

LIVE UNITED



**United Way
of Denton County, Inc.**

Denton County Mental Health Services Directory
2018-2019

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DISCLAIMER:

Readers, community members and organizational staff, please note the information presented is self-reported. Information contained in this directory is for information only and does not constitute an endorsement. Should any omissions or corrections need to be made please contact United Way of Denton County at (940) 566-5851 ext.112.

AbleDisabled

525 S. Locust St. Suite 200 (Denton
Community Clinic)
Denton, TX 76201

<https://abledisablededenton.wordpress.com>

Adults

Using a recovery based philosophy; provides support and occupation groups for individuals with lived experience: mental illness, physical disability and homelessness

Acorn Counseling Education Services

1430 Robinson Road #430
Corinth, TX 76210
(940) 222-8703

www.acorncounseling.services

Children, Preteens, Adolescence, and Adults
We have specialists in couples counseling [the Gottman Method], sand tray therapy and group counseling.

Insurance: Out of Network Providers

Behavioral Health and Family Services

869 North Mill, Suite 204
Lewisville, TX 75056
(866) 943-7779

www.behaviorfamily.com

All Ages; General Counseling

Insurance: We currently accept Blue Cross Blue Shield, Humana, Tricare, Cooks Children Medicaid, Beacon, Traditional Medicaid, American Medicaid, Aetna, Cigna, United Healthcare, and Optum. We are more than happy to provide documentation of services for private pay clients.

Bruce Triska, LPC

3605 Yucca Dr. #103
Flower Mound, TX 75028
(214) 513-2100

www.bruce-triska.com

Adolescence, Adults, Elders (65+)
Counseling for post adoption, adolescence, adult, depression and anxiety

Insurance: Aetna, CIGNA, Private HealthCare Systems (PHCS), Humana, Managed Health Network, United Healthcare Systems, Blue Cross and Blue Shield, Galaxy Health, Texas Health Choice

Center for Emotional Healing

1405 N. Elm St.
Denton, TX 76201
(469) 323-1586

www.centerforemotionalhealing.com

All ages; General Counseling

Insurance: Aetna, BlueCross and BlueShield, Cigna, Out of Network

Average cost per session: \$90-\$100

Childrens Advocacy Center for Denton County

1854 Cain Drive Lewisville, TX. 75077
(972) 317-2818

www.cacdc.org

Individual, Group, Family counseling to abused children, their siblings, and non-offending family members; Children, Adolescence, Adults

Insurance: Families are never charged for therapy at CACDC.

Christian Community Action (CCA)

200 S Mill St
Lewisville, TX 75057
(972) 221-1224

www.ccahelps.org

All Ages; General Counseling

Insurance: CCA uses 185% of Federal Poverty Guidelines (FPG) and 80% of the HUD Poverty Guidelines to qualify individuals for CCA services.

Chrysalis Eating Disorders Program

722 W. Oak St.
Denton, TX 76201
(940) 382-5688

www.northtexaseatingdisorders.com

Eating disorder, Group counseling, individual counseling, family therapy,

All ages;

Insurance: No longer accepts insurance, but a flexible payment plan is available. This allows for no electronic records of your care via hospital or insurance data.

Average cost per session: \$300 per week reducing to \$200 per week.

Cynthia Meyering

2008 Hollyhill Ln.
Denton, TX 76205
(940) 453-4732

All Ages; General Counseling

Insurance: Humana, Ambetter

Communities in Schools North Texas

217 S. Stemmons Fwy, Suite 101
Lewisville, TX 75067
(972) 538-9930

www.cisnt.org

Children, Preteens, Adolescents, Adults
either provide or broker out: anger
management, behavior, crisis intervention,
cutting/self-mutilation, eating disorder and
more.

Community Based Outpatient Center

2223 Colorado Blvd.

Denton, TX 76205

(940) 891-6350

www.northtexas.va.gov

Insurance: The Department of Veterans
Affairs does not bill Medicare or Medicaid. VA
health care is *not* considered a health
insurance plan.

\$15 for visit to Primary Care Clinic

\$50 for visit to Specialty Clinic (Radiation,
Orthopedics, Podiatry, etc.)

\$8 for each 30-day prescription

Conflict Management Institute

4401 North I-35 Suite 112

Denton, TX 76207

(940) 453-7594

www.conflictmanagementinc.com

All ages; General Counseling

Insurance: Beacon, BlueCross and BlueShield,
Ceridian, ComPsych, EAP (Employee
Assistance Programs), Magellan Behavioral
Health, Military OneSource, TRICARE,
ValueOptions.

