# ESC 18 Counseling and Therapy Resources

## National/Regional Resources

| Name of Resource | Phone Number | Notes |
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| National Suicide Prevention Hotline | 988 | Call, text, or chat Available 24/7 *Habla Español* |
| National Suicide Prevention Hotline (For Deaf and Hard of Hearing) | Dial 711 then 1-800-273-8255 | For TTY Users; Available 24/7 |
| LoveLine | 888-550-1588 | Hotline (call, text, or email) especially for single parents and pregnant women. Can provide financial assistance and case management. https://loveline.com/ |
| National Text Line | 741741 | Free and confidential; Available 24/7 |
| RAINN: National Sexual Assault Hotline | 800-656-HOPE 800-656-4673 | https://www.rainn.org/about-national-sexual-assault-online-hotline |
| Trevor Lifeline for LGBTQ youth | 866-488-7386 Text START to 67867 | https://www.thetrevorproject.org/ |
| Teen Text Crisis Line | 855-449-1212 Text Only | Operates from 3:00pm to midnight daily |
| 24-Hour Runaway Hotline | 1-800-778-7673 | Available 24/7 |
| 24-Hour Youth Crisis Hotline | 1-800-530-4740 | Available 24/7 |
| National Domestic Violence Hotline | 1-800-799-7233 | https://www.thehotline.org/ |
| Cyber Bullying Hotline | 1-800-420-1479 | Available 24/7 |
| Substance Abuse and Mental Health Services Administration Hotline | 1-800-662-4357 | https://www.samhsa.gov/find-help/national-helpline |
| NAMI Help Line –Information Only | 800-950-6264 | Toll free number |
| Texas Substance Abuse Hotline | 877-966-3784 | Toll free number |
| Texas Youth Hotline | 1-800-989-6884 | Free and confidential; Available 24/7 |
| Texas Abuse Hotline | 1-800-252-5400 | Available 24/7 |
| Little Otter Therapy and Crisis Line | 1-800-273-TALK (8255) | https://www.littleotterhealth.com/ |
| Charlie Health | 1-214-740-4723 | https://outreach.charliehealth.com/regions/texas |

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| Trans Lifeline | 1-877-565-8860 | 24/7 Hotline Assistance for Trans or Nonbinary Youth |
| Nurse Hotline | (210) 22-NURSE (68773) | 24/7 service staffed by pediatric registered nurses to provide answers about children's non-emergency medical situations. *Habla Español* |
| National Parent Helpline | 1-855-4A PARENT (1-855-427-2736) | Hours of Operation: M-F, 10:00 AM PST – 7:00 PM PST |
| Amerigroup | 1 (800) 600-4441 | https://www.amerigroup.com/find-care Medicaid or Chip recipients |
| Firstcare | 1 (800) 884-4901 | https://portal.swhp.org/#/fcsearch?networkCode=31 Medicaid or Chip recipients |
| Superior | | https://findaprovider.superiorhealthplan.com/location Medicaid or Chip recipients |
| AgriStress Helpline | 833-897-2474 | Call or text for Crisis Support in Agricultural Communities in Texas. Free and confidential crisis and support line available 24/7. Helpline is answered by trained professionals who can offer support and/or help you find mental health resources in your area. Interpreter services for 160 languages. |
| National Center on the Sexual Behavior of Youth | | https://www.ncsby.org/ |

**Local Mental Health Authority**

| Name of Resource | Phone Number | Address | Notes |
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| PermiaCare (Midland) | Main phone: (432) 570-3333<br><br>Crisis line: 1-844-420-3964 | 401 E. Illinois Ave., Suite 403, Midland, TX 79701 | Accepts Medicaid and some private insurances; Sliding fee scale |
| PermiaCare (Odessa) | Main phone: 432-550-1100<br><br>Crisis line: 1-844-420-3964 | 600 N Grant, Odessa, TX 79761 | Children of all ages Accepts Medicaid and some private insurances; Sliding fee scale |
| West Texas Centers – Andrews County Mental Health Center | Main phone: (432) 523-7340<br><br>Crisis line: 1-800-375-4357 | Courthouse Annex, 215 NW 1st St., Andrews, TX 79714 | Accepts most insurance and Medicaid; Also offers sliding scale fee (ranging from $38 to over $200 a month) |

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| West Texas Centers – Howard County MHC | Main phone: (432) 263-0027<br><br>Crisis line: 1-800-375-4357 | 1501 W 11th Pl., Suite 104, Big Spring, TX 79720<br><br>(Serves Howard, Glasscock, Martin and Borden Counties) | Accepts most insurances; Medicaid; sliding scale fee |
| West Texas Centers – Upton County Mental Health Center | Main Phone: (432) 652-8973<br><br>Crisis line: 1-800-375-4357 | 103 N Burleson Ave., McCamey, TX 79752<br><br>(Serves Crane, Terrell and Upton Counties) | Accepts most insurance and Medicaid; also offers sliding scale fee (ranging from $38 to over $200 a month) |
| MHMR Services for the Concho Valley | Main Phone: (325) 658-7750<br><br>Crisis line: 1-800-375-8965 | 424 S. Oakes St., San Angelo, TX 76903<br><br>(Serves Coke, Concho, Crockett, Irion, Reagan, Sterling, and Tom Green) | Accepts most insurance and Medicaid; Sliding fee scale |

