



ESC 17 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 <i>Habla Español</i>
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

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
Trans Lifeline	1-877-565-8860	24/7 Hotline Assistance for Trans or Nonbinary Youth
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	Payment
Starcare Specialty Health System (LMHA)	Main phone: 806-766-0310 Crisis line: 806-740-1414 or 800-687-7581. IDD Crisis: 806-224-4391	904 Ave. O Lubbock, TX 79408 Crisis Hotline available 24/7 (Serves Cochran, Crosby, Hockley, Lubbock, and Lynn counties)	Accepts most insurance and Medicaid; also offers sliding scale fee based on income (may be \$0-\$50)

West Texas Centers – Terry County Mental Health Center (LMHA)	Main Phone: (325) 754-5591 Crisis line: 1-800-375-4357	502 W Broadway St., Brownfield, TX 79316 Crisis Hotline available 24/7	Accepts most insurance and Medicaid; also offers sliding scale fee (ranging from \$38 to over \$200 a month)
West Texas Centers – Yoakum County MHC (LMHA)	Main Phone: (806) 592-8226 Crisis line: 1-800-375-4357	104 W 2nd Denver City, TX 79323 Crisis Hotline available 24/7	Accepts most insurance and Medicaid; Without insurance, sliding scale fee (ranging from \$38 to over \$200 a month)
Central Plains Center (LMHA)	Main Phone: (806) 291-4470 Crisis line: 1-800-687-1300	2700 Yonkers St., Plainview, TX, 79072 Crisis Hotline available 24/7 (Serves Bailey, Briscoe, Castro, Floyd, Hale, Lamb, Motley, Parmer, and Swisher Counties)	Accepts most insurance and Medicaid; Without insurance, sliding fee scale (ranging from \$0 to \$500 per month)
West Texas Centers – Dawson County (LMHA)	Main Phone: (806) 872-3790 Crisis line: 1-800-375-4357	211 N Main Ave., Lamesa, TX 79331 Crisis Hotline available 24/7	Accepts most insurance and Medicaid; Sliding scale fee.
Helen Farabee Centers – Cottle County (LMHA)	Main Phone: (940)-937-3644 Crisis line: 1-800-621-8504	8150 US HWY 287 Childress, TX 79201 Crisis Hotline available 24/7	Accepts Medicare, Medicaid, and most forms of private health insurance; sliding scale fee
West Texas Centers – Gaines County Mental Health Center (LMHA)	Main Phone: (432) 758-4028 Crisis line: 1-800-375-4357	702 Hobbs Hwy., Seminole, TX 79360 Crisis Hotline available 24/7	Accepts most insurance and Medicaid; Also offers sliding scale fee (ranging from \$38 to over \$200 a month)
West Texas Centers - Garza County MHC (LMHA)	Main Phone: (806) 495-2813 Crisis line: 1-800-375-4357	411 South Ave C Post, TX 79356 Crisis Hotline available 24/7	Accepts most insurance and Medicaid; also offers sliding scale fee (ranging from \$38 to over \$200 a month)
West Texas Centers – Howard County MHC (LMHA)	Main Phone: (432) 263-0027 Crisis line: 1-800-375-4357	1501 W 11 th Pl, Ste 104 Big Spring, TX 79720 Crisis Hotline available 24/7 (Serves Howard, Glasscock, Martin and Borden Counties)	Accepts most insurance and Medicaid; also offers sliding scale fee (ranging from \$38 to over \$200 a month)

<p>Helen Farabee Centers – Headstream County Center (LMHA)</p>	<p>Main Phone: (940) 864-3472</p> <p>Crisis line: 1-800-621-8504</p>	<p>1201 North 1st St. Ste A Haskell, TX 79521</p> <p>Crisis Hotline available 24/7 (Serves Haskell, Baylor, Throckmorton, Stonewall, King, Dickens, and Knox Counties)</p>	<p>Accepts Medicare, Medicaid, and most forms of private health insurance; sliding scale fee</p>
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Local Resources

