



## HSC Health Pediatrics

# Pediatric Counseling Resource Guide

## Pediatric Counseling Resources in Tarrant County

Private insurance users can search for a therapist at [psychologytoday.com](http://psychologytoday.com)

Name	Address	Phone/Fax	Insurance Accepted	Age Treated	Types of Therapy	Notes	In person or Virtual
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**Zip Code: 76179, 76114, 76179, 76135 Region: NW**

Center for Emotional Wellness	1602 W Business 380 Suite 100, Decatur, TX 76234	(940) 539-0683	All Medicaid	4+	Individual, Play, EMDR		Both
New Horizon Counseling	4805 Green Oaks Dr, River Oaks, TX 76114	P: 817-624-1222	Tricare, Medicaid (Cook Wellpoint Aetna Superior Cigna TMHP Health Springs)	All ages 12+ for boxing therapy	CBT, EMDR, Psychotherapy, Family and Play Therapy, Therapy Boxing	Locations in Arlington, Cleburne, North Richland Hills. Spanish. Men and Women Counselors	Virtual and In-Person
Teel Counseling	8101 Boat club Rd, Ste 206, Fort Worth, TX, 76179	P: 817-307-1367	Medicaid (Cook Wellpoint)	Children, Adolescents & Adults	Play and Group Therapy, Individual and Christian Counseling, Family Relationships and Parenting	Men and Women Counselors	Virtual

**Zip Code: 76022, 76137, 76148, 76180 Region: NE**

Brightstar Counseling and Psychiatry	3901 Airport Fwy, Ste 230, Bedford TX 76022	P: 817-354-5200 682-227-2812	F: Medicaid (THMP Cook Wellpoint) Tricare	3+	Individual and Family Counseling		
Center for Counseling & Family Relationship	4500 Mercantile Plaza Dr, Fort Worth, TX 76137	P: 817-232-9400	Medicaid (Aetna Superior Cook)	3+	EMDR, Individual Counseling, Birthmother Support Group, Play and Filial Therapy	Spanish, weekend,	
Dynamic Hope Counseling	6105 Denton Highway, Ste 80, Haltom City, TX 76148	P: 817-797-1824 833-245-8179	F: Medicaid (Cook Aetna)	All Ages	Individual and Play Therapy, Group Counseling		Virtual and In-Person
Logos Counseling	5751 Park Vista Circle, Ste. 101, Keller, TX 76244	P: 817-812-2880 F: 817-812-3096	Medicaid (Aetna TMHP Superior Cook Wellpoint Parkland) Tricare, ChampVA	4+	Play and Marital Therapy, Individual, Grief and Addiction Counseling	Offices in Keller, Southlake, Bedford, Decatur, Mansfield and Haslet	Virtual and In-Person
Muslim Community Center for Human Services	7600 Glenview, Ste B, Richland Hills, TX 76180	P: 682-715-4849	Medicaid (Aetna TMHP Superior Cook Wellpoint Parkland) Tricare, ChampVA	4+	Play and Marital Therapy, Individual, Grief and Addiction Counseling	Offices in Keller, Southlake, Bedford, Decatur, Mansfield and Haslet	Virtual and In-Person
The Oaks Life Center	8621 Midcities Blvd, Ste 300, North Richland Hills, TX 76182	P: 682-312-8184	Tricare, Medicaid (Cook, Wellpoint, Aetna, Superior, Cigna, TMHP)	Children, Adolescents & Adults	Play and Behavioral Therapy, DBT, EMDR, Social Skills Groups, Couples Counseling, PTBM Therapy	possibly 1 Month waitlist	Virtual and In-Person