**Local Resources**

| Name of Resource | Phone Number | Address | Notes |
|---|---|---|---|
| Affinity Counseling Center | (432) 557-1775 | 1030 Andrews Hwy., Suite 108 Midland, TX 79701 | Children of all ages BCBS PPO; Rates range from $50 to $150 |
| Agape Counseling Services of West Texas - Christian Counseling | (432) 550-5683 | 3500 North A St., #2400, Midland, TX 79705 | Accepts most insurances; Without insurance, a sliding scale fee ($10-$90) is offered |
| Blest Counseling Services | (432) 557-5759 | 1001 South Main St., Midland, TX 79705 | Children age 11+ $80-100 per session; *ages 10+ |
| Centers (Midland) | (432) 570-1084 | 3701 Andrews Hwy., Midland, TX 79703 | Accepts most insurance; Without insurance, sliding fee scale ($30-$120) |
| Healing Through Hope Counseling | (432) 238-1239 | 2114 W. Michigan Ave., Midland, TX 79701 | Children age 14+ Does not accept insurance or Medicaid; Sliding fee scale ($40-$125) |
| Heritage Counseling Services | (432) 685-3787 | 3000 N Garfield St., # 139, Midland, TX 79705 | Does not accept insurance or Medicaid; $100 per session |
| John Sikes Johnson, MS, LPC | (432) 934-3139 | 1030 Andrews Hwy., #206, Midland, TX 79701 | Children age 11+ $150 per hour |
| On the Couch Counseling Maureena Benavides, MA, LPC | (432) 889-4064 | 3301 Neely Ave., Midland, TX 79705 | Children of all ages $100 per session for individual, couple or family; |

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| | | | $60 per session for group attendees |
| Midland Rape Crisis and Children's Advocacy Center | Crisis Line: (432) 682-7273 | P.O. Box 10081 Midland, TX 79702 | Free services |
| New Hope Counseling | (432) 687-4673 | 4400 N. Big Spring St., Suite 200, Midland, TX 79705 | Accepts most insurance and EAPs but not Medicaid; $120 for intake and $100-$120 per session |
| Patricia Homer, MA, LPC, LCDC, SAP, ACTP | (432) 599-5222 | 3416 W Wall St., #106, Midland, TX 79701 | Children age 11+ Accepts BCBS but not Medicaid; Without insurance, a sliding fee scale (typically around $60 per session) * ages 13+ |
| Perry Marchioni, PhD | (432) 684-4540 | 1705 W Illinois Ave., Midland, TX 79701 | Does not accept insurance or Medicaid; $165 per hour, $750 psychological evaluations |
| Ramsey Counseling and Coaching | (432) 222-0863 | 1030 Andrews Hwy, Suite 117 Midland, TX 79701 | Children age 11+ Accepts BCBS PPO but not Medicaid; Without insurance, $50 or $100 per session depending on provider |
| Rays of Hope – Children's Grief Centre | (432) 684-5437 | 900 West Wall St., Midland, TX 79701 | Children of all ages Accepts most insurances and Medicaid; Free services if no insurance; *Not therapy, only grief and foster youth peer support groups |
| Samaritan Counseling Center – West TX | (432) 563-4144 | 10008 Pilot Ave., Midland, TX 79706 | Children ages 5+ Accepts many insurances and Medicaid; $125 a session; Sliding scale fee |
| Speech Language and Behavior | (432) 570-4400 | 2407 West Louisiana Ave., Suite 110, Midland, TX 79701 | BCBS, United |
| Stay Together Program (High Sky Children's Ranch) | (432) 699-1466 | 8613 West County Rd. 60, Midland, TX 79707 | Does not accept insurance or Medicaid; $60 per session; *Ages 13+ |
| Stewards of Children | (432) 333-5233 | deeann@hhcac.org | Provides evidence-informed, adult-focused prevention training solution for parents, communities, |

