



Mental Health Resources

**For help in finding a mental health provider you may contact the
Mental Health Navigation Line
Monday-Friday from 10:00-6:00
972.525.8181
www.herefortexas.com**

***If you or someone you care about is experiencing a mental health crisis,
please call 911 or take them to the nearest emergency room***

The information in this guide is for informational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your qualified mental health provider with any questions you may have regarding a medical condition. We do not recommend or endorse any specific tests, mental health providers, products, procedures, opinions, or other information that may be mentioned in this guide. Reliance on any information provided herein is solely at your own risk.

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Types of Mental Health Professionals

<https://www.herefortexas.com/types-of-mental-health-professionals>

Different types of mental health practitioners treat individuals with mental disorders, emotional conditions, and behavioral issues. The following descriptions will help you become familiar with their services, areas of specialization, and educational training.

Psychiatrists (M.D. or D.O.) are physicians (or doctors) who specialize in the diagnosis, treatment, and prevention of mental illnesses. Psychiatrists typically work with individuals who have significant mental health problems, but many also see a broad spectrum of patients. After medical school, they complete an additional four years or more of residency training in psychiatry. Like other physicians, psychiatrists have the training required to prescribe medications. They're qualified to order and perform a full range of tests that, coupled with discussions with patients, are used to assess an individual's mental and physical state. They also have the expertise to provide psychotherapy and prescribe other brain treatments, such as electroconvulsive therapy. Psychiatrists may direct and supervise other practitioners or conduct research. Areas of specialty include child and adolescent psychiatry, geriatric psychiatry, addiction psychiatry, and forensic psychiatry.

Psychologists (Ph.D., Psy.D) earn doctorates in the field of psychology and undergo specialized training to provide mental health treatment. Typically, their graduate studies are within a clinical psychology training program, in counseling psychology, or in developmental psychology. Clinical psychologists provide psychotherapy to clients one-to-one or in a group or family setting. They can also perform detailed batteries of assessments that measure specific mental functions and behaviors. The fields they can specialize in include child, cognitive, clinical, developmental, geriatric, social and community psychology. Because they hold doctoral-level degrees, they are "doctors," but unlike medical doctors they cannot prescribe medications.

Social Workers (MSW, LMSW, LCSW) undergo training to understand the social factors that affect behaviors and emotions. Most social workers earn master's degrees from schools of social work, although some also pursue doctorates, while others hold bachelor's degrees. They often provide specific services to address a person's day-to-day life needs, such as finances, housing, and access to community resources, or government benefits. Social workers are also trained in supporting healthy coping behaviors, and those with LCSW credentials possess the training to diagnose mental disorders and provide psychotherapy.

Therapists, Counselors, and Licensed Chemical Dependency Counselors (LMFT, LPC, LCDC) all provide interventions such as therapy and counseling. "Talk therapy," "therapy," and "counseling" are terms that span formal psychotherapy as well as providing guidance for specific issues. Individual, couples, family, and group therapy may be performed by many types of mental health practitioners. Therapists and counselors work in hospitals, clinics, schools and universities, rehabilitation centers, nursing homes, social service agencies, and in private practice.

Pastoral Counselors are clergy members and others who have received graduate training in both religion and behavioral science for a practice that integrates the discipline of psychology with spirituality and religious beliefs. Many people turn to faith leaders for help with personal, marital, and family issues as well as spiritual issues.

Psychiatric nurses have been trained in a school of nursing and go on to do specialty training and clinical work in psychiatric nursing. Psychiatric mental health nursing is a specialty within nursing, much like psychiatry is a specialty within the practice of medicine.

Advanced Practice Nurses (APNs), who have completed additional training, can prescribe psychiatric medications under the supervision of a physician.

Internists, Family Physicians and Primary Care Doctors are physicians who have the training to diagnose and treat physical illnesses and to encourage preventative health practices. Many people with mental illnesses and related concerns first seek assistance from their primary care physicians, who often start medications and/or refer their patients to mental health specialists for further evaluation and treatment.

Treatment Settings

<https://www.herefortexas.com/treatment-settings>

Treatment for mental health-related issues is provided in a variety of settings. The environment and level of care will depend on multiple factors: the nature and severity of the person's mental condition, their physical health, and the type of treatment prescribed or indicated.