Cook Childrens Psychology Clinic

3201 Teasley Ln., Suite 202

Denton, TX 76210

(682) 885-4000

www.cookchildrens.org

Adolescents, Children, Preteens

Individual therapy, Family therapy,
Psychological testing, Neuropsychological
testing.

Insurance: Yes, all

Cross Timbers Church

312 W McKinney St

Denton, TX 76201

(940) 240-5100

www.crosstimberschurch.org

All ages; General Counseling

**Cumberland Presbyterian Childrens
Home/Family Services**

909 Greenlee Street

Denton, TX 76201

(940) 382-5112

www.cpch.org

All ages;

Insurance: Counseling services are provided
on a sliding fee scale, making them affordable
for everyone, and we also accept certain types
of Medicaid.

Davies Counseling

2900 Long Prairie Rd, Suite B

Flower Mound 75022

(214) 914-8391

www.daviescounseling.com

General Counseling; All Ages

Denton Community Health Clinic

525 S. Locust St, Suite 200

Denton, TX 76201

(940) 600-7527

www.dentonchc.org

All Ages; We have a primary care physician
that will monitor individuals who have been
assessed by a psychiatrist and are on
psychotropic medications.

Insurance: All insurance including Medicare
and Medicaid for those qualified individuals.

Denton County Friends of the Family

4845 S I-35E, Suite 200

Corinth, TX 76210

(940) 387-5131

Crisis Line: 940-382-7273

www.dcfof.org

All Ages; Violence Intervention Prevention Program (VIPP), "Counseling for victims of domestic violence, sexual abuse, and rape. Services are available for all ages, including play therapy, activity therapy, group counseling, and individual counseling
Insurance: From donating items, to volunteering their time, our community partners enable us to turn every shelter client into a success story.

Denton County MHMR Center

2519 Scripture St.

Denton, TX 76210

(940) 381-5000

www.dentonmhmr.org

All Ages

Assertive Community Treatment, Community and Hospital Liaison, Psychosocial Rehabilitation, Crisis Hotline and more.

Insurance: Yes most**Denton Family Guidance**

525 S Carroll Blvd. Suite 204

Denton, TX 76201

(940) 536-3376

www.dentonfamilyguidance.weebly.com

All Ages; Marriage and Family Therapy

Insurance: Out-of-network**Denton Police Department**

601 E. Hickory Suite E

Denton, TX 76205

(940) 349-8181

www.cityofdenton.com

Adults

PTSD Services offered ; Individuals, family, marital counseling for issues relating to crime victimization, grief/bereavement and others.

Denton Psychological Services

2524 Lillian Miller Pkwy Suite 110

Denton, TX 76205

(940) 383-2211

All Ages; General Counseling

Denton State Supported Living Center

3980 State School Road

Denton, TX 76210

(940) 891-0342

<https://hhs.texas.gov/services/disability/intellectual-or-developmental-disabilities-idd-long-term-care/state-supported-living-centers-sslcs>

All ages; Serve people with intellectual and developmental disabilities who are medically fragile or who have behavioral problems.

Insurance: HHS offers help with food, health care and cash assistance, all just a click away if you apply through YourTexasBenefits.com

Dianne Baskin

3411 Cooper Branncg E.

Denton, Tx. 76209

(972) 839-9805

Adolescents and Parents, Women's Issues, General Counseling.

Avg Cost (per session): \$90**Dr. Jan Holmes**

99 Trophy Club Drive

Trophy Club, TX 76262

(817) 430-5805

www.drjanholmes.com

All Ages; PTSD Services offered; Relationship Counseling, Sexual Abuse, Depression, Anxiety, EMDR, Play Therapy and more.

Insurance: No- We are out of Network**Dr. Lisa Yvette Pierce, MD, PA**

800 Parker Square

Flower Mound, TX 75028

(972) 221-7722

Insurance: Out-of-network**Dr. Thomas Larussa**

109 East Oak #300

Denton, TX 76201

(940) 566-4691

www.thedentoncounselor.com

All Ages; General Counseling

Insurance: BCBS, Beech Street, Humana, MultiPlan, Principal Financial Group, Unicare, United HeathCare,

Eagle Counseling

920 N. Locust
Denton, TX 76201
(940) 367-7253

www.eaglecounseling.org

Preteens, Adolescents, Adults, Elder (65+);
Addiction, Anxiety, Codependency,
Depression, Parenting, Self Esteem and more.
Insurance: No

Excel Center of Lewisville

190 Civic Cir # 170
Lewisville, TX 75067
(972) 906-5522

www.excelcenterlewisville.com

All Ages; Partial Hospitalization Program,
Intensive Outpatient Program, Medication
Management, Group/Family Therapy,
Individual therapy as needed, community
drug screens

Insurance: The Excel Center accepts most
insurance.

