



ESC 16 Counseling and Therapy Resources

National/Regional Resources

Name of Resource

**Phone
Number**

Notes

Little Otter Therapy and Crisis Line

1-800-273-
TALK (8255)

<https://www.littleotterhealth.com/>

	<p>Or (806) 359-6699</p>	<p>Donley, Gray, Hall, Hansford, Hartley, Hemphill, Hutchinson, Lipscomb, Moore, Ochiltree, Oldham, Potter, Randall, Roberts, Sherman, and Wheeler)</p>	
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Texas Panhandle
Centers: Borger
Main Phone:
(806) 274-2237

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Counseling, LLC: Matt Davis, LPC, & Katy Klaehn, LPC		Suite B, Amarillo, TX 79109	sliding fee scale (ranging from \$60 to \$125 per session)
Amarillo Professional Counseling and Consultation	(806) 443-5362	4200 Ridgecrest Cir., Suite D-11, Amarillo, TX 79109	Accepts BCBS & Aetna; Without insurance, \$130 per session
Amarillo Family Institute	(806) 374-5950	4211 I-40 Frontage Rd., # 101, Amarillo, TX 79106	Insurances accepted varies by provider; If you see an associate, sliding fee scale (ranging from \$50 to \$75 per session). LPCs range from \$130 to \$150 per session. Accepts Aetna, BCBS,
Kory Samples, LPC	(806) 236-4495	719 S Austin St., Amarillo, TX 79106	

			from\$50-\$130 per session); *age 11+
Dierk Timothy Milum, LPC	(806) 672-7938	112 W 8th Ave., Suite 604, Amarillo, TX 79101	Cost per Session ranges from \$60 - \$80; Call to inquire about insurance coverage; *age 14+
Family Support Services of Amarillo	(806) 342-2500	7136 I-40 Frontage Rd., Park West, Building B, Amarillo, TX 79106	Accepts most insurance and Medicaid; Without insurance, sliding fee scale (ranging \$0 and up); *Spanish services offered
Steve Nelson, MA, LPC	(806) 626-4542	7120 I-40 West, Suite 408, Amarillo, TX 79106	Does not accept insurance or Medicaid; He has a sliding fee scale (ranging from \$45 - \$125 per session); *age 11+

Accepts most insurance and Medicaid; Without insurance, \$125 for intake and \$100 per session

Amarillo Children's Clinic building
when they travel to Amarillo.

scoring, interpretation, and report
writing.

Family Support
Services of Amarillo

			small grocery store using a food voucher system.
Perkins Community Center	(806) 372-3954	1515 S. Buchanan St. Amarillo, TX 79101	Emergency food resource
Salvation Army – Amarillo	(806) 373-6631	400 S. Harrison Amarillo, TX 79101	Food, clothing, and housing resource. Thrift store available.
Southwest Church of Christ	(806) 352-5647	4515 Cornell Amarillo, TX 79109	Food/clothing resource. Call and make an appointment. No resources will be given out without an appointment.
Catholic Family Services	(806) 376-4571	200 S. Tyler Amarillo, TX 79101	Food and clothing resource.
Freedom House	(806) 655-4581	55 Hunsley Rd. Canyon, TX 79015	Families or individuals who live in Canyon and are in need can request the following: Household items, furniture, appliances, baby needs, or toys; Clothing for adults, children, and babies; Limited, emergency supplies of canned or dried food.
Washington Street Family Service Center	(806) 352-1307	4002 S. Washington Amarillo, TX 79110	Clothing resource.
Canyon Cares	(806) 655-1032	1719 5 th Ave Canyon, TX 79015	Will work with families to meet a variety of basic need food, clothing, including assistance with utilities. Some programs have eligibility requirements.
Canyon WIC Clinic	(806) 371-1119	1818 4 th St. Canyon, TX 79015	WIC (Women, Infants, and Children) offers additional nutritious foods, information on nutrition and breastfeeding, and referrals to other health and nutrition services.

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.