

# Behavioral Health & Family Resources



## Behavioral Health and Family Resources

*The resources in this directory are for informational purposes only, and this list is **not complete**. All individuals acknowledge that the presentation of this material does not represent advice. It is the sole responsibility of the user to check the accuracy of assumptions or other information contained in this directory.*

**Dial 9-8-8, National Suicide Prevention Lifeline:** Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

### **North Texas Behavioral Health Authority:**

**Kaufman County Bridge Program:** Crisis Intervention, Linkage to treatment, urgent psychiatric med refills, referrals to community resources, etc. 469-780-9159 108 W. Grove St. Kaufman, TX 75142

**Mobile Crisis Outreach Team:** 866-260-8000

**NAMI – National Alliance on Mental Illness:** Provides confidential support. 800-950-6264 OR text “Helpline” to 62640.

[NAMIKaufman@gmail.com](mailto:NAMIKaufman@gmail.com)

<https://namitexas.org/about-nami-texas/nami-affiliates-in-texas/nami-kaufman-county/>

Texas Mental Health Warm Lines (844) 755-4673 or (817) 546-7826

### **CRISIS - INPATIENT/OUTPATIENT**

#### Basepoint Academy

Provides outpatient services for

11–28-year-olds. In person or virtual. Mental Health assessments same day.

713 W Broad Street Forney, TX 75126 972-325-2633

\*Optum, BCBS, UMR, AETNA, Cigna, Beacon, UHC, Magellan

#### Andrews Center

Mental health, suicidal threat, addictions, etc.

575 West Highway 243 Canton, TX 75103

903-567-4197 Crisis Line: 877-934-2131

[www.andrewscenter.com/](http://www.andrewscenter.com/)

#### Children’s Medical Center of Dallas

1935 Medical District Dr. 5<sup>th</sup> Floor Dallas, TX 75235

Intake Coordinator: 214-456-8899 [www.childrens.com](http://www.childrens.com)

*Note: Must be referred by primary care physician/psychiatrist **or** through ER.*

#### Dallas Behavioral Health – Accepts 6–17-year-olds

24-hour walk-in

Suicidal Threat and drug rehab

800 Kirnwood Dr. Desoto, TX 75115

972-982-0900 [www.dallasbehavioral.com/](http://www.dallasbehavioral.com/)

#### East Texas Medical Center- Behavioral Health

Mental health, suicidal threat, chemical dependency.

4101 University Blvd. Tyler, TX 75701 903-266-2200

#### Medical City Green Oaks

Suicide, depression, self-harm, mood disorders, substance abuse, etc. Medical City Green Oaks 7808 Clodus Fields Dr. Dallas, TX 75251

Main Number: (972) 991-9504

#### UT Tyler

UT Health North Campus Tyler 903-877-5560

11937 U.S. Hwy. 271 Tyler, TX 75708

5-day a week Outpatient Services – *Virtual* Medicare, Medicaid & most insurance plans

#### Glen Oaks Hospital – Greenville

301 E. Division Street, Greenville, TX

903-454-6000 Inpatient Psychiatric Hospital

24/7 No-Cost assessments

#### Cooks Children’s Behavioral Health – Ages 2-12

801 7<sup>th</sup> Ave, Fort Worth, 76104

#### Texas Health Seay Behavioral Health Hospital

8 am – 8 pm, Inpatient 5-18 years old

Mental, psychiatric, and behavioral health services

6110 W. Parker Road Plano, TX 75093 682-549-7934

#### Perimeter Behavioral Hospital of Dallas

Inpatient psychiatric ages 5-17. 24-hour intake

2696 West Walnut Street Garland, TX 75042

972-370-5517 [www.perimeterhealthcare.com](http://www.perimeterhealthcare.com)

Millwood Hospital – 5–18-year-olds

Psychiatric services, chemical dependency and inpatient  
1101 N. Cooper St. Arlington, TX 76011  
817-241-3700 [www.millwoodhospital.com](http://www.millwoodhospital.com)

Terrell State Hospital

1200 E Brin St, Terrell, TX 75160  
972-563-6452  
Geriatric, Adult, Adolescent, & Children

Hickory Trail Hospital

2000 Old Hickory Trail, Desoto, TX 75115  
972-298-7323 [www.hickorytrail.com](http://www.hickorytrail.com)

**ADDICTION – INPATIENT/OUTPATIENT**

Resolutions Healthcare – Kaufman, TX

106 W. Grove St. 972-932-2033  
Text Line: 903-229-3036  
Inpatient, Outpatient, & Partial Hospitalization for  
Substance Abuse

