

RESOURCE LIST

NOTE: The providers listed here are for your information. UT Arlington Counseling Services does not endorse any particular service agency or individual provider. It is important that you check references and/or services to be sure they meet your specific needs. It is also recommended that you check with your health insurance provider to determine your available mental health coverage. Your insurance provider may have several mental health professionals in your area to which you can be referred.

EMERGENCY SERVICES:

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| Police Department/Ambulance | 911 | Emergency |
| UTA Police Department | (817)272-3003 (817)272-3381 | Emergency Administration |
| National Suicide Call Lines http://suicidehotlines.com/texas.html | 1-800-SUICIDE 1-800-273-TALK TTY: 1-800-799-4TTY | (1-800-784-2433) (1-800-273-8255) (1-800-799-4889) |
| ARLINGTON | | |
| Arlington Memorial Hospital 800 W. Randol Mill Road www.texashealth.org | (817)548-6100 | |
| Medical Center of Arlington 301 Matlock Rd. www.medicalcenterarlington.com | (817)465-3241 (817)467-7486 | (Metro number) |
| Millwood Hospital (psychiatric) 1011 N. Cooper www.psysolutions.com/facilities/millwood/index.html | (817)261-3121 | (24-hour psychiatric emergency services) |
| TARRANT COUNTY | | |
| CPC Millwood Crisis Line | (817)261-3121 | |
| John Peter Smith Hospital 1500 S. Main Street, Ft. Worth http://www.jpshealthnet.org | (817)921-3431 (817)927-1088 | Switchboard (24-hour psychiatric emergency services) |
| John Peter Smith Psychiatric Emergency Services | (817)927-4151 | |
| Tarrant County MHMR http://www.mhmrte.org | (817)335-3022 | (medication management) If no insurance – accepts Medicare/Medicaid |
| DALLAS COUNTY | | |
| Suicide Hotline http://suicidehotlines.com/texas.html | (214)828-1000 | |
| Contact Crisis Line | (972)233-2233 | |
| Contact Crisis Teen Line | (972)233-TEEN | 972-233-8336 |
| Dallas County MHMR www.metrocareservices.org | (214)743-1200, Ext. 8 | Mental Health Services |
| Parkland Memorial Hospital – Emergency Room Harry Hines Blvd, Dallas www.parklandhospital.com | (214)590-8761 | (24-hour psychiatric emergency services) |

REFERRAL SERVICES:

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| Dallas Psychological Association www.dallaspsychologists.org | (214)252-9096 | |
| 1-800-Call for Help (Tarrant County United Way) www.unitedway.org | (817)258-8100 | |
| Tarrant Co. Mental Health Association | (817)335-5405 | (Clearinghouse, referrals) |
| Texas Society of Psychiatric Physicians www.txpsych.org/tspp.htm | (512)478-0605 | |

MENTAL HEALTH PROVIDERS:

