tcmhcc Texas Child Mental Health Care Consortium | TCHATT Texas Child Health Access Through Telemedicine | TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER™

ESC 14 Counseling and Therapy Resources

National/Regional Resources

Name of Resource	Phone Number	Notes
National Suicide Prevention Hotline	988	Call, text, or chat Available 24/7 *Habla Español*
National Suicide Prevention Hotline (For Deaf and Hard of Hearing)	Dial 711 then 1-800-273-8255	For TTY Users; Available 24/7
LoveLine	888-550-1588	Hotline (call, text, or email) especially for single parents and pregnant women. Can provide financial assistance and case management. https://loveline.com/
National Text Line	741741	Free and confidential; Available 24/7
RAINN: National Sexual Assault Hotline	800-656-HOPE 800-656-4673	https://www.rainn.org/about-national-sexual-assault-online-hotline
Trevor Lifeline for LGBTQ youth	866-488-7386 Text START to 67867	https://www.thetrevorproject.org/
Teen Text Crisis Line	855-449-1212 Text Only	Operates from 3:00pm to midnight daily
24-Hour Runaway Hotline	1-800-778-7673	Available 24/7
24-Hour Youth Crisis Hotline	1-800-530-4740	Available 24/7
National Domestic Violence Hotline	1-800-799-7233	https://www.thehotline.org/
Cyber Bullying Hotline	1-800-420-1479	Available 24/7
Substance Abuse and Mental Health Services Administration Hotline	1-800-662-4357	https://www.samhsa.gov/find-help/national-helpline
NAMI Help Line –Information Only	800-950-6264	Toll free number
Texas Substance Abuse Hotline	877-966-3784	Toll free number
Texas Youth Hotline	1-800-989-6884	Free and confidential; Available 24/7
Texas Abuse Hotline	1-800-252-5400	Available 24/7
Trans Lifeline	1-877-565-8860	24/7 Hotline Assistance for Trans or Nonbinary Youth

Little Otter Therapy and Crisis Line	1-800-273-TALK (8255)	https://www.littleotterhealth.com/
Charlie Health	1-214-740-4723	https://outreach.charliehealth.com/regions/texas
Nurse Hotline	(210) 22-NURSE (68773)	24/7 service staffed by pediatric registered nurses to provide answers about children's non-emergency medical situations. *Habla Español*
National Parent Helpline	1-855-4A PARENT (1-855-427-2736)	Hours of Operation: M-F, 10:00 AM PST – 7:00 PM PST
2-1-1 Texas	211, (325) 673-8211, (877) 541-7905	www.211texas.org 2-1-1 Texas Pathway to help
Amerigroup	1(800) 600-4441	https://www.amerigroup.com/find-care Medicaid or Chip recipients
Firstcare	1(800) 884-4901	https://portal.swhp.org/#/fcsearch?networkCode=31 Medicaid or Chip recipients
Superior		https://findaprovider.superiorhealthplan.com/location Medicaid or Chip recipients
AgriStress Helpline	833-897-2474	Call or text for Crisis Support in Agricultural Communities in Texas. Free and confidential crisis and support line available 24/7. Helpline is answered by trained professionals who can offer support and/or help you find mental health resources in your area. Interpreter services for 160 languages.
National Center on the Sexual Behavior of Youth		https://www.ncsby.org/

Local Mental Health Authority (LMHA)

Name of Resource	Phone Number	Address	Notes
Betty Hardwick Center	Main Phone: (325) 690-5100, press 4 for child mental health services Crisis Phone: (800) 758-3344	2616 S. Clack St., Abilene, TX 79606 (Serves Callahan, Jones, Shackleford, Stephens and Taylor counties)	Accepts most insurance and Medicaid; Also offers sliding scale fee https://bettyhardwick.org/

