

Low Cost Therapy Options in DFW

Counseling for All Mental Health Needs

SMU Center for Family Counseling

<https://www.smu.edu/simmons/Community/FamilyCounseling>

Provides Individual therapy for teens and adults as well as family therapy and play therapy for children that is conducted by students that are at the end of their counseling Masters who are in Practicum.

SMU Center for Family Counseling at FISD

Provides Individual therapy for teens and adults as well as family therapy and play therapy for children that is conducted by students that are at the end of their counseling Masters who are in Practicum.

University of North Texas Child and Family Resource Clinic

<https://coe.unt.edu/child-and-family-resource-clinic>

Provides Individual therapy for teens and adults as well as family therapy and play therapy for children that is conducted by students that are at the end of their counseling Masters who are in Practicum.

The Resource Center

<https://www.myresourcecenter.org>

Provides counseling services for individuals and families. This is a great resource for the LGBTQ Community.

Metrocare Services- Many locations and services available

Metrocareservices.org

Sigma Counseling

1902 Country Club Drive, Suite 120

Carrollton, TX 75006

972-820-6299

services@sigmacounseling.com

www.sigmacounseling.com

Faith Based Mental Health

Wellspring Counseling Center

Located at First United Methodist Church of Plano

3160 East Spring Creek Parkway

Plano, TX 75074

<https://wellspringcounselingplanofumc.com>

Family Therapy

The Family Tree Program offers families 5-10 free counseling sessions at several clinics across the metroplex at the following counseling centers.

Richland Oaks Counseling Center

1221 Abrams Road Suite 325

Richardson, TX 75081

469-619-7622

Counseling Institute of Texas
3200 Southern Drive, Suite 100
Garland, TX 75043
972-271-4300

Mobile Counseling
1412 Main Street #613
Dallas, TX 75202
(They are a mobile counseling service and they can come to your home for therapy.)
214-542-5642

CCD Farmers Branch
2727 LBJ Freeway, Suite 406
Farmers Branch, TX 75234
972-353-9404

Positive Influences
8828 N. Stemmons Fwy, Suite 225
Dallas, TX 75247
469-227-7847

Harmony Counseling Center
6969 Pastor Bailey Drive, Suite 250
Dallas, TX 75237
214-872-4334

CCD Counseling Lewisville
326 S Edmonds Lane, Suite 103
Lewisville, TX 75067
888-837-0666 Ext. 2

CCD Counseling Denton @Scripture Doctors Park
1614 Scripture St, Suite 200
Denton, TX 76201
888-837-0666 ext. 2

Domestic Violence

Genesis Women's Shelter
4411 Lemmon Avenue, Suite 201
Dallas, TX 75219
214-389-7700
Genesisshelter.org

Hope's Door New Beginning Center
860 F Ave
Plano, TX 75074
972-422-2911
Hopesdoorinc.org

Hope's Door New Beginning Center
218 N 10th Street
Garland, TX 75040
972-422-2911
Hopesdoorinc.org

Children's Advocacy Centers for Abuse

Dallas Children's Advocacy Center
5351 Samuell Blvd
Dallas, TX 75229
214-818-2600
www.dcac.org

Collin County Children's Advocacy Center
2205 Los Rios Blvd
Plano, TX 75074
972-633-6600
<https://www.caccollincounty.org>

Children's Advocacy Center for Denton County
1854 Cain Drive
Lewisville, TX 75077
972-317-2818
<https://cacdc.org>

Grief Support Groups for kids and families

Journey of Hope- Groups in Plano and Frisco
Johgriefsupport.org
972-964-1600

The Warm Place
809 Lipscomb Street
Fort Worth, TX 76104
817-870-2272
www.thewarmplace.org

National Suicide Hotline

1-800-273-8255