First Step to Recovery – Gun Barrell City, TX

1823 W Main, Gun Barrel City (903)-802-7170  
Intensive Outpatient Services for addiction

Nexus Recovery Center

Addictions and Recovery  
Main Campus: 8733 LaPrada Drive Dallas, TX 75228  
214-321-0156 <https://nexusrecovery.org/>

Nexus Outpatient Center

4525 Lemmon Ave., #201 Dallas, TX 75219  
Admissions- 214-321-0156 EXT. 3118  
[help@nexusrecovery.org](mailto:help@nexusrecovery.org)

Burning Tree Ranch

2837 Co Rd 101, Kaufman, TX 75142  
866-888-4990  
[FreeRehabCenters.org](http://FreeRehabCenters.org)

**GENERAL COUNSELING**

Straight Forward Counseling

Children, adolescents, and adults. Accepts insurance.  
402 South Washington Kaufman, TX 75142  
972-932-8898 [www.straightforward-counseling.com](http://www.straightforward-counseling.com)  
\*BCBS, Medicaid, Aetna, Cigna, United Health, Tri-care

Dallas Mental Health LLC - Residential

1262 Co. Rd. 278  
Kaufman, TX 75142  
214-225-2487 or 214-888-3986

Hickory Treatment Center at Longview

800-896-9556 OPT 1  
[texasreferrals@hickoryrecovery.com](mailto:texasreferrals@hickoryrecovery.com)  
Detox, Inpatient Substance Use & Co-occurring Mental  
health treatment

Access 2 Recovery

Substance Abuse Counseling & Education  
804 E Moore Ave Suite A  
Terrell, Tx 75160 972-210-7504

Trinity River Recovery

8027 W. Virginia Drive  
Dallas, TX 75237 24/7 Admissions 945-207-3068

Phoenix House, Dallas

Inpatient and outpatient addiction services, ages 12-17.  
Hill A. Feinberg Teen Academy and Counseling Center  
2345 Reagan Street, Dallas, TX 75219  
Phone: 214-999-1044  
<https://phoenixhousetx.org/>

Alcoholics Anonymous

Go to [www.aa.org](http://www.aa.org) to find a group near you.  
214-887-6699 (24 hours)

Mabank Counseling Solutions

Trauma, anxiety, depression, EMDR, digital & chemical  
addictions, parenting. Ages 5 & up. Accepts insurance.  
101 W. Eubank St. Mabank, TX 75147  
903-309-2563 [www.mabankcounselingsolutions.com](http://www.mabankcounselingsolutions.com)  
\*United Healthcare, Aetna, BCBS-PPO

Fortitude Counseling-Erica Winn, LPC, LMFT

Adult counseling – virtual only 888-881-5107  
erica.fortitudecounseling@gmail.com  
Accepts most insurance

East Texas Neurobehavioral Health, PLLC

Learning disabilities, pain, depression, emotional disturbances, etc. Accepts most insurances.  
122 S Gun Barrel Lane, Ste 6 Gun Barrel City, TX 75156  
(903) 767-4190 [www.etgetwell.com](http://www.etgetwell.com)

Casey's Place

Animal Assisted therapy for children & youth  
[www.caseysplace.org](http://www.caseysplace.org) 972-932-5156 Kaufman, TX

Family Restoration Counseling

Marriage, child, adolescent, and adult counseling  
104 N McGraw St, Forney, TX 75126 469-602-5022  
[hello@familyrestoration.com](mailto:hello@familyrestoration.com)

Terri Ordahl, Psy.D., PLLC

201 W. Mulberry St., Kaufman 903-340-9915  
Individual and Family Counseling, Equine Assisted Therapy, Chemical Dependency, Psych. Evaluations  
Ages 6 and up Insurance: BCBS, United, TriWest

Samantha Goss, MA, LPC, LCDC

Addiction, trauma, play therapy. Ages 8 & up.  
1805 W. Main St. #7 Gun Barrel City, TX 75156  
903-910-9540 \*Private Pay

Felicia Glick, LCSW PLLC (949) 835-5329

Adults, Adolescents, Couples, EMDR, Hypnosis  
2801 Millennium Dr Suite E, Kaufman, TX 75142  
<https://www.orangespark.coach>  
\*Aetna,Cigna,United,BCBS,Self-pay

Erin Davis Marriage and Family Therapy PLLC

Couples and Individual Therapy.  
27 Oak Creek Dr. Kaufman, TX 325-261-0189

Kaufman County Children's Advocacy Center

Serves children of all ages that are being investigated as victims of either sexual or physical abuse.  
972-932-6252 <https://kaufmanccac.org/>

