

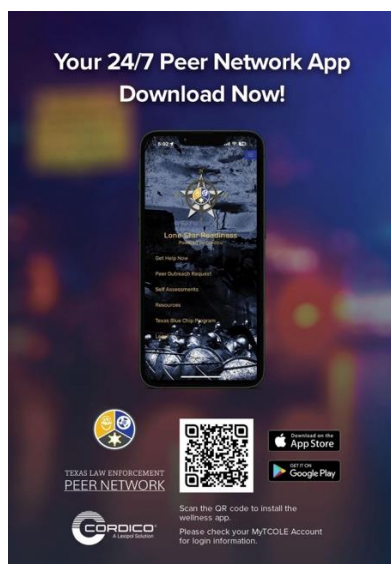
* indicates specialty in first responders

Map of Resources:

<https://drive.google.com/open?id=1LWlhdX2Zfvkf3RNozx0TtRNsRDpoeVT&usp=sharing>

Emergency/Hotline Numbers

1. Texas Law Enforcement Peer Network (TLEPN)*
 - a. Suicide Prevention, Peer Support, culturally competent mental health professional referral
 - b. LONE STAR READINESS APP manned by officers Statewide
 - c. <https://www.untDallas.edu/cpi/tlepn/>
 - d. Email for more information TLEPN@untDallas.edu
 - e. (972)-338-1314
 - f. Go to the MYTCOLE website/ Login page and obtain the confidential registration code: <https://tcledds.tcole.texas.gov/mytcole/Login>
 - g.



2. COPLINE*
 - a. 800-267-5463
 - b. 24 hours; confidential hotline manned by retired law enforcement officers
 - c. <http://www.copline.org/>



* indicates specialty in first responders

3. National Suicide Prevention Lifeline

- a. 1-800-273-8255 or 988
- b. 24 hours
- c. <https://suicidepreventionlifeline.org/>



4. Safe Call Now

- a. 206-459-3020
- b. 24 hours, peer support
- c. <https://www.safecallnow.org/>

5. Houston Officers Peer Assistance

- a. 832-200-3449
- b. 24 hours, peer support, for any first responder

6. International Critical Incident Stress Foundation, Inc.*

410-313-2473
24 hours
<https://www.icisf.org/>

7. First Responder Support Network*

415-721-9789
24 hours
<http://www.frsn.org/>

8. National Alliance on Mental Illness (NAMI)

1-800-950-6264
Monday-Friday, 10am-6pm EST
Crisis Text Line: Text "NAMI" to 741-741 for 24-hour support
<http://www.nami.org/Find-Support/Family-Members-and-Caregivers>

9. Substance Abuse and Mental Health Services Administration (SAMHSA)

800-662-HELP(4357)
24 hours
<https://findtreatment.samhsa.gov/>

10. Concerns of Police Survivors

<https://www.concernsofpolicesurvivors.org/>
South Texas COPS
P.O. Box 791156
San Antonio, TX

North Texas

1. Trauma Support Services of North Texas

* indicates specialty in first responders

Dallas Area: (972) 709-4904

Fort Worth Area: (817) 378-7158

Suicide Services: (972) 740-3636

2. Nina Reyna, LMFT*

Licensed Marriage and Family Therapist

6780 Horizon Road, STE 100

Heath, TX 75032

(469) 361-5977

ninareynalmft@gmail.com

EMDR/ Telehealth/ In-Person

3. Janice Feuerhelm, LPC*

Burleson, TX

(817) 946-5858

4. Amarillo Professional Counseling and Consultation

Amarillo, TX

(806) 443-5362

5. Tools for Success Coaching, Counseling, and Consultation

Wichita Falls, TX

(940) 716-0230

East Texas

EAST TEXAS CRITICAL INCIDENT STRESS MANAGEMENT TEAM

www.easttexascism.com

(903) ETX-CISM

(903) 389-2476

Sgt. Chuck Boyce

Tyler Police Department

Lisa Heagney, LPC *

Steppingstones Counseling Services

(469) 772-0499

Steppingstonescounseling.LPC@gmail.com

Steppingstones Counseling Service offers a specialized treatment approach that focuses on the unique stressors experienced by first responders. We understand the pressures and dynamics of working in crisis and the impact of prolonged exposure to continuous high stress. We offer a safe and supportive environment to work through trauma, stress and relationship challenges utilizing EMDR and trauma informed practices. Accepting private pay and most major insurances.

