





ESC 09 Counseling and Therapy Resources

National/Regional Resources

Name of Resource	Phone Number	Notes
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	800-656-HOPE	https://www.rainn.org/about-national-sexual-assault-
Hotline	800-656-4673	<u>online-hotline</u>
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
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. <i>Habla Español</i>
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 (LMHA)

Name of Resource	Phone	Address	Notes
	Number		
		1000 Brook St.	
		Wichita Falls, TX 76301	
	Main Phone:		Accepts Medicare, Medicaid,
	(940) 397-3143	Crisis Hotline available 24/7	and most forms of private health
Helen Farabee Centers		https://www.helenfarabee.org/	insurance; also offers sliding
	Crisis Phone:		scale fee based on income (may
	(800) 621-8504	(Serves: Archer, Baylor,	be \$0-\$50)
		Childress, Clay, Cottle, Dickens,	
		Foard, Hardeman, Haskell, Jack,	

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		King, Knox, Montague, Stonewall, Throckmorton,	
		Wichita, Wilbarger, Wise and	
		Young)	
	Main Phone:	301 North Washington	Accepts Medicare, Medicaid,
Helen Farabee Centers:	(940) 889-2277	Seymour, TX 76380	and most forms of private health
Baylor/Throckmorton County Center	Crisis Phone:	Open on Monday and	insurance; also offers sliding scale fee based on income (may
County Center	800-621-8504	Wednesday (9am – 3:30pm)	be \$0-\$50)
	Main Phone:	(**************************************	Accepts Medicare, Medicaid,
Helen Farabee Centers:	(940) 937-3644	8150 US Hwy 287	and most forms of private health
Childress County Center	Onicia Discussi	Childress, Texas 79201	insurance; also offers sliding
	Crisis Phone: 800-621-8504	,	scale fee based on income (may be \$0-\$50)
	Main Phone:		Accepts Medicare, Medicaid,
Helen Farabee Centers:	(940) 663-5366	F10 King Street	and most forms of private health
Hardeman/Foard County		510 King Street Quanah, Texas 79252	insurance; also offers sliding
Center	Crisis Phone:	Quarian, Toxas Tozoz	scale fee based on income (may
	800-621-8504	1201 North 1st Street Suite A	be \$0-\$50)
	Main Phone:	Haskell, Texas 79521	Accepts Medicare, Medicaid,
Helen Farabee Centers: Headstream County	(940) 864-3472	,	and most forms of private health insurance; also offers sliding
Center	Crisis Phone:	(Serves Haskell, Baylor,	scale fee based on income (may
	800-621-8504	Throckmorton, Stonewall, King, Dickens, and Knox)	be \$0-\$50)
	Main Phone:	Dickeris, and Knox)	Accepte Madigara Madigaid
	(940) 696-6267		Accepts Medicare, Medicaid, and most forms of private health
Helen Farabee Centers:	(6.0) 555 525.	605 Decatur Street Bowie Texas 76230	insurance; also offers sliding
Montague County Center	Crisis Phone:	Bowle Texas 76230	scale fee based on income (may
	800-621-8504		be \$0-\$50)
	Main Phone:		Accepts Medicare, Medicaid,
Helen Farabee Centers:	(940) 553-4002	2500 Wilbarger	and most forms of private health insurance; also offers sliding
Wilbarger County Center	Crisis Phone:	Vernon, Texas 76384	scale fee based on income (may
	800-621-8504		be \$0-\$50)
	Main Phone:		Accepts Medicare, Medicaid,
Helen Farabee Centers:	(940) 627-3894	105 East Walnut Street	and most forms of private health
Wise County Center	Crisis Phone:	Decatur Texas 76234	insurance; also offers sliding scale fee based on income (may
The Sound Sound	800-621-8504		be \$0-\$50)
	Main Phone:		Accepts Medicare, Medicaid,
Helen Farabee Centers:	(940) 549-4896	1720 4th Street	and most forms of private health
Young County Center	Crisis Phone:	Graham, Texas 76450	insurance; also offers sliding scale fee based on income (may
	800-621-8504		be \$0-\$50)
	Main Phone:		Accepts Medicare, Medicaid,
Helen Farabee Centers:	(940) 553-4002	2500 Wilbarger	and most forms of private health
Wilbarger County Center	Crisis Phana:	Vernon, Texas 76384	insurance; also offers sliding
	Crisis Phone: 800-621-8504		scale fee based on income (may be \$0-\$50)
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Local Resources