Center for Life Resources	Main Phone: (325) 646-9574 Crisis Phone: (800) 458-7788	408 Mulberry Brownwood, TX 76801 (Serves Brown, Coleman, Comanche, Eastland, McCulloch, Mills, and San Saba counties)	Accepts most insurance and Medicaid; Also offers sliding scale fee https://cflr.us/ns/
West Texas Centers	Main Phone: (432) 263-0007 Crisis Phone: (800) 375-4357	319 Runnels St. Big Spring, TX 9720 (Serves Andrews, Borden, Crane, Dawson, Fisher, Gaines, Garza, Glasscock, Howard, Kent, Loving, Martin, Mitchell, Nolan, Reeves, Runnels, Scurry, Terrell, Terry, Upton, Ward, Winkler and Yoakum)	Accepts most insurance and Medicaid; Also offers sliding scale fee https://www.wtcmhmr.org/
Helen Farabee Centers	Main Phone: (940) 397-3143 Crisis Phone: (800) 621-8504	1000 Brook St. Wichita Falls, TX 76301 (Serves Archer, Baylor, Childress, Clay, Cottle, Dickens, Foard, Hardeman, Haskell, Jack, King, Knox, Montague, Stonewall, Throckmorton, Wichita, Wilbarger, Wise and Young)	Accepts most insurance and Medicaid; Also offers sliding scale fee https://www.helenfarabee.org/
West Texas Centers: Nolan County MHC	Main Phone: (325) 236-6619 Crisis Phone: (800) 375-4357	304 New Mexico Ave. Sweetwater, TX 79556 (Serves Nolan and Fisher County)	Accepts most insurance and Medicaid; Also offers sliding scale fee
Helen Farabee Centers: Headstream County Center	Main Phone: (940) 864-3472 Crisis Phone: (800) 621-8504	1201 North 1st, Suite A Haskell, TX 79521 (Serves Haskell, Baylor, Throckmorton, Stonewall, King, Dickens, and Knox)	Accepts most insurance and Medicaid; Also offers sliding scale fee

Local Resources

Name of Resource	Phone Number	Address	Notes
Abilene Christian University (ACU) Marriage and Family Institute (MFI)	(325) 674-3724	1850 Teague Blvd., Abilene, TX 79699	Sliding Scale, general fee of $5 per session
Abilene Christian University (ACU) Psychology Clinic	(325) 674-4826	1201 E Ambler Ave., Abilene, TX 79601	Traditionally a flat fee ($10 per session), but can be reduced
Abilene Family Counseling	(972 810-7749	1017 Butternut St. Abilene, TX	Prices vary with LPC Associates ranging $40 - $75
Allison Clifton, LPC (Mosaic Wellness)	(325) 308-6082	5189 Texas Ave. Abilene, TX 79605	Sliding Scale: $75-$105; Accepts BCBS & Magellan *Ages 14+ y/o
Allison Paige Massey, LPC Associate	(325) 216-4469	5189 Texas Ave. Abilene, TX 79605	Sliding Scale: $40 - $65
Amber Kennedy, LPC, CCTSI	(325) 480-0192	702 Hickory Street Suite C Abilene, TX 79601	Sliding Scale: $65-$165. Accepts Medicaid and most insurances. Ages 11+ y/o
Ashlyn Railsback, LPC Associate (Life Renovations)	Email only	4200 Woods Place Abilene, TX	Contact via Email: Ashlyn_railsback@outlook.com
Brenna G. Camp, LCSW (Recourage Counseling)	(325) 896-4151	702 Hickory St., Suite C Abilene, TX 79601	Sliding Scale: $90-$120. Accepts Medicaid and most insurances. Ages 14+ y/o
Brian Hudspeth, LPC LCDC, SAP & Associates	(325) 261-0912	1049 N 3rd St. Suite 602 Abilene, TX 79601	$90-$200 per session; Accepts most insurances and Medicaid
Brittney Mendoza, LMFT-A (New Life Counseling)	(325) 400-3405 ext. 111	318 Cedar Street Abilene, TX 79601	Sliding Scale: $60-$100. Ages 11+ y/o
Candace Gail Kennemer, LPC	(325) 238-7975	4400 Buffalo Gap Road Abilene, TX 79606	Sliding Scale: $40-$150. Accepts most insurance and Medicaid
Christina R Rolerson, LCSW-S (Cross Harbor Counseling)	(210) 879-6356	500 Chestnut Street Suite 1500 Abilene, TX 79606	Sliding Scale: $90-$120 per session; Ages 6+ y/o
Christy Hernandez, LPC (New Life Counseling)	(325) 252-9978 ext. 119	318 Cedar Street Abilene, TX 79601	Sliding Scale; Accepts AMERIGROUP, BCBS, Cigna, Medicaid, MultiPlan, Superior HealthPlan & UnitedHealthcare
Daniel D. Knightstep, LPC	(325) 515-4015	5189 Texas Avenue Abilene, TX 79605	Telehealth offered. Sliding Scale: $60-$115. Medicaid and

