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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://abledisableddenton.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.acorn counseling.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.brucetriskalpc.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.conflictmangementinc.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 Mound75022  
(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, healthcare and cash assistance, all just a click away if you apply through YourTexasBenefits.com

Dianne Baskin
3411 Cooper Brannig 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 HealthCare,
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, Pyschological 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.dryndamathis.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, greif, 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](http://www.freshperspectivescounseling.com)  
All Ages; Pastoral Counseling  
**Insurance:** No  
**Average cost per session:** $115  
I accept checks and cash

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**Gooden Counseling**  
200 Highland Village Rd. Suite C  
Highland Village, TX 75077  
(972) 861-0060  
[www.goodencounseling.com](http://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

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**Grace Counseling Center**  
105 Kathryn Dr Bldg. 3 Suite D  
Lewisville, TX 75067  
(800) 972-0643  
[www.grace-counseling.com](http://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.

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**Greer and Associates**  
1410 Robinson Rd. Suite 400  
Denton, TX 76210  
(972) 523-0000  
[www.drmichelegreer.com](http://www.drmichelegreer.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.

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**Griffin Therapy Center**  
109 S. Woodrow Ln. Suite 5  
Denton, TX 76205  
(940) 765-6487  
[www.griffintherapycenter.com](http://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.

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**Guiding Compass Counseling**  
4320 Windsor Centre Trail, Suite 600  
Flower Mound, TX 75028  
(972) 432-6500  
Crisis Hotline: 972-233-2233  
[www.guidingcompasscounseling.com](http://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.

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**Healing and Recovery**  
860 Hebron Pkwy #1102  
Lewisville, TX 75057  
(972)878-8527  
[www.healing-and-recovery.com](http://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.

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**Health Services of North Texas**  
4308 Mesa  
Denton, TX 76207  
(940) 381-1501  
[www.healthntx.org](http://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
Aldolesents, 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 Consulting 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 Firewheel 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

Lifeview Counseling
751 Hebron Pkwy, Suite 320
Lewisville, TX 75057
(214) 396-3848
www.lifeviewcounseling.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, Premarital 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.drmichaeljmaxwell.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

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.

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

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.

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.

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

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

Rebecca Torres-West
1512 Scripture Street
Denton, TX 76201
(940) 382-5328
Insurance: Aetna, Blue Cross Blue Shield of Texas, Cigna, Humana, MultiPlan

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

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

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.

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.

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8827 Highway 377 South
Argyle, TX 76226
(940) 240-0500
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Rebecca Torres-West
1512 Scripture Street
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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

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.
Reves & Associates Counseling
8700 US Hwy 380 Suite 519
Crossroards, 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, LSCW
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

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

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

Shareen Wornson
8300 Hwy 380
Crossroads, TX 76227
(940) 235-0359 or (469) 235-0359
Insurance: No
The Answer: Psychological Services
2250 Morriss Rd. Suite 205
Flower Mound, TX 75028
(920) 412-7793
www.theanswergpsychservices.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
Cherry 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.