Name of Resource	Phone Number	Address	Notes
Voice of Hope	806-763-7273		N/A
ADHD Clinic	(806) 773-9480	5120 29th Dr., Suite C, Lubbock, TX 79407	FirstCare; Medicaid
Austin Johnson, PhD	(806) 793-7491	4401 6th St., Suite A, Lubbock, TX 79416	Accepts most insurance; Medicaid; \$250 intake, \$150 per session
Beth van Rensburg, PhD, LPC-S, NCC, RPT-S	(806) 281-1000	2714 82 nd St., Suite A, Lubbock, TX 79423	Accepts most insurance; Medicaid; Sliding scale fee
Bobby Carter, LPC	(806) 412-7043	4630 50 th St., Suite 610 Lubbock, TX 79414	BCBS; Medicaid; \$100 per session
Cody Dickson, PhD, LPC	(806) 765-2611	1610 5th St., Lubbock, TX 79401	Accepts most insurance; Medicaid; Sliding scale fee \$5 - \$25
Community Health Center of Lubbock	(806) 765-2611	1610 5 th St., Lubbock, TX 79401	Accepts most insurance; Medicaid; Sliding scale fee \$5-\$25
Covenant Counseling Center	(806) 725-5443	3715 20 th St., Lubbock, TX 79410	Medicaid; Sliding scale fee \$5-\$40; Teletherapy is free
David C. Ivey, PhD, LMFT	(806) 797-3020	5502 58 th St., Suite 600, Lubbock, TX 79414	Accepts most insurance; Medicaid
First Episode Psychosis Program	(806) 740-1400	Sunrise Canyon Hospital 1950 Aspen Ave Lubbock, TX	Ages 15-30 experiencing their first psychotic episode; services as low as \$0 depending on financial needs
Diane Luera, LPC	(806) 787-8669	8212 Ithaca Ave., Suite W6 Lubbock, TX 79423	Accepts insurance; Medicaid; Sliding scale fee
Dr. White and Associate, P.C.	(806) 608-2695	2545 74 th St., Lubbock, TX 79423	\$65 to \$130 per session
Family Counseling Services	(806) 747-3488	5701 Ave P., Lubbock, TX 79412	Medicaid; \$20-\$40 per session; Master's level intern is \$20 for unlimited sessions

Gaston RougeauxBurnes, PsyD, Shiloh Counseling Services	(806) 370-0767	12402 Slide Rd., #402, Lubbock, TX 79424	Sliding scale fee; \$120 per session
Gwendolyn Cate	(806) 632-5248	5212 75 th St., Lubbock, TX 79424	Accepts most insurance; Medicaid
Hospice of Lubbock (bereavement counseling)	(806) 795-2751	3702 21 st St., Lubbock, TX 79410	Free services
Jennifer Morazan, LPC	(806) 412-7043	4630 50 th St., Suite 610, Lubbock, TX 79414	Accepts some insurance; \$100 per session
Journeys Counseling	(806) 687-5413	6500 Quaker Ave., Suite D, Lubbock, TX 79413	Accepts most insurance; Medicaid; \$130 for initial session, \$100 per session
Julianna Harris, LPA	(806) 794-3393	5212 75 th St., Lubbock, TX 79424	Accepts most insurance; Medicaid; Sliding scale fee
Kelly Martin, LPC The Playroom Lubbock	(806) 340-0713	6520 University Ave., Lubbock, TX 79413	Medicaid; starts at \$125 per session; Intern starts at \$65 per session
Kellye Wilhite, LPC, LCDC	(806) 391-7057	8207 Hudson Ave., Suite. D, Lubbock, TX 79423	\$100-\$175 per session
Kristin Morgan, M.Ed., LPC, LCDC	(806) 445-3995	7212 Joliet Ave., Suite 7, Lubbock, TX 79423	Accepts most insurance; Medicaid; Sliding scale fee
Larry Combest Community Health and Wellness Center	(806) 743-9355	301 40 th St., Lubbock, TX 79404	Accepts most insurance; Medicaid; sliding scale fee
Lubbock Child Counseling, Doreen Hutton, LPC	(806) 239-3376	Executive Gardens Building 3311 81 st St., Suite K, Lubbock, TX 79423	\$85 per session; Accepts some insurances
Marisha Mauch M.MFT, LMFT	(806) 317-0495	8212 Ithaca Ave., Suite E-12, Lubbock, TX 79423	\$100 per session
Richard Gatlin, MHR, LPC	(806) 252-2854	2402 52 nd St., Suite 5, Lubbock, TX 79412	Medicaid, FirstCare, Amerigroup, Superior, BCBS, United Behavioral Health; \$100 per session; Sliding scale fee
Sheila Anderson, MA, LPC	(806) 602-2121	8207 Hudson Ave., Suite A, Lubbock, TX 79423	Accepts most insurance; \$100 - \$150 per session
Shelley Lee Christian Counseling	(806) 589-2958	8200 Nashville Ave., Suite 208, Lubbock, TX 79423	Accepts most insurance; \$90 per session

