

AFFORDABLE COUNSELING

| Name | Phone # | Description |
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| Agape Christian Counseling 1901 Central Drive, Suite 205 Bedford, TX 76021 | 817-283-1420 | Accepts most insurance, Medicaid and sliding scale (\$30+/session). Provides individual and coupleS counseling. |
| Alliance Child & Family Solutions LLC | 817-851-2042 | Accepts most insurance companies. Medicaid/Medicare. Spanish and English Speaking. Multiple locations throughout the DFW. Has online intake form in Spanish. |
| Arlington Resource Center | 817-548-0583 | Anger management counseling |
| The Art Station | 817-921-2401 | Accepts most insurance and Yes waiver, Medicaid; provides individual, couples, family and children's counseling, including play therapy and depression, stress, anxiety, grief, and chemical dependency counseling. Sessions are available days, evenings and weekends. Spanish speaking available. |
| Barron House Counseling Center 908 Pennsylvania Ave Fort Worth, TX 76104 | 817-335-3222, ext. 105 | Sliding scale available. Provides affordable MH services to Tarrant County; specializing w/GLBT community. |
| Burleson Church of Christ Counseling Center 1150 NW John Jones Drive Burleson, TX 76028 | 817-295-2233 | Sliding scale/ability to pay. Provides individual, marital and family counseling. |
| Catholic Charities Multiple locations | 817-534-0814 | Sliding scale fee; individual, child, marriage, family, substance use and bilingual counseling. |
| Christian Counseling Works | 1 (800) 375-2229 | Sliding scale fee; individual, child, marriage, family, substance use and bilingual counseling. |
| Counseling Institute of Texas | 972-271-4300 | Accepts Medicaid, Sliding scale fee; individual, child, marriage, family, sex offender, transgender issues, substance use and bilingual counseling. |
| The Counseling Place | 469-283-0242 | Licensed professionals provide individual, family, or couples counseling. Fees fall on a sliding scale and depend on household income. Evening and Weekend appointments may be available. Spanish Speaking |
| Center for Creative Living 2401 Oakland Blvd #100 Fort Worth, TX 76103 | 817-534-2818 | Sliding scale fee; counseling for all age groups, classes and testing. |
| Dallas Sigma Counseling Services, INC | 972-820-6299 | Accepts Medicare, Medicaid, private insurance; Treatments are available in Asian dialects i.e. Korean, Japanese, Chinese, & Vietnamese. |
| Dennis Miller, Ph.D., LCSW 7525 John T. White Rd Fort Worth, TX 76120 | 817-338-9553 | Accepts Medicare, Medicaid, private insurance and limited sliding scale availability; travels to client's home in Tarrant County area |
| Depression Bipolar Support Alliance Baylor-All Saints A1122 1400 8th Ave. FW 76104 | 817-654-7100 | 1st and 3rd Friday nights 7:30 p.m. |
| Depression Connection Team | 817-810-9599 | Education, support groups, referral resources |

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| Family Counseling 3212 Collinworth Fort Worth, TX 76107 | 817-877-3707 | Accepts most insurance and Medicaid; provides individual, couples, family and children's counseling, including play therapy and depression, stress, anxiety, grief, and chemical dependency counseling. |
| Fort Worth Resource Center | 817-536-5496 | Anger management counseling |
| Glick House (Texas Wesleyan) 3001 Ave D Fort Worth, TX 76105 | 817-531-4859 | Sliding scale only; provides family, couple and individual counseling |
| The Harmony Counseling Center | 214-751-3932 | Sliding scale fee; individual, child, marriage, family, substance use and bilingual counseling. |
| Lena Pope Counseling Fort Worth, Arlington and Hurst locations | 817-255-2652 | Accepts most insurance, CHIPS and sliding scale; provides individual, family, marital, children and group counseling. Fort Worth office offers Bilingual |
| Metropolitan Center for Counseling 6737 Brentwood Stair Road, Suite 236 Fort Worth, TX 76112 | 817-496-1961 817-496-1963 | Private insurance, Medicaid. Individual, group, children, and family counseling; ADHD testing; Spanish-speaking programs, substance abuse treatment. |
| Milestone Mental Health and Medical Health Services 2512 Oakland Blvd., Suite 7 Fort Worth, TX 76103 | 817-534-7300 817-909-8702 | Medicare, Medicaid, private insurance and cash pay. Individual and group counseling and medication management psychiatrist. |
| Mosaic Family Services | (214) 821-5393 | Individual and Group Therapy; Couples; Play Therapy; Art Therapy; Grief Counseling; Parenting Classes; Crisis Intervention; EMDR Intervention. Treatment of Personality disorders, Domestic Violence survivors, human trafficking, refugee services. |
| Opportunities Counseling Center 601 University, Suite 105 Fort Worth, TX 76107 517 North Carrier Pkwy, Suite H Grand Prairie, TX 75050 | 817-360-2983 | Accepts most insurances, Medicaid and cash pay (\$40-\$100), no sliding scale. Provide substance abuse, anger management and parenting skills classes in both English and Spanish, as well as individual, couple and group counseling. |
| The Parenting Center | (817) 332-6348 | Vary according to service provided, Medicaid, CHIP and some insurance accepted for counseling. |
| Richland Oaks Counseling | (469) 619-7622 | Accepts fee-for-service, insurance based, sliding scale, and in many cases free. Provides individual, couples, family, Spanish, Urdu, Punjabi, and Hindi. |
| Safe Haven of Tarrant County 6815 Manhattan Blvd., #105 Fort Worth, TX 76120 | 817-535-6462 877-701-7233 (24-hour hotline) | Provides help for battered women and their children, including counseling, shelter, legal assistance and 24-hour hotline. |
| Semillas Counseling 1015 Pennsylvania Ave., Suite 3 Fort Worth, TX 76104 | 817-731-7107 | Accepts private insurance, Medicaid, CHIPS, Cook Children's and sliding scale. Provides individual, couples, family, group and children age 5+ counseling, including chemical dependency, parent support. Spanish and English-speaking counselors. |