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| | | | and youth-serving organizations |
| The Springboard Center: Substance Abuse Treatment and Recovery Center | (432) 620-0255<br>24 hr. hotline | 200 Corporate Dr.<br>Midland, TX 79705 | Contact for pricing |
| Hospice of Midland | (432) 682-2855 | 911 W. Texas Ave.<br>Midland, TX 79701 | Free services |
| Oceans Behavioral Hospital: Permian Basin | (432) 561-5915<br>24hr availability | 3300 South FM 1788<br>Midland, TX 79706 | Accepts Medicaid and most insurance. |
| Lewis Busbee, MA, LPC, CART | (432) 770-2432 (call)<br>(432) 269-2912 (text) | 3404 W Illinois Ave., Suite 201, Midland, TX 79703<br>1901 E. 37th St., Suite 210, Odessa, TX 79762 | Children age 6+<br>BCBS, Aetna; $140 per session and sliding scale if income <$45,000 |
| Permian Basin Regional Council on Alcohol and Drug Abuse: Impact Youth | (432) 580-5100 | 4001 Penbrook St.<br>Odessa, TX 79762 | Provides 10-week preventive programs for substance abuse. Contact for details. |
| Family Resiliency Center of the Permian Basin | (432) 848-6944 | 4682 E. University Blvd., Ste. D<br>Odessa, TX 79762 | Free services. Training workshops, peer support groups, and critical incident stress management |
| CelMar Counseling | (888) 804-2543 ext. 701<br>(432) 816-9281 - Para Español | 3106 W. Kentucky Ave., Midland, TX 79701<br>or<br>414 N. Lee Ave., Odessa, TX 79761 | Do not accept insurance or Medicaid; Sliding fee scale (ranging from $0-$60)<br>*offer parenting classes, substance abuse and anger management for youth ages 12+ |
| The Alpha Center | (432) 614-5720 | 855 Central Dr., Suite 30, Odessa, TX 79761 | Accepts BCBS PPO; Does not accept Medicaid; $100 per session |
| Centers (Odessa) | (432) 580-7006 | 4241 Tanglewood Ln, Odessa, TX 79762 | Children of all ages<br>Accepts most insurance; Also offers sliding scale fee ($30-$120) |
| ChoiceWorks Counseling | (432) 332-9644 | 1406 N. Grandview Ave., Odessa, TX 79761 | Children age 6+<br>Accepts Amerigroup, Beacon, BCBS, Cenpatico, Magellan, Medicaid, and Multiplan; without insurance, $100 per session |
| Patsy Lay, MEd, LPC, CART - Christian Counseling | (432) 698-0882 | 835 Tower Dr., Suite 9, Odessa, TX 79762 | Children age 6+ |

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| | | | Does not accept insurance or Medicaid; $60 per session |
| Tausha Bradshaw, MA, LPC | (432) 271-4968 | 6010 East Hwy 191, Suite 246, Odessa, TX 79762 | Children age 11+ Accepts BCBS and United; Without insurance, $90-$100 per session *ages 11+ |
| UTPB Counseling & Training Clinic | (432) 552-2365 | 4901 East University Blvd., Odessa, TX 79762 | Does not accept insurance or Medicaid; $2-$30 per session |
| Archway Support Counseling Services | (432) 682-2724 | 1005 W. Texas Avenue Midland, Texas 79701 | Children age 6+ Does not accept insurance, but some individuals may qualify for assistance with fees; cost per session ranges from $120-$150 |
| Heather Mason, MA, LPC-S, ACTP | (432) 924-6995 | Midland, TX 79705 | Children age 11+ Private pay fees: Individual sessions $95 for 50 minutes, Family sessions $110 for 50 minutes; offers limited # of reduced fee slots based on financial difficulties |
| WTX Neurosolutions | (432) 413-2369 | 604 Kent Street Midland, TX 79701 | Children age 14+ Accepts BCBS and Aetna and offers sliding scale fees; without insurance $150-$200 per session |
| Gina Adams Martin, MA, LPC | (432) 238-0597 | 2604 Beaver Lane, Midland TX | Children age 13+ Does not accept insurance; $100 per session |
| Valerie A. Handley, PhD, LMFTA | (832) 291-2474 | No physical address; completely virtual | Children age 11+, families Does not accept insurance; sessions are $75-$100 |
| Claudia Prince, MEd, LPC, RPT | (432) 349-7712 | 4305 North Garfield Street, Midland, Texas 79705 | Children of all ages Accepts BCBS and Cigna; without insurance, $100-$120 per session |
| Jennifer Lee Mason, MEd, LPC-S | (806)221-2779 | 2503 W. Ohio Ave, Midland TX 79701 | Children age 7+ Only accepts out of network insurance plans; sessions are $125-$175 |
| New Direction Counseling | 432-254-8646 | 310 West Wall Street, Suite 803 | Children age 8+ |

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| Christine Hall, MA, LPC, LCDC | | Midland, TX 79701 | Does not accept insurance but will work with PPO plans for out of network; $120 per session |
| Kathleen Arbuckle, MEd, LPC | 830-262-2185 | No physical address; completely virtual | Children of all ages<br>Accepts most insurances; sliding scale is available and sessions range from $60-$130 |
| West Texas Psychiatry | 432-218-9920 | 4214 Andrews Hwy., Ste 208<br>Midland, TX 79703 | BCBS Texas PPO<br>Does not accept Medicaid<br>Assessment for ASD: initial visit $650, following visits $350<br>Lab tests ONLY may be covered Medicaid insurance. |
| True-Self Counseling<br>Eliana Brito, MA, LPC | (432) 257-3564 | 4500 W Illinois Ave, Suite 206A Midland, Texas 79703 US | Children age 6+, Spanish speaking<br>Accepts BCBS, United Healthcare, UMR, Cigna, and Superior Health Plan; without insurance $110 per session |
| Nessa Villalobos, MA, LPC | (432) 230-5027 | 112 Loraine South, Suite 425, Midland, TX, TX 79701 | Children of all ages, Spanish speaking<br>Does not accept insurance, $100 per session |
| Starting Point Solutions<br>Rios Waddleton, MEd, LPC | (432) 223-0346 | No physical address; completely virtual | Children of all ages<br>Accepts Aetna, BCBS, Magellan, United Healthcare, and Interface EAP; without insurance $100-$130 per session |
| Insightful Counseling<br>Anthony G. Garza, LPC | (432) 348-4567 | No physical address; completely virtual | Children age 11+<br>Does not accept insurance, $100 per session |
| Thomas Wynne, MSW, LCSW | (432) 599-1727 | No physical address; completely virtual | Children age 12+<br>Accepts Aetna, BCBS PPO, and out of network; without insurance $110-$135 per session |
| Chris Unterbrink, MA, LPC | (432) 553-7109 | 1030 Andrews Highway<br>Suite 117<br>Midland, TX 79701 | Children age 6+<br>Accepts Aetna, BCBS, Cigna, Optum, and United Healthcare; offers sliding |