| ARLINGTON | | |
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| Center Street Counseling Services First United Methodist Church 313 North Center Street | (817)539-0499 | Sliding scale fee M-F 9am-6pm Some Saturdays |
| The Parenting Center 1111 West Abram St., Suite C | (817)332-6348 (817)275-7576 | Workshops, individual, group Adjusted fees available Medicaid, CHIPS, other insurance |
| The Women's Center of Tarrant County Arlington Branch Office 401 W. Sanford, #1200 www.womenscenter.info | (817)548-1663 | Counseling Services Rape Crisis and Victim Services Employment Solutions Sliding scale fee |
| University of Texas at Arlington Community Services Clinic 211 S. Cooper St. Social Work Complex Bldg. B http://www2.uta.edu/ssw/clinic/ | (817)272-2165 | Individual, couples, family and group therapy by UT Arlington School of Social Work interns in supervision Sliding scale |
| University of Texas at Arlington Mental Health Services 605 S. West Street (Currently enrolled UTA Students, Faculty, Staff ONLY) | (817)272-2771 | Psychologist: 1 free consultation/ year; then \$30/session fee Psychiatrist: \$30 first appt; \$15 per follow-up appt Additional fees apply for students not paying "student service fees" |
| Adam Coffey, Ph.D. Arlington and Dallas | (214)535-6369 | Marriage and Family Sliding fee scale, accepts insurance Free first consultation; \$140-150 avg. session fee |
| Patsy Harry, LPC 721 N Fielder Rd, Ste C | (817)460-5831 | 13 yrs and older; marriage and family, depression, anxiety |
| Carol Harvick, MSSW 101 East North St | (817)461-4063 (817)275-0172 | All ages; marriage and family, depression, anxiety |
| Lori Leach, LPC 1125 W. Abram St., Suite 101 | 817-633-7490 | Individual therapy/Adults: Anxiety, depression, stress/wellness issues; Certified in Clinical Hypnosis. Tuesday evenings; \$100 session fee |
| Jackie Parker, LMSW-ACP 721 N Fielder Rd, Ste C | (817)461-4063 | 13 yrs and older; Certified Grief Counselor, marriage and family, depression, anxiety |
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| Meg Rentschler, LCSW 1109 N. Cooper Street meg.rentschler@yahoo.com | (817)860-4080 | Initial evaluation - \$125 Individual therapy - \$100 Couple/family - \$125 Insurance accepted |
| Tracy Williams, LPC 1414 W. Randol Mill Rd. Suite 200 - | (682)225-7185 | Play Therapy, Families, Adult individual |
| FOR FURTHER INFORMATION | | |
| Family Assessment Consultation & Therapy Services, Inc. (FACTS) 5801 Curzon | (817)377-0808 | Monday 8:00am-6:00pm; Tues.-Thurs. 8am-8pm |
| Family Counseling Center Association 2401 Oakland Blvd, Suite 100 www.family-counseling.org | (817)534-2818 Counseling appt | Sliding scale fee, Medicaid, JPS Star, other insurance accepted Some evenings and M-T 8:30am-6 pm and W-F 8:30am-4pm |
| Jewish Family Services 4049 Kingsridge Rd. | (817)569-0898 | Counseling and Support Groups: individual and family counseling as well as support groups open to the entire community. Costs are based upon the client's ability to pay. |
| Pastoral Care Center (TCU) 2828 W. Lowden St. www.brite.tcu.edu/pastoralcare | (817)257-7573 | Individual (ages 13+), couples, family; short-term care Sliding scale fee (\$20-\$70/session); No insurance or other third party billing |
| Safe Haven (Mailing Address) 315 Manhattan Blvd. Suite 105 Fort Worth, Texas 76120 www.safehaventc.org | Safe Haven Administration (817)535-6462 24 Hour Hotline 1-877-701-7233 Arlington Resource Center (817)548-0583 Fort Worth Counseling Ctr. (817)536-5496 | 2 emergency shelter facilities. Outreach services include: 24-hour bi-lingual crisis line; counseling and support groups for adults and children (English and Spanish); legal services; collaborative programs with 17 police departments in suburban areas; transitional housing for families exiting the shelter seeking self-sufficiency; and educational programs to adults, children, youth and professionals on prevention and intervention regarding abusive relationships. |
| Southwest Baptist Theological Seminary 4540 Frazier www.swbts.edu/counselingcenter | (817)921-8790 | Individual, Couple, Family and Group Counseling Services \$35-6 sessions Group Therapy \$15- individual, 50 min. session |
| The Parenting Center 2928 West Fifth Street www.theparentingcenter.org | (817)332-6348 Parenting Advice Line (817)332-6399 | Workshops, individual, group Adjusted fees available Medicaid, CHIPS, other insurance Mon.-Thurs 8:30 a.m.-9:00 p.m. Fri. 8:30 a.m.-5:00 p.m. |
| The Warm Place 809 Lipscomb Street http://thewarmplace.org | (817)870-2272 | Grief support services for children and young adults No fee |