The three primary types of treatment settings for mental health care are 1) outpatient, 2) hospital inpatient, and 3) residential. In addition, some mental health care services are delivered virtually.

+ OUTPATIENT SETTINGS

There are many types of outpatient settings, but all involve office visits with no overnight stay. Some are based in community mental health centers; others are in general hospitals where individuals visit an outpatient clinic by appointment. In addition, many individuals go to private offices to see a mental health clinician who is in solo or group private practice.

Outpatient clinics are settings where patients obtain therapy services from a group of mental health professionals. Depending on the clinic, individual therapy, group therapy and medication management may be available. Sessions are typically once a week or once a month.

Intensive outpatient programs (IOPs) are like PHPs but are only attended for three to four hours and often meet during evening hours to accommodate working people. Most IOPs focus on either substance abuse or mental health issues. IOPs may be part of a hospital's services or freestanding.

Partial hospitalization programs (PHPs), also called "day programs," refer to outpatient programs that patients attend for six or more hours a day, every day, or most days of the week. These programs are less intensive than inpatient hospitalization and focus on psychiatric illnesses and/or substance abuse. They commonly offer group therapy, educational sessions, and individual counseling. A PHP may be part of a hospital's services or a freestanding facility.

Community mental health centers will provide services regardless of an individual's ability to pay. In Texas, Local Mental Health Authority (LMHA) clinics treat persons whose incomes fall below a state-determined level. A list of LMHAs and their crisis hotlines is available here.

Practitioners in private practice offer mental health treatment/counseling at their offices. Appointments may be for individual, group, or family therapy. Many practitioners accept insurance payments, but practitioners vary in which insurance plans they will accept. Some practitioners accept only personal payment for services.

Telepsychiatry, Telemental Health Services offer remote (virtual) delivery of mental health assessments, care or support via phone, online apps or video chat. Most commonly, these services improve access to care for individuals with mental health issues living in rural areas, in areas with few treatment options, or who can't leave home due to illness, emergencies, or mobility problems. These services also allow providers to support their patients between visits.

+ **HOSPITAL INPATIENT SETTINGS**

Hospital inpatient settings involve an overnight or longer stay in a psychiatric hospital or psychiatric unit of a general hospital. Inpatient hospitals provide treatment to patients with more severe mental illness, usually for less than 30 days. Generally, a person admitted to an inpatient setting is the crisis phase of a mental illness and will stay for 24-72 hours for stabilization and discharged once they are no longer deemed a safety threat to themselves or others. A person who requires long-term care may be transferred to another facility or a different setting within a psychiatric hospital after 30 days of inpatient treatment.

Psychiatric hospitals treat mental illnesses exclusively, although physicians are available to address other medical conditions. Some psychiatric hospitals provide drug and alcohol detoxification as well as inpatient drug and alcohol rehabilitation services and provide longer stays. A psychiatric hospital might have specialty units for eating disorders, geriatric concerns, child and adolescent services, and substance abuse services.

General medical and surgical hospitals may have a psychiatric inpatient unit and/or a substance abuse unit, although these units are not very common. They provide medical services that would not be available in a psychiatric hospital.

+ **RESIDENTIAL SETTINGS**

Residential treatment programs provide a structured therapeutic environment where individuals reside with staff support. Services provided may include individual and group therapy, medication management, vocational rehabilitation, nutrition counseling, and family therapy. Most residential treatment settings provide medical care but are designed to be more comfortable and less like a hospital ward than inpatient hospitals. The lengths of stay in residential treatment will vary based on the type of services provided, the patient's needs, and the availability of insurance coverage.

Mental health treatment centers are tailored to people with a chronic mental illness that impairs their ability to function independently. Some facilities may provide services for those with a dual diagnosis (i.e., a mental disorder and addiction problem).

Alcohol and drug rehabilitation facilities are centers that primarily treat addictions and may or may not provide medication-assisted detoxification services.

Nursing homes may provide psychiatric consultation as needed.

Individual Therapy

Please call to verify insurance coverage and fees.