Family Enrichment Counseling Service

501 S. Carroll Blvd, Suite 122
Denton, TX 76201
(281) 685-9512

www.religiousreview.com

Bi-lingual
Adolescence, Adults, Elders (65+); Individuals,
Families, Mixed Groups, Drug abuse recovery
and treatment, Psychological Evaluations.

Insurance: Aetna, BlueCross and BlueShield,
Cigna, ComPsych, Humana, Magellan
Behavioral Health, Multiplan, Psych Care,
Tricare/Value Options, Out of Network.

**Family Tree Program (Administered by CCD
Counseling)**

1614 Scripture St, #200
Denton, TX 76201
(940) 387-7517

www.familytreeprogram.org

All Ages; Counseling, Bi-lingual

Free? Yes. Paid for by the State of Texas.

First Step Denton County Outreach Program

1406 N. Corinth Suite 401
Corinth, TX 76208
(940) 497-5576

www.firststepdenton.com

All ages; Substance Abuse Programs

Insurance: Out-of network

Average cost per session: Ranging from \$20
to \$100 depending on the program.

Flower Mound Counseling

2901 Corporate Circle, Suite 100
Flower Mound, TX 75028
(972) 910-2044

www.flomocounseling.com

All Mental Health Specialities; All Ages
This flexibility allows us to fit most any
budget. We offer a sliding-scale program
based on household income. Spots are
limited. Contact us for more information.

Flower Mound Family Counseling

4325 Windsor Center Trail, Suite 500
Flower Mound, TX 75028
(972) 355-8050

www.drlyndamathis.com

All Ages; Cognitive Behavioral Therapy
My fees per session are competitive with
those charged by most clinical psychologists.

Insurance: Out-of-network. Please contact me
for a fee quote.

Forte Counseling and Wellness Center

2250 Morris road suite 205
Flower Mound, TX. 75028
(940)222-0446

www.fortecounselingcenter.com

All ages; Individual, family, couple and group
counseling for depression, anxiety, grief,
marriage, parenting, substance abuse
vocational changes, goal setting and pain
management.

Insurance: No

Fresh Perspective Counseling

501 Carroll Blvd.
Denton, TX 76201
(940) 380-1600

www.freshperspectivescounseling.com

All Ages; Pastoral Counseling

Insurance: No

Average cost per session: \$115

I accept checks and cash

Gooden Counseling

200 Highland Village Rd. Suite C
Highland Village, TX 75077
(972) 861-0060

www.goodencounseling.com

Children, Preteens, Adolescents, Adults;
Individual counseling for children, teens, and
young adults. Also provide family therapy and
parent coaching and others.

Insurance: Out of Network Provider

Grace Counseling Center

105 Kathryn Dr Bldg. 3 Suite D
Lewisville, TX 75067
(800) 972-0643

www.grace-counseling.com

All Ages (children 5+) ; Depression, Anxiety,
Substance Abuse, Serious Mental Illness,
LGBT, Play Therapy, Evaluations Services,
Intensive Outpatient Services.

Insurance: Grace Counseling Center accepts
most insurances including Medicaid. Cash,
checks. For those in need of mental health
services who are struggling with the costs
associated with treatment, we offer a sliding
scale fee based upon income.

Greer and Associates

1410 Robinson Rd. Suite 400
Denton, TX 76210
(972) 523-0000

www.drnichelegreer.com

All Ages; General Counseling

Insurance: an in-network provider on most
insurance and EAP plans.

Average cost per session: \$150 per 45 - 50
minute counseling session.

Fees vary for other services.

Griffin Therapy Center

109 S. Woodrow Ln. Suite 5
Denton, TX 76205
(940) 765-6487

www.griffintherapycenter.com

All Ages; Couples, depression, anxiety,
substance abuse, anger management,
parenting, probation/parole. Drug and
Alcohol, Psychological Evaluations.

