

Community Counseling Resources

Integrated Resilience Office · 511 9th St., Bldg. 920 Rm B301 · 940-676-3943



Tricare / Military

Free / Low-Cost

Major Insurance

Sliding Scale

EAP — DoD Civilians

LGBTQ+ Friendly

On-Post & Area Resources

VA Clinic Wichita Falls

☎ 940-456-5583

Kelly White LCSW

Tricare/Military

Red River Hospital

☎ 855-437-8693

Inpatient and outpatient services

Tricare/Insurance

Helen Farabee MHH

☎ 940-397-3315

MentalHealthClinic — bonnere@helenfarabee.org

Free

Patsy's House

☎ 940-322-8890

Women's Shelter

Free

First Step

☎ 940-723-7799

Local sexual assault & domestic violence center

Free

Hospice of Wichita Falls

☎ 940-691-0982

Grief counseling via Zoom — Wed noon; group Mon 5:30–6:30 PM

Free

Beyond Faith

☎ 940-696-8901

Group grief counseling — every 3rd Fri at noon. Call for times.

Free

Falls Psychology

☎ 940-247-2322

Military OneSource referrals from SAFB and self-pay.
fallspsychologyservices.com

Tricare/Insurance

LGBTQ+ Friendly

Legacy Family Counseling

☎ 940-217-5810

Sessions by Zoom — military fees from \$45/session

Sliding Scale

Local Community Providers

Selah Counseling

☎ 940-536-0588

Traumacounseling — selahtramacc.com

Ins./Sliding Scale

Rose Street

☎ 940-332-2372

Group, individual therapy, counseling — www.rosestreet.org

Tricare/Insurance

LGBTQ+ Friendly

Garden Counseling

☎ 940-263-1309

gardencounselingwf.com

Sliding Scale

LGBTQ+ Friendly

Positive Frame

☎ 940-613-1661

pformc.com/about/

Tricare/Insurance

Discover Hope

☎ 940-264-4818

hope@discoverhopeclinic.org · discoverhopeclinic.org

Tricare/Insurance

Taft Counseling

☎ 940-691-1899

Tricare/Insurance

Wandering Lotus

☎ 940-235-2136

wanderinglotus.org/appointments

Sliding Scale

Madden Counseling

☎ 940-692-9745

Tricare/Insurance

Employee Assistance Program (EAP)

☎ 1-866-580-9078 | afpc.af.mil/Military-and-Family/Employment-Resources/

Work-Life · Everyday Needs · Financial Services · Legal Services · Healthcare Resources
Counseling · Life Coach · Online Programs

Free for all DoD Civilian employees & their dependents

EAP — Free for DoD Civilians & Dependents

Prevention, a readiness multiplier.

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For education and connection to care. Inclusion does not constitute DoD endorsement.