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| <p>The Women's Center 1723 Hemphill www.womenscenter.info</p> | <p>(817)927-4040 Main Office</p> | <p>Counseling Services Rape Crisis and Victim Services Employment Solutions Sliding scale fee</p> |
| <p>Mark Dalal, Ph.D. 1340 North White Chapel Blvd., Suite 130 Southlake www.drmarkdalal.com</p> | <p>(214)668-6037</p> | <p>Anxiety, depression, relationships \$125/session (\$75 UTA referral) Private pay</p> |
| <p>Sylva D. Frock, Ph.D. 630 E. Southlake Blvd. #135 Southlake, TX 76092 sdfrock@aol.com</p> | <p>(214)729-9797</p> | <p>GLBT, relationships, substance abuse, depression</p> |
| <p>Wayne Martin, LCSW 1050 5th Avenue, Suite C</p> | <p>(817)456-3489</p> | <p>Areas of focus: Habit Change, Sleep, Stress, Chronic Health Conditions, Impulse Control (ADD/ADHD), Public Speaking; Certified in Clinical Hypnosis and Biofeedback Fee: \$125</p> |
| <p>Debbie Purvis, LPC 1701 River Run Suite 1002 http://changeresource.com/index.htm</p> | <p>(817)692-1023</p> | <p>Individual, Couple and Group Counseling; Grief and loss; trauma, sexual addictions</p> |
| <p>Tracy Underwood, Ph.D. 1701 River Run, Suite 700 www.drtracyunderwood.com</p> | <p>(817)348-8335</p> | <p>Anger Management, ADHD, Anxiety, Depression, Eating Disorders, Bi-polar and others; child, adolescent, adult</p> |
| <p>David Welsh, Ph.D. 6040 Camp Bowie, Suite 52 http://www.drdauidwelsh.com/</p> | <p>(817)735-8299</p> | <p>General practice in psychology No third party payments accepted</p> |
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| <p>Child & Family Guidance Center 8915 Harry Hines Blvd. http://childrenandfamilies.info/</p> | <p>(214)351-3490</p> | <p>A full spectrum of outpatient mental health services for children and adults in Dallas. Sliding scale, free, or reduced-cost services are provided for low-income and "working poor" families.</p> |
| <p>Family Studies Center at UTSW American General Tower 6363 Forest Park Road, Suite 722</p> | <p>(214)648-6945</p> | <p>Couples and Family Sliding scale fee No insurance accepted</p> |
| <p>Galaxy Counseling Center 1025 South Jupiter Road Garland, TX 75042 http://www.galaxycounseling.org/GalaxyCounseling/Web/Home/Index.aspx</p> | <p>(972)272-4429</p> | <p>Individual, couples, family and group therapy Sliding scale fees</p> |
| <p>Girls to Women Health and Wellness 17300 Preston Rd, Suite 160 www.gtw-health.com</p> | <p>(972)733-6565</p> | <p>A variety of health and wellness services for young women, ages 10-25, and their parents, in a comfortable, safe and nurturing environment</p> |