* indicates specialty in first responders

Chrysalis Counseling,
903-A Avenue D, Katy, Tx 77493
Victoria Cravens, NCC, LPC, LCDC, CART, EMDR (832) 248-524
Joanna Ketch, NCC, LPC, LMFT, LCDC (281) 740.7563

Corinna Collins, MA, LPC, CART, EMDR
Houston, TX 77275
(832) 219-8174

Grace & Guidance Wellness, PLLC
832-242-9970
graceandguidance@counselingmail.com

2219 Sawdust Rd STE 1201 Woodlands, Tx 77380
Lona Snell (Founder), MEd, LPC, CCTP, EMDR, CART, BC-TMH (832) 998-6345
Lauren Reed, BS, QMHP, CISM, EMDR (281) 784-9240
Lori Van Dresar, LPC-A, CCTP, CISM, EMDR (832) 299-4802

Grace & Guidance Wellness offers a unique specialized service within our community, as every single one of our staff members have a direct personal relationship to one or more first responders or veterans. Our staff either grew up in a first responder or veteran family, previously served as a first responder or veteran themselves, or have spouses who have or currently serve. We believe this dual insight is an important aspect to provide practical and comprehensive quality of care and various services to our hometown heroes.

Refuge Trauma Center,
3513 N. Frazier, Conroe, TX 77303
Shannon Brown, LPC, LCDC, EMDR (936) 524-8044

Candace Ray Counseling Services
Houston, TX
(972) 679-9197

Pineywoods Psychological Services
Dr. Sydney Kroll specifically works with first responders
Nacogdoches, TX
(936) 209-5225

Mighty Oaks Foundation

The Mighty Oaks Foundation is committed to serving the brokenhearted by providing intensive peer-based discipleship through a series of programs, outpost meetings, and speaking events. Our Mighty Oaks Warrior Programs hosts such Men, Women, and Marriage Advance Programs at multiple locations nationwide. The Warriors who attend are fully sponsored for training, meals, and lodging

* indicates specialty in first responders

needs to ensure that upon arrival to the ranch, each Warrior is focused solely on his or her recovery and identifying purpose moving forward.

www.mightyoaksprograms.org

MIGHTY OAKS HEADQUARTERS

33134 Magnolia Circle, Unit 10, Magnolia, TX 77354

MAILING ADDRESS

PO Box 1405 Montgomery, Texas 77356

Email: Info@MightyOaksPrograms.org

Phone: (832) 521-7323

Marianne McCarthy, LPC

The Woodlands, TX

(832) 592-7515

Ana Ferrell, LPC

Tyler, TX

(903) 730-6573

Karrah Daines Dickeson, LPC

Texarkana, TX

(903) 525-6716

Gulf Coast Center

Amanda Groeller

Alvin, TX

(409) 502-1446

Refuge Trauma Center

3513 N. Frazier, Conroe, TX 77303

First Responder Focused Intensive and Residential Programs

https://www.refugetraumacenter.com/emergency_responders

(936) 648-5379 ashley@refugetraumacenter.com

Intensive Program: https://www.refugetraumacenter.com/intensive_day_program

Residential Program: https://www.refugetraumacenter.com/residential_program

HEROES FIRST RESPONDERS PROGRAM

Substance Use and Mental Health Training and Support for Texas First Responders

Heroes Helpline (833) 367-4689

https://sbmi.uth.edu/ace/helpline.htm?utm_medium=email&utm_source=govdelivery

Galveston County CISM

Galveston, TX

The Galveston County Critical Incident Stress Management (GCCISM) Team is a 501(c)(3) non-profit volunteer organization that provides critical incident stress management intervention to emergency service agencies requesting assistance following a crisis or emergency situation. The program contains different levels of

* indicates specialty in first responders

interventions designed for the specific needs of the responder, the responder's family, and/or the need of the unit/agency.

<https://www.gccism.org>

To request the team's services please call:

409-766-2300

Shari Forward

Executive Director

shari.forward@gmail.com

409-766-2300

Spindletop Center South Campus

2750 S. 8th Street, Beaumont, TX 77701

Phone: (409) 839-1000

Fax: (409) 839-1066

24-Hour Toll-Free Crisis Hotline: (800) 937-8097

8AM - 5PM

Located on South Campus: Intake, Crisis services, Beaumont Outpatient Clinic, Care Coordination Services, Substance Use Disorder services, Consumer Benefits Office, Daybreak Interagency Youth Services (DIYS) & Youth Empowerment Services (YES Waiver), Early Onset Psychosis (EOP), Information Services, Genoa Pharmacy, as well as the Hope Center.