Connect to Thrive Counseling www.thriveplano.com

- Individual Therapy
- EMDR, Play Therapy, Groups
- Therapy dogs in office
- Affirming
- Children-Adult
- In network with BCBS PPO and United Healthcare
- Out of network with Aetna and Cigna
- 972.872.8498

Underwood Counseling & Consultation www.underwoodcounseling.net

- Individual Therapy
- EMDR, ART, CBT, Family Systems
- Children-Adult
- In Network with BCBS, Anthem, and Cigna
- 469.712.9134

Kid Talk www.kidtalkfrisco.com

- Individual Therapy
- EMDR. Play Therapy
- Children-Teen
- In network with Aetna, BCBS, and United Health Care
- Out of network with Cigna
- 972.658.7831

Upside Therapy www.upsidetherapy.com

- Individual Therapy
- Individual and Group therapy
- Evaluations
- Specializes in ASD, Eating Disorders, LGBTQ+
- Social Skills Groups
- Affirming
- Children-Adult
- Out of network with ALL insurance companies
- 972.519.1692

Ellie Mental Health www.elliementalhealth.com

- Individual Therapy
- Individual and Group Therapy
- Play, EMDR, Grief, Trauma Informed
- Children-Adult
- In network with Aetna, Cigna/Evernorth and BCBS
- 469.833.2247

The Center for Integrative Counseling and Psychology www.thecentercounseling.org

- Individual Therapy
- Psychological testing and assessment
- Children-adult
- PACT program providing low-cost behavioral health treatment
- In network with most insurance and Medicare for psychological services
- Please check your insurance for Therapy coverage
- 214.526.4525

Connections Wellness Group www.connectionswellnessgroup.com

- Adolescent IOP and PHP
- Adult IOP and PHP
- Medication Management
- Individual Therapy
- Affirming
- Adolescent-Adult
- In network with most insurance
- NOT in network with Medicare or Medicaid
- Multiple locations in DFW area including McKinney and Frisco
- 940.394.8507

David L. Falkstein, Ph.D. and Associates <https://www.dfalksteinphdllc.com>

- Individual therapy
- EMDR
- Psychological testing and assessment
- Parent training
- Children-adult
- 972.954.7188

Susan E Blandino, PsyD www.susanblandino.com

- Individual therapy
- Psychological testing and assessment
- Ages 6-21
- In network with BCBS, United Healthcare, Aetna, Meritain, Cigna and Beacon
- 972.727.3627

Transitions Therapeutic Services of North Texas <https://www.northtexas counselor.com>

- Individual Therapy
- Couples Therapy
- Affirming
- Children-Adult
- In network with most insurance
- Offers Sliding Scale Fee
- 469.712.5481

Counseling Creatively <https://www.counselingcreativelypllc.com>

- Individual Therapy
- Art Therapy
- Affirming
- Children-Adult
- In Network with most insurance
- Offers Sliding Scale Fee
- 469.294.2600

Active Change Therapy <https://www.activechangetherapy.com>

- Individual Therapy
- Family Therapy
- Affirming
- Teen-Adult
- Does not accept insurance
- Fees start at \$150/hour
- 972.989.2623

Sanford Support System <http://sanfordsupportsystem.com/index.html>

- Individual Therapy
- Family Therapy
- Group Therapy
- Play Therapy
- Affirming
- Children-Adult
- Please call for insurance
- 214.641.1006

Sharp Wellness <https://www.sharpwellnessandcounseling.com>

- Individual Therapy
- Couples Therapy
- Family Therapy
- Teen LGBTQ+ Support Group
- Affirming
- Adolescent-Adult
- Does not accept insurance
- Fees begin at \$120/session
- Sliding Scale offered
- 469.389.1105

Room for Change <https://roomforchange.info>

- Individual Therapy
- Virtual Options
- Affirming
- Teens-Adult
- In network with BCBS, United, Cigna, Oxford and Aetna
- 214.385.5445

Revive Hope Psychiatric Services <https://revivehopepsychiatry.com>

- Psychiatric evaluations
- Medication Management
- Psychotherapy
- Virtual options
- Ages 8-adult
- In network with most insurance
- 214.983.9811

Child and Family Guidance Center <https://www.childrenandfamilies.org>

- Individual Therapy
- Medication Management
- Life-building Skills Training
- Ages 3-adult
- Accepts most insurance including medicare and Medicaid
- Sliding scale for private pay
- 214.351.3490

Group Therapy

Please call to verify insurance coverage and fees.

