

Texoma Mental Health Resources

This list is not exhaustive, nor is it an endorsement of particular therapists.

NOTE: Office hours, fees, and Insurance are subject to change. Please call ahead of time.

24 Hour Assistance:

Texoma Community Center

Phone: (903)957-4701

Crisis Line: 877-277-2226 (24 hours a day, 7 days a week)

Location: 315 W. McLain, Sherman, TX 75092

Services: Assessment, Case Management, Counseling, Group Therapy. All ages.

Grayson County Crisis Center

Phone: (903) 893-3909

<http://grayson-crisiscenter.org>

Hotline (800) 259-3909

After Hours (903) 893-5615

Location: PO Box 2112, Sherman, TX 75091

Services: Counseling, shelter, legal assistance for victims of rape and/or domestic violence. All ages. English and Spanish

Family Violence Legal Hotline/Texas Advocacy Project

(800) 374-HOPE

(512) 476-5770

National Domestic Violence Hotline

1 (800) 799-SAFE (7233)

<http://www.texasadvocacyproject.org/>

<http://www.womenslaw.org/>

Hours: 8:30 am – 5:30 pm Monday – Friday

Services: Legal and domestic violence advice. Free legal services statewide to victims of domestic violence, sexual assault and stalking. Spanish available.

Suicide Prevention Service/Texoma Community Center (FORMERLY MHMR SERVICES OF TEXOMA)

24 hour crisis number: (877) 277-2226

Location: MHMR 315 West McLain Drive, Sherman, TX 75092

<http://www.mhmrst.org/>

Services: Provides 24-hour phone crisis intervention and counseling. Individual counseling, group skills training.

Fee: Sliding scale, Medicaid, Private Insurance/HMO

Texoma Mental Health Resources
2019-2020
Counseling:

Stephanie Waitt, LPC, PhD

227 S. Travis

Sherman, TX 75090

Phone: (888)659-7618

hello@texomaspecialtycounseling.com

<http://texomaspecialtycounseling.com>

Services: Dr. Stephanie is a Licensed Professional Counselor with a PhD in Health Psychology. She has helped hundreds of people overcome eating disorders, trauma, and adversity to find happiness.

Candace Ray Counseling, PLLC

8370 US Hwy 82

Sherman, TX 75090

Phone: (972)679-9197

candace@shermancounseling.com

Services: Not only is Candace a Licensed Professional Counselor, but is certified in EMDR (Eye Movement Desensitization Reprocessing) a therapy that is very successful in treatment of PTSD and trauma.

Child and Family Guidance Center of Texoma

804 E. Pecan Grove Rd.

Sherman, TX 75090

Phone: (903) 893-7768

<http://cfgcenter.org>

Email: help@cfgcenter.org

Services: Outpatient services for ages 3-18 and their families. Services include individual and group therapy, assessment and play therapy. Evaluation and counseling for children, adolescents and their families.

Hours: 8:30 am - 5:30 pm Monday - Friday office hours; Appointments until 7:00 pm Monday – Thursday

Hope for Texoma

Brady Robinson, LPC-S & JJ Robinson, LPC

402 W. Lamar, Suite 105

Sherman, TX 75090

Phone: (903)375-0055; Fax (214)989-7452

Services: Individual, family, relationship, marriage counseling; anger & stress management; trauma; anxiety, depression, and assertiveness; self-esteem issues.

Stonebridge Family Counseling

3400 E. FM 691

Sherman, TX 75092

Phone: (903) 337-0343

Services: Individual, family, relationship counseling; anger & stress management; trauma; eating disorders; mood disorders, including anxiety & depression; assertiveness and self-esteem issues.

**Texoma Mental Health Resources
2019-2020
Psychologists:**

Robert M. Cross, Ph.D.

320 N Travis Suite 200
Sherman Texas 75090
Phone: (903)819-8888 | Fax: (903)870-0304
<http://apsychologist.com>

Office Hours: Monday - Friday, 10:00 AM - 7:00 PM

Services: Individual, Marriage, and Family Psychotherapy. Psychological Assessments. Psychological treatments for anxiety, depression, relationship problems, school problems, substance abuse, trauma and eating disorders.

Fees: \$175 for the initial visit and \$150 for each additional visit for private pay. Will take most major plans including United HealthCare, Cigna, Blue Cross Blue Shield, Medicaid, Medicare, TriCare, and Aetna.

The Cornerstone Center, PLLC

Susan D. Fischer, Psy.D.

1800 Teague Drive, Suite 502
Sherman Texas 75090
Phone: (903)892-4466 | Fax: (903)892-2634

Office Hours: M-Th 8:00 am to 4:00 pm, Fri 8:00 am to 11:00 am

Services: Individual, Couples therapy

Fees: Contracted rates with insurance companies. Without insurance \$80.00 per visit

Insurance: BCBS/Cigna/Aetna/Medicare/United HealthCare/Humana. No Medicaid.

Tidemark Therapy

Brittainy Wagoner, LPC

600 E. Taylor, Suite 4004, Sherman, TX 75090
Phone: (903)892-2874
Website: <https://www.tidemarktherapy.com/>

Office Hours: Vary to accommodate clients.

Services: Premarital, marital, individual counseling, anxiety, depression, mood disorders, personality disorders. All ages.

Psychiatrists:

Tri-Med Behavioral and Sleep Medicine

Oluyemi Aina, MD

600 East Taylor Street Suite 311
Sherman Texas 75090
Phone: (903)328-6556; (877)727-5337

Testing and Assessment:

Applied Psychology Group of Texoma

600 E. Taylor Suite 4011
Sherman, TX 75090
Phone: (903) 893-0298
<http://www.apgtexoma.com>

Texoma Mental Health Resources

2019-2020

Other Resources:

Alcoholics Anonymous

Locations: 300 West Morgan, Denison, TX 75020 (903) 465-4430

106 South Elm, Sherman, TX 75090 (903) 868-2734

Hours: Call for meeting days and times

*Some meetings may not be the most compatible for college students. Please contact Austin College Counseling Services for help finding the best fit. (903) 813-2247.

Al-Anon- Family Group

Location: 106 South Elm Street, Sherman, TX 75090 Sherman (903) 868-2734

300 West Morgan Street, Denison, TX 75020 Denison (903) 465-4430

Meetings: Monday and Wednesday at 6:00 pm

Alcoholic Services of Texoma, Inc. House of (INTENSIVE OUTPATIENT PROGRAM)

Phone: (903) 868-2123

Location: 2415 Texoma Parkway, Sherman, TX 75090

Services: Treatment and counseling for alcohol and drug abusers.

Fees: Sliding scale

TMC Behavioral Health Center

24 hour Phone: (903) 416-3000; Toll Free 1 (888) 815-2417

Location: 2601 Cornerstone Drive, Sherman, TX 75092

Services: Provides a full range of services for adults with psychiatric and emotional problems, including geriatric inpatient. Provides treatments for dual diagnosis including detox.

Fees: Varies. Accepts Medicaid and most insurance.

Texas Health Presbyterian Hospital- WNJ Behavioral Health Services

24 hour Phone: (903) 870-7322

Location: 500 N. Highland, Sherman, TX 75092

Services: Provides a full range of services for adults with psychiatric and emotional problems.

Fees: Varies. Accepts most major insurance. Please call ahead for specific information.