

MENTAL HEALTH RESOURCES

UT SOUTHWESTERN PSYCHOTHERAPY CLINIC

THE CLINIC PROVIDES A LOW-COST OPTION FOR THOSE WHOM INSURANCE OR PRIVATE PRACTICE COSTS ARE BARRIERS TO RECEIVING PSYCHOLOGICAL SERVICES. THERE IS A FLAT RATE OF \$20/HOUR TREATMENT SESSIONS AND \$30/HOUR FOR EVALUATIONS. EVALUATION FOR MEDICATIONS/MEDICATION MANAGEMENT, PSYCHOLOGICAL EVALUATIONS, NEUROPSYCHOLOGICAL EVALUATIONS ARE PROVIDED BY PSYCHOLOGY STUDENTS AND INTERNS THROUGH THE CLINIC.

UTSW PSYCHIATRY CLINIC: 214-645-8500

UTSW PSYCHOTHERAPY CLINIC: 214-648-7012

EMAIL: PSYCHTHERAPY@UTSOUTHWESTERN.EDU

SMU CENTER FOR FAMILY COUNSELING

OFFERS THERAPEUTIC SERVICES FOR INDIVIDUALS, CHILDREN, AND FAMILIES ON A SLIDING FEE SCALE. INDIVIDUAL AND GROUP COUNSELING SERVICES ARE PROVIDED BY GRADUATE COUNSELING STUDENTS IN SMU'S MASTER OF SCIENCE IN COUNSELING PROGRAM AND OVERSEEN BY EXPERIENCED DOCTORAL AND MASTER'S-LEVEL LICENSED FACULTY AND STAFF MEMBERS. THE CLINIC DOES NOT PROVIDE ROUTINE CRISIS COUNSELING. THE CLINIC PROVIDES LOW COST COUNSELING SERVICES, WITH FEES AS LOW AS ZERO, TO ENSURE THAT SERVICES ARE AFFORDABLE TO ALL REGARDLESS OF CIRCUMSTANCES

WEBSITE: WWW.SMU.EDU/FAMILY/HEALTH

EMAIL: FAMHEALTH@MAIL.SMU.EDU

EL. 214.768.2655

COUNSELINGWORKS/CHRISTIANWORKS

UNDER THE UMBRELLA OF CHRISTIANWORKS, COUNSELINGWORKS SERVICES INCLUDE INDIVIDUAL, COUPLE, MARITAL, PREMARITAL, FAMILY COUNSELING AND PLAY THERAPY FOR AGES 3 AND OLDER. WITH LOCATIONS IN BOTH DALLAS & FT. WORTH, A LARGE STAFF OF LICENSED AND PROVISIONALLY LICENSED THERAPISTS UNDER SUPERVISION PROVIDE COUNSELING ON AN AFFORDABLE SLIDING FEE SCALE BASED ON THE CLIENT'S ANNUAL HOUSEHOLD INCOME AND ABILITY TO PAY. THERAPY SERVICES ARE AVAILABLE IN BOTH ENGLISH AND SPANISH. ALL COUNSELING SERVICES MEET THE REQUIREMENTS OF HIPAA AND STATE MANDATED LAWS AND PROVISIONS TO PROTECT CLIENT CONFIDENTIALITY.

WEBSITE: [HTTPS://WWW.CHRISTIAN-WORKS.ORG](https://WWW.CHRISTIAN-WORKS.ORG)

TEL. NO. (800) 375-2229

Metrocare Behavioral Healthcare for Children & Adults

HEADQUARTERED OFF I-35 NEAR DALLAS LOVE FIELD AIRPORT, METROCARE OFFERS TRADITIONAL OUTPATIENT SERVICES, SUCH AS EVALUATION, MEDICATION, MONITORING, COUNSELING, AND SKILLS DEVELOPMENT FOR CHILDREN AGES 3-18 WHO ARE EXPERIENCING SYMPTOMS OF EMOTIONAL DISTURBANCE. METROCARE SERVICES IS A LARGE-SCALE, PREMIER MENTAL, PHYSICAL AND EMOTIONAL HEALTH SERVICES PROVIDER IN NORTH TEXAS. PHARMACY SERVICES, PRIMARY HEALTH CARE, AND BEHAVIORAL HEALTH CARE ARE AVAILABLE AT SELECTED SITES. METROCARE DOES NOT CHARGE ITS PATIENTS FOR ANY SERVICES RENDERED.