Shiloh Counseling Services	(806) 794-3232	12402 Slide Rd., #402, Lubbock, TX 79424	Sliding fee \$30+; \$70-\$125 Christian counseling available
Minerva Bonin, Beacon of Redemptive Power Counseling, P.L.L.C.	(806) 781-6143	4630 50th St., Suite 406, Lubbock, TX 79414	Accepts most insurance and Medicaid; Without insurance, a sliding scale fee (ranging from \$50-150)
Kristy J. Harrist, LPC-A	(806) 535-0097	8207 Hudson Ave., Suite D, Lubbock, TX 79423	Does not accept Medicaid or insurance; \$100 per session; *prefers age 9+
Crystal Glistler, LPC	(806) 831-2197	5121 69th St., Suite 707B, Lubbock, TX 79424	Accepts BCBS; First Care and Magellan; Does not accept Medicaid; \$85-\$105 per session
The Parenting Cottage – Parenting Classes	(806) 795-7552	3818 50 th St., Lubbock, TX 79413	Free services
TTU Family Therapy Clinic	(806) 742-3074	Human Sciences Building, 15 th St. and Akron, Lubbock, TX 79415	Sliding scale fee; \$10-\$70 per session
TTU Psychology Clinic	(806) 742-3737	Psychology Building, 2700 18 th St., Lubbock, TX 79410	Sliding scale fee; Initial intake is \$25
Choices Counseling	(806) 300-5370	2126 50 th St. Lubbock, TX 9412	Accepts most insurances and Medicaid; without insurance \$90 per session
Voice of Hope (victims of sexual assault)	(806) 763 - 3232	P.O. Box 2000 Lubbock, TX 794457	Free services
Mari Lynn Evans, LPC	(806) 790-4742	8008 Slide Road #31 Lubbock, TX 79424	\$85-\$125 BCBS, Team Choice, Medicaid
Hope Harbor Counseling	(806) 500-9903	115 W 3 rd St., Denver City, TX 79323	Accepts most insurance, but does not take Medicaid; Without insurance, \$125 per session, sliding fee scale available
Nikki Russell Counseling Services	(432) 813-0137	110 SE Ave. B, Seminole, TX 79360	Accepts most insurance and Medicaid; \$175 per session without insurance (reduced fees available for cash paying clients)
PCS Counseling Services	(806) 891-8995	1008 Austin St., #B, Levelland, TX 79336	Accepts most insurances and Medicaid; Without insurance, \$100 per session