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| | | | scale at $60-$100 per session |
| Shantel Mackey, PsyD | (512) 537-7079 | 4500 W. Illinois Ave<br>Suite 310A<br>Midland, TX 79703 | Children age 14+<br>Does not accept insurance; sessions range from $100-$130 |
| Insight Counseling Center | (432) 333-3667 | 1901 E 37th St #107, Odessa TX 79762 | Children of all ages<br>Does not accept insurance; Sliding scale fees from $60-$120 |
| Amy Garman, MA, LPC, RPT | (432) 214-8046 | 1901 E 37th, STE 104<br>Odessa, TX 79765 | Children age 11+<br>Does not accept insurance; sliding scale fees from $100-$120 |
| Deneisa S. McNeese | (325)998-9630 | 6010 Hwy 191<br>Suite 135<br>Odessa, TX 79762 | Children of all ages<br>Accepts BCBS and offers a sliding scale for payment; without insurance sessions are $100-$110 |
| Faith Steps Counseling<br>Anna Carillo, LPC-S, RPT-S, CART, NCC, TLS | (432) 853-3645 | 835 Tower Drive, Suite 9<br>Odessa, TX 79761 | Children of all ages<br>Accepts BCBS; without insurance $90-$100 per session |
| Alternative Life Solutions Counseling | (432) 582-2444 | 2458 E. 11th St.<br>Odessa, TX 79761 | Children age 14+<br>Accepts BCBS PPO; without insurance $100-$125 per session |
| Impressions Counseling<br>Genevia R. Slate, MA, LPC, LCDC | (432) 425-6978 | 1901 E 37th St<br>Suite 111-E<br>Odessa, TX 79762 | Children age 14+<br>Accepts BCBS; without insurance $100 per session |
| Becoming a Better You<br>Erika L. Epps, LCDC, PsyD | (325) 677-2801 | 186 Quail Run, Odessa TX, 79761 | Children age 11+<br>Accepts Aetna, BCBS, Cigna; without insurance $150 per session |
| Rachel S. Hurford, MA, LPC | (432) 219-2632 | 6010 Texas 191<br>Ste 135<br>Odessa, TX 79762 | Children age 11+<br>Accepts BCBS; without insurance $90-$135 |
| Hospice of Odessa | (432) 682-2855 | 219 W. 4th St.<br>Odessa, TX 79761 | Free services |
| Harmony Home Children's Advocacy Center | (432) 333-5233 | 910 S. Grant<br>Ste. C<br>Odessa, TX 79761 | Free services |
| Communities in Schools – The Permian Basin | Midland:<br>(432) 205-1364<br>Odessa: | PO Box 10532<br>Midland, TX 79702<br>cispb.org | N/A |

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| | (432) 552-2496 | | |
| Charlie Health | 1-866-508-7084 | https://www.charliehealth.com/<br>Available 24/7 | Accepts Aetna, Cigna, BCBS, Driscoll Children's Health Plan, Optum, Tricare, United Healthcare and United Healthcare Medicaid, and Amerigroup Medicaid |
| Richard Hickam, LPC-S | (432) 213-6890 | 1932 PO Box,<br>Big Spring, TX 79720 | BCBS only; $75 per session |
| Courtney Samsel, LPC | (432) 466-1295 | 710 S Gregg Street, STE 22,<br>Big Spring, TX 79720 | Sees children ages 10+<br>Does not accept insurance; sliding scale fee from $40-$120 |
| West Texas Counseling & Guidance | (325) 944-2561 | St. Mary's Episcopal Church<br>1001 S. Goliad St.<br>Big Spring, TX 79721 | Mondays: Children's play therapy services & parent consults<br>Wednesdays: Individual therapy for adults, veteran services & suicidal ideation services<br>Accepts most insurance; offers sliding scale fee w/o insurance |
| Melody Twombly, LPC | 325-944-2561 | St. Mary's Episcopal Church<br>1001 S. Goliad St.<br>Big Spring, TX 79721 | Monday appointments only;<br>Accepts most insurance; offers sliding scale fee w/o insurance; See children school age up to 16 |
| Brooke Elliott, LMSW | 325-944-2561 | St. Mary's Episcopal Church<br>1001 S. Goliad St.<br>Big Spring, TX 79721 | Wednesday appointments only; Accepts most insurance; offers sliding scale fee w/o insurance; Sees children 15+ |
| Collaborative Autism Resources and Education (CARE) | 877-712-2735 | Jerri Voelkl<br>At Home Screening<br>*info@educatorscare.com*<br>*www.educatorscare.com* | Free Screening and/or consultation for ASD.<br>Through a generous partnership with FedEx, after calling an Autism Response Team coordinator and providing them with your information, you can pick up a complimentary printed copy of the 100 Day Kit at |