Upside Therapy www.upsidetherapy.com

- Individual Therapy
- Group Therapy
- Evaluations
- Specializes in ASD, Eating Disorders, LGBTQ+
- Social Skills Groups
- Affirming
- Children-adults
- Out of network with ALL insurance companies
- 972.519.1692

Connect to Thrive Counseling www.thriveplano.com

- Individual Therapy
- EMDR, Play Therapy, Groups
- Therapy dogs in office
- Affirming
- Children-Adult
- In network with BCBS PPO and United Healthcare
- Out of network with Aetna and Cigna
- 972.872.8498

Ellie Mental Health www.elliementalhealth.com

- Individual Therapy
- Group Therapy
- Play, EMDR, Grief, Trauma Informed
- Children-Adult
- In network with Aetna, Cigna/Evernorth and BCBS
- 469.833.2247

Capital Area Counseling www.cacaustin.org

- Virtual Only
- Individual and Group
- Support Groups
- Affirming
- Youth-adult
- Therapists are in training
- \$15-60 per session
- 512.302.1000

Sanford Support System <http://sanfordsupportsystem.com/index.html>

- Individual Therapy
- Family Therapy
- Group Therapy
- Play Therapy
- Affirming
- Children-Adult
- Please call for insurance
- 214.641.1006

Psychiatrists

Please call to verify insurance coverage and fees.

Exult Healthcare www.exulthealthcare.com

- Individual Therapy
- Group Therapy
- Psychiatry
- Psych Urgent Care
- TMS (Transcranial Magnetic Stimulation)
- Affirming
- Children-adult
- In network with most insurance including Medicare
- 469.714.0006

Counseling & Consulting Associates of North Texas www.ccanorthtexas.com

- Individual Therapy
- Group Therapy
- Play Therapy
- Art Therapy
- Psychiatry
- Self-Pay only (cost runs from \$80-\$160 for therapy and \$300 for initial psych visit followed by \$125 per visit)
- 972.542.8144

Life Path Systems <https://www.lifepathsystems.org>

- Collin County Behavioral Health
- McKinney and Plano Outpatient: 972.422.5939
- Individual Therapy
- Psychiatry
- Mobile Crisis Team
- Crisis Center
- 877.422.5939

Prime Psychiatry www.primepsychiatrymd.com

- Psychiatric evaluations
- Medication management
- TMS (Transcranial Magnetic Stimulation)
- Child- Adult
- In network with most insurance
- 469.221.9267

Connections Wellness Group www.connectionswellnessgroup.com

- Adolescent IOP and PHP
- Adult IOP and PHP
- Medication Management
- Individual Therapy
- Affirming
- Adolescent-Adult
- In network with most insurance
- NOT in network with Medicare or Medicaid
- Multiple locations in DFW area including McKinney and Frisco
- 940.394.8507

Revive Hope Psychiatric Services <https://revivehopepsychiatry.com>

- Psychiatric evaluations
- Medication Management
- Psychotherapy
- Virtual options
- Ages 8-adult
- In network with most insurance
- 214.983.9811

Child and Family Guidance Center <https://www.childrenandfamilies.org>

- Individual Therapy
- Medication Management
- Life-building Skills Training
- Ages 3-adult
- Accepts most insurance including medicare and Medicaid
- Sliding scale for private pay
- 214.351.3490

Psychologists

Please call to verify insurance coverage and fees.