			most insurances accepted. Ages 11+ y/o
Debbie Bowen, LPC	(325) 216-8411	2666 Industrial Abilene, TX 79605	$60-$100. Accepts Medicaid and most insurances. Ages 11+ y/o
Derek Tuley, LCSW (New Life Counseling)	(325) 446-1561 ext. 103	Abilene, TX 79601	Sliding Scale: $40-$125. Accepts Medicaid and most insurances. Ages 11+ y/o
Erika A Yourdan, LMFT, LAC, LCDC	(325) 252-3731	Located on the 3rd floor of First Financial Bank. 3300 South 14th Street Suite 319 Abilene, TX 79605	Sliding Scale: $105-$125 per session; Accepts Aetna, Cigna, TriCare & BCBS
Free Birds Counseling	(325) 400-3628	4601 Buffalo Gap Suite A2 Abilene, TX 79606	Sliding Scale: $50-$100. Medicaid and most insurances accepted. Ages 6+ y/o
Gwendolyn Merentes, LCSW (Recourage Counseling)	(325) 219-5391 ext. 3	702 Hickory St., Ste C Abilene, TX 79602	Sliding Scale: $45-$135. Ages 11+ y/o
Haley Stromberg, LMFT	(325) 378-0439	238 Sayles Boulevard Abilene, TX 79605	Sliding Scale: $75-$125; Online Therapy *Ages 11+ y/o
Hardin Simmons (HSU) Psychology & Counseling Center	(325) 670-1531	1317 Vogel St., Abilene, TX 79698	Flat fee ($10.00 per session)
Heidi White Morris, LPC (MFI)	(325) 515-0105	Marriage and Family Institute Abilene, TX 79601	Tele-counseling Services Only. Ages 6+ y/o; $100-$110 per session
Hilaria (Lindsay) Del Valle, LPC	(325) 420-4318	1219 ES 11th Suite B1 Abilene, TX 79602	Sliding Scale: $50-$120. Ages 11+ y/o
Itzell Gómez Rojas, LPC Associate	(325) 221-0061	Woods Place Abilene, TX 79602	Sliding Scale: $75-$90 per session
Jayme Beal, LPC	(325) 238-9028	500 Chestnut Street Suite 1500 Abilene, TX 79602	Sliding Scale: $80-$100. Accepts AMERIGROUP, Cigna, Medicaid & Blue Cross
Jeffrey D. Emery, LMFT-S	(325) 221-4703	5189 Texas Ave Abilene, TX 79605	$105-$130. Accepts Medicaid and most insurances. 11+ y/o
Joy Henderson, LPC (New Life Counseling)	(325) 221-0284 ext. 115	318 Cedar St Abilene, TX 79601	Sliding Scale: $50-$120. Accepts Medicaid and most insurances. Ages 11+ y/o
Julia Six, LMFT-A (Highland Counseling Center)	(325) 252-4774	238 Sayles Blvd Abilene, TX	Sliding Scale: $45-$100. Ages 11+ y/o
Kay Gillette, LMFT	(325) 208-4766	Online Only	Sliding Scale: $100-$140. Accepts Aetna, BCBS,