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| Irving Family Advocacy Center 600 W. Pioneer Dr. Irving, TX 75061 http://cityofirving.org/police/community-pages/community-programs/family-advocacy-center.html | (972)-721-6555 (972) 721-6521 | Variety of resources for families and victims of crime who are residents of Irving, TX Counseling, classes, support groups |
| Jewish Family Service 5402 Arapaho Rd. www.jfsdallas.org | (972)437-9950 | Individual, couples, children and family; support and therapy groups Sliding scale fee |
| Parkland Memorial Hospital Psychiatric Outpatient Clinic | (214)590-5536 or (214)590-5549 Diane Martin | Dallas County residents only Medicare, private insurance accepted \$108 per visit, if cash payment |
| Pastoral Counseling & Education 4525 Lemmon Ave (other locations) www.pccc-counseling.org | (214)526-4525 | Sliding scale fee |
| Salesmanship Club Youth & Family Centers 106 E. Tenth Street OR Family Works Center 9705 Harry Hines Blvd. http://www.scdallas.org/salesmanshipclub/ | (214)915-4700 (214)916-4000 | Education and mental health services for children and their families in the greater Dallas area Flexible fee structure |
| UT Southwestern Medical Center Southwestern Psychotherapy Referral Clinic 5323 Harry Hines Blvd. | (214)648-7012 | Individual psychotherapy by Residents and pre- or post-doctoral Psychology trainees in Supervision \$10 flat fee No insurance accepted |
| Ken Bateman, Ed.D. 1701 N. Collins Blvd. Ste. 126 Richardson ken@drkenbateman.com | (972)680-8986 Ext. 1 | Relationship Counseling; Anger Management; Coaching for Life and Professional Issues |
| Michael C. Gottlieb, Ph.D., F.A.F.P. 12810 Hillcrest Rd. #B224 | (972)661-0746 | Family |
| Sandra Haram, Ph.D. North Dallas Family Counseling 1221 W. Campbell Rd. #141 Richardson | (972)644-8077 | Marriage and Family |
| Gloria Martin, MA, LPC, LMFT Ten Thousand North Central Expressway Suite 400 #467 gloria@discoveringgrowth.com | (214)890-4047 | Marriage and Family \$90-100 avg. session fee Accepts some insurance |
| Stella Rodriguez, LMFT 4038 Lemon Ave Dallas, TX 75219 | (469)682-4145 | Families, Diversity Saturdays only No insurance |
| Dr. Richard Scott, Psychologist, LPC, LMFT Irving | (972)254-2215 | Couples, Families, Adolescents |
| Dr. Avni Vyas, Psychologist Irving | (972)256-7277 | Adult and Adolescent Individual, Couples |

SELF-HELP AND SUPPORT GROUP INFORMATION

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| Anxiety, Mood & Phobia Center 10 E. 15 th Street, Fort Worth | (817)335-3327 | Call for Support Group meeting dates and time |
| Depression and Bipolar Support Alliance www.dbsalliance.org | (800)826-3632 | Online resources and support group locator |
| Screening for Mental Health www.mentalhealthscreening.org | (781)239-0071 | Free online screenings and contact information for free, anonymous screening locations in local areas. |
| Gamblers Anonymous www.gamblersanonymous.org | | Online resources and meeting schedules |

LOCAL PSYCHIATRISTS

| FORT WORTH | | |
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| Dr. Jay Butterman, DO 2623 Matlock Road, Ste. 102 | (817)459-2929 | |
| Dr. Ken Hopper, MD 801 Road to Six Flags, Ste. 145 | (817)274-8800 | |
| Dr. Robert Mims, MD 1001 W. Mitchell #101 | (817)496-6424 | |
| Murray A. Skaggs, MD 1117 N. Cooper St | (817)860-4432 | |
| Samir Wahby, M.D. 15 Medical Center Dr. Suite A | (817)461-3823 | |
| FORT WORTH AND TARRANT COUNTY | | |
| Dr. Cathal Grant, MD 1604 Hospital Pkwy., Suite 507 Bedford | (817)354-7268 | |
| Dr. Judith Kane, MD 1422 Main Street Southlake | (817)488-6371 | |
| Dr. Ross Tatum, MD 3815 Lisbon Street | (817)989-1122 | |
| DALLAS | | |
| Dr. Baer Max Ackerman, MD 1700 Alma Dr., Suite 480 Plano | (972)422-2008 | |
| Dr. Barry Fenton, MD 3102 Oak Lawn Ave., Suite 750 | (214)520-7575 | |
| Dr. Saloman Grimberg, MD 12700 Preston Rd., Suite 260 | (972)991-9900 ext 3 | |
| Dr. Lorenzo Triana, MD 5824 W. Plano Pkwy., Suite 104 Plano | (972)818-9355 | |

