

Mental Health Resource Guide

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Suicide Resources

The Trevor Lifeline

1-866-488-7386

www.thetrevorproject.org

National Suicide Prevention Lifeline

1-800-273-8255 (TALK) OR 988

www.suicidepreventionlifeline.org

Crisis Text Line

Text "HOME" to 741741

Counseling

Grace Bound Christian Counseling

Karley Reece, MA, LPC, RPT

607 S. Esplanade St. #1

Cuero, TX 77954

(361) 243-7984

Email: karley.reece@graceboundcc.org

Website: <https://karley-reece.clientsecure.me/>

Base Rate: \$100 per session or \$125 for couples

*Insurance is not accepted at this time, but may be available in the near future

New Beginnings Counseling Services

Rick Torres, LPC (ages 7 and up)

Gail Spurgeon, LPC (12 and up)

Cheryl Green, LMSW-ACP (18 and up)

Ginger Corn, M. Ed., LPC (3 and up)

Danna Harrison, LPC (6 and up)

1501 E. Mockingbird, Suite 262

Victoria, Texas 77901

(361) 570-8900

*Medicaid, Medicare, and most major medical insurance. Bilingual Counseling offered.

Victoria Counseling Services LLP

David Hensley, PH.D.

Vidal Guevara, LPC-S, LPA, LSSP

Daniel Rodriguez, LPC

Megan Moore, LPC

2002 Commerce St., Suite C

Victoria, Texas 77901

(361) 570-1444

*Medicaid and most major medical insurances. Bilingual Counseling offered.

New Directions Counseling

Kim Stanfield, LPC

Heritage Mark Building
5606 Navarro St., Suite 202
Victoria, Texas 77904
(361) 485-0755

*Medicaid and Private insurance. No Medicare. Bilingual Counseling offered.

Reclamation Counseling Center (Mental Health and Drug Counseling)

Shannon Holder, MA, LPC

John Lenihan, MA, LPC-S

Wendy Holder, M.Ed, LPC-S, LCDC

Marla Sample, M.Ed., LPC

Brittany Proctor, MA, LPC, LCDC

Amy Shedd, M.Ed, LPC

Joanne Schrimsher MS, EdS, LPC, RPT-S

La Shaundra Harris, MA, LCDC-Intern

506 Glasgow St.
Victoria, Texas 77904
(361) 576-3385

*Medicaid and most major medical insurance.

*Ages 3 and up.

Gonik & Associates, Clinical Psychology and Behavioral Services

Uri Gonik, Ph. D. (Ages 18 and up. Will see younger patients on a case by case basis.)

2003 Patterson
Victoria, Texas 77901
(361) 575-5021

*Medicaid, Medicare, and Private insurance

*Telehealth offered

Crossroads Counseling and Assessment

Karen Redus, Ph. D.

104 Kelly Dr. Ste. D
Victoria, Texas 77904
(361) 574-9911

*Medicare, Medicaid, private pay and most insurance

*Offers ADHD testing, IQ/Adaptive testing

*Ages 2 and up.

Sharon Stubblefield, Ph. D., LPC

401 West Brazos Street
Victoria, Texas 77901
(361) 575-1049

*Individual, Marriage, Family and Couples Counseling; grief and bereavement

*Eating Disorder, Childhood Behavioral and Emotional Disorders, School Issues, and more.

*Ages 18 and up

*Private pay only

Next Step Counseling

Delores White, MA, LPC

4702 N. Laurent, Suite D

Victoria, Texas 77904

(361) 572-0202

*Medicaid and most major medical insurances; income based sliding scale

Kollette Tolbert, LPC

Teletherapy ages 13 and up

(361) 437-0462

Email:kollette@itvcounseling.com

*Medicaid and Private Insurance

Stable Life Counseling Center, LLC

Shirley Johnson, LBSW, LPC (Christian Counseling, Horse Assisted Counseling)

(361) 485-0899

*Phone, In-Person, Telehealth

*Private pay only

Emmaus Center Catholic Diocese

1008 N. Laurent St. Suite 104

Victoria, TX 77901

(361) 212-0830

*Free for no income, \$25.00 for those with income

*General Counseling, Trauma Counseling, Youth Counseling

The South Texas Children's Home - Family Ministry

3506 N. Ben Wilson, Ste. F

Victoria, Texas 77901

(361) 575-5151

www.stch.org

*Provides short-term only Individual, Marriage and Family therapy

*Play therapy available for children

May have a waiting list!

Mental Health Services

Believe Behavioral Health

Dr. R. Capitaine (ages 4 and up)

(361) 894-8734

1402 Village Dr. A

Victoria, Texas 77901

Case Management services are delivered within the community, home and school environment.

Program services are provided Monday through Friday, 8:30 am - 5:00 pm. Evening and weekend appointments are also available.

Gulf Bend Center

6502 Nursery Dr. Suite 101

Victoria, Texas 77904

(361) 575-0611

*Accepts private pay, private insurance, Medicaid and Medicare

Services offered to children ages 3-17 years of age and adults 18 years of age and older. Case Management services are delivered within the community, home and school environment.

Program services are provided Monday through Friday, 8:30 am - 5:00 pm.

Parenting

FAYS (Family & Youth Services) family services are designed to help families navigate the waters of parenthood and childhood. Parenting groups are held Thursdays at 12pm until 1 pm via Zoom.

Zoom ID: 965 7040 0682

Zoom Password: FAYSgroup

Please contact Mr. Allen Tippit for more information.

atippit@midcoastfamily.org.

(361) 575-7842

National Alliance on Mental Illness

NAMI Basics is a 6-session education program for parents, caregivers and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms. This program is free to participants, 99% of whom say they would recommend the program to others. NAMI Basics is available both in person and online through NAMI Basics OnDemand.

<https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Basics>

**** Call 211 for additional information and referrals to health and human services and other social assistance programs.****