			UnitedHealthcare & Out of Network. Ages 14+ y/o
Kristen Pitzer, LPC, PLLC	(432) 897-4620	Abilene, TX 79602	Sliding Scale: $80-$115. Accepts Medicaid and most insurances.
Lori Copeland, LPC-S, RPT-S, NBC-HWC	(325) 276-4845	500 Chestnut Street Ste 1602 Abilene, TX 79602	Sliding Scale: $85-$115; Accepts BCBS, Medicaid, CHIP, Cigna, Scott & White Health Plan & Superior Health Plan
Lori Lara, LPC	(325) 455-8135	1969 Industrial Blvd. Studio 16 Abilene, TX 79602	Sliding Scale: $60-$100. Accepts Medicaid and most insurances. Ages 14+ y/o
Mandy Lamberson, LPC	(325) 400-2666	318 Cedar Street Abilene, TX 79601	Sliding Scale. Accepts Medicaid and most insurances.
Martin Pittman (Life Renovations)	(325) 939-8413	1 Village Dr., Building 1, Ste 350, Abilene, TX 79606	Accepts most insurance and Medicaid; Sliding Scale: $45-$130. Ages 6+ y/o
Maryann Holt, LMFT-A (Abilene Family Counseling)	(325) 313-3961	1017 Butternut Street Abilene, TX 79602	$60+ per session; Ages 6+ y/o
Methodist Children's Home (MCH) Family Solutions	(325) 672-9398	1 Village Dr., Suite 102, Abilene, TX 79606	FREE
Ministry of Counseling and Enrichment	(325) 672-9999	1502 N 1st St., Abilene, TX 79601	Accepts most insurance and Medicaid; Also offers sliding scale fee (ranging from $50-$90 per session)
Mosaic Wellness	(325) 232-7530	5198 Texas Ave., Abilene, TX 79605	Prices vary with counselors ranging from $70 - $150
Rachael McCormick, LPC, LCDC	(325) 221-5413	500 Chestnut Street Ste 1567 Abilene, TX 79602	$100+ per session. Accepts BCBS & Cigna.
Rachel Lopez De Castilla, LMFT-A	(325) 208-0859	1219 ES 11th St., Ste B1 Abilene, TX 79602	Sliding Scale: $65-$85. Ages 11+ y/o
Rhonna Murray, LPC	(325) 480-3461	Teletherapy Only	$105-$130. Accepts most insurances. Ages 11+ y/o
Texas Family Institute	(325) 480-0268	100 Chestnut St., Suite 101, Abilene, TX 79602	Accepts most insurance and Medicaid; Also offers sliding scale fee (ranging from $80-$105 per hour)
Turning Point Counseling	(325) 437-1001	500 Chestnut St., Abilene, TX 79602	Accepts most insurance and Medicaid; $130 per session if no insurance
Valorie Cadoo, LMFT-S, PLLC	(325) 455-2404	Abilene, TX	Sliding Scale: $20-$125. Accepts most insurance and

			Medicaid. Telehealth option available.
Shackelford County Community Resource Center	(325) 762-2447	725 Pate St., PO Box 2435, Albany, TX 76430	Accepts most insurance and Medicaid; Sliding fee scale starting around $15 a session
Dr. Goodall's House	(254) 559-5450	201 South Geneva St., PO Box 272, Breckenridge, TX 76424	All services are free; *Must have a history of trauma
Breckenridge Family Counseling	(254) 870-2307	117 West Walker St., Breckenridge, TX 76424	Accepts most insurance and Medicaid; Sliding fee scale; Cost is typically $25 a session
ResourceCare Breckenridge	(254) 559-7215	2802 West Walker St., Breckenridge, TX 76424	Accepts most insurance and Medicaid; Sliding fee scale starting around $15 a session
Laurie Markey, MFT-A, LPC-I	(940) 242-5967	706 South Ave E., Haskell, TX 79521	Does not take insurance; Sliding fee scale starting at $0; *Only adolescents 14+
Healing Play Counseling- LCSW Melissa Austin	(940) 276-1030	530 South 2nd St., Haskell, TX 79521	Accepts most insurance and Medicaid; Without insurance, intake costs $120 and follow-up sessions cost $80
Stonewall Memorial Hospital	(940) 989-3551	821 N Broadway St., Aspermont, TX 79502	Accepts most insurance and Medicaid; Without insurance, intake costs $75 and follow up sessions cost $65.
Headstream Mental Health Center	(940) 864-3472	1201 N 1st St. Haskell, TX 79521	Accepts most insurance
Rolling Plains Rural Health Clinic	(325) 235-8641	201 East Arizona Ave., Sweetwater, TX 79556	Accepts most insurance and Medicaid; $210 per session without insurance
Carol Frye, LMFT	(325) 235-9896	411 East Third St., Sweetwater, TX 79556	Accepts most insurance and Medicaid; $50 per session without insurance
Hope Unlimited Counsel for Christian Living	(325) 235-1910	109 W. 3rd St., Sweetwater, TX 79556	$110 for first session; $55 for all other sessions; No insurance or Medicaid accepted
ResourceCare Merkel	(325) 928-0014	217 Edwards St., Merkel, TX 79536	Accepts most insurance and Medicaid; Without insurance, sliding fee scale (ranging from $15 to over $150 per session)
Rhonda Lynne Pipkin, RN, LPC	(254) 236-6062	1498 IH 20 W Cisco, TX 76437	11-18 y/o; Sliding Scale: $25-$125 per session