			*TF-CBT trained
Kasey Kuehler, LLC	(806) 414-1244	613 Austin St., Levelland, TX 79336	Accepts most insurances and Medicaid; Without insurance, a sliding fee scale is available, typically \$100 per session
South Plains Rural Health	(806) 894-7842	1000 FM300, Levelland, TX 79336	Accepts most insurances and Medicaid; Without insurance, a sliding fee scale is available
Waypoint Counseling	(806) 429-8088	812 W. 8th St., Suite 6A, Plainview, TX 79072	Accepts most insurance and Medicaid; Without insurance, sliding fee scale (ranging from \$25 to over \$135 per session) *ages 10+
RHN Plainview Medical	(806) 291-0297	2601 Dimmitt #104, Plainview, TX 79072	Accepts most insurance and Medicaid; Without insurance, sliding fee scale (\$15-\$70 per session)
Heather Dillard, LPC	(806) 589-5171	3109 Olton Rd., Box 5053, Plainview, TX 79072	Accepts only Superior Health Plan Medicaid/insurance; Without insurance, sliding fee scale (\$70-\$110 per session)
Larry Keltz, LCDC, LSOTP	(806) 292-9321	4422 Olton Rd., Plainview, TX 79072	Does not accept insurance or Medicaid; \$70 per session; *treats substance abuse and PSB
Robert Ragland, MA, LPC	(806) 731-1246	3109 Olton Rd., Suite 103 Plainview, TX 79072	Does not accept insurance or Medicaid; Free intake, sliding fee scale (\$80-\$120 per session)
Karen Faye Harmon, LPC	(806) 930-5651	1465 FM 54 Littlefield, TX 79339	Accepts most insurances and Medicaid; Without insurance, \$150 for intake and \$90 per session
Laura Ann Locke, LPC, LSOTP	(615) 812-3473	232 Phelps Ave Littlefield, TX 79339	Accepts BCBS, Aetna, United, and Cigna; Does not accept Medicaid; Without insurance, a sliding fee scale (\$70-95 per session)
South Plains Rural Health	(806) 872-3069	1502 North Avenue K, Lamesa, TX 79331	Accepts most insurances and Medicaid; Without insurance, a sliding fee scale is available
Recovery TX / Be Well Texas	Information and scheduling: (833) 778-2571	BeWellTexasClinic.org RecoveryTexas.org (all virtual services)	Offers comprehensive care for substance abuse disorder and non-severe mental illness. Services include: psychiatric evaluation, medication

	<p>Connect with a Peer Specialist: (833) 922-2557</p> <p>Youth Support Line: (210) 729-2273</p> <p>Heroes Helpline (First Responders and Healthcare): (833) 367-4689</p>		<p>management, counseling, peer recovery support, technology tools, and case management. Lab and medication costs are free for qualifying patients.</p> <p>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.</p>
Driskill & Bates Psychology	(806) 794-3393	5212 75th St Lubbock, TX 79424	<p>\$800 for full psychological evaluation including IQ and academic testing. Accepts some insurances. Contact office for more information. *ADHD and ASD</p>
Pediatric Therapy, Inc.	<p>Phone: (866) 832-1708 Fax: (888) 789-4391</p>	<p>info@pediatrictherapyinc.com 4601 66th Street Suite D Lubbock, Texas 79414</p>	<p>Most insurances are accepted; only Cigna and TriCare are NOT accepted</p>
Clinica Hispana Lubbock	(806) 407-3131	<p>https://clinica-hispana-lubbock.negocio.site/ 2207 University Avenue Lubbock, TX 79410</p>	<p>Spanish speaking families; insurance and uninsured welcome</p>

Substance Abuse Resources

Name of Resource	Phone Number	Address	Notes
Central Plains Center	(806) 291-4422	2700 Yonkers Plainview, TX 79072	Offers inpatient unit only for boys and an outpatient program for boys and girls
Recovery TX / Be Well Texas	<p>Information and scheduling: (833) 778-2571</p> <p>Connect with a Peer Specialist: (833) 922-2557</p> <p>Youth Support Line: (210) 729-2273</p>	<p>BeWellTexasClinic.org</p> <p>RecoveryTexas.org</p> <p>(all virtual services)</p>	<p>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.</p> <p>Open to anyone 18 and older, regardless of ability to pay. No-</p>

	Heroes Helpline (First Responders and Healthcare): (833) 367-4689		pay and no-insurance options available. Same-day and next-day appointments available.
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ADHD Resources

Name of Resource	Phone Number	Address	Notes
Brian Carr, PhD	806-795-3911	3709 22nd place Suite C Lubbock, TX	Cost: \$900. Does not accept insurance.
Leigh Green, PhD, LPC-S, NCC	(806) 310-5189	Everly Counseling Services 4601 50th St., Ste 201, Lubbock, TX 79413	Accepts: FirstCare, Optum, Scott & White Health Plan, TRICARE, UnitedHealthcare & Out of Network
Dr. Paul Ingram, Ph.D.	(785) 390-9743 pbingram@gmail.com	4601 50th Street, Ste 201 Lubbock Texas 79414 https://drpaulingram.com/private-practice/	Teletherapy offered. As of 5.13.22 is currently accepting new clients. Diagnostic & ADHD testing for 14+ y/o. Free consultations. Accepts private pay.
Brain Balance Lubbock	(806) 993-3340	6620 Milwaukee Ave # 500 https://www.brainbalancecenters.com/	Initial Assessment fee:\$145, and programs cost varies. Avg monthly cost is \$150-\$350 for 3-8 months. Alternative option to medication and CBT. Private Pay only, for HAS check provider to see if they accept Hemispheric Retraining Programs. Ages 4+ y/o. ADHD, High to moderate functioning ASD, dyslexia, and other problems that may not meet all diagnostic criteria for ADHD.
LIMA Lubbock	806-795-1393 info@limalubbock.com	Lubbock Integrative Medical Associates 4002 22nd Street Lubbock, TX 79410	The integrative practitioner combines nutritional therapy with supplementation, correction of hormonal/mineral/vitamin/EFA deficiencies, detoxification,