Insurance: We accept BCBS, Cigna and Aetna.

Guiding Compass Counseling

4320 Windsor Centre Trail, Suite 600
Flower Mound, TX 75028
(972) 432-6500

Crisis Hotline: 972-233-2233

www.guidingcompasscounseling.com

All Ages; General Counseling

Insurance: Out-of-network

Counseling session: \$135, extended sessions:
\$200, Group therapy: \$100 per person,
Consultation: \$40 per 15 minutes; Court
appearances: \$1,800 per day.

Healing and Recovery

860 Hebron Pkwy #1102
Lewisville, TX 75057
(972)878-8527

www.healing-and-recovery.com

All Ages; General Counseling

Insurance: Counseling is normally covered
under most medical insurance plans. If you
don't have health coverage, many counselors
may offer you a payment plan, sometimes on
a sliding scale.

Health Services of North Texas

4308 Mesa
Denton, TX 76207
(940) 381-1501

www.healthntx.org

PTSD Services Offered; Individual, Group,
Family, Marital for issues related to
Depression, Anxiety, Coping skills,
Communication skills

Insurance: Blue Cross Blue Shield, United
Health Care, Aetna, Cigna, Humana, Tricare
Denton County Indigent, Group and Pension
Administrators (GPA), Medicaid, Medicare.

Healthy Transitions

6021 Morriss Road, Suite 110A
 Flower Mound, TX 75028
 (972) 754-7308

www.kfamilycounseling.com

All ages; General Counseling

Insurance: Out-of-Network

Average cost per session: \$110-\$130

Heart for Your Family

2901 Corporate Circle
 Flower Mound, TX 75028
 (972)899-1848

www.heartyourfamily.com

All Ages; General Counseling

Insurance: Out-Of-Network provider.

Each of our providers has a specific rate.

Their services are offered on a sliding fee scale based on your income level.

Hope Counseling

316 Gibbons Road North
 Argyle, TX 76226
 (817) 581-4946

www.hopecounseling.co

All Ages General Counseling

Insurance: BlueCross and BlueShield,

Coventry, Humana, Magellan Behavioral Health, Multiplan, PHCS

Hopemead Counseling and Trauma Center

4315 Windsor Centre Trail, Suite 100
 Flowermound, TX 75028
 (972) 268-1058

www.hopemead.com

Preteens, Adolescents, Adults; Counseling for PTSD and trauma symptoms, childhood abuse, car accidents, medical trauma, pain management, somatoform conditions, infidelity, marital and more.

Insurance: Out-of-Network

Please contact our office for rates for family, individual, and couples sessions. No additional fee is charged for additional family members.

Hunter S Brown Counseling

348 Rocky Shore Dr.
 Little Elm, TX 75068
 (214) 632-4743

www.huntersbrowncounseling.com

All ages; Addiction issues, sexual acting out, relationship issues and substance abuse.

Insurance: Out-of-network. Payment is expected at the time of each session unless other arrangements have been made. I

provide a monthly statement with appropriate service and diagnostic codes so that you may submit them to your insurance provider for reimbursement.

iChange

604 N. Bell
 Denton, TX 76209
 (940) 566-3600 or (940)448-0304

www.ichangetx.com

All ages ; ADD, ADHD, Anxiety, Asperger's, Autism, Bipolar Disorder, Couples Divorce, ADD, ADHD, Disorders Testing, Mood Disorders in Teens, Depression, Coping With Suicide, LGBT and more.

Insurance: Blue Cross Blue Shield Insurance.

If you have a different insurance carrier, we will be happy to provide you with a detailed receipt so you can file it with your insurance yourself.

Innovative Counseling Services

3740 North Josey, Suite 156
 Carrollton, TX 75007
 (469) 774-1305

www.innovativecounselingservices.com

Adolescents, Adults, and Elder; Counseling for mood disorders, substance abuse issues, anger management, domestic violence, adjustment disorders.

Insurance: Out-of-network

Average cost per session: \$100 per 50-minute counseling session.

Call for rates on drug and alcohol evaluations and psychological evaluations.

Jack Cockburn, Ph.D

131 Degan #103
Lewisville, TX 75057
(972) 841-4864

All Ages; Substance Abuse, Mental Health counseling.

Insurance: AMERIGROUP, Aetna, Beech Street, BlueCross and BlueShield, Cigna, ComPsych, Medicaid, PHCS, UniCare, UnitedHealthcare.