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| | | | a FedEx Office location near your home. |
| Share (Support Group) | 432-818-1253 | 3500 North A St.<br>Suite 2500<br>Midland, TX 79705 | Respite, Parent Quest, Sibshop, Teen's group, Mom's Night Out, Dad's Night Out |
| Galliant Care<br>(Michelle Kuhn) | 469-242-0960 | https://www.texasautismsociety.org/calendar/#event=67783241;instance=20211228100000 | Parent support group in the area that is held **virtually** on the last Tuesday of every month from 10-11:30am. |
| Statewide Virtual Support Groups Autism<br><br>Society of Texas | 512-479-4199 ext. 2 | Email: support@texasautismsociety.org | Support Groups – Autism Society of Texas (texasautismsociety.org)<br><br>Parent/Caregiver Support Group (English)<br>During COVID-19, meets the 3rd Wednesday of every month.<br>Check calendar for upcoming events.<br><br>Parent/Caregiver Support Group -Grupo de apoyo para padres y cuidadores<br>Spanish language group for parents and caregivers. Meets the 3rd Saturday of every month. https://www.texasautismsociety.org/grupoparapadres/ |
| Breaking Bread Kitchen | (432) 689-2339 | 410 E Florida<br>Midland, TX | Serves breakfast and dinner. |
| Salvation Army – Midland | (423) 683-3614 | 3500 Park Ln.<br>Midland, TX | Food and clothing resource. Serves breakfast and lunch. Emergency shelter available. Clothing resource. |
| Midland Soup Kitchen | (432) 686-7687 | 1401 Orchard Ln.<br>Midland, TX | Lunch served 11:30am-1:00pm M-F; No questions asked clothing table; Vacation Bible School for children; resources for shelter and education. |

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| Midland Baptist Crisis Center | (432) 685-1467 | 806 S Baird St.<br>Midland, TX 79701 | Food and clothing resource. Food pantry open 9am-12pm M-F. |
| First Christian Church | (432) 682-9701 | 1301 W Louisiana Ave.<br>Midland, TX 79701 | Food pantry open Wednesday 12pm-2pm. |
| Casa de Amigos | (432) 682-9701 | 1101 Garden Ln.<br>Midland, TX 79701 | Emergency food pantry (food for a family for three days). Clothing resource. |
| Jubilee Center of Midland | (423) 520-0671 | 3311 Andrews Hwy<br>Midland, TX 79703 | Emergency food assistance 10:30am-2:00pm. Call ahead before coming. Drive-thru food pantries held on some Saturdays. Call for details. |
| Area Missions Outreach Services | (423) 687-2667 | 908 S Loraine St.<br>Midland, TX 79701 | Food and clothing resource. Food pantry open 9am-12pm M-F. |
| Mission Agape | (432) 599-9123 | 3500 W Golf Course Rd<br>Midland, TX 79703 | Offers weekend food bags for school children. No questions asked food pantry. |
| West Texas Food Bank – Midland | (432) 697-4003 | 1601 Westcliff Dr.<br>Midland, TX 79703 | Food bank. |
| West Texas Food Bank – Odessa | (432) 580-6333 | 411 S Pagewood Ave<br>Odessa, TX 79761 | Food bank. Same address as First United Methodist Church. |
| The Life Center – Midland | (432) 570-7745 | 2101 W. Wall St.<br>Midland, TX 79701 | Food and clothing resources for pregnant women |
| The Life Center – Andrews | (432) 523-2859 | 1412 NE Mustang Dr.<br>Andrews, TX 79714 | Food and clothing resources for pregnant women |
| The Life Center – Odessa | (432) 617-8378 | 802 N Washington Ave<br>Odessa, TX 79761 | Food and clothing resources for pregnant women |
| The Life Center – Big Spring | (432) 606-5041 | 1801 S Main St.<br>Big Spring, TX 79720 | Food and clothing resources for pregnant women |
| Ector County Greater Works | (432) 661-2634 | 2616 Maple St.<br>Odessa, TX | Emergency food pantry available to income qualified families. |
| L.O.O.P.S. | (432) 580-5667 | 205 E 10th St.<br>Odessa, TX | Food pantry |
| Bethlehem Baptist Church | (432) 853-1344 | 1000 W Clements<br>Odessa, TX | Food pantry |