		https://www.limalubbock.com/add-adhd	and dietary modifications in an individualized plan for each patient to re-establish balance. Combining the diagnostic skills of the traditional approach with the willingness to deal with the multi-factorial problems of ADHD in the holistic approach benefits the whole patient.

Autism/ABA Resources

Name of Resource	Phone Number	Address	Notes
Behavioral Innovations	(855) 782-7822	7204 Joliet Ave., Suite 3, Lubbock, TX 79423 info@behavioral_innovations.com	Oklahoma and Colorado insurance Medicaid Texas insurance & Medicaid in March 2021; Cost for session fee
Burkhart Center for Autism Education and Research	(806) 742-4561	2902 18th St., Texas Tech University, Lubbock, TX 79410 https://members.centralreach.com/?public=true#forms/form?id=F39B6573-E4A1-404E-913A-EFECA28A1897	Free participation in research study
Caprock Behavioral Solutions	(806) 317-1071	4505 82nd St., Suite 5, Lubbock, TX 79424	Accept some insurance
Deanna Dawson, LPC	(806) 318-8448	4105 50 th St., Suite 108, Lubbock, TX 79413	BCBS Medicaid \$75 per session

Pediatric Therapy, Inc.	Phone: (866) 832- 1708 Fax: (888) 789- 4391	<p style="text-align: center;"> info@pediatrictherapyinc.com 6434 98th St. Lubbock, TX 79424 </p>	Accept Visa Masterc and Discov
Collaborative Autism Resources and Education (CARE)	(877) 712- 2735	<p style="text-align: center;"> Jerri Voelkl info@educatorscares.com www.educatorscares.com </p>	FREE screeni and/o consulta for AS

Eating Disorder Resources

Name of Resource	Phone Number	Address	Notes
Kayli Cross, LMFT	(940) 343-9226	Telehealth only	Sliding scale fee; Medicaid; \$125 per session
Shauna Frisbee, PhD, LPC	(806) 781-5143	5212 75 th St., Lubbock, TX 79424	Sliding scale fee. Eating disorder specialist.
Susan Cowden, MS, LMFT The Playroom Lubbock	(806) 370-2110	6520 University Ave., Suite 5, Lubbock, TX 79413	\$100 per session
Tackett and Bradstreet Psychology Services	(806) 319-5426	2024 82nd St., Suite 103, Lubbock, TX 79423	\$175 per session; Practicum student \$50 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	<p>7351 E. Lowry Blvd, Ste 200 Denver, CO 80230</p> <p>Call 1-866-303-8479 to talk to a masters-level clinician.</p> <p>Mon–Fri: 6am–7pm MST Saturday: 8am–4pm MST Sunday: 8am–4pm MST</p> <p>info@ercpathlight.com</p>	<p>Eating Disorder Treatment Centers Anorexia, Bulimia & Binge Eating (eatingrecoverycenter.com)</p> <p>They also offer a virtual IOP for ED.</p>

Foster and Adoption Resources

Name of Resource	Phone Number	Address	Notes
Brenda Wilbanks, EdD, LPC, LMFT	(806) 767-9007	#22 Briercroft Office Park, Suite 10, Lubbock, TX 79412	Medicaid
Deanna Dawson, LPC	(806) 318-8448	4105 50 th St. Suite 108 Lubbock, TX 79413	BCBS; Medicaid; \$75 per session