Jake E's Riding Round Up

Equine therapy. 972-962-2828  
10626 Farm to Market 429, Kaufman, TX 75142

Mend Social Work & Counseling Services

11030 Reeder Lane, Forney, TX 75126  
Counseling Services 469-387-6039

Rockwall Counseling and Wellness

Children and up. Depression, anxiety, relationships,  
1024 Ridge Rd Rockwall, TX 75087  
<https://www.rockwallcounselingandwellness.com>

Erin Williams Counseling

335 West Dallas Street Canton, TX 75103  
903-567-8300 ext. 100  
[www.erinwilliamscounseling.com](http://www.erinwilliamscounseling.com)

Samantha Goss, MA, LPC, LCDC

Addiction, trauma, play therapy. Ages 8 & up.  
1805 W. Main St. #7 Gun Barrel City, TX 75156  
903-910-9540 \*Private Pay

Joanne Radeke, Ph.D., Kaufman

Psychologist, Ages 5 & up. Accepts insurance.  
2801 Millennium Dr Ste D Kaufman, TX 75142  
972-932-3941 \*BCBS-HMO & PPO, Aetna,  
Medicare, Tri-Care, Humana-PPO Medicare

Green Counseling and Play Therapy Center

Play therapist, autism spectrum, developmental, etc.  
children, teens, and adults. Accepts insurance.  
20159 TX-274 Kemp, TX 75143  
214-564-8449  
[www.greencounselingandplaytherapy.com](http://www.greencounselingandplaytherapy.com)

Kristi Zimmerman, LPC-A, LMFT-A, LCDC, NCC

Children, teens, & adults. Trauma, addictions, play & expressive arts, EMDR 1805 West Main Street # 6  
Gun Barrel City, TX 75156 (430) 206-3165  
[krismzimm@gmail.com](mailto:krismzimm@gmail.com)

Navigate Counseling Solutions

Trauma, anxiety, depression, EMDR, digital & chemical addictions, parenting. Ages 5 & up. Accepts insurance.  
1023 S. Trade Days Blvd. Canton, Texas  
903-309-2563 [www.navigatecounselingsolutions.com](http://www.navigatecounselingsolutions.com)  
\*United Healthcare, Aetna, BCBS-PPO

Megan Young, MSW, LCSW-S 469-730-6650

205 E. Hwy 80 #125, Forney, TX 75126

### Premier Mental Health & Wellness

1837 W. Main St., Gun Barrel City, TX 75156 &  
335 S. Dallas St., Canton, TX 75103  
[www.pmh-w.com/pmhw](http://www.pmh-w.com/pmhw) 903-385-3115

### Bailey Raymond, LPC-A

27 Oak Creek Drive, Kaufman, TX 75142  
972-861-2696

### Child & Family Guidance Centers, Kaufman

Children and adolescents up to 18 years old with  
emotional or psychiatric problems. (Sliding Scale)  
877-932-4157 [www.childrenandfamilies.org](http://www.childrenandfamilies.org)  
106 S. Jefferson Street Kaufman, TX 75142

## **PSYCHIATRISTS**

### Dallas Psychiatric Associates

Provides medication management as well as family and  
individual counseling services. Accepts insurance.  
17736 Preston Road Suite 100 Dallas, TX  
972-248-2299 <http://www.dallaspsychiatry.com/>

### The Holiner Psychiatric Group

Monday – Thursday 8:00am to 5:00pm  
Friday 8:00am to 12:00pm  
7777 Forest Lane Building C Suite 833  
Dallas, Texas 75230-2501 972-566-4591

### Lakewood Group, Rockwall

Psychiatrist & Psychologist 972-771-3969

### Dr. Andrew Portteus – Child and Adolescent Psychiatrist

4915 W. Lovers Lane, Dallas, TX 75209  
Phone: (214) 550-3367  
Email: [appointments@drportteus.com](mailto:appointments@drportteus.com)

### Sabri Skeikha, M.D., Ph.D., P.A., Rockwall

Adult & Child Psychiatry 972-772-3630

## **MHMR**

### Lakes Regional MHMR Crisis, Terrell

Mental health services/counseling for children & adults.  
Insurance and Sliding Scale  
972-524-4159 24hr. Crisis Line 1-866-260-8000

## **RECOVERY GROUPS**

### Lighthouse for New Hope, Mesquite

Adult and Children Grief Support Groups  
972-226-3110  
[www.lighthousefornewhope.org](http://www.lighthousefornewhope.org)

### Lake Point Church, Rockwall

Support groups for adults and children, NA, al-anon,  
celebrate recovery.  
972-771-2322 Ext. 250

## **FAMILY SERVICES**

### North Texas Behavioral Health Authority

**Kaufman County Bridge Program:** Crisis Intervention,  
Linkage to treatment, urgent psychiatric med refills,  
referrals to community resources, etc. 469-780-9159  
108 W. Grove St. Kaufman, TX 75142  
Mobile Crisis Outreach Team: 866-260-8000

