

COUNSELING RESOURCES



Applied Psychology Group

Location: 600 E. Taylor St. Suite 4011, Sherman, TX

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/>

Charlie Health

Location: Online only

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

Hours:

Contact: 1 (214) 949-1891

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

Child and Family Guidance Clinic

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-6:00pm

Friday-10:00am-4:00pm

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/>

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.

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

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

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

Four Rivers Outreach-Men

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 men 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://fourriversoutreach.org/>

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

Contact Hotline: (903) 893-5615

Administration office number: (903) 893-3909

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

Grayson County Counseling Services

Location: 2009 Texoma Pkwy #3. Sherman

Services: Counseling

Hours: Contact numbers for hours-hours vary

Contact: (903) 892-2874

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

Location: 4304 Mesa Dr. Denton, TX

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) 291-3068

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

Home Hospice

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: Early Childhood Intervention (ECI), Intellectual & Development Disability (IDD), Mental Health, Substance Abuse

Hours: Monday-Friday: 8:00am-4:00pm

Contact: (903) 892-8185

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

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

Lakes Regional MHMR

Location: 809 Gallagher Dr Suite A, Sherman, TX

Services: Early Childhood Intervention (ECI), Intellectual & Development Disability (IDD), Mental Health, Substance Abuse

Hours: Monday-Friday: 8:00am-4:00pm

Contact: (903) 892-8185

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

Lakes Behavioral Health (Bonham)

Location: 410 W Sam Rayburn Dr, Bonham, TX

Services: Early Childhood Intervention (ECI), Intellectual & Development Disability (IDD), Mental Health, Substance Abuse

Hours: Monday-Thursday: 9am-8pm

Contact: (903) 583-0060

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

STARRY Counseling

Location: 2150 S Central Expy Suite 160, McKinney, TX

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-Friday: 9am-5pm

Contact: (469) 617-7476

Website: <https://steps2strides.com/>

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, Closed on Friday's

Contact: (903) 893-6010

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

Trinity Counseling

Location: 416 E Main St. Denison, TX

Services: Provides outpatient mental health private practice, serving residents of North Texas and Southeastern Oklahoma. Assists with individual, group, marital, and/or family counseling, and crime victims.

Hours: Monday-Friday: 10am-7p

Contact: (903) 465-6344

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: Monday: 9am-5pm. Tuesday: 8am-5pm, Wednesday: 8am-5pm, Thursday: 8am-5pm, Friday: 8am-5pm

Contact: (903) 265-8545

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

Local Psychiatrist

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, Integrated Listening System (ILS) Medication Management.

Hours: 8am-5pm, Monday-Friday

Contact: (903) 337-0343

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

Dante Burgos, MD

Location: 4511 Stonewall St, Greenville, TX

Services: Child & Adolescent Psychiatry Specialist

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

Contact: (903) 454-7200

Judith A. Cook, MD (Medicare)

Location: 115 W Lamberth Rd a, Sherman, TX

Services: Dr. Cook may treat patients through a variety of methods including medications, psychotherapy or talk therapy, psychosocial interventions and more, depending on each individual case. Different medications that a psychiatrist might prescribe include antidepressants, antipsychotic medications, mood stabilizers, stimulants, sedatives, and hypnotics. Dr. Cook treats conditions like depression, anxiety, OCD, eating disorders, bipolar disorders, personality disorders, insomnia, ADD and other mental illnesses.

Hours: Monday-Friday: 8am-5pm

Contact: (903) 892-6700

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.

Hours: Call for hours (hours vary)

Contact: 903-819-8888

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/>

Texoma Community Center

Location: 301 N. Grand Ave, Gainesville, TX 76240

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: (940) 612-1389

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

Testing

Applied Psychology 600 E. Taylor St., Suite 4011, Sherman, TX 903-893-0298 Fax: 903-892-6323	All Ages	MC, Sooner Care, CHIP	Pediatric & Adult Neuropsychological Evaluations Development Evaluations (also for non-verbal children) Determination of Mental Retardation Evaluations (DMR/IDD) Placement Evaluations for juvenile offenders Contracted with Region 3 (State of Texas) for Child Protective Services Psychological Evaluations
Center for Psychological Development Denison, Tx 1105 Memorial Dr #202, Denison, TX 903-337-0343	Ages 3.5 +	Aetna, MC, Medicare, SS, CHIP, Cigna, Sooner Care	Neuro Psych Testing, Med Management, Therapy
Dr. David Falkstein 102 W McDermott Dr, Allen, TX 972-954-7188 Fax: 214-383-4252	Ages 2-60 Counseling: 4+	UHC, Cigna, BCBS, PPO, TriCare	ADHD/ADD Evaluations Child/Adolescent Services Adult Services Specialized Services
Karen Falla, PhD 6717 Eldorado Pkwy STE 110, McKinney, TX 214-585-0584 Fax:214-585-0586	All Ages	BCBS Aetna Cigna Tricare Medicare	Licensed Psychologist Clinical Neuropsychologist Child, Adolescent, Adult, Geriatric

Katie Niehus 4800 Hedgcoxe Road Suite #250 Plano, TX. 972-924-5878	Teens, adults, couples & families	Out of Network	ADHD evaluations for children under 18 years. Psychologist, PsyD
Dr. Robert Hanson 804 E Pecan Grove Rd E, Sherman, TX 972-345-1789	Ages 6-25	Cigna, MC, BCBS, GEHA, TriCare	Testing Clinical Psychologist
Daisy Blagg, PsyD 305 W Woodard St Ste 201, Denison, TX 903-905-8112	Ages 4+	BCBS, Cigna, UHC, OON with Tricare and Aetna	Testing, In-Person Clinical Psychologist

PT/OT/Speech/Sensory

Early Childhood Intervention Address: 2001 N Loy Lake Rd Suite N, Sherman, TX Phone: (972) 562-0331	Birth to 3 years	Most major insurance and Medicaid	Testing, in-person.
Step 2 Strides Address: 2300 W Morton St, Denison, TX Phone: (903) 462-4085	Birth-20 years	Most major insurance and Medicaid	Testing, in-person
The Rehabilitation Center Address: 1216 Hillcrest Dr, Sherman, TX Phone:(903) 893-7457	All Ages	Most major Insurance	Telehealth Offered, accepting new patients, in home services upon approval from the doctor.

Online Resources

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/>

Caring.com

Online resources to help individuals navigate the complexities of caregiving.

Contact: (800) 558-0653

Websites: <https://www.caring.com/caregivers/burnout/>, <https://www.Caring.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/>

Help Guide

[HelpGuide.org](https://helpguide.org)

[7 Best Online Therapy Services Reviewed in 2024 \(helpguide.org\)](https://helpguide.org)