Central Texas

1. Strong Self Psychotherapy

Adrienne Koller, MA, LPC **

EMDR, CBT, DBT, PE, TRM

1101 Thorpe Ln, Ste. 105, #1010 San Marcos, TX 78666

E: adrienne@strongselfpsychotherapy.com **P:** 512.910.4097 ext. 1101

<https://www.strongselfpsychotherapy.com>

I am trained in a lot of different modalities, I have advanced training in working with Trauma and PTSD, Anger management skills, anxiety, etc. I'm also really good at helping you figure out how to get your life organized; come up with plans to implement a schedule, start taking better care of yourself, communication skills, or just listen if you need to vent. My point is, whatever you need, we will figure it out, together. EMDR, CBT, DBT, PE, TRM

2. INBESI Counseling and Life Care

Killeen, TX

(254) 680-6933

3. Andrew N Friedman, PhD

Lubbock, TX

(806) 589-5992

4. Jaja Chen, LCSW

Waco, TX

(254) 655-3792

5. Leslie Taylor, LPC

* indicates specialty in first responders

College Station, TX
(979) 272-6804

South Texas

Adrianna Garza-Gongora*

Licensed Professional Counselor, MA, LSW, LPC
Counseling and Wellness Services Inc.
4203 Gardendale
San Antonio, TX 78229
(210) 880-9375

Frontline Strong

Antonio Santana, President/ CEO*

www.frontlinestrong.org
Antonio@frontlinestrong.org

760-709-2616 Antonio

Frontline Strong's mission is to serve those who make selfless service their life's work. Our goal is to decrease the impact of trauma on the lives of first responders, frontline healthcare workers, veterans, and their families through access to free counseling services with therapists and social workers with a passion for working with those on the frontline. Log on and click FREE THERAPY button...

Battling Minds, LLC.

Tiffany Juarez, LCSW*

210-325-5809

intake@battlingminds.com
www.battlingminds.com

We provide psychotherapy services for individuals (Veterans and First Responders) seeking support for mental health concerns. These services include, but are not exclusive to individual, family, couples counseling, EAP, and or other specialties. We provide online treatment programs including individual, group, education, and family sessions. We provide you services right in the privacy of your home. We provide services to increase our client's ability to regulate their emotions. We provide services to decrease stress, anxiety, and depression. These services also help our clients focus.

Be Well Mental Health, PLLC

Beatrice M. Chapa, Ph.D.*
Garden Ridge, TX
210-880-6327

* indicates specialty in first responders

Boldly Go Counseling

Yvonne Garcia, LPC*
San Antonio, TX 78201
210-701-4538

Ecumenical Center of San Antonio

San Antonio, TX
210-616-0885

Endeavors Veteran Wellness Center (SAN ANTONIO/ EL PASO/ UVALDE)

Endeavors Corporate Office
6363 De Zavala Rd.
San Antonio, Texas 78249
210-431-6466
info@endeavors.org

The Endeavors Veteran Wellness Center offers a multitude of wellness services for ***Veterans, Active Duty, First Responders, their families, and the communities of San Antonio and [El Paso \(Coming 2024!\)](#)***.

Our holistic health approach seeks to address wellness from multiple angles—from physical to mental to spiritual to economic resources, this center will offer Veterans and their support network services that will help improve their quality of life.

San Antonio Counseling and Behavioral Center

San Antonio Behavioral Health Hospital

Mario Aguirre
8550 Huebner Rd
San Antonio, TX 78240
210-541-5300

SABHH now has a military and first responder wing ONLY! So, if there is an officer in crisis, they have a separate facility just for them and a private entrance in the back of the building, too.

Warriors Heart*

756 Purple Sage Road
Bandera, TX 78003
24/7 Availability
(844) 448-2567

**Warriors Heart Program, confidential & discreet admissions,
SPECIFICALLY for First Responders, Active-Duty Military, and Veterans:**
756 Purple Sage Rd., Bandera, TX 78003

* indicates specialty in first responders

Hotline (888) 438-6616 24/7/365
Admissions: (888) 396-2759
<https://www.warriorsheart.com/the-program/>

Anchor Marriage and Family Counseling

San Antonio, TX
210-845-3506 for Dr. Linda Barron
210-845-3507 for Dr. Gene Barron

PLUM CREEK RECOVERY RANCH

519 Briar Patch Rd.
Lockhart, Texas 78644
Sarah Hogan, MA, LPC
(512) 559-8534
Chris Marek, First Responder Liaison
254-709-4556
www.plumcreekrecoveryranch.com

Alamo Heights Counseling, Inc

San Antonio, TX
210-822-2600

Brandon M. Roberts, LPC

Port Arthur, TX
409-219-0638

Erin M Easley LPC, MA, SARC, VA

Gulf Coast Psychology
1700 Wildcat Drive
Suite D
Portland, TX 78374
(361) 298-2680

Nueva Luz Foundation *

Dr. Norma Villanueva
221 E. Van Buren Ave, STE 7
Harlingen, TX 78550
956-300-0196
info@nuevaluzfoundation.org