Trinity Dempsey, LMFT-A	(254) 249-4568	490 Spur Cisco, TX 76437	14-18 y/o; Sliding Scale: $80-$100
West Texas EMS	(325) 269-0250	815 S 2nd St. Clyde, TX 79510	Some insurances accepted, ADHD assistance by neurofeedback therapy
Resource Care Community Health Center	(325) 893-4010	1712 North Access Rd. Clyde, TX 79510	Accepts most insurance and Medicaid; Income based discounts
AccelHealth	(254) 893-5895	1100 W Reynosa Ave. De Leon, TX 76444	Accepts most insurance
Recovery TX / Be Well Texas	Information and scheduling: (833) 778-2571 Connect with a Peer Specialist: (833) 922-2557 Youth Support Line: (210) 729-2273 Heroes Helpline (First Responders and Healthcare): (833) 367-4689	BeWellTexasClinic.org RecoveryTexas.org (all virtual services)	Offers comprehensive care for substance abuse disorder and non-severe mental illness. Services include: psychiatric evaluation, medication management, counseling, peer recovery support, technology tools, and case management. Lab and medication costs are free for qualifying patients. Open to anyone 18 and older, regardless of ability to pay. No-pay and no-insurance options available. Same-day and next-day appointments available.
BCFS(Community Youth Development Program	Email: cydreferral@bcfs.net	visit https://discoverbcfs.net/CYD	CYD serves youth in ZIP codes 79601 and 79603. Aims to encourage youth to build developmental assets and skills that lead to stronger connections.
BCFS(Fatherhood Effect)	(325) 692-0033	Visit: https://discoverbcfs.net/fatherhoodeffect	24/7 dad curriculum teaches the characteristics of a good father, like effective discipline and a healthy work-family balance.
BCFS (Hopes)	(325) 692-0033 Email: hopesabilenereferral@bcfs.net	Visit: https://acebook.com/bcfsabilene	Help to build parent skills and receive basic needs. Serves counties: Archer, Baylor, Brown, Callahan, Clay, Coleman, Comanche, Cottle, Eastland, Fisher, foard, Hardeman, Haskell, Jack, Jones, Kent, Knox, Mitchell,

			Montague, Nolan, Runnels, Scurry, Shackleford, Stephens, Stonewall, Taylor, Throckmorton, Wichita, Wilbarger, and Young.
New Horizons (FAYS)	(325)-437-1852	Visit: www.nh-families.org 294 Medical Dr. Abilene, TX 79601	Counseling and coaching for youth success. Helps with: family conflict, bullying, grief, anger, school attendance and coping with divorce.
New Horizons (Kinship Navigator Program)	(325) 437-1852	Visit: www.nh-families.org/kinship-support 294 Medical Dr. Abilene, TX 79601	A free program to help assist families to provide the care and needs of a kinship child.
Open Door Mobile Unit	(254) 442-3000	Contact Margaret McKinney – Mobile Manager	Travels to nearby towns to provide pregnancy tests, limited OB ultrasounds and monthly diaper assistance.
Pregnancy Resources of Abilene	(325) 672-6415	2110 N. Willis St. Ste A Abilene, TX 79603 Visit: www.prabilene.com	FREE diapers, wipes and formula given out from 10am-12:30pm FREE Classes
SFFC Abilene	(325) 338-2984	Visit: https://safe-families.org/get-help/request-a-mentor P.O. Box 3573 Abilene, TX 79604	Surrounds isolated parents with volunteers who provide a temporary home for their children while the parents deal with a source of crisis.

Autism/ABA Resources

Hardin Simmons (HSU) Houston-Lantrip Center	(325) 670-1836	917 Lineberry Blvd., Abilene, TX 79601	Accepts most insurance
BlueSprig	(325) 238-9337	23 Hospital Dr., Ste., 102 Abilene, TX 79606	Accepts most insurance including Medicaid and TRICARE
Neuropsychology Clinic – Dr. Samuel Brinkman	(325) 677-3172	4755 Hartford St, Abilene, TX 79605	In network, Medicare, Superior, TriCare, VA. Physician referral needed. Ax only.
Roger Russell, PhD, LSSP, LMFT	(325) 437-1001	Turning Point Counseling	Inquire about prices.

		https://turningptcounseling.com/therapist/roger-russell/	
Scott Brown, PsyD	(325) 672-9106	4400 Buffalo Gap Rd, Ste 0275 Abilene, Tx	Most insurances accepted.
Positive Behavior Support Corporation Abilene Rep.: Julia Smith	1 (855) 832-6727 ext. 1720	www.teampbs.com Online Referral	Accepts Tricare, Medicaid, and scholarship fund. ABA Therapy in the home. New start in Abilene.
Hardin Simmons ABA Therapy Clinic Rep.: Rachel Goulet	(325) 670-1836	Houston-Lantrip Center, HLC-170 2200 Hickory, Abilene, TX, 79698 https://www.hsutx.edu/academics/schools-colleges/irvin-school-education/autism-dyslexia-center/autism-services/	Individual and group ABA therapy.