### The Center

Provides food to those in need and benefit resources.  
400 S. Terrell HWY 972-932-8866  
<http://thecenterkaufman.org>

### Serenity Corner – Terrell

Day Center, Food, Homeless  
212 S Rockwall Ave.  
Terrell, TX 75160 469-382-2197

### Help Me Grow - Serving Kaufman County

Free Development screening for every child ages 0 to 6  
Provide baby necessities, counseling and support  
groups, help with homelessness, etc. 844-689-5437  
[www.HelpMeGrowNorthTexas.org](http://www.HelpMeGrowNorthTexas.org)

### Selah Creek

Residential Program for Pregnant Women  
PO Box 877 Terrell, Tx 75160  
469-310-9996  
[info@selahcreek.org](mailto:info@selahcreek.org)

### Texas Youth Runaway Hotline

Assistance for runaways/troubled youth; confidential  
message relay service between runaways & families.  
Call: 1-800-989-6884 Text: 512-872-5777  
Chat online at: [www.texasyouth.org](http://www.texasyouth.org)

American Red Cross, Terrell

Assist victims of a house fire, flood, or a tornado. Offer CPR/First Aid classes. 972-563-1030

Salvation Army, Kaufman

Clothes closet, food closet, help with utilities when funds are available (lights, water, and gas). Open M-F 9 A.M.- 1 P.M. 972-962-1345

Stillwaters Pregnancy Resource Center

Family Violence, Pregnancy, Counseling  
2311 S. Washington, Suite A Kaufman, TX 75142  
972-932-HELP [www.stillwatersps23.com](http://www.stillwatersps23.com)

Texas Abuse/Neglect Hotline

Provides 24 hour immediate, confidential, one on one telephone counseling, crisis prevention, and intervention, information, referral and emergency aid. Kaufman: 972-932-9100  
To Report online: [www.txabusehotline.org](http://www.txabusehotline.org)  
Statewide Hotline 1-800-252-5400

Kaufman County Juvenile Probation

Provides services to juveniles ages 10 to 17 who are alleged to have engaged in conduct indicating a need for supervision or delinquent conduct.  
[www.kaufmancounty.net/county-offices/juvenile-probation](http://www.kaufmancounty.net/county-offices/juvenile-probation) 972-932-0320

Department of Human Services, Kaufman

Financial services to families w/ dependent children; food stamps & employment services to those meeting AFDC requirements. 972-932-9160

Kaufman Christian Help Center, Kaufman

Angel Food Ministries & Food Pantry  
Open Tuesday-Thursday 9 A.M.- 1 P.M.  
Call for needed paperwork 972-932-8866

Carevide

2600 Commerce Way, Kaufman 75142  
Income-based charge for medical services and assistance with RX cost. 972-750-3177

Navigating Disasters and Mental Health

[www.everydayhealth.com/emotional-health/disasters-and-mental-health/](http://www.everydayhealth.com/emotional-health/disasters-and-mental-health/)

Family Violence

Celebrate Forever Families

Emergency shelter and residential program for domestic violence survivors and their children.  
P.O. Box 216 Kaufman, TX 75142 903-498-1076  
[www.foreverfamiliesprogram.org](http://www.foreverfamiliesprogram.org)  
Crisis Hotline: 844-525-0160

Genesis Center, Kaufman

Provides emergency shelter, in-house food & clothing for battered women & their children 24/7. Counseling, aftercare & ex-residents' program.  
972-932-4351 [www.genesisshelter.org](http://www.genesisshelter.org)  
24 Hour Hotline 214-946-4357

The Family Place, Dallas

For families and victims of incest and child abuse. Shelter, counseling, and transitional housing.  
24 Hour Hotline 214-941-1991 [www.familyplace.org](http://www.familyplace.org)

**STATE/NATIONAL CRISIS HOTLINES**

Alcohol & Drug Abuse Help Line	1-800-821-4357
Mobile Crisis Team	1-866-260-8000
Texas Child Abuse Hotline	1-800-252-5400
National Suicide Prevention Lifeline	988
Poison Control	1-800-222-1222
Teen Runaway Hotline	1-800-786-2929
Suicide Crisis Center	1-214-828-1000
National Domestic Violence	1-800-799-7233
Texas Youth Hotline	1-800-989-6884

\*If you would like your local mental health practice/non-profit to be a part of this resource list, please contact Jennifer Russell @ 469-376-4512 or email the following:  
[jennifer.russell@kaufmancounty.net](mailto:jennifer.russell@kaufmancounty.net)