* indicates specialty in first responders

Dr. Thomas Curry

Corpus Christi, TX
361-687-2735

Aaron J Martinez, LPC

Victoria, TX
361-287-7470

Vitality Counseling

Brownsville, TX
956-277-4040

West Texas

1. Associated Behavioral and Trauma Specialties
El Paso, TX
915-213-7244
2. Counseling of El Paso
El Paso, TX
915-209-1234
3. West Texas Counseling and Guidance (San Angelo Counseling)
Located in many cities across west Texas including Ozona, Del Rio, Brady, Eden, Junction, and more (see google maps)
325-944-2561 (this appears to be a general phone number)
<https://www.sanangelocounseling.org/index.php>
4. Affinity Counseling Center
Midland, TX
432-557-1775
5. Brisa Counseling Services
Alpine, TX
432-547-4540
6. Insight Counseling Center
Odessa, TX
432-333-3667
7. Lynn A Price, LPC
Pecos, TX
325-515-5191

Continuing Education

* indicates specialty in first responders

1. PoliceOne
 - a. www.policeone.com
2. National Alliance on Mental Illness
 - a. www.nami.org/find-support/law-enforcement-officers
3. Law Enforcement Family Resources
 - a. www.theiacp.org/ICPRlawenforcementfamily
4. IACP National Symposium on Law Enforcement Officer Suicide and Mental Health: Breaking the Silence on Law Enforcement Suicides
 - a. https://www.theiacp.org/sites/default/files/Officer_Suicide_Report.pdf

* indicates specialty in first responders

Culturally Competent Mental Health Facilities/ Programs

Rock Springs

HELP FOR HEROES PROGRAM

700 Southeast Inner Loop

Georgetown, TX 78626

www.rockspringshelpforheroes.com

Veterans and First Responders (512) 819-9400

Active-Duty Military (844) 330-6600

Windmill Wellness Ranch

GUARDIAN INITIATIVE

Canyon Lake, TX

(830) 935-2800

www.windmillwellnessranch.com

The Last Resort Recovery

Where Men Recover

Smithville, TX

Kyle Rainwater

(877) 287-0785

www.lastresortrecovery.com

Starlite Recovery Center

OPERATION LIBERTY

Center Point, TX

(830) 460-6655

www.starliterecovery.com

Laurel Ridge Treatment Center

17720 Corporate Woods Drive

San Antonio, TX 78259

(210) 491-9400

www.laurelridgetc.com

Banyan Treatment Centers

Waedler, TX

(844) 422-6926

www.banyantexas.com

* indicates specialty in first responders

Rio Grande Valley

Nueva Luz Foundation *

Dr Norma Villanueva

221 E. Van Buren Ave, STE 7

Harlingen, TX 78550

956-300-0196

info@nuevaluzfoundation.org

www.nuevaluzfoundation.org

Dr. Elizabeth Palacios-Chavez *

New Dawn Counseling Services

700 East Ridge Road

Pharr, TX 78577

956-332-2678

drp@newdawncounselingservices.com

Brian Dutremaine *

Abundant Grace Community Church Counseling Center

Clinical Supervisor/Staff Counselor

CPh.D., D.B.S, LPC-S, LCDC, NCC, ORDM

info@abundant-grace.com

2110 S. McColl Road

Edinburg, TX 78539

(956) 381-4394, OR (956) 878-8498 (CELL)

