720 Wichita Falls, TX 76308	Accepts Medicare, Medicaid, and most forms of private health insurance; \$125-\$145.
Christ Counseling Ministries	(940) 696-0181	1420 Twin Oaks St. Wichita Falls, TX 76302	Accepts Medicare. Fee assistance program available.

## Trauma Resources

Garden Counseling, LLC	(940) 263-1309	813 8th St., Ste 550-I Wichita Falls, TX 76301	Private pay only. Sliding scale fee from \$30-\$120
Positive Frame of Mind Counseling	(940) 228-2951 (940) 204-5508	4245 Kemp Blvd., Ste 720 Wichita Falls, TX 76308	Accepts Medicare, Medicaid, and most forms of private health insurance; \$125-\$145.
Jennyfer Rosado, MS, LPC	(940) 400-0746	710 Lamar St. Wichita Falls, TX 76301	Accepts BCBS, Cigna, and Magellan. Up to \$120.
Megan Bodine, PhD, LP	(940) 400-3720	807 8th St., Ste. 510 Wichita Falls, TX 76301	Accepts Medicare, Medicaid, and most forms of private health insurance; also offers sliding scale fee based on income.



Judith Beechler, PhD, LPC-S, NCC	(940) 799-9921	3011 10 <sup>th</sup> St. Wichita Falls, TX 76309	Accepts BCBS and offers sliding scale based on income (\$40-\$130).
James McGinn, MA, LPC	(940) 355-0321	1410 8 <sup>th</sup> St. Wichita Falls, TX 76301	Accepts Medicare, Medicaid, and most forms of private health insurance; also offers sliding scale (\$50-\$120).
Christ Counseling Ministries	(940) 696-0181	1420 Twin Oaks St. Wichita Falls, TX 76302	Accepts Medicare. Fee assistance program available.
Virginia's House	(940) 549-9829	729 Elm St., PO Box 155 Graham, TX 76450	Requires insurance or Medicaid *must have a history of trauma
Mighty Oak Psychology	(940) 280-2959	2304 Midwestern Pkwy. Ste. 105 Wichita Falls, TX 76308	Accepts most insurance. Up to \$150/session

### Food, Clothing, and Housing Resources

Wichita Falls Area Food Bank	(940) 766-2322	1230 Midwestern Pkwy Wichita Falls, TX 76302	Food bank serving Archer, Baylor, Clay, Foard, Haskell, Jack, Knox, Montague, Throckmorton, Wilbarger, Wichita, and Young counties.
Noah's Ark Clothing	(940) 723-4904	701 Harding St. Wichita Falls, TX 76301	Free and discounted clothing. Open Fridays from 11am to 4pm.
Faith Mission	(940) 723-5663	1300 Travis St. Wichita Falls, TX 76301	Homeless shelter and clothing resource. Call for details.
SonShine House	(940) 781-1844 (940) 723-2731	912 Broad St. Wichita Falls, TX 76301	Clothing and food resources. Open Tuesdays from 1:30pm to 4:00pm. Phone number is for a church office
Salvation Army – Wichita Falls	(940) 322-9822	403 7 <sup>th</sup> St. Wichita Falls, TX	Can obtain clothing vouchers to use at the thrift store. Ask for Denny, and bring ID and SS cards.