OTHER ISSUES:

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| <p>S.A.F.E. Alternatives, a treatment program for self-injurers http://www.selfinjury.com</p> <p>Local affiliates: University Behavioral Health of Denton (a private hospital) 2026 University Dr. Denton, Texas 76201 http://www.ubhdenton.com</p> <p>NorthPointe Family Center (a division of UBH) 4100 Fairway Drive Carrollton, Texas 75010 http://www.npfamilycenter.com/</p> | <p>(800)DONTCUT (800)366-8288</p> <p>(888)320-8101 (940)320-8100</p> <p>(972)394-4357</p> | <p>Self Abuse Finally Ends program information</p> <p>S.A.F.E. program and other inpatient and outpatient mental health and chemical dependency care Free Initial Assessment S.A.F.E. program</p> |
| <p>Coordinator Health Promotion & Substance Abuse (HPSA) University of Texas at Arlington Health Services 605 S. West Street Arlington, TX 76010</p> <p>http://www.uta.edu/health_services/sub_abuse.html (support group links and other referrals)</p> | <p>817-272-2771</p> | <p>UT Arlington Faculty/staff and students may receive health education information at no charge. The HPSA Coordinator will answer questions or provide general education on substance abuse issues. This free service can be provided as a presentation or by telephone</p> |
| <p>http://www.edreferral.com/states/tx.html Eating Disorder Referral and Information Center</p> | | |
| <p>Presbyterian Hospital of Dallas 200 Walnut Hill Lane Dallas, TX 75231-4402</p> | <p>214-345-6789 800-411-7081</p> <p>214-345-2791</p> | <p>Eating Disorders Program: inpatient, partial hospitalization and outpatient services for patients who suffer from anorexia nervosa and bulimia nervosa</p> <p>ANAD Eating Disorder Group: for people with an eating disorder or their family members and friends; meets at 6 p.m. every Monday in the Community Mental Health Center</p> |
| <p>Springwood Behavioral Health Center at Southlake 1545 E. Southlake Blvd., Suite 235 Southlake, TX 76092 http://www.texashealth.org/body.cfm?id=2736</p> | <p>817-310-5888</p> | <p>Adult Eating Disorder Intensive Outpatient Program: designed to meet the needs of adults who are medically stable and who need to stabilize or gain body weight and interrupt persistent eating disorder behaviors; requires medical clearance from the patient's primary care physician; the patient will also be required to make an appointment with a nutritionist.</p> |
| <p>Casey Carson, Registered Dietician – UTA part-time http://www.uta.edu/campusrec/index.php?option=com_content&task=view&id=33&Itemid=73 caseycarsonRD@gmail.com</p> | <p>512-757-0653</p> | <p>Nutrition Check-up: \$25/visit; 2 visit minimum, for students</p> |

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| <p>Feleshia Porter, MS, LPC 30 Forest Lane #188 Dallas, Texas 75234 www.feleshiaporter.com</p> | <p>Office (214) 904-8222 Cell (214) 454-8144</p> | <p>Gender identity, gender transition, sexual identity \$90/hr negotiable. Does not accept insurance. Links to other counseling resources for LGBT on her website</p> |
| <p>TherapistLocator.net</p> | | |
| <p>American Association for Marriage and Family Therapy 112 South Alfred Street Alexandria, VA 22314 www.aamft.org central@aamft.org</p> | | |
| <p>PSYCHOLOGY TODAY: The Therapist Directory http://therapists.psychologytoday.com/rms/prof_search.php</p> | <p>(703) 838-9808</p> | <p>More than 200 clinical members of AAMFT within 50 miles of campus</p> |
| | | <p>Must hold a professional license to be listed. Search by zip code, city, county, state. 20+ therapists within 3 miles of campus</p> |