<https://agcc.tv/counseling-center>

Vanessa Villarreal *

Vitality Counseling

700 Levee Street, STE 206

Brownsville, TX 78520

956-277-4040

www.vitalitycounselingrgv.com

vvillarreal@vitalitycounselingrgv.com

F. Heath Smith IV *

801 W. Nolana Ave., STE 101

Mcallen, TX 78501

956-994-1428

Fhsmith4@gmail.com

Pina & Acosta Psychological Associates *

423 E. Griffin Pkwy

Mission, TX 78572

956-600-7123

www.pinaacosta.com

* indicates specialty in first responders

The Groves Assessment and Psychotherapy *

807 Quince Avenue

McAllen, TX 78501

956-800-5679

www.thegrovespsych.com

info@thegrovespsych.com

Resiliency Psychology Center. LLC *

Lone Star National Bank Building,

1901 N. Ed Carey Dr., Suite 200,

Harlingen, Texas 78550

956-230-1210

www.resiliencypsych.com

Mandala Counseling & Trauma Therapy Center *

Keely Rodriguez

1534 East 6th Street

Suite 102

Brownsville, TX 78526

(956) 305-2104

www.mandalacounseling.com

Susan Chanderbhan *

Psychologist, PhD

5219 McPherson Road

Suite 312

Laredo, TX 78041

(956) 436-5805

Distinctive Counseling and Consulting, PLLC*

4646 Corona Drive

Suite 222

Corpus Christi, TX 78411

(361) 287-5912

www.distinctivecounseling.com

* indicates specialty in first responders

BEHAVIORAL & DETOX HOSPITALS

1. **Memorial Hermann Prevention & Recovery Center (ParC)**
3043 Gessner
Houston, Texas 77080
Phone: (713)939-7272 **request Admissions**
{ Note: Alcohol & Drug Addiction, Mental Health ***no suicidal patients*** }
*****In network ONLY at servicing location of 19500 Sate Hwy 249 Ste 400 Houston, Tx 77070/ 281-995-6800**
2. **Westpark Springs Hospital**
6902 S. Peek Road
Richmond, Texas 77407
Phone: (832)535-2770
{ All Mental Health & Detox, equipped to handle *violent/suicidal patients* }
*****In network*****
3. **Kingwood Pines Hospital**
2001 Ladbroke Dr.
Kingwood, Texas 77339
Phone: (281)358-1495
{ All Mental Health & Detox, equipped to handle *violent/suicidal patients* }
*****In network*****
4. **Serenity Light Recovery**
1820 County Rd. 36
Angleton, Tx 77515
Main 844-9-SERENITY, 281-431-6700, www.serenitylightrecovery.com
Note **(Primary Mental Health, Alcohol & Drug Addiction, no adolescence. Suicides on case by case thoughts without plans)**
*****In network*****
5. **Cypress Creek Hospital**
Honor Strong Program
17750 Cali Drive
Houston, Texas 77090
Phone: (281)586-5956, Main 281-586-7600, Fax 281-586-5903 www.cypresscreekhospital.com
{ All Mental Health & Detox, equipped to handle *violent/suicidal patients* }
{ Also has a First Responder Unit (16 beds) for all first responders and combat vets }
*****In network*****
6. **Behavioral Hospital of Bellaire**
5314 Dashwood Dr.
Houston, Texas 77081
Phone: (713)600-9500
{ All Mental Health & Detox, equipped to handle *violent/suicidal patients* }
*****In network*****
7. **Michael E. DeBakey VA Medical Center**
2002 Holcombe Blvd.
Houston, Texas 77030
Phone: (713)791-1414 **request Psychiatric Unit**
{ All Mental Health & Detox, equipped to handle *violent/suicidal patients* }
*****Out of network*****

* indicates specialty in first responders

8. St. Joseph Medical Center

1401 St. Joseph Pkwy.

Houston, Texas 77002

Phone: (713)757-7512 **Request Intake**

{All Mental Health & Detox, equipped to handle *violent/suicidal patients*}

*****In network*****

9. The Right Step

819 W. Alabama St.

Houston, Texas

Phone: (832)767-0004

{Detox Facility ***no mental health***}

*****In network ONLY at servicing location 12350 Wood Bayou Dr Houston, Tx 77013/ 713-933-1368**

10. Bayside Marin

718 4th Street

San Rafael, CA 94901

Main 888-484-1042, www.baysidemarin.com

Note (Alcohol & Drug Addiction, no adolescence, suicidal patients on case by case)

*****Out of network*****

11. The Council on Recovery (The Council on Alcohol & Drugs)

303 Jackson Hill St.

Houston, Tx 77007

Main 713-342-4100, Fax 713-400-6684, www.councilrecovery.org

Note (Behavioral Health, Alcohol & Drug Addiction)

*****Out of network*****

12. Erlanger (Erlanger Behavior Health Hospital)

804 N. Holtz Claw

Chattanooga, TN 37404

Main 877-893-2221, www.fourcirclesrecovery.com

Note (Mental Health, Alcohol & Drug Addiction, adolescence min 13 y/o, suicidal patients)

*****In network*****

13. El Tesoro Del Vida

2700 Meacham BLVD

Forth Worth, Tx 76137

Main 817-831-2111, www.CampElTesoro.org

Note (Behavioral Health, Kids Grief Camp)

*****In network*****

14. Great Oaks Recovery Center

11210 FM 102

Egypt, Tx 77436

Main 877-500-8849, www.greatoaksrecovery.com

Note (Alcohol & Drug Addiction)

*****In network*****

19. IAFF Center of Excellence

13400 Edgemoade Rd

Upper Marlboro, MD 20772

Main 301-358-0192, www.iaffrecoverycenter.com

* indicates specialty in first responders

Note (Treatment for successful recovery from substance abuse, PTSD and other co-occurring behavioral health issues)

*****In network*****

16. Kemah Palms Recovery

1013 Delesandri Lane

Kemah, Tx 77565

Main 713-568-1210, www.kemahpalms.com

Note (Primary Alcohol & Drug Addiction and Mental Health, no adolescence, suicide capable)

*****In network*****

17. La Hacienda Treatment Center

145 La Hacienda Way Sw

Hunt, Tx 78024

Main 800-749-6160, 713-828-4222, www.lahacienda.com

Note (Primary Alcohol & Drug Addiction, no active suicidal patients, no adolescence)

*****In network*****

18. Life Healing Center

25 Vista Point Road

Santa Fe, New Mexico 87506

Main 844-803-9144, www.life-healing.com

Note (Mental health, Alcohol & Drug Addiction, suicidal patients, no adolescence)

