

SMU Center for Family Counseling
5228 Tennyson Parkway, Suite 102 Plano, TX 75024
972-473-3456 (phone)* 972-473-3490 (fax)
www.smu.edu/familycounseling

Referral Contacts for Community Clients

SMU does not warrant or endorse any of the mental health facilities/clinics listed. They are private facilities/clinics and are not employees, agents, or contractors of SMU. You should approach hiring a mental health facility/clinic just as you would any other professional taking into account education, training, experience, and fees.

Anthem Strong Families* - 214-426-0900

12800 Hillcrest Rd., Suite #A101

Dallas, TX 75230

Services include: Relationship/Parenting Education, Anger management, Job Readiness, and Financial planning.

City House*

www.cityhouse.org

(972) 424-4626

902 East 16th Street

Plano, TX 75074

Our vision of success is that every child, youth and young adult develops the skills and confidence he or she needs to succeed in life, especially while coping with difficult relationships and circumstances.

Dallas Metrocare: Child and Adolescent Services * - (214) 743-6188

www.metrocareservices.org

Dallas, Texas 75247

1353 N. Westmoreland, Building A

Dallas, Texas 75247

Child and Adult Outpatient Mental Health Center* - 214-275-7393

4645 Samuell Blvd.

Dallas, TX 75228

Services include: Adult issues, early childhood, child & adolescent issues, mental retardation, and autism services

Family Tree*

www.familytreeprogram.org

Contact a Family Tree Case Manager.

Toll free: (888) 837-0666

Or (940) 387-7517

326 S Edmonds Lane, Suite 103

Lewisville, TX 75067

(888) 837-0666 ext 2

1512 Scripture St

Denton, TX 76201

6/25/2015

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(888) 837-0666 ext 2
2727 LBJ Freeway, Suite 406

Also in Garland, Richardson, and Dallas

We are a state funded program that provides short-term family counseling and psychoeducational classes at no cost to families in Denton and Dallas Counties.

Galaxy Counseling-Dallas County * – 972-272-4429

www.galaxycounseling.org

1025 S. Jupiter Road
Garland, TX 75042

Services include: Individual therapy, couples therapy, family therapy, play therapy, group therapy, teen and adult anger management, truancy intervention and prevention, and psychological evaluations.

Galaxy Counseling Center-Collin County* - 972-272-4429

<http://www.galaxycounseling.org/>

2600 K Avenue, Suite 206
Plano, Texas 75074

The Galaxy multi-lingual staff in Plano will be comprised of fully licensed therapists and social workers (LPCs and LCSWs).

Galaxy will accept Value Options clients and offer affordable self-pay options.

As of now, there are immediate Plano appointment openings for all Galaxy services **Conducted in Spanish and English**, including: Individual Adolescent (12 years+) and Adult

- Behavioral Health Screening
- Non-Chronic Mental Health problems (such as, Anxiety and Depression)
- Trauma (such as, sexual, physical, emotional abuse)
- Relationship problems (such as, Divorce, Step-Families, Family Conflict)

Services include: Individual therapy, couples therapy, family therapy, play therapy, group therapy, teen and adult anger management, truancy intervention and prevention, and psychological evaluations.

Green Oaks Outpatient Services*

www.greenoakspsych.com

972-985-1599

Plano Clinic – The Medical Center of Plano, Bldg III
4001 W. 15th Street #465
Plano, TX 75093

They also have clinics in Dallas.

Individual, Couples, and Family Counseling for clients ages 12 and up. Licensed Therapists assist clients with a variety of issues, such as depression, anxiety, drugs/alcohol, relationship issues, and stress. Most health insurance plans accepted or they offer a self-pay rate of \$34/hour.

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Jewish Family Services of Greater Dallas * – 972-437-9950

www.jfsdallas.org

5402 Arapaho Road
Dallas, TX 75248

Services include issues dealing with: Children and Teens, Family Violence Intervention, Adults, Career and Employment, Elderly, Adults and Children with Special Needs, Support Groups, and Emergency Assistance.

Lifenet Mental Health Clinic* – 214-221-5433

9708 Skillman Street
Dallas, TX 75243-5150

www.lifenettexas.org

LifeNet is a comprehensive outpatient program serving adults with severe mental illness and dual diagnosis (mental illness with co-occurring substance abuse).

Momentum * - 214-916-4000

Therapeutic Services

<http://www.salesmanshipclub.org/youth-family-centers/supporters/salesmanship-club-dallas/>

As a leading provider of therapeutic services to kids and families in North Texas, Salesmanship Club Youth and Family Centers (SCYFC) serves more than 5,000 people each year. Their approach is tailored to the individual needs of each child and his or her family and focuses on strong relationships, social and emotional intelligence, academic success, and a brighter future.