McKinney Neuropsychology www.mckinneyneuropsych.com

- Psychological Testing
- Neuropsychological Evaluation
- Ages 6-65
- In network with BCBS, Cigna, and Aetna
- 469.714.0100

The Center for Integrative Counseling and Psychology www.thecentercounseling.org

- Individual Therapy
- Psychological testing and assessment
- Children-adult
- PACT program providing low cost behavioral health treatment
- In network with most insurance and Medicare for psychological services
- Please check your insurance for Therapy coverage
- 214.526.4525

Caring Heart Evaluation Center www.caringheartevaluation.com

- Psychological testing and assessment
- Ages 2-adult
- In network with BCBS, Cigna, United Healthcare
- Out of network with Aetna
- 972.561.4363

David L. Falkstein, Ph.D. and Associates <https://www.dfalksteinphdllc.com>

- Individual therapy
- EMDR
- Psychological testing and assessment
- Parent training
- Children-adult
- 972.954.7188

Susan E Blandino, PsyD www.susanblandino.com

- Individual therapy
- Psychological testing and assessment
- Ages 6-21
- In network with BCBS, United Healthcare, Aetna, Meritain, Cigna and Beacon
- 972.727.3627

Southwest Clinical and Forensic Associates <https://www.swcf.net>

- Individual Therapy
- Psychological Evaluation
- Forensic Psychology
- Children-Adult
- Please call for insurance and fees
- 214.265.1400

Intensive Outpatient (IOP)/ Partial Hospitalization (PHP)

Please call to verify insurance coverage and fees.

Changes-Frisco www.carrolltonsprings.com

- Partial hospitalization Program -PHP
- Intensive outpatient program – IOP
- Adolescent and child programs
- Accepts most insurance
- 469.252.5054

Changes-McKinney www.carrolltonsprings.com

- Partial hospitalization Program -PHP
- Intensive outpatient program -IOP
- Ages 9-adult
- Accepts most insurance
- 469.617.6429

Changes-Plano www.carrolltonsprings.com

- Partial hospitalization Program -PHP
- Intensive outpatient program -IOP
- Adults
- Accepts most insurance
- 972.445.9395

Children's Health SPARC Program www.childrens.com

- Suicide Prevention and Resilience in Children
- Intensive outpatient program-IOP
- Skills training for child
- Skills training for families
- Family therapy
- Accepts most insurance
- 214.456.8899

Seay Behavioral Health Center www.texashealth.org/health-and-wellness/behavioral-health

- Adolescent intensive outpatient-IOP and Partial hospitalization-PHP
- Adult intensive outpatient-IOP and Partial hospitalization-PHP
- Adolescent inpatient
- Adult inpatient
- Telehealth LGBTQ IOP for ages 13-17
- In network with most insurance including Medicaid
- Free confidential assessment
- 682.549.7961

Carrollton Springs www.carrolltonsprings.com/programs/inpatient-treatment

- Adult intensive outpatient-IOP and partial hospitalization-PHP
- Adult inpatient
- In network with most insurance
- Free confidential assessment
- 972.395.5046

University Behavioral Health Denton www.ubhdenton.com

- Adolescent intensive outpatient-IOP and partial hospitalization-PHP
- Adult intensive outpatient-IOP and partial hospitalization-PHP
- Adolescent inpatient
- Adult inpatient
- Lotus Program-inpatient for adult females
- Military Program
- In network with most insurance including Medicare and Medicaid
- Free confidential assessment
- 940.320.8100

Connections Wellness Group www.connectionswellnessgroup.com

- Adolescent intensive outpatient-IOP and partial hospitalization-PHP
- Adult intensive outpatient-IOP and partial hospitalization-PHP
- Medication Management
- Individual Therapy
- Affirming
- Adolescent-Adult
- In network with most insurance
- NOT in network with Medicare or Medicaid
- Multiple locations in DFW area including McKinney and Frisco
- 940.394.8507

Collin Springs <https://collinsprings.com/locations/mckinney-tx-2/>

- Children and Adolescent intensive outpatient-IOP and partial hospitalization-PHP
- Ages 5+
- Adult intensive outpatient-IOP and partial hospitalization-PHP
- Adolescent inpatient
- Adult inpatient
- Substance use program
- Accepts most insurance
- 469.885.8901

Basepoint Academy <https://basepointacademy.com>

- Adolescent intensive outpatient-IOP and partial hospitalization-PHP
- Young Adult intensive outpatient-IOP and partial hospitalization-PHP
- Ages 11-28
- Accepts most major insurance
- Free same day assessment
- 469.530.3725

Charlie Health <https://www.charliehealth.com>

- Intensive Outpatient-IOP
- Teens
- Adults
- Virtual Only
- Accepts most major insurance
- 214.740.4723

In-Patient

Please call to verify insurance coverage and fees.