## Zip Code: 76104, 76107, 76110, 76132 Region: SW

Authentic Counseling and Coaching Center	601 University St. Ste 112, Fort Worth, TX 76107 or 3309 Winthrop Ave, Fort Worth, TX 76104	P: 817-330-9656 F: 817-841-1933	<b>Medicaid/CHIP, BCBS, Beacon, Cigna, Superior, Aetna, Wellpoint, Private Pay (\$40-\$200hr, sliding scale \$40-\$85hr)</b>		Individual, Play, Family and Couples Therapy, Anger Management, EMDR, Trauma Based Counseling, IDD Counseling	Also had office in Arlington. Bilingual availability, faith based	
Fair Winds Assessment and Counseling Center	6551 Harris Pkwy, Fort Worth, TX 76132	P: 817-735-4165 F: 817-735-4688	<b>Medicaid (Aetna Cook Wellpoint) Tricare</b>	3+	Individual and Family Counseling	Faith Based. Will work specifically with autism 1 month wait list	
Grace Counseling	7535 Oakmont Blvd, Fort Worth, TX 76132	P: 844-564-0712	<b>Medicaid (TMHP Aetna Beacon Cook Superior)</b>		Addiction Treatment, Mental Health Counseling, Physical Wellness, IOP Treatment, Zombie Survival Group (role play)	Additional location in Lewisville	
Lena Pope Home	Lena Pope 3200 Sanguinet Street Fort Worth, TX 76107	P: 817-255-2652 F: 817-255-2657	<b>Medicaid (Aetna Cook Wellpoint)</b>	3+	Play Therapy, Individual Counseling	Provides financial assistance based on income and family size for individuals without insurance	Virtual and In-Person
MC Wellness	3327 Winthrop Ave Ste. 205, Fort Worth, TX 76116	P: 817-994-6962 F: 817-894-1102	<b>Tricare, Aetna Medicaid, Cigna, BCBS</b>		CBT, EMDR		
The Art Station	1616 Park Place Ave, Fort Worth, TX 76110	P: 817-921-2401	<b>Medicaid (Aetna Cook Wellpoint)</b>	Most Ages	Art Therapy		
The Enrichment Place	1814 8th Ave, Ste. B201, Fort Worth, TX 76110	P: 817-899-0306 F: 817-887-0763	<b>Medicaid (Aetna Cook Wellpoint) Tricare</b>		Individual Counseling, Psychoeducation, Community Wellness	Offer a free 6 hour parenting class	Virtual and In-Person
The Parenting Center	2928 W. 5th St, Fort Worth, TX 76107	P: 817-332-6348 F: 817-332-6489	<b>All Medicaid Tricare</b>	2+	Play Therapy (ages 2-8), Trauma Focused Cognitive Behavioral Therapy, Theraplay, Trust-Based Relational Interventions (TBRI)	Divorce, anger management, parenting issues, family systems, abuse/neglect, English and Spanish.	3 month waitlist
The Warm Place	809 Lipscomb Street, Fort Worth, TX 76104	P: 817-870-2272	<b>No Cost</b>	3 1/2- 25 yo	Grief Group Counseling	Groups go in 10-week sessions, must have been 6+ months since death.	Virtual

## Zip Code: 76103, 76013, 76014, 75052 Region: SE

A Better You Counseling Center, PLLC	3603 W Pioneer Pkwy, Suite A Arlington, TX 76013	(817) 801-3414	<b>Medicaid (Aetna Any CHIP Plan)</b>	5+	depression, anxiety, divorce/blended family issues, unhealthy relationships, adhd	virtual and in office, evening and morning hours and home visits for foster care families	
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ACH Child and Family Services	3712 Wichita St, Fort Worth, TX 76119	P: 817-335-4673	<b>Free services for up to 6 months</b>	6-17 yo	Counseling and Skill Building Classes	Families and children going through crisis or short-term-struggles.	Virtual and In-Person
Angeline Crump	3900 S. Stonebridge Drive, #604 McKinney, TX 75070 and office in Fort Worth	P: (469) 946-8255	<b>Medicaid (Cook Wellpoint Aetna)</b>	4+	CBT, DBT, Play. Solution focused	M, Th in McKinney and Tue in Fort Worth, Willing to do weekend if needed	Virtual and In-Person
Empathy HQ	Fort Worth (76104), Arlington & Southlake	P: 817-851-2042 817-405-3364	F: <b>Medicaid (Aetna Cook Cigna Superior Parkland THMP) Tricare, Most commercial</b>	All Ages	Only offering Play Therapy at this time	Spanish Available	Virtual and In-Person
Family Counseling Center	3617 W. Pioneer Pkwy, Arlington, TX 76013	P: 817-275-3617	<b>Medicaid (Aetna Wellpoint Cook) Most Major Insurance Plans, Private Pay Sliding Scale</b>	Adolescents & Adults	Play, Family and Group Therapy, Individual Counseling	Prefer face to face, but has virtual available	Virtual and In-Person
Kyle Bryan	2364 Hwy 287 N., Ste. 101, Mansfield, TX 76063	P: 817-908-8632	<b>Tricare, Medicaid (Wellpoint)</b>	12+	Individual, Family and Couples Therapy		Virtual
Regal Oak Counseling	1285 N Main St Ste 101-5, Mansfield, TX 76063	P: 682-651-7621	<b>Medicaid (Wellpoint Aetna)</b>	5+	Individual, Family and Couples Therapy	1 week availability	Virtual and In-Person
The Telos Project	1650 West Rosedale St, Ste. 305, Fort Worth, TX 76104	P: 682-841-1475 F: 682-708-3775	<b>Medicaid (Aetna, Wellpoint) Tricare, CHAMP VA</b>		Individual, Family, Couples and Group Therapy, Parent Coaching, Support Groups		In Person
Zoom Counseling	12959 Jupiter Road Suite 254 Dallas, TX 75238	P: 214-221-0132 F: 214-221-0242	<b>Medicaid (Cook Wellpoint Aetna Molina Superior Parkland TMHP)</b>		Individual counseling Play therapy Grief and bereavement Family counseling Couples counseling		Virtual and In-Person