Substance Abuse Resources

Turning Point Counseling	(325) 437-1001	500 Chestnut St., Abilene, TX 79602	Accepts most insurance and Medicaid; $130 per session if no insurance.
Serenity House Texas	(866) 795-4673	150 Orange St. Abilene, TX 79601	24-hour toll-free call line available. Accepts most insurances and private pay. Limited scholarships available.
West Texas Counseling Rehab	(325) 670-9339	212 S. Leggett Dr. Abilene, TX 79605	Accepts most insurance, Medicaid, and Medicare. Initial screening is free.
Recovery TX / Be Well Texas	Information and scheduling: (833) 778-2571 Connect with a Peer Specialist: (833) 922-2557 Youth Support Line: (210) 729-2273	BeWellTexasClinic.org RecoveryTexas.org (all virtual services)	Offers comprehensive care for substance abuse disorder and non-severe mental illness. Services include: psychiatric evaluation, medication management, counseling, peer recovery support, technology tools, and case management. Lab and medication costs are free for qualifying patients. Open to anyone 18 and older, regardless of ability to pay. No-pay and no-insurance options

	Heroes Helpline (First Responders and Healthcare): (833) 367-4689		available. Same-day and next-day appointments available.

Eating Disorder Resources

Kayli Cross, LMFT	940- 343-9226	Telehealth only	Sliding scale fee; Medicaid; $125 per session
ANAD – Online Support Groups	888-375-7767	Virtual Support Group	Eating Disorder Peer Support Groups | National Association of Anorexia Nervosa and Associated Disorders (anad.org) Free – They do take donations
EQUIP	855-387-4378	Virtual Support Group and Treatment	Virtual Eating Disorder Treatment | Equip Health Take Cigna, Aetna, and Optum. Offer a private pay option for families that wish to start care with Equip before their plan is in-network.
Eating Recovery Center	1-866-303-8479	7351 E. Lowry Blvd, Ste 200 Denver, CO 80230 Call 1-866-303-8479 to talk to a masters-level clinician. Mon–Fri: 6am–7pm MST Saturday: 8am-4pm MST Sunday: 8am-4pm MST info@ercpathlight.com	Eating Disorder Treatment Centers | Anorexia, Bulimia & Binge Eating (eatingrecoverycenter.com) They also offer a virtual IOP for ED.

Trauma Counselors & Resources

Name of Resource	Phone Number	Address	Notes
Daniel D. Knightstep, LPC	(325) 515-4015	5189 Texas Avenue Abilene, TX 79605	Telehealth offered. Sliding Scale: $60-$115. Medicaid and most insurances accepted. Ages 11+ y/o