Some behavioral health hospitals will require you to be admitted through your local emergency room. Please call to confirm.

Perimeter Behavioral Hospital of Dallas www.perimeterhealthcare.com/dallas

- Youth ages 5-17 inpatient
- Senior Adults inpatient
- In network with most insurance including Medicaid
- Free confidential assessment
- 972.370.5518

Seay Behavioral Health Center www.texashealth.org/health-and-wellness/behavioral-health/adolescents-and-young-adults

- Adolescent IOP and PHP
- Adult IOP and PHP
- Adolescent inpatient
- Adult inpatient
- Telehealth LGBTQ IOP for ages 13-17
- In network with most insurance including Medicaid
- Free confidential assessment
- 682.549.7961

Carrollton Springs www.carrolltonsprings.com/programs/inpatient-treatment

- Adult IOP and PHP
- Adult inpatient
- In network with most insurance
- Free confidential assessment
- 972.395.5046

University Behavioral Health Denton www.ubhdenton.com

- Adolescent IOP and PHP
- Adult IOP and PHP
- Adolescent inpatient
- Adult inpatient
- Lotus Program-inpatient for adult females
- Military Program
- In network with most insurance including Medicare and Medicaid
- Free confidential assessment
- 940.320.8100

Collin Springs <https://collinsprings.com/locations/mckinney-tx-2/>

- Children and Adolescent IOP and PHP (ages 5+)
- Adult IOP and PHP
- Adolescent inpatient
- Adult inpatient
- Substance use program
- Accepts most insurance
- 469.885.8901

Free and Low-Cost Mental Health Services

Please call to verify insurance coverage and fees.

Life Path Systems <https://www.lifepathsystems.org>

- Collin County Behavioral Health
- McKinney and Plano Outpatient: 972.422.5939
- Individual Therapy
- Psychiatry
- Mobile Crisis Team
- Crisis Center
- 877.422.5939

Hope Clinic <https://hopeclinicmckinney.org>

- Free Behavioral Health Clinic in Collin County
- 103 E Lamar St McKinney 75069
- 469.712.4246

Vibrant Journey Counseling www.vibrantjourneycounseling.com

- Virtual Only
- Individual Therapy
- Affirming
- Youth – adult
- \$30/session with intern
- 940.202.9009

Capital Area Counseling www.cacaustin.org

- Virtual Only
- Individual and Group
- Support Groups
- Affirming
- Youth-adult
- Therapists are in training
- \$15-60 per session
- 512.302.1000

TCHAT-Texas Child Health Access Through Telemedicine

www.childrens.com/telebehavioral

- Children and teens
- School based telehealth
- Individual
- Free sessions-usually 4 but may qualify for more
- 844.856.6926

The Center for Integrative Counseling and Psychology www.thecentercounseling.org

- Individual Therapy
- Psychological testing and assessment
- Children-adult
- PACT program providing low-cost behavioral health treatment
- In network with most insurance and Medicare for psychological services
- Please check your insurance for Therapy coverage
- 214.526.4525

Transitions Therapeutic Services of North Texas <https://www.northtexascounselor.com>

- Individual Therapy
- Couples Therapy
- Affirming
- Children-Adult
- In network with most insurance
- Offers Sliding Scale Fee
- 469.712.5481

Counseling Creatively <https://www.counselingcreativelypllc.com>

- Individual Therapy
- Art Therapy
- Affirming
- Children-Adult
- In Network with most insurance
- Offers Sliding Scale Fee
- 469.294.2600

Hope's Door New Beginning Center <https://hdnbc.org>

- Serves Adults and Children affected by domestic violence
- Individual Therapy
- Group Therapy
- Support Groups
- Affirming
- Children-Adults
- Free-up to 20 weeks of therapy
- 972.422.2911 (Plano office)
- 972.276.0057 (Domestic Abuse Hotline)

Child and Family Guidance Center <https://www.childrenandfamilies.org>

- Individual Therapy
- Medication Management
- Life-building Skills Training
- Ages 3-adult
- Accepts most insurance including medicare and Medicaid
- Sliding scale for private pay
- 214.351.3490

Amplified Minds <https://amplifiedminds.org>

- Focus on Creatives
- Adult peer support group
- Dedicated LGBTQ+ group
- Recovery group
- Art therapy
- In person and virtual
- Free
- info@amplifiedminds.org

Support Groups

Please call to verify insurance coverage and fees.