WEBSITE: [HTTPS://WWW.METROCARESERVICES.ORG/](https://www.metrocareservices.org/)

TEL. 877.283.2121

HEALING HANDS DALLAS

HEALING HANDS MINISTRIES PROVIDES BARRIER-FREE ACCESS TO HEALTHCARE FOR THE UNINSURED AND UNDERINSURED IN DALLAS COUNTY. THEY OFFER SERVICES THROUGH THEIR VARIOUS CENTERS: BEHAVIORAL HEALTH CENTER DENTAL HEALTH CENTER FAMILY HEALTH CENTER PEDIATRIC HEALTH CENTER WOMEN'S HEALTH CENTER THE ROSEWOOD FOUNDATION VISION CENTER. THEY PROVIDE CULTURALLY COMPETENT CARE TO THEIR 20,000 PATIENTS SPEAKING 68 UNIQUE LANGUAGES. HEALING HANDS MINISTRIES IS A FEDERALLY QUALIFIED HEALTH CENTER. PATIENTS ARE SCREENED BASED ON INCOME TO DETERMINE ELIGIBILITY FOR A SLIDING FEE DISCOUNT.

[HTTPS://HEALINGHANDSDALLAS.ORG/HOW-TO-ENROLL/](https://healinghandsdallas.org/how-to-enroll/)

FAMILY PRACTICE: 214-221-0855 EXT. 301

BEHAVIORAL HEALTH: 214-221-0855 EXT. 303

DENTAL CENTER: 214-221-0855 EXT. 302

ENROLLMENT: 214-221-0855

Parents Love Their Teens

PARENTS LOVE THEIR TEENS IS A NATIONWIDE PARENT ADVOCATE ORGANIZATION TO HELP PARENTS FIND THE RIGHT OPTIONS FOR THE RIGHT REASONS FOR THEIR STRUGGLING TEENS, TAKING COST CONSIDERATIONS OF EACH FAMILY. CONSULTATIONS ARE ALWAYS FREE. INTERVENTION PROGRAMS ARE THERAPEUTIC BOARDING SCHOOLS, RESIDENTIAL TREATMENT CENTERS, OR SUMMER PROGRAMS DESIGNED TO REMOVE A TEENAGER FROM HARMFUL ENVIRONMENTS, PROVIDE STRUCTURE, AND SHAPE POSITIVE BEHAVIOR. USING PARENTS LOVE THEIR TEENS AS YOUR ADVOCATE IN NAVIGATING BUDGETARY DECISIONS DOES NOT COST YOU ANYTHING, REGARDLESS OF WHICH SOLUTION WE COME TO.

[HTTPS://PARENTSLOVETHEIRTEENS.COM/](https://parentslovetheirteens.com/)

[HTTPS://PARENTSLOVETHEIRTEENS.COM/FAQ](https://parentslovetheirteens.com/faq)

Mental Health & Autism Insurance Project

ASSIST PEOPLE WITH AUTISTIC SPECTRUM AND MENTAL HEALTH CONDITIONS OBTAIN THE HEALTH CARE SERVICES THAT THEY NEED IN ORDER TO MAXIMIZE THEIR POTENTIAL. THEY FILE APPEALS AND GRIEVANCES ON BEHALF OF INDIVIDUALS/FAMILIES SEEKING MENTAL HEALTH TREATMENTS AND AUTISM TREATMENTS ON A SLIDING SCALE FEE. MHAIP HAS HAD SUCCESS IN OBTAINING INSURANCE COVERAGE FOR MEDICALLY NECESSARY RESIDENTIAL, PARTIAL HOSPITAL PROGRAMS, AND INTENSIVE OUTPATIENT TREATMENTS FOR ADOLESCENTS AND YOUNG ADULTS WITH MENTAL HEALTH CONDITIONS.

[HTTPS://WWW.MHAUTISM.ORG/UTISM.ORG](https://www.mhautism.org/utism.org)

EMAIL: [INFO@MHAUTISM.ORG](mailto:info@mhautism.org)