*****In network*****

19. The Ranch at Clear Springs

3662 Patton Lake Rd.

Aquilla, Tx 76622

Main 254-292-0506, www.clearspringsranch.com

Note (Alcohol & Drug Addiction)

*****In network*****

20. The Rosecrance Foundation

1021 North Mulford Road

Rockford, IL 61107-3877

Main 866-330-8729

Note (Mental Health, Alcohol & Drug Addiction, adolescence welcome, suicides, in and outpatients)

*****Out of network*****

21. Recovery Unplugged

14109 FM 969

Austin, Tx 78724

Main 800-55-Rehab, www.RUTexas.com

Note (Mental Health, Alcohol & Drug Addition, 17 y/o minimum, suicide welcome after care)

*****In network*****

22. San Marcos Treatment Center

120 Bert Brown St.

San Marcos, Tx 78666

Main 800-251-0059, www.sanmarcostc.com

Note (Mental Health only, adolescence 6-17, suicide capable)

*****In network*****

23. Sierra Tucson

39580 S. Lago Del Oro Pkwy.

Tucson, Arizona 85739

* indicates specialty in first responders

Main 877-693-1042, 844-215-1400, www.sierraticucson.com

Note (Alcohol & Drug Addiction, Behavioral Health, Detox, in patient, no adolescence, suicidal patients)

*****Out of network*****

24. Sovereign Health Group

1211 Puerta Del Sol #200

Clemente, CA 92673

Main 866-954-9813, 866-698-4295, www.sovhealth.com

Note (Mental Health, Alcohol & Drug Addiction, suicidal patients, no adolescence)

*****Out of network*****

25. Starlite Recovery Center

230 Mesa Verde Dr. East

Centerpoint, Tx 78010

Main 800-292-0148, Fax 830-634-2532, 844-282-1730, www.starliterecovery.com

Note (Drug & Alcohol Addiction, no adolescence, no suicidal)

*****In network*****

26. Warriors Heart

756 Purple Sage Rd.

Bandera, Tx 78003

Main 866-868-9383, Fax 830-460-5055, www.warriorshheart.com

Note (Mental Health, Drug & Alcohol Addiction)

*****In network*****

27. Westbridge

1361 Elm Street #207

Manchester, NH 03101

Main 603-634-4446, www.westbridge.org

Note (Mental Health, Alcohol & Drug Addiction, no adolescence, no suicidal patients)

*****In network ONLY at servicing location 517 Pine St Manchester, NH 03104/ 603-634-4446*****

28. New Dimensions Day Treatment Centers

Main 1-800-685-9796, www.appointmentquest.com/scheduler/220011837

Woodlands Counseling Services

25511 Budde Rd, Ste 2401

Woodlands, TX 77380

Note (Outpatient only, Detox, Drug & Alcohol Mental Health, Adult and Adolescents Behavioral)

*****Out of network*****

Clear Lake Counseling Services

1345 Space Park Dr. #C

Houston, TX 77058

*****Out of network*****

Katy Counseling Services

607 Park Grove Dr. #A

Katy, TX 77450

*****Out of network*****

* indicates specialty in first responders

COMMUNITY RESOURCES

- 1. National Suicide Prevention Lifeline** 1-800-273-8255 www.suicidepreventionlifeline.org
Lifeline is a 24/7 free and confidential support hotline for people in distress. They can provide prevention and crisis resources for individuals and their loved ones.
- 2. First Responder Support Network** 415-721-9789 www.FRSN.org
FRSN provides educational treatment programs to promote recovery from stress and critical incidents experienced by first responders and their families. The program is a 6-day treatment program also known as West Coast Post-Trauma Retreat. Offered to first responders, significant others and spouses.
- 3. Safe Call Now** 206-459-3020 www.safecallnowusa.org
Safe Call Now is a confidential 24-hour crisis referral service for all public safety employees, emergency services personnel, and their family members nationwide.
- 4. TacMobility** 602-697-1159 www.tacmobility.net
TacMobility offers affordable online training to law enforcement officers with hands-on, visual and experiential learning tools such as trauma awareness and effective stress inoculation.
- 5. Reboot Recovery** www.rebootrecovery.com
REBOOT is a 12-week trauma healing course for those within the emergency services community. They have groups across the country that provide support and services.
- 6. Battling Minds** 210-325-5809 www.battlingminds.com
Battling Minds is a therapy and counseling program run by Tiffany Juarez, LCSW. She and her staff specifically cater to law enforcement.
- 7. SA Counseling Center** 210-614-4990 www.sacounselingcenter.com
San Antonio Counseling Center provides discreet psychotherapy for children, adolescents, adults, couples and families.
- 8. SA Marriage Initiative** 210-614-4990 www.samarriage.com
San Antonio Marriage Initiative provides free resources for marriage counseling and family bonding.
- 9. Laurel Ridge Treatment Center** 210-490-9400 www.laurelridge.com
Every program at Laurel Ridge Treatment Center — from inpatient to residential to partial hospitalization or intensive outpatient is designed to meet specific clinical needs. They have trained mental health professionals prepared for assessments 7 days a week.
- 10. San Antonio Behavioral Healthcare** 210-541-5300 www.sanantoniobehavioral.com
SABHH works with children, adolescents, adult and geriatric patients. In addition, they operate Active Duty Military units (psychiatric or co-occurring issues), as well as a dedicated all-female unit for Sexual Trauma Recovery.
- 11. Blue H.E.L.P** www.bluehelp.org
Blue H.E.L.P advocates for benefits for those suffering from post-traumatic stress and acknowledges the service and sacrifice of law enforcement officers we lost to suicide. They also support families after a suicide and bring awareness to suicide and mental health issues in law enforcement.
- 12. Survivors of Blue Suicide Foundation** www.survivorsofbluesuicide.org
SBS addresses the emotional and psychological needs, that arise from the loss of a loved one by suicide in the law enforcement profession. This applies to all family and co-workers of any active or retired law enforcement officer who has died by suicide.
- 13. Promises Brazos Valley** 830-776-6510 www.brazosvalleyrehab.com
Promises Brazos Valley, a sister facility to the Right Step family of treatment centers, is a new program that just opened in the heart of College Station. They offer addiction treatment programs catering to adults and college-aged young adults. They specialize in inpatient and outpatient rehabilitation for those challenged with substance use or co-occurring mental health disorders.
- 14. The Right Step Residential Treatment**  830-776-6510 www.rightstep.com
TRS has locations in Wimberley, DFW, and Houston. They have staff passionate about caring for first responders and veterans. They specialize in dual diagnosis treatment, helping heal both mental health and addiction issues. They also have a specialized adolescent program for boys called R.I.S.E.