Average cost per session: \$60 - \$70

Jan H Seltzer

751 Hebron Pkwy/ Hebron Office Plaza, Suite 305-A

Lewisville, TX 75057
(214) 597-4686

www.jseltzerlpc.com

General Counseling; All Ages

Insurance: Out-of-network

Average cost per session: My fee is \$85 an hour, and it has been my tendency to sometimes go over an hour. I do have a sliding scale fee depending on your needs.

Jennifer King Blackledge, Ph.D

209 Travis St., Suite 105
Roanoke, TX 76262
(817) 988-9121

www.drblackledge.com

All Ages; Individual and couples counseling for adults. General practice with main areas of focus being couples/relationship issues, anxiety, grief, and stress management.

Insurance: In-network with BCBS. Opted out with Medicare.

Jodi Valentine Consuting Services

6600 Paige Rd.
The Colony, TX 75056
(214) 494-6287

www.jodivalentinecounseling.com

General Counseling; All Ages

Insurance: Most Insurances accepted

Kaleidoscope Counseling

3535 Fireweheel Suite F
Flower Mound, TX 75028
(214) 499-0396

www.kaytrotter.com

All Ages; Talk Therapy, Play Therapy, Life-Coaching, Parenting, Expressive Art Therapy.

Insurance: No

Karen Stone, LMFT, LCDC

860 Hebron Parkway, Suite 803
Lewisville, TX 75057
(214)454-9672

www.karenstonecounseling.com

Adolescents / Teenagers (14 to 19), Adults; PTSD services offered; Addiction, Relationship Counseling, trauma.

Insurance: Out-of-network

Average cost per session: \$125 for an hour.

Kathryn Lamar Counseling

415 South Elm Street Suite 101
Denton, TX 76201
(479)879-6051

General Counseling; All Ages

Insurance: Anyone with questions, inquiries, or therapy needs pertaining to should contact them directly at their Denton location in Texas.

Kids First Pediatrics

2200 Village Parkway,
Highland Village, 75077
(972) 317-6000

www.kidsfirstpediatrics.com

Children, Adolescents, Preteens (can continue to be seen up to age 21)

Insurance: Yes

Kristen Diamond

105 Kathryn Dr #800
Lewisville, TX 75067
(817) 706-8575

General Counseling; All ages

Insurance: Aetna, BlueCross and BlueShield, Corphealth, Humana, MHN, UniCare, WellPoint.

Average cost per session: \$90-\$120

Lewisville Counseling Services

751 Hebron Pkwy Suite 305-B
Lewisville, TX 75057
(469) 645-1375

www.lewisvillecounselingservices.com

All Ages; Services for individuals 8 yrs and older. Specialities include divorce/separation/co-parenting, parenting skills, depression and anxiety, loss, LGBT, self-harming behaviors and couples.

Insurance: Aetna/ Aetna EAP, APS Healthcare, BCBS Blue Choice PPO, Ceridian, CompCare, CorpHealth/LifeSynch, Deer Oaks, FEI, Humana, Magellan, Network Advantage, Traditional Medicaid

Life Skills Unlimited

110 Red Oak Ln.
Flower Mound, TX 75028
(972) 724-0748

www.lifeskillsunlimited.com

General Counseling; All Ages ;

Insurance: No

Average cost per session: \$125

Liferview Counseling

751 Hebron Pkwy, Suite 320
Lewisville, TX 75057
(214) 396-3848

www.liferviewcounseling.org

Christian Counseling

Insurance: Most insurances

Lifeway Counseling Center

723 S. Interstate 35 E, Suite 215
Denton, TX 76205
(940) 382-0109

www.lccdfw.com

Adolescents and Adults; Marital Therapy, Pre-marital therapy, Divorce recovery, substance abuse, Life Coaching, Christian-based counseling,

Insurance: We offer private-pay options as well as accept BCBS insurance plans.

Lisa Hobon, LCSW

8800 U.S 380 Suite 600
Crossroads, TX. 76227
(940) 784-3357

www.lisahoboncounseling.com

All ages; Individual, couples, and family therapy

Insurance: Medicare, Tricare, Aetna, Bravo Health, BCBS, Cigna, Coventry, Healthspring, Humana, Magellan, PHCS/Multiplan, Scott and White, United Healthcare, Value Options

Private pay: Initial Assessment: \$135

Follow-up Sessions: \$95

Living Perspective Counseling

3020 Broadmoor Ln Suite 200
Flower Mound, TX 75022
(972) 539-7373

www.livingperspectivecounseling.com

All Ages; Professional individual, family and group counseling

Insurance: We are out-of-network with most insurance providers. However, some of our counselors do accept certain insurance plans. Please contact individual counselors to determine if your insurance is accepted.

