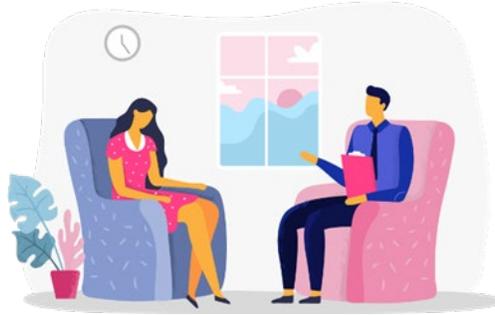


# COUNSELING RESOURCES



## Grayson County

### **Child and Family Guidance Center of Texoma**

*Location:* 804 E. Pecan Grove, Sherman.

*Services:* Therapy for ages 3 and up, Family/Parent Education Services, Specialized support services, Psychological Testing, Anger Management, Women’s Empowerment Program.

*Hours:* Monday-Thursday: 8:00am-5:30pm; Friday-8am-12pm

*Contact:* (903)-893-7768

*Website:* <https://cfgcenter.org/>

### **Children’s Advocacy Center**

*Location:* 910 E Cottonwood Rd. Sherman

*Services:* Crisis Intervention, Trauma-specific assessments, Family and caregiver engagement, Individualized Treatment plan, Individualized Evidence-based treatment, Referral to other community resources as needed to meet special needs, higher level of care, and/or as part of aftercare planning. Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Cognitive Behavioral Therapy (CBT), Parent-Child Interaction Therapy (PCIT), Group support and therapy for non-offending caregivers, Child-centered Play Therapy, Directive play therapy activities, Behavior modification training for caregivers

*Hours:* Monday-Friday: 8:00am-5:00pm

*Contact:* (903) 957-0440

*Website:* <https://cacgc.org/>

### **Center for Psychological Development**

*Location:* 1105 Memorial Dr. # 202, Denison, TX

*Services:* Allergy Injections, Blood Testing, Telemetry, Toxicity Testing, PGX Testing, DME Bracing, CGX Testing, Basic Testing, Drug Screening/Substance Abuse, Immunization, Health Screenings, Laboratory Services, Pre-Surgical Preparation, Primary Medicine/Wellness, Medication Management, Pain Management, Integrated Listening Systems (ILS), Parent-Child Interaction Therapy (PCIT), Eye Movement Desensitization & Reprocessing (EMDR-Level 1& 2), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Chemical Dependency, Sexual Offender Treatment, Competency/Court Order Evaluations, Nurse Peer, UA Testing, Case Management, Psychosocial Rehabilitation Services, Group Day Treatment.

*Hours:* Monday-Friday: 8am-5pm

*Contact:* (903) 337-0343

*Website:* <https://www.cpdintegratedhealth.com/>

### **Four Rivers Outreach**

*Location:* 210 S. Rusk St. Sherman, TX

*Services:* Help men and women overcome their struggles with addiction, providing recovery classes. Provides an intensive residential transition program for men, daily recovery classes that are open to the public, hot meal, short-term (1-2 days) housing for me who are in transition, dental services for low-income adults with no dental insurance, GED classes and more.

*Hours:* Monday-Friday: 8am-5pm

*Contact:* (903) 870-4000

*Website:* <https://fourivers.org/life-renewal-program/>

### **Grayson County Crisis Center**

*Location:* 4200 N. Travis St. Sherman, Tx

*Services:* Domestic Violence Shelter Housing Options, Employment, Legal Services/Protective Orders, Parenting Support Groups, Counseling, Crisis Intervention, Children's Advocacy. Non-Residential Services: Support Groups, Advocacy Services, Legal Services, Case Management.

*Hours:* 24/7 Hotline (903) 893-5615

Administration office number: (903) 893-3909

*Website:* <https://www.graysoncrisiscenter.org/>

**Health Services of North Texas**-You do not have to be resident of Denton County to receive services

*Location:* 306 N Loop 288, STE 200, Denton, TX 76209

*Services:* HSNT accepts most major medical insurance, including Medicaid and Medicare and offers a sliding fee scale based on income for those patients that may be uninsured or underinsured. Provides: Case Management, Prescription Assistance, Medication Management, Behavioral Health-Depression & Anxiety, Substance Use Treatment, Medication Management, Individual & Family Therapy.