BOOKS TO CONSIDER

* indicates specialty in first responders

American Foundation for Suicide Prevention

(grief)

Suicide Bereavement Trained Clinicians

One goal of the Suicide Bereavement Clinician Training program is to provide those who have lost a loved one to suicide with a list of clinicians who are knowledgeable about bereavement after suicide and able to provide grief therapy for survivors.

The contact information in this database does not constitute an endorsement or referral from the **American Foundation for Suicide Prevention**, only that the mental health clinicians below have completed SBCTP and have expressed a willingness to provide grief therapy for suicide loss survivors.

Vanessa C. Cantú, PhD

TX

dr.vanessacantu@gmail.com

956-243-0162

All Age Groups, Crisis Intervention

Valerie Woodard, PhD

918 Justin Terrace

San Antonio, TX 78251

vwoodard55@yahoo.com

281-690-0259

Adolescents/Single Parents

Tiffany Bynum, LPC-S

2626 South Loop West Suite 318,

Houston, TX 77054

tdcservices@tenderdevotions.com

713- 742- 2965

Virtual (Zoom, Skype, etc.)

Mood disorders, TF- CBT, Grief

Shahidrah Cowgill, MA; LPC

2770 Main St. Suite 280,

Frisco, TX 75033

scowgirl@theffccenter.com

214-475-0345

Adolescents/Children, Families, Couples, Adults/Elders, Veterans

Sandra Stillo, MS; LPC

5646 Milton St. Suite 231,

Dallas, TX 75206

sandy@playtherapydallas.com

214-718-8341

Adolescents/Children, Grief

Rosalva Washington, LMSW

* indicates specialty in first responders

4502 Medical Dr.
San Antonio, TX 78229
rosalva.washington@uhs-sa.com
210-743-3170
Adolescents, Children, Maternal/Fetal Loss, Trauma

Ron Flores, MS, LMSW-IPR
702 San Pedro Ave
San Antonio, TX 78212
rflores@family-service.org
210-299-2430
Adolescents, Couples, Individuals

Robert Chapa, LPC
209 E 6th St.
Mission, TX 78572
rchapa@mhm.org
956-655-4619

Michelle Ramirez, MS; CT
Summit Grief Care Ministry 2575 Marshall Rd.
San Antonio, TX 78258
griefcare@summitsa.com
210-402-0565
Grief

Melody McCurdy - LPC - #68824
9401 SW FWY
Houston, TX 77074
melody.mccurdy@theharriscenter.org
832-942-9413
Phone, Virtual(Zoom, Skype, etc.) Text or chat
Grief groups

Maria Cazares, LCSW
1706 Treasure Hills Blvd
Harlingen, TX 78550
mcazares@suclinica.org
956-365-6000
Phone Virtual (Zoom, Skype, etc.)
Adults, children/teens, bilingual

Marie Axley, LPC
TX
marieax@tcbhc.org
936-538-1163
Addiction, Suicide Prevention/Postvention

* indicates specialty in first responders

Maria Tapia, LPC, MS in Counseling
TX
tapia7573@yahoo.com
830-421-9058
Adolescents, Family, Children