MAD Skills, L.L.P

600 Parker Square, Suites 280F
Flower Mound, TX 75028
(972) 538-1905

Mark Hokamp & Associates

927 N Locust St.
Denton, TX 76201
(940) 202-4873

General Counseling; Adolescent, Adult

Insurance: Out-of-network

Average cost per session: \$150

Marlys Lamar

415 S. Elm St., Suite.101
Denton, TX 76210
(940) 566-5802

Insurance: Aetna, BlueCross and BlueShield, ValueOptions, Out of Network

Mayhill Hospital

2809 S. Mayhill Rd.
Denton, TX 76208
(940) 239-3000

www.mayhillhospital.com

Adults, Elders (65+);

Insurance: Yes

McCreary Counseling

1302 Teasley Ln
Denton, TX 76201
(940) 343-7491

www.mccrearycounseling.com

Adults; Treatment for mental health issues including but not limited to anxiety and depression, improving relationships and more

Insurance: Out-of-network

Average cost per session: \$ \$30.00 to \$120.00 depending on the referral source.

Melanie Epp Counseling

2220 San Jacinto Blvd., Suite 320
Denton, TX 76205
(940) 594-7474

www.melanieeppcounseling.com

General Counseling; All Ages

Insurance: I am an In Network provider for BC/BS & some EAPs and as a courtesy; I will file your insurance for you.

Michael Maxwell

250 N. Mill St., ste 5
Lewisville, TX 75057
(972) 375-3934

www.drmiichaeljmaxwell.com

General Practitioner; Professional Counseling

Insurance: Out-of-network

Fee for 50 minutes of individual (10 years and older), couples, and family counseling services is \$100. My regular fee for 25 minutes of play therapy or counseling with a child under the age of 10 is \$50.

National Alliance on Mental Illness (NAMI)

PO Box 294131
Lewisville, TX, 75029
(469) 248-8789

www.namidenton.org

Naturally You Counseling Center

215 E University Dr.
Denton, TX 76209
(940) 484-6275

www.nat-you.com

General Counseling: Adolescents, Adults

Insurance: I take Blue Cross Blue Shield, Aetna, Traditional Medicaid, Beech Street, Coventry First Health, Cigna, Humana First Choice, GEHA, Principal Financial, UHC, among others, and am able to process out-of-network insurance claims through my billing service.

Average cost per session: \$125/50 minutes

Neurotherapy Associates of Texas

4232 N. I-35E
Denton, TX 76207
(940) 243-7586

www.neurotherapyassociatestx.com

Insurance: We do not currently accept insurance at our office. Most insurance providers do not pay for neurofeedback. Clients are responsible for payment in full for all provided services.

NextGen Counseling

4325 Windsor Centre Trail, Suite 200
Flower Mound, TX 75028
(940) 228-2171

www.nextgencounseling.org

Self harm, Suicidal Ideation

Insurance: Out-of-network

Average cost per session: \$125-\$200

North Texas Christian Counseling

6021 Morris Road, 106
Flower Mound, TX 75028
(469) 635-2200

www.ntchristiancounseling.com

Christian Counseling

Insurance: Out-of-network

Average cost-per session: \$100-\$125

North Texas Psychiatry & Psychotherapy

914 N Locust St.
Denton, TX 76201
(940) 387-6250

www.jerrypettycounseling.com

Adolescents, Adults, Elder (65+); Individual, group, couples counseling and more.

Insurance: BCBSTX, BCBSTX, CBSNM, BCBSOK, Magellan Health Services, Cigna, Aetna, Out of network also available.

Average cost per session: \$125

North Texas Psychotherapy Associates

131 Degan Ave #102
Lewisville, TX 75057
(972) 221-7006

www.robertgsnyderphd.com

General Counseling; Adults

Insurance: Out-of-network

Average cost per session: \$100-\$120

Northpointe Psychiatry

860 Hebron Pkwy Suite 1101
Lewisville, TX 75057
(469) 444-2244

www.northpointepsychiatry.com

All Ages; General Psychiatry

Insurance: We accept Medicare and most major insurance plans, please contact our office to find out if we accept yours.