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| Promise Land Ministries | (432) 337-2032 | 822 Glenn<br>Odessa, TX 79762 | Items for distribution may be free food, fruits, baby formula, and more. |
| Ector County Catholic Charities | (432) 332-1387 | 2500 Andrews Hwy<br>Odessa, TX 79761 | A number of social services are offered. A free soup kitchen with hot meals as well as an emergency food pantry are on site. |
| Salvation Army – Ector County | (432) 332-0738 | 810 E 11th St.<br>Odessa, TX | Food and clothing resource. Serves breakfast and lunch. Emergency shelter available. Clothing resource. |
| Jesus House Odessa | (423) 272-3362 | 1335 E 6th St<br>Odessa, TX | Hot meals and a men's homeless shelter provided. |
| Recovery TX / Be Well Texas | Information and scheduling:<br>(833) 778-2571<br><br>Connect with a Peer Specialist:<br>(833) 922-2557<br><br>Youth Support Line:<br>(210) 729-2273<br><br>Heroes Helpline (First Responders and Healthcare):<br>(833) 367-4689 | BeWellTexasClinic.org<br><br>RecoveryTexas.org<br><br>(all virtual services) | Offers comprehensive care for substance abuse disorder and non-severe mental illness. Services include: psychiatric evaluation, medication management, counseling, peer recovery support, technology tools, and case management. Lab and medication costs are free for qualifying patients.<br><br>Open to anyone 18 and older, regardless of ability to pay. No-pay and no-insurance options available. Same-day and next-day appointments available. |
| Texas Tech Physicians of the Permian Basin Department of Psychiatry | (432) 620-1160<br>pbpsychadmin@ttuhsc.edu | 2301 West Michigan Midland, TX 79701 | Psychiatry \| Permian Basin \| Texas Tech Physicians<br><br>Accepts most major insurances |
| Clinica Hispana Midland | (432) 262-0160 | https://clinica-hispana-midland.negocio.site/<br>3001 West Illinois Avenue Suite 8A | Spanish Speaking, insurance and uninsured are welcome |

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| | | Midland, TX 79701 | |
| Midland Health | Lisa McGee<br>432-221-2008<br>Brooke Rich<br>469-230-9857<br>Email:<br>brooke@riversp urpose.org | Location: Saint Ann's School<br>2000 W. Texas<br>Midland, TX 79701 | Parent to Parent Support Group: For Parents of youth with mental health issues and/or substance use struggles.<br>**Dates for 2023: 2/27, 3/20, 4/17, 5/15, 6/19, and 7/17**<br>**Time: 6:00pm-7:00pm** |

*Several of these resources may offer telehealth options. Please call to inquire.

**Substance Abuse Resources**

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| West Texas Counseling & Guidance | (325) 944-2561 | St. Mary's Episcopal Church<br>1001 S. Goliad St.<br>Big Spring, TX 79721 | Mondays: Children's play therapy services & parent consults<br>Wednesdays: Individual therapy for adults, veteran services & suicidal ideation services<br>Accepts most insurance; offers sliding scale fee w/o insurance |
| Becoming a Better You<br>Erika L. Epps, LCDC, PsyD | (325) 677-2801 | 186 Quail Run, Odessa TX, 79761 | Children age 11+<br>Accepts Aetna, BCBS, Cigna; without insurance $150 per session |
| The Springboard Center: Substance Abuse Treatment and Recovery Center | (432) 620-0255<br>24 hr. hotline | 200 Corporate Dr.<br>Midland, TX 79705 | Contact for pricing |
| Recovery TX / Be Well Texas | Information and scheduling:<br>(833) 778-2571<br><br>Connect with a Peer Specialist:<br>(833) 922-2557<br><br>Youth Support Line:<br>(210) 729-2273<br><br>Heroes Helpline (First Responders and Healthcare): | BeWellTexasClinic.org<br><br>RecoveryTexas.org<br><br>(all virtual services) | Offers comprehensive care for substance abuse disorder and non-severe mental illness. Services include: psychiatric evaluation, medication management, counseling, peer recovery support, technology tools, and case management. Lab and medication costs are free for qualifying patients.<br><br>Open to anyone 18 and older, regardless of ability to pay. No-pay and no- |

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| | (833) 367-4689 | | insurance options available. Same-day and next-day appointments available. |

**Autism/ABA Resources**

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| Statewide Virtual Support Groups Autism<br><br>Society of Texas | 512-479-4199<br>ext. 2 | Email:<br>support@texasautismsociety.org | Support Groups – Autism Society of Texas (texasautismsociety.org)<br><br>Parent/Caregiver Support Group (English)<br>During COVID-19, meets the 3rd Wednesday of every month. Check calendar for upcoming events.<br><br>Parent/Caregiver Support Group -Grupo de apoyo para padres y cuidadores<br>Spanish language group for parents and caregivers. Meets the 3rd Saturday of every month. https://www.texasautismsociety.org/grupoparapadres/ |
| Collaborative Autism Resources and Education (CARE) | 877-712-2735 | Jerri Voelkl<br>At Home Screening<br>*info@educatorscare.com*<br>*www.educatorscare.com* | Free Screening and/or consultation for ASD.<br>Through a generous partnership with FedEx, after calling an Autism Response Team coordinator and providing them with your information, you can pick up a complimentary printed copy of the 100 Day Kit at a FedEx Office location near your home. |
| Speech Language and Behavior | (432) 570-4400 | 2407 West Louisiana Ave.,<br>Suite 110,<br>Midland, TX 79701 | BCBS, United |
| Chelsey Kendall M.A., LPC-A | (432) 934-7701<br>(432) 302-5053 | 3301 Neely Ave.<br>**Midland** TX, 79701 | Find the Best Autism Therapists and Psychologists in Midland, TX - Psychology Today |