NAMI - National Alliance on Mental Illness www.naminorthtexas.org

- Family and Caregivers Support Group
- Peer Support Group
- In person and virtual
- Free
- Check website for dates, times, and locations
- 214.341.7133

Grant Halliburton Foundation www.granthalliburton.org

- Mom Support Group (Coffee Days)
- In person and virtual
- Free
- Check website for dates, times, and locations
- 972.744.9790

Amplified Minds <https://amplifiedminds.org>

- Focus on Creatives
- Adult peer support group
- Dedicated LGBTQ+ group
- Recovery group
- Art therapy
- In person and virtual
- Free
- info@amplifiedminds.org

Capital Area Counseling www.cacaustin.org

- Virtual Only
- Individual and Group
- Support Groups
- Affirming
- Youth-adult
- Therapists are in training
- \$15-60 per session
- 512.302.1000

Al-Anon and Alateen www.al-anon.org

- For family members of an alcoholic or other addictions
- Multiple locations and times
- In person and virtual
- Free

CoDependents Anonymous www.coda.org

- Program of recovery from codependence
- Multiple locations and times
- In person and virtual
- Free

Alcoholics Anonymous www.aa.org

- Program of recovery from alcoholism
- M-F from 12:00-1:00 at Trinity Presbyterian Church in McKinney room 302
- Other locations and times listed on website
- In person and virtual
- Free

Narcotics Anonymous www.na.org

- Program of recovery from addiction
- Multiple locations and times
- In person and virtual
- Free

Depression and Bipolar Support Alliance (DBSA) <https://www.dbsalliance.org>

- Resources
- Education
- Peer Support Groups
- Family and Caregiver Support Groups
- Multiple locations and times
- In person and virtual
- Free

Open Hearts <https://tpcmckinney.org/open-hearts/>

- Support groups for LGBTQ+ folks and their loved ones
- Teen group
- Adult group
- Group for parents with a loved one who is transgender
- Free
- Call for dates and times
- 972.542.4629

Sharp Wellness <https://www.sharpwellnessandcounseling.com>

- Individual Therapy
- Couples Therapy
- Family Therapy
- Teen LGBTQ+ Support Group
- Affirming
- Adolescent-Adult
- Does not accept insurance
- Fees begin at \$120/session
- Sliding Scale offered
- 469.389.1105

Hope's Door New Beginning Center <https://hdnbc.org>

- Serves Adults and Children affected by domestic violence
- Individual Therapy
- Group Therapy
- Support Groups
- Affirming
- Children-Adults
- Free-up to 20 weeks of therapy
- 972.422.2911 (Plano office)
- 972.276.0057 (Domestic Abuse Hotline)

Jewish Family Services of Greater Dallas <https://jfsdallas.org/services/adults/support-groups/>

- Caregivers support groups
- Chronic Pain support groups
- Women's trauma support group
- Breast and Ovarian Cancer support group
- Grief support group
- Men's therapy group
- Dialectical Behavior Therapy (DBT) Class
- In person and virtual
- Free
- 972.437.9950

Stop One <https://stopone.info/home>

- Grief support for those who lost a loved one to suicide
- In person
- Virtual
- 214.372.8896

Grief Share <https://www.griefshare.org/countries/us/states/tx/cities/mckinney>

- Grief support groups
- In person
- Multiple locations
- \$20
- Scholarships available
- 800.395.5755
- info@griefshare.org

Samaritans Hope <https://samaritanshope.org/our-services/grief-support/#grief-support-anyone>

- Grief support for those who lost a loved one to suicide
- Virtual
- Dedicated LGBTQ+ Group
- 617.536.2460
- info@samaritanshope.org

Pain Connection <https://painconnection.org>

- Support groups for those dealing with chronic pain
- Dedicated LGBTQ+ group
- Creative Arts group
- Veterans group
- Virtual
- contact@uspainfoundation.org

Cancer Support Community North Texas <https://cancersupporttexas.org/support/>

- Living with Cancer support groups
- Family and friends support group
- Connect to resources
- In person and virtual
- 972.981.7020
- info@cancersupporttexas.org

Mental Health Classes and Trainings

Please call to verify insurance coverage and fees.