Olive Branch Family Therapy

723 I-35 Frontage Rd #110
Denton, TX 76205
(940) 483-1789

www.olivebranchfamilytherapy.com

All Ages ; Marriage and Family Counseling

Insurance: Out-of-network

OpenDoor Counseling and Assessment Services

103 S. Woodrow Lane
Denton, TX 76205
(940) 565-0939

www.opendoortexas.com

All Ages; Treatment for Sexual behavior issues

Insurance: Out-of network. Contact facility for fees.

Pastoral Counseling & Marriage and Family Therapy

9540 US-377
Pilot Point, TX 76258
(940) 231-4480

www.cracnt.com

Insurance: Services may be covered in full or in part by your health insurance or employee benefit plan.

PsychoNeuroPlasticity Center

Lewisville, TX Professional Building
571 W Main St #210
Lewisville, TX 75057
(972) 434-5454

www.pnpcenter.com

All ages; Neurological Assessment

Insurance: Most insurance companies will pay for at least part of the itemized services and assessments. However, each insurance policy differs and coverage varies.

Ranch Hand Rescue

8827 Highway 377 South
Argyle, TX 76226
(940) 240-0500

www.ranchhandrescue.org

All Ages; Trauma informed counseling for a variety of issues using equine and animal assisted therapy along with other modalities.

Insurance: Yes

Rebecca Torres-West

1512 Scripture Street
Denton, TX 76201
(940) 382-5328

Insurance: Aetna, Blue Cross Blue Shield of Texas, Cigna, Humana, MultiPlan

Reflections Counseling of Denton

1306 N Locust St.
Denton, TX 76201
(940) 243-9367

www.dentoncounselors.com

All Ages; PTSD services offered, Counseling for sadness, stress, grief, anger, bullying, behavioral concerns, self esteem, goal obtainment, parent and child communication.

Insurance: Out-of-network

Reves & Associates Counseling

8700 US Hwy 380 Suite 519

Crossroads, TX. 76227

(940) 365-9055

www.r-acounseling.com

Insurance: Aetna, Blue Cross Blue Shield, Cigna, Magellan, Managed Health Network, Optum Health/United Healthcare, as well as many other specific plans and employee assistance programs (EAP).

Average cost per session: \$80-\$125

Richard Godoy, LCSW

1308 Teasley Lane # 243

Denton TX 76205

(940) 539-9917

PTSD services offered

Preteens, Adolescents, Adults and Elders; Difficulty coping with emotions (e.g. depression, anxiety, anger), family problems, exposure to disasters, abuse, war, domestic violence.

Insurance: Yes

Sante Center for Healing

914 Country Club Road

Argyle, 76226

(866)625-2279

www.santecenter.com

Adults; For nearly 20 years Santé Center for Healing's nationally renowned staff works with patients to identify and address their core, trauma-level issues and more.

Insurance: We work with all insurance companies, behavioral health finance companies, utilize financial assessments with all prospective clients and even offer payment plans.

Selah Christian Counseling

2116 Sheffield Ln.

Flower Mound, TX 75028

(214) 440-7980

Insurance: Out-of-network

Shareen Wornson

8300 Hwy 380

Crossroads, TX 76227

(940) 235-0359 or (469) 235-0359

Insurance: No

Sharp Family Services

121 N. Woodrow Ln #102

Denton, TX 76205

(940) 312-7022

www.sharpfamilyservices.com

All ages; Individual, family and group counseling (adults and adolescents); substance use and psychological evaluations.

Insurance: Contact facility

Stephen C. Allen, Ph.D.

4222 I-35 Frontage

Denton, TX 76207

(817) 387-3450

www.sallencounseling.com

General Counseling; All Ages

Insurance: Out-of-network

Average cost per session: \$130-\$200

Terrell Counseling Center

1204 Bent Oaks, Ste. 200

Denton, TX 76210

(940) 382-3450

www.terrellcounseling.com

Insurance: Most Insurances

Texas Premier Counseling Services

250 N. Mill St., Suite 5

Lewisville, TX 75057

(972) 895-2502

www.texaspcs.org

All ages; Counseling for troubled and/or damaged parent child relationships, parenting education, family counseling, individual counseling and youth with sexual behavioral problems.