Allison Clifton, LPC (Mosaic Wellness)	(325) 308-6082	5189 Texas Avenue Abilene, TX 79605	Sliding Scale: $75-$105. Accepts BCBS & Magellan. Ages 14+ y/o
Allison Paige Massey, LPC Associate	(325) 216-4469	5189 Texas Avenue Abilene, TX 79605	$40-$65 per session; Ages 6+ y/o
Amber Kennedy, LPC, CCTSI	(325) 480-0192	702 Hickory Street Suite C Abilene, TX 79601	Sliding Scale: $65-$165. Accepts Medicaid and most insurances. Ages 11+ y/o
Ashlyn Railsback, LPC Associate (Life Renovations)	Email only	4200 Woods Place Abilene, TX	Contact via Email: Ashlyn_railsback@outlook.com
Brenna G. Camp, LCSW (Recourage Counseling)	(325) 896-4151	702 Hickory St., Ste C Abilene, TX 79601	Sliding Scale: $90-$120. Accepts Medicaid and most insurances. Ages 14+ y/o
Brian Hudspeth, LPC, LCDC, SAP & Associates	(325) 261-0912	1049 N 3rd St Suite 602 Abilene, TX 79601	$90-$200 per session; Accepts most insurances and Medicaid
Christina R Rolerson, LCSW-S (Cross Harbor Counseling)	(210) 879-6356	500 Chestnut Street Suite 1500 Abilene, TX 79606	Sliding Scale: $90-$120 per session; Ages 6+ y/o
Derek Tuley, LCSW (New Life Counseling)	(325) 446-1561 ext. 103	Abilene, TX 79601	Sliding Scale: $40-$125. Accepts Medicaid and most insurances. Ages 11+ y/o
Erika A Yourdan, LMFT, LAC, LCDC	(325) 252-3731	Located on the 3rd floor of First Financial Bank. 3300 South 14th Street Suite 319 Abilene, TX 79605	Sliding Scale: $105-$125 per session; Accepts Aetna, Cigna, TriCare & BCBS
Free Birds Counseling	(325) 400-3628	4601 Buffalo Gap Suite A2 Abilene, TX 79606	Sliding Scale: $50-$100. Medicaid and most insurances accepted. Ages 6+ y/o
Haley Stromberg, LMFT-A	(325) 378-0439	238 Sayles Boulevard Abilene, TX 79605	Sliding Scale: $75-$125. Ages 11+ y/o
Julia Six, LMFT-A (Highland Counseling Center)	(325) 252-4774	238 Sayles Blvd Abilene, TX	Sliding Scale: $45-$100. Ages 11+ y/o
Kay Gillette, LMFT	(325) 208-4766	500 Chestnut Street Abilene, TX 79602	Sliding Scale: $100-$140. Accepts Aetna, BCBS, UnitedHealthcare & Out of Network. Ages 14+ y/o
Kristen Pitzer, LPC, PLLC	(432) 897-4620	100 Chestnut St., Ste 101, Abilene, TX 79602	Sliding Scale: $70-$115. Accepts Medicaid and most insurances.

Lori Copeland, LPC-S, RPT-S, NBC-HWC	(325) 276-4845	500 Chestnut Street Suite 1602 Abilene, TX 79602	Sliding Scale: $75-$110; Accepts BCBS, Medicaid, CHIP, Cigna, Scott & White Health Plan & Superior Health Plan
Lori Lara, LPC	(325) 455-8135	1969 Industrial Blvd. Studio 16 Abilene, TX 79602	Sliding Scale: $60-$100. Accepts Medicaid and most insurances. Ages 14+ y/o
Mandy Lamberson, LPC	(325) 400-2666	318 Cedar Street Abilene, TX 79601	Sliding Scale. Accepts Medicaid and most insurances.
Maryann Holt, LMFT-A (Abilene Family Counseling)	(325) 313-3961	1017 Butternut Street Abilene, TX 79602	$60+ per session; Ages 6+ y/o
Regional Victim Crisis Center (RVCC)	24/7 Hotline: (325) 677-7895	PO Box 122, Abilene, TX 79604	FREE to survivors of sexual assault and other violent crimes
Rhonna Murray, LPC	(325) 480-3461	Teletherapy Only	$105-$130. Accepts most insurances. Ages 11+ y/o

Animal Assisted Therapy

Name of Resource	Phone Number	Address	Notes
Julia Six, LMFT-A (Highland Counseling Center)	(325) 252-4774	238 Sayles Blvd Abilene, TX	Sliding scale: $45-$100 *Ages 11+ y/o

Adoption and Foster Care Services

Name of Resource	Phone Number	Address	Notes
New Horizons Ranch: Family and Youth Success Counseling (FAYS) & Counseling for Foster Care Children	(325) 437-6888	294 Medical Dr. Abilene, TX 79601	FAYS program is free; Superior Health accepted for foster care counseling
BCFS (TWC)	(325) 692-0033	303 S. Pioneer Dr. Ste. 200 Abilene, TX 79605 Visit: https://discoverbcfs.net/abilene https://facebook.com/bcfsabilene	Provides career services to youth and young adults (16-25) from the foster care system.

