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](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.texasadvocacyproject.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  
Services: Provides 24-hour phone crisis intervention and counseling. Individual counseling, group skills training.  
Fee: Sliding scale, Medicaid, Private Insurance/HMO
Stephanie Waitt, LPC, PhD
227 S. Travis
Sherman, TX 75090
Phone: (888)659-7618
hello@texomaspecialtycounseling.com
http://texomaspecialtcounseling.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
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

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
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.