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| Supervised by:<br>Maureena Benavides, M.A., LPC-S<br>On the Couch Counseling | | | |
| Stonebridge Behavioral Health<br>Dr. Gaston Rougeaux-Burnes, Psychologist, PsyD | Call or Text:<br>210-314-3476<br>Toll-Free: 1-866-720-6792 | San Antonio, Texas \| Stonebridge Behavioral Health, P.A. (stonebridgealliance.com)<br><br>**Multiple WTX locations**:<br>Lubbock, Amarillo, El Paso, Midland-Odessa, San Angelo.<br>Other Texas Cities on request. | Accepts most major insurances including Medicaid<br>varies depending on insurance |

**Eating Disorder Resources**

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|---|---|---|---|
| West Texas Counseling & Guidance | (325) 944-2561 | St. Mary's Episcopal Church<br>1001 S. Goliad St.<br>Big Spring, TX 79721 | Mondays: Children's play therapy services & parent consults<br>Wednesdays: Individual therapy for adults, veteran services & suicidal ideation services<br>Accepts most insurance; offers sliding scale fee w/o insurance |
| Kimberly D. Crisp, MA | 432-238-1240 | 2113 W Michigan, Midland, TX 79701 | EMDR, Eating disorders. Call for insurance approval. |
| Kayli Cross, LMFT | 940- 343-9226 | Telehealth only | Sliding scale fee; Medicaid; $125 per session |
| ANAD - Online Support Groups | 888-375-7767 | Virtual Support Group | Eating Disorder Peer Support Groups \| National Association of Anorexia Nervosa and Associated Disorders (anad.org)<br><br>Free - They do take donations |
| EQUIP | 855-387-4378 | Virtual Support Group and Treatment | Virtual Eating Disorder Treatment \| Equip Health<br>Take Cigna, Aetna, and Optum Offer a private pay option for families that wish to start care with Equip |

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| | | | before their plan is in-network. |
| Eating Recovery Center | 1-866-303-8479 | 7351 E. Lowry Blvd, Ste 200<br>Denver, CO 80230<br><br>Call 1-866-303-8479 to talk to a masters-level clinician.<br><br>Mon–Fri: 6am–7pm MST<br>Saturday: 8am-4pm MST<br>Sunday: 8am-4pm MST<br><br>info@ercpathlight.com | Eating Disorder Treatment Centers \| Anorexia, Bulimia & Binge Eating (eatingrecoverycenter.com)<br><br>They also offer a virtual IOP for ED. |

**Foster and Adoption Resources**

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| Family Resiliency Center of the Permian Basin | (432) 848-6944 | 4682 E. University Blvd., Ste. D<br>Odessa, TX 79762 | Free services. Training workshops, peer support groups, and critical incident stress management |
| Rays of Hope – Children's Grief Centre | (432) 684-5437 | 900 West Wall St.,<br>Midland, TX 79701 | Children of all ages<br>Accepts most insurances and Medicaid; Free services if no insurance;<br>*Not therapy, only grief and foster youth peer support groups |
| Midland Rape Crisis and Children's Advocacy Center | Crisis Line:<br>(432) 682-7273 | P.O. Box 10081<br>Midland, TX 79702 | Free services |

**LGBT Resources**

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| Charlie Health | 1-866-508-7084 | https://www.charliehealth.com/<br>Available 24/7 | Accepts Aetna, Cigna, BCBS, Driscoll Children's Health Plan, Optum, Tricare, United Healthcare and United Healthcare Medicaid, and Amerigroup Medicaid |
| Family Resiliency Center of the Permian Basin | (432) 848-6944 | 4682 E. University Blvd., Ste. D<br>Odessa, TX 79762 | Free services. Training workshops, peer support groups, and critical incident stress management |

**Trauma Resources**

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|---|---|---|---|
| West Texas Counseling & Guidance | (325) 944-2561 | St. Mary's Episcopal Church<br>1001 S. Goliad St.<br>Big Spring, TX 79721 | Mondays: Children's play therapy services & parent consults<br>Wednesdays: Individual therapy for adults, veteran services & suicidal ideation services<br>Accepts most insurance; offers sliding scale fee w/o insurance |
| Charlie Health | 1-866-508-7084 | https://www.charliehealth.com/<br>Available 24/7 | Accepts Aetna, Cigna, BCBS, Driscoll Children's Health Plan, Optum, Tricare, United Healthcare and United Healthcare Medicaid, and Amerigroup Medicaid |
| Family Resiliency Center of the Permian Basin | (432) 848-6944 | 4682 E. University Blvd., Ste. D<br>Odessa, TX 79762 | Free services. Training workshops, peer support groups, and critical incident stress management |
| Rays of Hope – Children's Grief Centre | (432) 684-5437 | 900 West Wall St.,<br>Midland, TX 79701 | Children of all ages<br>Accepts most insurances and Medicaid; Free services if no insurance;<br>*Not therapy, only grief and foster youth peer support groups |
| Midland Rape Crisis and Children's Advocacy Center | Crisis Line:<br>(432) 682-7273 | P.O. Box 10081<br>Midland, TX 79702 | Free services |