Charisma <https://centerforbrainhealth.org/charisma>

- Virtual Social Skills Training
- Before and after assessment
- Private pay only
- 972.883.3241

NAMI North Texas www.naminorthtexas.org/class-schedule

- Offers free mental health classes
- Virtual and in person
- Basics
- Family to Family
- De Familia a Familia
- Peer to Peer
- Homefront
- Family and Friends
- 214.341.7133

Upside Therapy www.upsidetherapy.com

- Therapy youth-adult
- Individual and Group therapy
- Evaluations
- Specializes in ASD, Eating Disorders, LGBTQ+
- Social Skills Groups
- Out of network with ALL insurance companies
- 972.519.1692

North Texas Behavior Solutions www.northtexasbehaviorsolutions.com

- Behavior Coaching
- School Shadow
- Parent Training
- Executive Function Training
- Please call for fees
- 630.270.8324

Child and Family Guidance Center <https://www.childrenandfamilies.org>

- Individual Therapy
- Medication Management
- Life-building Skills Training
- Ages 3-adult
- Accepts most insurance including medicare and Medicaid
- Sliding scale for private pay
- 214.351.3490

Caregiver Support and Resources

Please call to verify insurance coverage and fees

Texas Health and Human Services

<https://www.hhs.texas.gov/services/health/support-caregivers/caregiver-support-resources>

- Caregiver support
- Caregiver resources
- Caregiver benefits
- 877.541.7905 or 211

NAMI - National Alliance on Mental Illness www.naminorthtexas.org

- Family and Caregivers Support Group
- Peer Support Group
- In person and virtual
- Free
- Check website for dates, times, and locations
- 214.341.7133

Grant Halliburton Foundation www.granthalliburton.org

- Mom Support Group (Coffee Days)
- Support for moms caring for children struggling with their mental health
- In person and virtual
- Free
- Check website for dates, times, and locations
- 972.744.9790

Jewish Family Services of Greater Dallas <https://jfsdallas.org/services/adults/support-groups/>

- Caregivers support groups
- Chronic Pain support groups
- Women's trauma support group
- Breast and Ovarian Cancer support group
- Grief support group
- Men's therapy group
- Dialectical Behavior Therapy (DBT) Class
- In person and virtual
- Free
- 972.437.9950

The Senior Source <https://theseniorsource.org/what-we-do/family-caregiver-support/>

- Caregiver support for anyone caring for someone 50 or older
- Counseling
- Referrals for service
- Workshops and Seminars
- Spousal Support Group
- Adult children and Non-spousal support group
- Spanish language support group
- LGBTQ Caregivers support group
- In person and virtual
- 214.823.5700

Al-Anon and Alateen www.al-anon.org

- For family members of an alcoholic or other addictions
- Multiple locations and times
- In person and virtual
- Free

VA North Texas <https://www.va.gov/north-texas-health-care/health-services/caregiver-support/>

- Caregiver support for those caring for a veteran
- Support for caregiver
- Referrals to resources and benefits
- 469.785.2382
- National Caregiver Support Program: <https://www.caregiver.va.gov>
- 855.260.3274

Cancer Support Community North Texas <https://cancersupporttexas.org/support/>

- Living with Cancer support groups
- Family and friends support group
- Connect to resources
- In person and virtual
- 972.981.7020
- info@cancersupporttexas.org

Alzheimer's Texas <https://www.txalz.org/caregivers/>

- Caregiver support for those caring for someone with Alzheimer's and related disorders
- Classes for caregivers
- Caregiver support group
- Resource list
- Helpline
- 512.241.0420