Linda V. Meyer
6946 Raintree Path
San Antonio, TX 78233
meyer.linda2@yahoo.com
210-240-8198
Chaplain/Pastorial Counseling

Linda Brown, MA, LPC-Intern, LCDC-Intern
133300 Old Blanco Rd. #145
S.A., TX 78216
linbrown1962@gmail.com
210-430-3989
Adults, Elderly, Trauma, PTSD

Kaitlin Cox, LCSW, 62518
2800 Lyle Ave
Waco, TX 76708
kaitlin.cox@hotrmhmr.org
254-297-7178
Phone Virtual (Zoom, Skype, etc.)
Adults

Jim Denning, MA
10615 Perrin Beitel Rd #802
San Antonio, TX 78217
jim@makeittomidnight.org
210-369-8368
Adolescents, Adults, Couples, Addiction, Suicidal Ideation

Jennifer Thielke
TX
jenniferthielke@us.af.mil
210-565-1212

Jeannie Whitman, PhD
12830 Hillcrest Rd Suite D218,
Dallas, TX 75230
dr@jeanniewhitman.com
214-676-9662
Couples, Adults/Elders, Grief, Veterans

Jennie Bullard, MA; LPC

* indicates specialty in first responders

1751 Broad Park Cir S #207
Mansfield, TX 76063
jenniebullard@hotmail.com
817-291-4564
Adolescents/Children, Families, Couples, Adults/Elders, Grief

Izerial Toles, LPC, LCDC
701 E California St Suite 205
Gainesville, TX 76240
izerialtoles@outlook.com
940- 222- 5146
Virtual (Zoom, Skype, etc.)
Adults, Adolescents, Grief, Work Stress, Substance use, Trauma, Relationships, Depression, Anxiety

Hadley Simmonds, LPC 81804
3824 N University Dr
Nacogdoches, TX 75965
hadley.simmonds@myburke.org
931-636-8499
Virtual (Zoom, Skype, etc.)
EMDR, CPT, CBT, TF- CBT trained and certified yoga therapist

Francine Lalande, M.Ed; LPC
203 Lorine St.
Keller, TX 76248
fralala@att.net
817-637-8841
Adolescents/Children, Grief, Women's Issues

Fay H. Green, LPC, LMFT, FT
19206 Huebner Rd #104
San Antonio, TX 78259
fay@sacenterforhopeandhealing.com
210-602-7488
Grief and Loss, Family, Couples

Eugenia Curet, PhD, LCSW
515 S Sugar Rd. #13
Edinburg, TX 78539
eugenia1226@hotmail.com
956-371-9797
Adolescents, Adults, Families

Enedina Enriquez, LCSW
908 E. Ferguson Ave
Pharr, TX 78577
kindred.spiritscs@gmail.com
956-342-4354

* indicates specialty in first responders

Phone Virtual (Zoom, Skype, etc.)

Young Adult, Older Adult, Family, Couples, General Loss Support Group LCSW-S, Certified Grief Counseling Therapist

Diane Manley, MS LPC

1000 E F Lowry Expressway Suite 1220

Texas City, TX 77591

dianem@gilfcoastcenter.org

346- 266- 4863

Disaster Mental Health, Victim Services, Traumatic Grief & Loss, Yoga & Mindfulness

Diana Garza-Martinez, LPC

2-9 E. 6th St

Mission, TX 78572

dmartinez@mhmc.org

956-401-5361

Danny Ross, NA

1104 West Pioneer Pkwy Suite 300,

Arlington, TX 76013

danny@dlrcounselinggroup.org

817-989-6332

Adolescents/Children, Adults/Elders

Cynthia Kearney, M.Ed; LPC

1452 Hughes Rd

Grapevine, TX 76015

cbbkearney217@gmail.com

940-222-6055

Adolescents/Children, Women's Issues

Claudia Ospina, MS; LCSW; ACSW

4144 N. Central Expressway #530,

Dallas, TX 75004

claudiao@mosaicsservices.org

214-821-5393 x 249

Trauma

Christine Smith, MSW

3136 W. 4th St.

Ft. Worth, TX 76107

christine.smith@mhmrctc.org

682-215-1543

Suicide Prevention/Postvention

Celeste Miller, MA, LPC

1919 Oakwell Farms Pkwy #138

San Antonio, TX 78218

* indicates specialty in first responders

celestemiller@live.com

210-286-6744

Grief, Loss, Life Transitions

Angela Guinn, MA; LPC

5100 Plano Parkway West

Plano, TX 75093

agwinn2@popplano.org

972-380-2100

Couples, Addiction

Amanda Esquivel, LPC; LCDC

675 Town Square Suite 200,

Garland, TX 75040

amanda@counseloramanda.com

940-230-3381

Adolescents/Children, Families, Couples, Adults/Elders