**Food, Clothing, and Housing Resources**

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| Breaking Bread Kitchen | (432) 689-2339 | 410 E Florida<br>Midland, TX | Serves breakfast and dinner. |
| Salvation Army – Midland | (423) 683-3614 | 3500 Park Ln.<br>Midland, TX | Food and clothing resource. Serves breakfast and lunch. Emergency shelter available. Clothing resource. |
| Midland Soup Kitchen | (432) 686-7687 | 1401 Orchard Ln.<br>Midland, TX | Lunch served 11:30am-1:00pm M-F; No questions asked clothing table; Vacation Bible School for |

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| | | | children; resources for shelter and education. |
| Midland Baptist Crisis Center | (432) 685-1467 | 806 S Baird St.<br>Midland, TX 79701 | Food and clothing resource. Food pantry open 9am-12pm M-F. |
| First Christian Church | (432) 682-9701 | 1301 W Louisiana Ave.<br>Midland, TX 79701 | Food pantry open Wednesday 12pm-2pm. |
| Casa de Amigos | (432) 682-9701 | 1101 Garden Ln.<br>Midland, TX 79701 | Emergency food pantry (food for a family for three days). Clothing resource. |
| Jubilee Center of Midland | (423) 520-0671 | 3311 Andrews Hwy<br>Midland, TX 79703 | Emergency food assistance 10:30am-2:00pm. Call ahead before coming. Drive-thru food pantries held on some Saturdays. Call for details. |
| Area Missions Outreach Services | (423) 687-2667 | 908 S Loraine St.<br>Midland, TX 79701 | Food and clothing resource. Food pantry open 9am-12pm M-F. |
| Mission Agape | (432) 599-9123 | 3500 W Golf Course Rd<br>Midland, TX 79703 | Offers weekend food bags for school children. No questions asked food pantry. |
| West Texas Food Bank – Midland | (432) 697-4003 | 1601 Westcliff Dr.<br>Midland, TX 79703 | Food bank. |
| West Texas Food Bank – Odessa | (432) 580-6333 | 411 S Pagewood Ave<br>Odessa, TX 79761 | Food bank. Same address as First United Methodist Church. |
| The Life Center – Midland | (432) 570-7745 | 2101 W. Wall St.<br>Midland, TX 79701 | Food and clothing resources for pregnant women |
| The Life Center – Andrews | (432) 523-2859 | 1412 NE Mustang Dr.<br>Andrews, TX 79714 | Food and clothing resources for pregnant women |
| The Life Center – Odessa | (432) 617-8378 | 802 N Washington Ave<br>Odessa, TX 79761 | Food and clothing resources for pregnant women |
| The Life Center – Big Spring | (432) 606-5041 | 1801 S Main St.<br>Big Spring, TX 79720 | Food and clothing resources for pregnant women |
| Ector County Greater Works | (432) 661-2634 | 2616 Maple St.<br>Odessa, TX | Emergency food pantry available to income qualified families. |
| L.O.O.P.S. | (432) 580-5667 | 205 E 10th St.<br>Odessa, TX | Food pantry |

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| Bethlehem Baptist Church | (432) 853-1344 | 1000 W Clements<br>Odessa, TX | Food pantry |
| Promise Land Ministries | (432) 337-2032 | 822 Glenn<br>Odessa, TX 79762 | Items for distribution may be free food, fruits, baby formula, and more. |
| Ector County Catholic Charities | (432) 332-1387 | 2500 Andrews Hwy<br>Odessa, TX 79761 | A number of social services are offered. A free soup kitchen with hot meals as well as an emergency food pantry are on site. |
| Salvation Army – Ector County | (432) 332-0738 | 810 E 11th St.<br>Odessa, TX | Food and clothing resource. Serves breakfast and lunch. Emergency shelter available. Clothing resource. |
| Jesus House Odessa | (423) 272-3362 | 1335 E 6th St<br>Odessa, TX | Hot meals and a men's homeless shelter provided. |

**Sex and Porn Addiction Resources**

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| RebootNation | (325) 762-2447 | https://rebootnation.org/<br>The Reboot Nation on YouTube > Videos | FREE. Online recovering community. |
| OK2TALK.org<br>National Alliance on Mental Health | 1-800-273-TALK (8255) | https://ok2talk.org/ | FREE. "Say anything. It's time we talked about mental health. Share what's on your mind." |
| Sex Addicts Anonymous | 1-800-477-8191 | saa-recovery.org | FREE. International Hotline, will most likely have to leave a message. |
| NoFap | N/A | https://nofap.com/ | Comprehensive community based porn recovery website. Option for weekly anonymous accountability calls. $20-$120 per month depending on service. Other resources are FREE. |
| Sex / Pornography Addiction Support Group | N/A | https://www.dailystrength.org/group/sex-pornography-addiction | Online forums and posts for addiction and recovery. |

*Several of these resources may offer telehealth options. Please call to inquire.