STARRY Counseling*

<http://www.childrenatheartministries.org/STARRY-Counseling-North-Texas>

STARRY Counseling in McKinney

4501 Medical Center Dr., Ste. 300
McKinney, TX 75069
(469) 617-7476

STARRY Counseling in Plano

17440 North Dallas Parkway, Ste. 130
Dallas, TX 75287
(214) 238-0801

Counseling is available at no cost to children and families with children from birth to 17 years of age.

CCD Counseling ** - 940-382-5328 ext. or 800-897-7068

www.ccdcounseling.com

Offices in Denton, Lewisville, and Farmers Branch

Services include: Anger Management Groups, Divorce, Theft Intervention, Self Injurious Behavior, Family Conflict, Substance Abuse, Alcohol & Drug Evaluations, and ADD/ADHD Assessments, and other services. Ask if any counselors offer reduced fees.

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Gearing Up**

www.gearingup.com

(972) 596-7229

2415 Coit Road

Plano, TX 75075-3758

Services include the following issues for children, teens, and adults: Depression, anxiety, obsessive compulsive disorder, oppositional defiant disorder, Asperger disorder, oppositional defiant disorder, separation anxiety disorders, school avoidance and eating disorders. We are happy to file insurance claims on your behalf both for In-Network and Out-of-Network benefits. In addition, we do offer fee-for-service and sliding scale arrangements

New Perspective Counseling Services ** - (469) 362-8004

www.npcs.com

9555 Lebanon Road #301

Frisco, TX 75035

Services include: Individual, couples, and family therapy.

Reduced fee services are available on a limited basis. We have a licensed intern who can provide services at a reduced fee of \$75 per session, or your therapist may offer you a sliding fee scale based on your income.

Richland Oaks Counseling Center - 469-619-7622**

www.richlandoaks.org

1221 Abrams Rd., Suite 325

Richardson, TX 75081

We offer a full spectrum of services including therapy for children, adolescents and adults in individual, couple, family and group psychotherapy settings. We also provide psychological assessments including assessments for learning disorders, academic accommodations, giftedness, ADD/ADHD, Disability and Rehabilitation Service assessments, and assessments to facilitate treatment planning, differential diagnosis, and employment evaluations.

As a part of our mission to provide accessible services to our community, therapy services are billed on a sliding scale. Therapy fees typically range from \$35 to \$150 per session

Therapy on the Square- (972) 886-8375 and Diagnostic & Counseling Services, Inc.**

114 1/2 E. Louisiana St. Suite 201

McKinney, Texas 75069

www.tots.pro

3420 Oak Grove Ave.

Dallas, Texas 75204

Services include: Comprehensive family care by providing a variety of therapeutic services, including Child and Play therapy, pre-adolescent & teen therapy, adult and family therapy, child/parent relationship training, social skills, and group therapy.

Crossroads Child & Family Counseling - 940-300-1706

www.crossroadscounseling.com

3550 Parkwood Blvd. Suite 401

Frisco, TX 76034

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Services include: Individual and Group Therapy, Couples Counseling, Play Therapy, Sand Tray Therapy, Art Therapy, Grief Counseling, Filial Classes, Parenting Classes, and Pre-marital Counseling

Frisco Counseling and Wellness

<http://www.friscocounseling.org/>

6842 Lebanon Road

Suite 103

Frisco, Texas 75034

Services include the following issue: Depression and suicidal thoughts; anxiety disorders – obsessive-compulsive, body dysmorphic, panic, and agoraphobia; drug and alcohol addictions; self-esteem and self-image problems; personality disorders; pre-marital, marital and relationship issues; eating disorders; and Bipolar Disorder and Schizophrenia

Legacy Family Counseling – 972-665-9758

www.legacyhope.com

1400 Preston Road

Plano, TX 75093

Services include the following issues for adults and children: Marital & Relationship, Separation, Divorce, Step-Family, Parent-child conflict, Anxiety, Depression, Low Self-Esteem, Grief & Loss, Anger, Emotional & Relational Aspects of Financial Issues, Emotional & Relational Aspects of Weight Loss, Substance Abuse, Abuse Issues, Sexual Issues, Personal & Spiritual Growth.

Masuma Rasheed, Ph.D., Counseling Center

www.rasheedphdcounseling.com

214-295-8500

5550 (I-635) LBJ Freeway, Suite #150

Dallas, TX

*Clinics or counselors that may offer low-to-no-cost counseling services.

**Clinics that may have counselors who offer reduced fees or a sliding scale fee.

For a general search of Nationally Certified Counselors

<http://www.nbcc.org/directory>