*Hours:* Monday-Friday: 8am-5pm

*Contact:* 940-381-1501

*Website:* <https://healthservicesntx.org/services/behavioral-health>

### **Home Hospice of Grayson & Fannin Counties**

*Location:* 505 W. Center Street Sherman, TX 75090

*Services:* Grief Counseling and Support Groups

*Hours:* Monday-Friday: 8:00am-5:00pm

*Contact:*903-868-9315

*Website:* <https://www.homehospice.org/>

### **Hope for Texoma**

*Location:* 402 W Lamar St. STE 105, Sherman, TX

*Services:* Specialties': Trauma and PTS, Men's Issues, Attachment Disorders, Adoption Issues, Career Counseling, Counselor Supervision for LPC Interns, Child, Adolescent and Teen Counseling, TBRI (Trust Based Relational Intervention), Parenting, Relationship Issues, Veterans. Anxiety, Adoption, Addiction, Behavioral Issues, Career Counseling, Codependency, Coping Skills, Depression, Emotional Disturbance, Family Conflict, Grief, Oppositional Defiance, Peer Relationships, Self-Esteem, Self-Harming, Sexual Abuse, Spirituality, Teen Violence, Internet Addiction, Life Coaching, Marital and Premarital, Relationship Issues, Treatment Approach/Treatment Orientation: Christian Counseling, wellness coaching, Coaching, Cognitive Behavioral, Marital/Family, EMDR, Eclectic, Mentoring Solutions Focused Brief ( SFBT), Modalities: Individuals, Couples, Families.

*Hours:* Monday-Friday: 8:00am-5:00pm

*Contact:* 903-375-0055

*Website:* <https://hopefortexoma.com/>

## **Lakes Regional MHMR**

*Location:* 809 Gallagher Dr. Suite A, Sherman, TX.

*Services:* Substance Abuse

*Hours:* Monday-Thursday: 10am-8pm

*Contact:* (903) 892-8185 *Emergency Phone:* 877-466-0660

*Website:* <https://lakesregional.org/>

Different Locations/ with different services: <https://lakesregional.org/location-map/>

## **Fannin County**

### **Fannin County Crisis Center**

*Location:* 118 E Sam Rayburn Dr. Bonham, TX

*Services:* Provides Counseling for victims of domestic violence, sexual assault & other violent crimes. They are also a SAFEPLACE meaning anyone under the age of 18 in need of immediate help and safety can come.

*Hours:* Monday-Friday: 8:30am-5:00pm

*Contact:* (903) 583-7694, 24/7 Hotline:(903)-683-7000

*Website:* <https://fccrisiscenter.org/>

### **Lakes Behavioral Health (Bonham)**

*Location:* 410 W Sam Rayburn Dr, Bonham, TX

*Services:* Substance Abuse

*Hours:* Monday-Thursday: 10am-8pm

*Contact:* (903) 583-0060; *Emergency Phone:* (866) 260-8000

*Website:* <https://lakesregional.org/>

### **STARRY Counseling**

*Location:* 8751 Collin McKinney Pkwy #205, McKinney 75070

*Services:* Provides therapeutic support to foster children, foster families, and biological families through family engagement services and case management services, Family Counseling, Fatherhood Program, Foster Care & Family Preservation

*Hours:* Monday-Thursday: 9am-5pm; Friday: 9am-12pm

*Contact:* (469) 617-7476

*Website:* <https://www.starry.org/mckinney/>

### **Stonebridge Family Counseling**

*Location:* 2524 East FM 691 Suite 1, Sherman, TX.

*Services:* Marriage and Family Counseling, Relationship Enhancement, Trauma (Including Abuse or Assault Related Issues), eating disorders, Grief and Bereavement, Child and Adolescent Issues, Illness and Disability Issues, Mood Disorders, Stress Management, Crisis Intervention, Depression, Anxiety, Assertiveness & Self-Esteem, Phobia

*Hours:* Monday-Thursday: 10:00am-6:00pm

*Contact:* (903) 893-6010

*Website:* <https://stonebridgefamilycounseling.com/>

### **Tidemark Therapy**

Brittainy Wagoner, LPC

*Location:* 305 W Woodard St #213, Denison, TX

*Services:* Online Counseling, Immigration Evaluations, Medication Services, Depression, Couples, Anxiety, PTSD

*Hours:* Tuesday- Thursday: 9am-8pm; Saturday 9am-3pm; Sunday 9am-5pm

*Contact:* (903) 265-8545

*Website:* <https://www.tidemarktherapy.com/>

## **Local Psychiatrist**

### **Robert M. Cross, Ph.D.**

*Location:* 200 N Travis St Ste 303 Sherman, TX

*Services:* I am an eclectic psychologist providing psychotherapy and counseling services for a wide range of mental and emotional problems. I have extensive experience and training in metacognitive, cognitive

behavioral and interpersonal psychotherapy as well as couples therapy and addiction counseling. Serves 15 years and up doesn't take no Medicaid only private insurance.

*Hours:* By appointment only

*Contact:* 903-819-8888

*Website:* <https://rmcrossphd.wixsite.com/website>

### **Texoma Community Center**

*Location:* 315 W. McLain Dr. Sherman, TX.

