

Pediatrics Counseling & Behavioral Health Resource Guide

Part of the HSC Whole Health Initiative

Medicaid

NAME	ADDRESS	PHONE	INSURANCE ACCEPTED	AGE TREATED	TYPES OF THERAPY OFFERED	NOTES	IN PERSON OR VIRTUAL
Alliance Child and Family Solutions	Fort Worth (76104), Arlington, and Southlake	817-851-2042 Fax: 817-405-3364	Medicaid/CHIP (Aetna, Cooks, Cigna, Superior, Parkland, TMHP), Ambetter, Tricare, BCBS, S&W, Aetna, Cigna, Magellan, Humana, Medicare, Molina, United Healthcare, financial assistance available	All ages	Brain-based counseling, CBT, DBT, EMDR, play therapy, TBRI	Spanish available	Virtual or In-Person
Authentic Counseling and Coaching Center	601 University St. Suite 112, Fort Worth, Texas 76107 OR 3309 Winthrop Ave, Ste. 90, Fort Worth, TX 76104	817-330-9656 Fax: 817-841-1933	Medicaid/CHIP, BCBS, Beacon, Cigna, Superior, Aetna, Amerigroup, private pay (\$40-\$200 hr.), sliding scale (\$40-\$85 hr.)		Individual therapy, play therapy, family therapy, anger management, couples therapy, EMDR, trauma-based counseling, IDD counseling	Also has an office in Arlington, bilingual available, faith-based	
Brightstar Counseling and Psychiatry	3901 Airport Fwy, Ste. 230, Bedford, TX 76022	817-354-5200 Fax: 682-227-2812	TMHP, Cook Medicaid, Amerigroup, BCBS, Healthselect, Tricare, Aetna, Cigna	3+	Individual & family counseling		
DLR Counseling-Danny L. Ross	1201 North Watson Rd, Ste. 100-F, Arlington, TX 76006	817-989-6332	Medicaid (Aetna, Amerigroup, and Cooks), Tricare, BCBS, Beacon, Cigna, Ambetter	All ages	Individual, couples, & group counseling, training/public speaking	Emphasis on trauma, grief, black men, men; services available in Southlake, Dallas, Fort Worth, & Arlington	Virtual
Dynamic Hope Counseling	6105 Denton Highway, Ste. 80, Haltom City, TX 76148	817-797-1824 Fax: 833-245-8179	Medicaid (Aetna), CSHCN, BCBS, Aetna	All ages	Individual therapy, play therapy, group counseling		Virtual or In-Person
Family Counseling Center	3617 W. Pioneer Pkwy, Arlington, TX 76013	817-275-3617	Medicaid (Aetna, Amerigroup, and Cooks), most major insurance plans, private pay-sliding scale	Adolescents & Adults	Play therapy, individual counseling, family therapy, group therapy	Prefer face-to-face, but virtual is still available	Virtual or In-Person
Grace Counseling	7535 Oakmont Blvd, Fort Worth, TX 76132	844-564-0712	Most major insurance including Aetna, Superior, BCBS, United, Cigna, and some Medicaid	6+	Addiction treatment, mental health counseling, and physical wellness, IOP treatment	Additional location in Lewisville	
Keller Heights Counseling & Wellness (Aileen Wainwright)	9500 Ray White, Ste. 200, Fort Worth, TX 76244	817-745-4575	Medicaid (Aetna and Cooks), Amerigroup	12+		LGBTQ Friendly	Virtual