Insurance: Out-of-network

Average cost per session: \$100-\$120

The Answer: Psychological Services

2250 Morriss Rd. Suite 205
Flower Mound, TX 75028
(920) 412-7793

www.theanswerpsychservices.business.site

Insurance: Aetna, BlueCross and BlueShield (HMO, PPO, EPO, POS), Cigna, Coventry, Employee Assistance Programs (United Healthcare/Optum, Aetna, and Blue Cross), First Health, Humana, LifeSynch, Magellan Behavioral Health, Optum Behavioral Health, PHCS, Scott & White Health Plan, United Healthcare, Optum Behavioral Health, Out of Network, Texas Worker's Compensation.

The Colony Counseling Center

6600 Paige Road
The Colony, TX 75056
(972) 625-7407

The Costello Clinic

2820 Village Pkwy. Suite 620
Highland Village, TX 75077
(972) 317-2082

www.costelloclinic.com

Insurance: Ambetter, Blue Cross Blue Shield, Blue Cross Blue Shield of Texas, Cigna

TWU Counseling and Family Therapy Clinic

1202 Old Main Circle Human Dev. Building,
Rm 114
Denton, TX 76204
(940) 898-2600

www.twu.edu/family-sciences/counseling-family-therapy-clinic.asp

All ages; individual counseling, marital/relationship counseling, family therapy, group counseling and play therapy.

Insurance: Out-of-network

Average cost per session: \$15-\$30

United Through Hope

503 Bolivar Street
Denton, TX 76201
(866) 857-7751

www.unitedthroughhope.org

Children, Preteens, Adolescents; group social skills and gatherings for anyone needing to develop and build confidence when interacting with others. Social skills are based on the premise of leadership and that anyone can be a leader.

Insurance: certain programs or add ons have different fees. See that specific program for information.

University Behavioral Health

2026 W University Dr.
Denton, TX 76201
(940) 320-8100

www.ubhdenton.com

Preteens, Adolescents, Adults; Inpatient, Partial Hospitalization (PHP) and Intensive Outpatient (IOP) for adolescents and adults struggling with mental health and substance abuse symptoms.

Insurance: Yes

UNT Child and Family Resource Clinic

1180 Union Circle
Denton, TX 76203
(940) 565-2066

www.coe.unt.edu/child-and-family-resource-clinic

Adults; Therapy, including animal assisted therapy.

Insurance: Yes

UNT Counseling and Human Development Center

425 South Welch Street
Denton, TX 76201
(940) 565-2970

www.coe.unt.edu/counseling-and-human-development-center

Insurance: No

Average cost per session: \$50

UNT Counseling and Testing Center

Chestnut Hall Suite 311

Denton, TX 76201

(940) 565-2741

www.studentaffairs.unt.edu/counseling-testing-services

Individual Counseling, Group Counseling, Couples Counseling, Assessments, Consultation, Education & Outreach

Insurance: No

Average cost per session: \$50

UNT Psychology Clinic

1611 W. Mulberry St., room 171

Denton, TX 76203

(940) 565-2631

www.psychology.unt.edu/clinics-and-centers/psychology-clinic

The Psychology Clinic is a non-profit clinic that serves as a supervised training facility for advanced Ph.D.-level student clinicians.. Psychology Clinic services are directed toward prevention, evaluation, and intervention.

Insurance: we do not bill insurance companies directly, we provide each client with a receipt for services received.

Because we are a non-profit training clinic, we can provide clients with professional, confidential psychological services based on a reduced - cost sliding scale.

UNT Substance Abuse Resource Center

The Union, Suite 376C

Denton, TX 76203

(940) 565-3177

www.studentaffairs.unt.edu/sarc

Winning The Fight

PO Box 271661

Flower Mound, TX 75027

(972) 467-7704

www.wtf-winningthefight.org

Preteen, Adolescent, Adults. We provide free Education, Support and Resources for families dealing with Substance Abuse.

Insurance: None

Youth and Family Counseling

105 Kathryn Dr. Suite 3A

Lewisville, TX 75067

(972) 724-2005

306 N. Loop 288 #101

Denton TX. 76209

(972) 724-2005

www.youthandfamilycounseling.org

All ages; We offer individual, couples, family, and play therapy on a sliding scale. We work with a wide range of presenting problems, and can address most issues that are treated with once-a-week, outpatient counseling.

Insurance: Fees are based upon the a sliding scale, determined by city of residence and household yearly income, services or treatment, and if I am eligible for any specific programs available at the time.