

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)

<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>
--	--	---	--

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	

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 Kristin Morgan, M.Ed., LPC, LCDC	(806) 391-7057 (806) 445-3995	8207 Hudson Ave., Suite. D, Lubbock, TX 79423 7212 Joliet Ave., Suite 7, Lubbock, TX 79423	\$100-\$175 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

Kasey Kuehler, LLC	(806) 414-1244	613 Austin St., Levelland, TX 79336	*TF-CBT trained Accepts most insurances and Medicaid; Without insurance, a sliding fee scale is available,
-----------------------	----------------	--	---

Connect with a
Peer Specialist:
(833) 922-2557

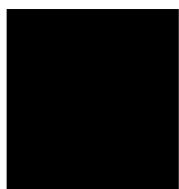
Youth Support
Line:
(210) 729-2273

Heroes Helpline
(First
Responders and
Healthcare):
(833) 367-

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

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.



		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 Medical Texas insurance & Medic in March 2021; C for sess fee
Burkhart Center for Autism Education and Research	(806) 742-4561	2902 18th St., Texas Tech University, Lubbock, TX 79409	

Phone:

Pediatric
Therapy, Inc.

			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; Slidd1.08 u(per) (7)10(i)6

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)
--	--	--	---

Trauma -Focused Cognitive Behavioral Therapy Resources

Name of Resource	Phone Number	Address	Notes
------------------	--------------	---------	-------

			<p>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.</p>
Grace Campus	(806) 544-3365	1301 Ave. A Lubbock, TX 79401	<p>Six month transitional homeless shelter. Emergency housing is provided during inclement weather.</p> <p>Food (and clothing) provided</p>
Catholic Charities of Lubbock	(806) 765-8475	102 Ave. J Lubbock, TX 79401	<p>(806) 765-8475</p>

			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.