Spanish Speaking Counselors

Name of Resource	Phone Number	Address	Notes
Itzell Gómez Rojas, LPC Associate (Life Renovations)	(325) 221-0061	4200 Woods Place Abilene, TX 79602	Sliding Scale: $75-$90 per session

Free Birds Counseling	(325) 400-3628	4601 Buffalo Gap Suite A2 Abilene, TX 79606	Sliding Scale: $50-$100. Medicaid and most insurances accepted. Ages 6+ y/o
Brenna G. Camp, LCSW (Recourage Counseling)	(325) 896-4151	702 Hickory St., Ste C Abilene, TX 79601	Sliding Scale: $90-$120. Accepts Medicaid and most insurances. Ages 14+ y/o

LGBTQIA Counselors & Resources

Name of Resource	Phone Number	Address	Notes
Allison Paige Massey, LPC Associate	(325) 216-4469	5189 Texas Avenue Abilene, TX 79605	$40-$65 per session; Ages 6+ y/o
Amber Kennedy, LPC, CCTSI	(325) 480-0192	702 Hickory Street Suite C Abilene, TX 79601	Sliding Scale: $65-$165. Accepts Medicaid and most insurances. Ages 11+ y/o
Kristen Pitzer, LPC, PLLC	(432) 897-4620	100 Chestnut St., Ste 101, Abilene, TX 79602	Sliding Scale: $70-$115. Accepts Medicaid and most insurances.
Allison Clifton, LPC (Mosaic Wellness)	(325) 308-6082	5189 Texas Avenue Abilene, TX 79605	Sliding Scale: $75-$105. Accepts BCBS & Magellan. Ages 14+ y/o
Kay Gillette, LMFT	(325) 208-4766	500 Chestnut Street Abilene, TX 79602	Sliding Scale: $100-$140. Accepts Aetna, BCBS, UnitedHealthcare & Out of Network. Ages 14+ y/o
Haley Stromberg, LMFT-A	(325) 378-0439	238 Sayles Boulevard Abilene, TX 79605	Sliding Scale: $75-$125. Ages 11+ y/o
Rachael McCormick, LPC, LCDC	(325) 221-5413	500 Chestnut Street Ste 1567 Abilene, TX 79602	$100+ per session. Accepts BCBS & Cigna.
Ashlyn Railsback, LPC Associate (Life Renovations)	Email only	4200 Woods Place Abilene, TX	Contact via Email: Ashlyn_railsback@outlook.com

Food, Clothing, and Housing Resources

Christian Service Center	(325) 673-7531	3185 N. 10th St. Abilene, TX 79603	Food and clothing resource
Food Bank of West Central Texas	(325) 695-6311	5505 N. 1st St. Abilene, TX 79603	Food bank serving Jones, Mitchell, Nolan, Runnels, Fisher, Stephen, and Shackelford counties.
United Methodist Service Center and Food Pantry	(325) 864-6605	2618 N. 1st St. Abilene, TX 79603	Food pantry. Call for details.
Love and Care Ministries	(325) 670-0246 (same number for all locations)	233 Fannin St. #A Abilene, TX 79603 906 N. 3rd St.	Food and clothing resource. Call ahead.

		Merkel, TX 79536 605 S. 1st St. Clyde, TX 79510	
Baptist Social Ministries – Food Distribution Center	(325) 672-4193	618 S. Pioneer Dr. Abilene, TX 79605	Food bank. Call for details.
Highland Food Pantry	(325) 673-1234	701 Walnut St. Abilene, TX 79601	Food pantry. Call for details.
Salvation Army – Abilene	(325) 677-1408	1726 Butternut St. Abilene, TX 79602	Food and clothing resource. Thrift store available.
BCFS (OUR House) Abilene	(325) 692-0033	303 S. Pioneer Dr. Suite 200 Abilene, TX 79605 Visit: https://discoverbcfs.net/ourhouse	Provides shelter for young people ages 18-22 who are struggling with homelessness. Help them to become independent, including education assistance, job placement services and valuable life skills.

Sex and Porn Addiction Resources

RebootNation	(325) 762-2447	https://rebootnation.org/ The Reboot Nation on YouTube > Videos	FREE. Online recovering community.
OK2TALK.org National Alliance on Mental Health	1-800-273-TALK (8255)	https://ok2talk.org/	FREE. “Say anything. It’s time we talked about mental health. Share what’s on your mind.”
Sex Addicts Anonymous	1-800-477-8191	saa-recovery.org	FREE. International Hotline, will most likely have to leave a message.
NoFap	N/A	https://nofap.com/	Comprehensive community based porn recovery website. Option for weekly anonymous accountability calls. $20-$120 per month depending on service. Other resources are FREE.
Sex / Pornography Addiction Support Group	N/A	https://www.dailystrength.org/group/sex-pornography-addiction	Online forums and posts for addiction and recovery.