LGBTQIA Resources

Name of Resource	Phone Number	Address	Notes
Bethany Luna, MS, LMFT	(806) 236-6818	4601 50th St., Suite 201, Lubbock, TX 79414	UnitedHealthcare; \$100 per session; Sliding scale for Trans clients
Bradley Roark, MA, LPC	(806) 283-8586	6835 82nd St., Suite 102, Lubbock, TX 79424	\$125 per session
Deanna Dawson, LPC	(806) 318-8448	4105 50 th St., Suite 108, Lubbock, TX 79413	BCBS; Medicaid; \$75 per session
Dyana Michelle Clark, MA, LPC	(619) 383-1999	2514 82 nd St., Lubbock, TX 79423	\$65 per session
Heather Austin-Robillard, PhD, LMFT-S	(214) 277-4266	8212 Ithaca Ave. E, Lubbock, TX 79423	\$150 per session

Journeys Counseling Center	(806) 687-5413	6500 Quaker Ave, Suite D, Lubbock, TX 79413	Accepts most insurance; Medicaid; \$130 for initial session, \$100 per session
Kirby Wood, LPC	(806) 305-2012	4601 50th St., Suite 108A, Lubbock, TX 79414	Insurance credentialing process; \$95 for 1 hour session; \$80 for 45 min session
Kristy Lee Soloski, PhD, LMFT-A, LCDC	(806) 680-2466	8212 Ithaca Ave., Suite E-12, Lubbock, TX 79423	\$95 per session; Sliding scale fee
Marisha Mauch M.MFT, LMFT	(806) 317-0495	8212 Ithaca Ave., Suite E-12, Lubbock, TX 79423	\$100 per session
Richard Paul Loveless, MEd, LPC, LCDC	(806) 438-7197	4413 71st St., Suite G101, Lubbock, TX 79424	\$120 per session; Sliding scale fee \$80
The Proximity Project of West Texas	806-778-1982 (TEXT ONLY)		Text- "I'd like to register for the queer youth support group" *Parental/Guardian consent is required to participate.

OCD Resources

Name of Resource	Phone Number	Address	Notes
Shauna Frisbie, LPC	(806) 589-2954	5212 75th St Lubbock, TX 79424	\$125-\$175, Accepts out of network insurance
Cynthia Dsauza, PhD, LMFT-S The Lighted Path Recovery Center	817-835-8274	4216 102nd St Suite 15 Lubbock, TX 79423	\$125-\$150, Accepts BCBS, Optum, Cigna and Evernorth, and out of network
Greg Johnston, PhD, LPC Every Story Counseling inside Playroom Lubbock	806-853-5716	6520 University Ave Suite 5 Lubbock, TX 79413	**offers online therapy Call for free 15 min consultation \$125
Phoenix Arise	806-203-6023	4601 66 th St Suite E Lubbock, TX 79414	\$100-\$175. Accepts Insurance: First Care, Providence Behavioral health, Scott & White health Plan, TRICARE, TeamChoice, UnitedHealthcare, Out of Network
Meagan Daniels	806-424-4043	6520 University Ave Lubbock, TX 79413	Email about group details Teen Run Walk & Talk - Support Group in Lubbock, TX.

[79424 | Meagan Daniels
Counseling
\(psychologytoday.com\)](mailto:79424@psychologytoday.com)