*Services:* Case Management, Child & Adolescent Mental Health Services, Adolescent Substance Use Disorder, Trauma-Informed Care, Youth Empowerment Services, IDD services, Forensic Services, Veteran Service, Home and Community Based Services, Outpatient Counseling & Integrated Healthcare

*Hours:* Monday-Friday: 8:00am-5:00pm

*Contact:* (903) 957-4701, 24 Hour Crisis Line: (877) 277-2226

*Website:* <https://www.texomacc.org/>

## **Testing**

<i>Centers Name</i>	<i>Ages</i>	<i>Accepted Insurance</i>	<i>Type of testing</i>
<b><u>Center for Psychological Development</u></b> 1105 Memorial Dr #202, Denison, TX 903-337-0343	All Ages	Contracts with many large, well-known health insurance companies in the Texas & Oklahoma area. Also Accepts Medicaid, Medicare, and CHIP	<ul style="list-style-type: none"> <li>➤ ADHD/ODD/Conduct Disorder</li> <li>➤ Autism Spectrum Disorders</li> <li>➤ Dementia/Cognitive Impairment</li> <li>➤ And many More</li> </ul>
<b><u>Karen Falla, PhD</u></b> 6717 Eldorado Pkwy STE 110, McKinney, TX 214-585-0584	4 for Neuropsychology  6 & up for Autism Testing	BCBS Aetna Cigna Tricare Medicare UHC PPO	<ul style="list-style-type: none"> <li>➤ Autism Spectrum Disorder</li> <li>➤ Pediatric Bipolar Disorder</li> <li>➤ Neuropsychological Evaluation</li> <li>➤ And many more</li> </ul>
<b><u>Illumination Psychological Testing</u></b> 6001 Summerside Dr. Suite 102. Dallas, Texas 75252 (972) 985-1100	20 months- Late Adulthood	Out-Of-Network	<ul style="list-style-type: none"> <li>➤ Neuro- Psychological Testing</li> <li>➤ Behavioral Disorder</li> <li>➤ Delays</li> <li>➤ And many more</li> </ul>

## **PT/OT/Speech/Sensory**

<u><i>Centers Name</i></u>	<u><i>Ages</i></u>	<u><i>Accepted insurance</i></u>	<u><i>Services Offered</i></u>
<b><u>Lifepath Systems</u></b> 2001 N Loy Lake Rd Suite N, Sherman, TX 75090 (972) 562 0331	Birth to 3	All insurance	<ul style="list-style-type: none"> <li>➤ Full developmental evaluation</li> <li>➤ Speech therapy</li> <li>➤ Physical Therapy</li> <li>➤ Occupation Therapy</li> </ul>
<b><u>Step 2 Strides</u></b> Address: 2300 W Morton St, Suite 114 Denison, TX (903) 462-4085	Birth-20 years old	All forms of Texas Medicaid and CHIP. Also accepts Tricare and private pay.	<ul style="list-style-type: none"> <li>➤ Physical Therapy</li> <li>➤ Speech Therapy</li> <li>➤ Occupational Therapy</li> </ul>
<b><u>International Center for Autism</u></b> 1220 Reba McEntire Lane, Denison Tx (430) 277-0304	No Age limit	BCBS Magellan	<ul style="list-style-type: none"> <li>➤ Physical Therapy</li> <li>➤ Occupational Therapy</li> <li>➤ Physical Therapy</li> <li>➤ And many more</li> </ul>

## **Further Options**

### **Applied Psychology Group**

Location: 555 Republic Drive, Suite 325, Plano, TX 75074

Services: Pediatric and Adult Neuropsychological Evaluations, Developmental Evaluations, Developmental Assessment for non-verbal children, Determination of Mental Retardation Evaluations, Placement Evaluations for juvenile offenders, Contracted with Region 3 (State of Texas) for Child Protective Services Psychological Evaluations, Pre-Surgical evaluations for gastric sleeve/bypass, Spinal Simulator, and Deep Brain Simulator, Neuropsychological Evaluations

Hours: Monday-Friday: 8am-5pm

Contact (903)-893-0298

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

# Online Resources

## **Charlie Health**

Location: Online only

Services: Offers Intensive Outpatient, Group Therapy, Individual Therapy, Family Therapy for teens (12-17) and young adults (18-28).

Contact: 1 (866)805-5055

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

## **Here for Texas**

Free Helpline 972-525-8181 (Not a Crisis Line) for those seeking resources for yourself or someone else. You will be connected to a trained mental health navigator who can offer support and information about mental health services and resources in your area. Open Monday-Friday: 10am- 6pm

<https://www.herefortexas.com/>

## **Psychology Today**

Therapists, Online Therapy, Psychiatrists, Treatment Centers, Support Groups

<https://www.psychologytoday.com/us/groups>

## **ZENCARE-Texas**

Find providers in your area. Search by location, in person or online, insurance, specialty and more.

<https://zencare.co/us/texas/therapists>

## **The Coalition to Support Grieving Students**

<https://grievingstudents.org/>

## **Open Path- Psychotherapy Collective**

<https://openpathcollective.org/>