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| Southcliff Baptist Church 4100 sW Loop 820 Fort Worth, TX 76109 | 817-924-2241 | No insurance of liding scale; set fees of \$20 and \$30/session. Provides individual, couples and children's counseling. |
| Texas Wesleyan University Community Counseling Center | 817-531-4859 | Fees are assessed on a sliding fee scale (\$10-\$50/hr); no insurance accepted, Services provided include: individual counseling, relationship counseling, marriage and family counseling, anger management, grief counseling, substance abuse counseling. Spanish speaking available. |
| Travis Avenue Baptist 800 West Berry Street Fort Worth, TX 76110 | 817-924-4266 | Set fee of \$18/session, no insurance of sliding scale. Provides individual and family counseling. |
| UTA Center for Clinical Social Work 211 South Cooper Street Arlington, TX 76010 | 817-272-2165 | Sliding scale (\$10-\$25/session), no insurance. Provides individual counseling; Spanish-speaking available. |
| Women's Center of Tarrant County 1723 Hemphill Street Fort Worth, TX | 817-927-4040 817-927-4000 (women's helpline) 817-927-2737 (rape and crisis hotline) | Accept Medicaid and Medicare, sliding scale for general counseling, including individual, couples, family. No fee for rape crisis and victims of violent crime--women and men. |
| Fort Worth Brief Therapy Center 3113 S. University Drive, Suite 201 Fort Worth, TX 76109 | 817-923-1444 | Accepts some insurance and groups set at \$20/session. Provides anger management counseling in 12-week grou sessions and individually. |
| Center for Therapeutic Change 6320 Brentwood Stair Road Fort Worth, TX 76112 5801 W. Curzon, Suite 245 Fort Worth, TX 76107 605 E. Border Street Arlington, TX 76010 | 817-446-9770 817-548-9990 817-548-9990 | \$25/session set fee for 8-week anger management group program. Also provide substance abuse and addiction treatment, as well as individual, family, couples and group counseling. |
| Links of Hope Cook Children's Medical Center 801 7th Avenue Fort Worth, TX 76104 | 682-885-4829 | Support group for families and caregivers of children who have emotional and behavioral problems, many with diagnosis of ADD/ADHD, depression, anxiety, bipolar or OCD. Meetings on 4th Tuesday at 5 pm in Pavillion Classroom 6 in basement. Meal provided if RSVP, no child care. |
| Raising Your Responsible Child Cook Children's Medical Center 801 7th Avenue Fort Worth, TX 76104 | 682-885-1640 | Free parenting education class offered monthly 2nd Thursday at 5:30 pm in Pavillion classrooms in basement. Meal provided if RSVP, no child care. |
| Mental Health Association 3136 West 4th Street Fort Worth, TX 76107 | 817-335-5405 | Provides education, information and referral, advocacy, peer support and support groups, including bipolar/depression and suicide survivors. |
| NAMI: National Alliance for Mentally Ill 3136 West 4th Street Fort Worth, TX 76107 | 817-332-6677 | Family support meetings 2nd Monday 7-8:30 pm FW; 4th Thursday 7-8:30 pm Arlington at Trinity UMC; 1st Monday 7-8:30 pm Southlake at White's Chapel UMC |
| The Counseling Place | 469-283-0242 | vidual, family, or couples counseling. Fees fall on a sliding scale a |