Trauma-Focused Cognitive Behavioral Therapy Resources

Name of Resource	Phone Number	Address	Notes
Angela Lee Journeys Counseling Center	(806) 687-5413	6500 Quaker Ave., Suite D, Lubbock, TX 79413	Accepts most insurance; Medicaid; \$130 for initial session, \$100 per session
Bethany Luna, MS, LMFT	(806) 236-6818	4601 50 th St, Suite 201 Lubbock, TX 79414	United Healthcare; \$100 per session; Sliding scale for Trans Clients
Chris Straface, LPC	(806) 891-8995	6202 Iola Ave., Suite #111, Lubbock, TX 79424	Accepts most insurance; \$90 per session
Deanna Dawson, LPC	(806) 318-8448	4105 50 th St., Suite 108, Lubbock, TX 79413	BCBS; Medicaid; \$75 per session
Krista Torres, LPC	(806) 412-7043	4630 50 th St., Suite 610, Lubbock, TX 79414	Accepts some insurance; \$125 per session
Nigel Torres, LPC	(806) 412-7043	4630 50 th St., Suite 610 Lubbock, TX 79414	Accepts most insurance; Medicaid; \$125 per session
Shana Dallas, LPC	(806) 241-8773	4630 50 th St., Suite 610, Lubbock, TX 79414	Accepts most insurance; Medicaid; \$100 per session
TTU Psychology Clinic	(806) 742-3737	Psychology Building, 2700 18 th St., Lubbock, TX 79410	Sliding scale fee; Initial intake is \$25
Kim Ruthardt, LPC Covenant Counseling Center	(806) 725-5443	3715 20 th St., Lubbock, TX 79410	Medicaid; Sliding scale fee \$5-\$40 per session; Teletherapy is free
Kirby Wood, LPC	(806) 305-2012	4601 50 th St., Suite 108A, Lubbock, TX 79414	Insurance credentialing process; \$95 for 1 hour session; \$80 for 45 min session
Kristi Hosek Journeys Counseling Center	(806) 687-5413	6500 Quaker Ave., Suite D, Lubbock, TX 79413	Accepts most insurance; Medicaid; \$130 for initial session, \$100 per session

Michael Gomez, PhD Adversity and Resilience Community Center	Email only	Telehealth Only	Accepts most insurance; Drmichaelgomezebt@gmail.com
Nicole Black, LPC	(806) 412-7043	4630 50 th St., Suite 610, Lubbock, TX 79414	\$125 per session

*Several of these resources may offer telehealth options. Please call to inquire.

Food, Clothing, and Housing Resources

Guadalupe Economic Services Corporation	(806) 744-4416	1502 Erskine St. Lubbock, TX 79403	“Our mission is to grow, educate and support families living in an agriculture-based community who seek to escape poverty through housing, education and supportive services; one household at a time.”
South Plains Food Bank	(806) 763-3003	5605 MLK Blvd. Lubbock, TX 79404	Food pantry and non-profit that is part of the Feeding America Network.
Upland Mission	(806) 993-3347	1711 Upland Ave. Lubbock, TX 79416	Clothing for the family, small home goods, and a food bag and/or limited personal hygiene and cleaning supplies.
Salvation Army Lubbock	(806) 765-9434	1111 16 th St. Lubbock, TX 79401	SOCIAL SERVICES: Emergency Shelter; Feeding Program; Rapid-Rehousing Rent and Utility Assistance; Food Vouchers; Clothing Vouchers; Hygiene Kits; Cooling and Warming Stations; Public Showers EMERGENCY DISASTER SERVICES Mobile Kitchen; Cold Patrol/Survive The Night: at 30 degrees or less
Hope Community of Shalom	(806) 762-0829	2005 Ave. T Lubbock, TX 79411	Provides community meals, a clothing pantry, and after school care.
Lubbock Impact	(806) 799-4329	2707 34 th St. Lubbock, TX	Food/clothing, healthcare, and spiritual care ministries.
Open Door	(806) 687-6876	1918 13 th St. Lubbock, TX 79401	SERVICES:

			Showers and restrooms; mail and phone service; lockers for personal items; daily breakfast, prayer, and coffee; life skills classes; IDs and birth certificates; addiction recovery; job skills; anger management; spiritual wellness; health and wellness; men's empowerment; art; cooking; grief counseling.
Grace Campus	(806) 544-3365	1301 Ave. A Lubbock, TX 79401	Six month transitional homeless shelter. Emergency housing is provided during inclement weather.
Catholic Charities of Lubbock	(806) 765-8475	102 Ave. J Lubbock, TX 79401	Food and clothing services; education assistance; mental healthcare vouchers; nutrition aid.
Upbring Neighborhood House	(806) 589-1907	6501 University, Ste. 504 Lubbock, TX 79413	Provides utility payment assistance .
Family Promise of Lubbock	(806) 744-5035	1319 15 th St. Lubbock, TX 79401	Provides temporary housing and housing assistance.
Atmos Energy		Serves the following counties: Bailey, Garza, Lamb, Crosby, Hale, Lynn, Floyd, Hockley, Terry	Provides assistance with gas bill.

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.