Momentous Institute

MOMENTOUS INSTITUTE WORKS WITH CHILDREN AND TEENS AGES 0-15 AND THEIR FAMILIES. THERE ARE NO ZIP CODE RESTRICTIONS, SO FAMILIES CAN LIVE ANYWHERE. THEY DO NOT BILL INSURANCE BUT WORK FROM A SLIDING SCALE WHERE CLIENTS HELP DECIDE WHAT THEY CAN AFFORD TO PAY. AN INABILITY TO PAY DOES NOT PROHIBIT A FAMILY FROM ACCESSING SERVICES. FAMILIES WHO SEEK THERAPEUTIC SERVICES WITH MOMENTOUS INSTITUTE REACH OUT FOR A VARIETY OF REASONS, INCLUDING, BUT NOT LIMITED TO DEPRESSION OR ANXIETY, CONCERNS ABOUT BULLYING, UNCERTAINTY ON HOW TO HANDLE AGGRESSIVE OR ACTING OUT BEHAVIORS, WORRIES ABOUT THE IMPACT OF A TRAUMATIC EXPERIENCE, PARENTING SKILLS, AND BEHAVIORAL OR EMOTIONAL CONCERNS

WEBSITE: WWW.MOMENTOUSINSTITUTE.ORG

TEL. NO. 214.915.4700

UNT CHILD & FAMILY RESOURCE CLINIC

THE CHILD AND FAMILY RESOURCE CLINIC IS A COUNSELING AND TRAINING CLINIC THAT SERVES THE DENTON COUNTY COMMUNITY. THE CFRC OFFERS COUNSELING TO CHILDREN, ADOLESCENTS, ADULTS, COUPLES, AND FAMILIES FOR ISSUES INCLUDING LEARNING, EMOTIONAL, AND ADJUSTMENT DIFFICULTIES. SERVICES INCLUDE SUPPORT COUNSELING FOR PERSONAL GROWTH AS WELL AS EMOTIONAL CHALLENGES SUCH AS LIFE TRANSITION, DEPRESSION, ANXIETY, ANGER, RELATIONSHIP, SELF-ESTEEM, AND OTHER CONCERNS. CHILD COUNSELING SERVICES INCLUDE INDIVIDUAL AND GROUP PLAY THERAPY.

OFFICE LOCATION: MATTHEWS HALL ANNEX, 1180 UNION CIRCLE, DENTON, TX

76203 EMAIL: CFRCPAPERWORK@UNT.EDU

TEL. NO. 940-565-2066

ADDITIONAL RESOURCES

GENESIS PT & WELLNESS | DALLAS

Holistic therapy practice with team of specialty physical and occupational therapists, with advanced training in women's health and pelvic floor physical therapy.

<http://genesisptwellness.com>

MINDFUL JOURNEY COUNSELING | PLANO

Integrative mental health and wellness center offering both traditional and holistic mind-body approaches to counseling. Therapists provide dialectical behavior therapy, cognitive-behavioural therapy, mindfulness-based cognitive therapy, mindfulness-based stress reduction and the Gottman method. Also offered are integrative therapies, such as yoga, meditation, nutrition and wellness consultations.

<http://mindfuljourneycounselingandwellness.com/jamie-jaubert-m-a-lpc-s>

MEIER CLINIC | RICHARDSON, ALLEN

A Christian Counseling Service, its mental health and therapy team includes psychiatrists, psychologists and therapists experienced in counseling care to individuals, couples and families. They offer outpatient counseling, medication management, neuropsych & psychological testing, and more.

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

THE CENTER | MULTIPLE LOCATIONS

With a team of more than 35 licensed professional counselors and psychologists, this Christian based providing care to college, young adults, adults and couples. Her areas of focus include codependency, faith and spirituality, identity and self-image, relationship issues, trauma, women's issues. They also offer an adjusted fee scale for those without insurance. This is a Christian counseling service that was founded in 1968.

<https://thecentercounseling.org/>

COOK CHILDREN'S PEDIATRICS | CASTLE HILLS

Cook Children's in Lewisville/Castle Hills help with well-child visits, vaccines, illnesses, behavior problems, learning disorders, and more. Dr. Sandra Peak and her staff know that taking care of kids means taking time to listen to parents, caregivers and the child, answering questions and help you navigate parenthood. Dr. Hari Kumerasan, a board certified psychiatrist in mental health and behavioral health services for children and adolescents, works out of the Castle Hills office on occasion and has worked with the most vulnerable families in community mental health systems.

<https://cookchildrens.org/pediatrics/lewisville>

tel. 682.3030.4367

DR, ANDREA KIM | PLANO, DALLAS

Dr. Kim is a board-certified psychiatrist practicing in Dallas, TX. She provides evaluation, diagnosis, and management of a variety of psychiatric and psychological problems in adults. She has a special interest in the connection of faith and spirituality with mental health, and approaches mental health in a holistic manner that includes mind, body, and soul.

Tel. 214.865.6846 <https://dallas-psychiatrist.com/>