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Kyle Bryan	2364 Hwy 287 N., Ste. 101, Mansfield, TX 76063	817-908-8632	Tricare, Medicaid (Amerigroup)	12+	Individual, family, & couples therapy		Virtual Available
Lena Pope Home	Fort Worth, North Richland Hills, Arlington, Weatherford	817-255-2652 Fax: 817-255-2657	Medicaid (Aetna, Cooks, Amerigroup), many insurance providers, including Medicaid and CHIP	3+	Play therapy, individual counseling	Provides financial assistance based on income and family size for individuals without insurance	Virtual or In-Person
Live Life Counseling	1015 Pennsylvania Ave, Ste. 3, Fort Worth, TX 76104	817-405-9503	Medicaid (Aetna, Cooks, TMHP, Superior, Cigna), Ambetter, BCBS, Cigna, United Healthcare, Tricare		Play therapy, trauma-focused CBT, coping skills development, grief support, anxiety, depression, women's issues		
Mary Anne Brown, LCSW	1706 Santa Fe Dr., Weatherford, TX 76086	817-599-8040	Tricare, Medicaid (Aetna and Cooks)				
MC Wellness	3327 Winthrop Ave, Ste. 205, Fort Worth, TX 76116	817-994-6962 Fax: 817-894-1102	Tricare, Medicaid (Aetna), Cigna, BCBS		CBT, EMDR		
Michelle Gortney	240 E. Renfro St, Burleson, TX 76028	817-913-1517	Medicaid (Aetna, Cooks, Amerigroup)				
New Horizon Counseling	4805 Green Oaks Dr, River Oaks, TX 76114	817-624-1222 Fax: 844-273-0993	Tricare, Medicaid, Superior, Ambetter, Aetna, BCBS, Cigna, United Healthcare, sliding scale	4+	CBT, EMDR, psychotherapy, family, play therapy, therapy boxing	Also locations in Arlington, Cleburne, and North Richland Hills; Spanish therapist available	Virtual or In-Person
Psychological Services for Children & Families- Donna Campbell, PsyD	3939 West Green Oaks Blvd, Ste. 211, Arlington, TX 76016	682-305-2123	TMHP, Superior, Medicaid (Aetna, Amerigroup, Cooks), sliding scale	Children, Adolescents	Family therapy, play therapy, individual psychotherapy, psychological evaluations	Medicaid for psychological evaluations only	
Teel Counseling	8101 Boatclub Rd, Ste. 206, Fort Worth, TX 76179	817-307-1367	Medicaid/CHIPS (Aetna, Cooks, Amerigroup) BCBS, Cigna, private pay (\$75 per session)	Children, Adolescents, Adults	Play therapy, individual counseling, Christian counseling, family relationships and parenting, group therapy		Virtual

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Terri Plaisance	808 Schoolhouse Rd, Ste. 102, Haslet, TX 76052	682-472-2057	Medicaid (Aetna, Cooks, Amerigroup), Tricare	Children, Adolescents, Adults	Play therapy, family counseling, grief counseling, anger management, career counseling, individual counseling	\$120 per session - Only self-pay available for online counseling	Virtual or In-Person
The Art Station	1616 Park Place Ave, Fort Worth, TX 76110	817-921-2401	Medicaid (Aetna, Cooks, Amerigroup), BCBS	Most ages	Art therapy		
The Counseling Place	101 South Trinity St, Decatur, TX	P: 469-283-0242 New Patient Line: 469-283-0340	Medicaid, sliding scale (\$35 to \$100 per session), free therapy for victims of crime		Individual Counseling, Psychoeducational Groups	Free therapy for victims of crime	Virtual
The Enrichment Place	1814 8th Ave, Ste. B201, Fort Worth, TX 76110	817-899-0306	Medicaid (Aetna, Amerigroup, and Cooks), Tricare		Individual counseling, psychoeducation, community wellness	Offer a free 6 hour parenting class	Virtual or In-Person
The Oaks Life Center	8621 Midcities Blvd, Ste. 300, North Richland Hills, TX 76182	682-312-8184	Tricare, Medicaid (Cooks, Amerigroup, Aetna, Superior, Cigna, TMHP), BCBS, Aetna, Amerigroup, Cigna, S&W, UnitedHealthcare, Beacon, private pay	Children, Adolescents, Adults	Play therapy, behavioral therapy, DBT, social skills groups, EMDR, couples counseling	Also location in Lake Worth	Virtual or In-Person
The Telos Project	1650 West Rosedale St, Ste. 305, Fort Worth, TX 76104	682-841-1475 Fax: 682-708-3775	Medicaid (Aetna, Amerigroup, and Cooks), Tricare		Individual therapy, family therapy, couples therapy, parent coaching, group therapy, support groups		In-Person
Ward Counseling	3309 Winthrop Ave, Ste. 100A, Fort Worth, TX 76104	682-970-6546	Medicaid (Aetna and Amerigroup), Tricare, Anthem, Beacon, BCBS, Cigna, GHEA, Humana, Magellan, Molina, Multiplan, Optum, Oscar, UMR, United Healthcare	14+	CBT, DBT, EMDR, family counseling, marital counseling, person-centered, psychoanalytic, SFBT, trauma-focused		Virtual or In-Person