Name of Resource	Phone Number	Address	Notes
Garden Counseling, LLC	(940) 263-1309	813 8th St., Ste 550-I Wichita Falls, TX 76301	Private pay only. Sliding scale fee from \$30-\$120
Taft Counseling Center	(940) 220-4173	4722 Taft Blvd., Ste. 2 Wichita Falls, TX 76308	Accepts Medicare, Medicaid, and most forms of private health insurance; also offers sliding scale fee based on income (\$30-\$120)
Byers Counseling	(940) 500-5909	900 8th St, Ste. 901 Wichita Falls, TX 76301	Accepts some Medicaid plans and most forms of private insurance.
Positive Frame of Mind Counseling	(940) 228-2951 (940) 204-5508	4245 Kemp Blvd., Ste 720 Wichita Falls, TX 76308	Accepts Medicare, Medicaid, and most forms of private health insurance; \$125-\$145.
Jennyfer Rosado, MS, LPC	(940) 400-0746	710 Lamar St. Wichita Falls, TX 76301	Accepts BCBS, Cigna, and Magellan. Up to \$120.
Megan Bodine, PhD, LP	(940) 400-3720	807 8th St., Ste. 510 Wichita Falls, TX 76301	Accepts Medicare, Medicaid, and most forms of private health insurance; also offers sliding scale fee based on income.
Kelly Guthrie, PhD, LP	(940) 580-9928	2707 Taft Blvd. Wichita Falls, TX 76308	Call for pricing.
Diane Lockhard, MEd, LPC-S	(940) 373-6443	3115 Buchanan St., Ste. A Wichita Falls, TX 76301	Accepts Medicare, Medicaid, and most forms of private health insurance; also offers sliding scale (\$100-\$125).
Rachel Rallis, MA, LPC	(940) 222-4367	1714 10 th St. Wichita Falls, TX 76301	Accepts Medicare, Medicaid, and some forms of private health insurance; also offers sliding scale (\$90-\$150).
Angie Rallis, MA, LPC	(940) 386-9041	1411 9th St Wichita Falls, TX 76301	Accepts Medicare, Medicaid, and some forms of private health insurance; also offers sliding scale (\$90-\$130).
Judith Beechler, PhD, LPC-S, NCC	(940) 799-9921	3011 10 th St. Wichita Falls, TX 76309	Accepts BCBS and offers sliding scale based on income (\$40-\$130).
James McGinn, MA, LPC	(940) 355-0321	1410 8 th St. Wichita Falls, TX 76301	Accepts Medicare, Medicaid, and most forms of private health insurance; also offers sliding scale (\$50-\$120).
Christ Counseling Ministries	(940) 696-0181	1420 Twin Oaks St. Wichita Falls, TX 76302	Accepts Medicare. Fee assistance program available.
Lolita Baker, MA, LPC-A	(940) 204-4719	807 8 th St., Ste. 401 Wichita Falls, TX 76301	Accepts Cigna. Fee range from \$70-\$110

Lavon Williams, DNP, PMHNP	(940) 696-1081	1101 Scott Ave., Ste. 28 Wichita Falls, TX 76301	Accepts Medicare, Medicaid, and most forms of private health insurance.
Henry-Sanchez-Leal, MD	(940) 782-1777	1500 8 th St. Wichita Falls, TX 76301	Accepts Medicare, Medicaid, and most forms of private health insurance.
Adam Butera, MD	(940) 766-4482	1714 10 th St. Wichita Falls, TX 76301	Accepts Medicare, Medicaid, and most forms of private health insurance.
Jesse Gorley, MD	(940) 386-9041	1411 9 th St. Wichita Falls, 76301	Accepts Medicare, Medicaid, and most forms of private health insurance.
Rose Street Mental Health	Location 1: (940) 202-0640 Location 2: (940) 723-4488 ABA Clinic: (940) 228-5297	Location 1: 1808 Rose St. Wichita Falls, TX 76301 Location 2: 1819 8 th St. Wichita Falls, TX 76301 ABA Clinic: 4084 S Regent Dr. Wichita Falls, TX 76308	Accepts Medicare, Medicaid, and most forms of private health insurance. Fee depends on service. Psychiatric, counseling, and applied behavioral analysis services available.
Benny Barnhart, MD	(940) 766-8688	501 Midwestern Pkwy. Wichita Falls, TX 76302	Accepts Medicare, Medicaid, and most forms of private health insurance.
Wichita County Mental Health Department	(940) 766-8103	900 7 th St., #350 Wichita Falls, TX 76301	County department that can help connect families with resources.
North Texas State Hospital	(940) 692-1220	6515 Kemp Blvd. Wichita Falls, TX 76308	Open 24 hours. Accepts Medicare, Medicaid, and most forms of private insurance.
Texoma Mental Health Associates	(940) 767-4303	900 8 th St., #716 Wichita Falls, TX 76308	Accepts Medicare, Medicaid, and most forms of private health insurance. Fee depends on service.
Managing Life Mental Health Clinic	(940) 500-4408	1708 Dayton Ave Wichita Falls, TX 76301	Accepts Medicare, Medicaid, and most forms of private health insurance. Fee depends on service.
New Leaf Behavioral Health	(940) 761-9700	719 Scott Ave., #620 Wichita Falls, TX 76301	Accepts Medicare, Medicaid, and most forms of private health insurance. Fee depends on service.
Odyssey Behavioral Health	(940) 386-2100	3501 Sheppard Access Rd. Wichita Falls, TX 76306	Accepts Tricare and private pay for psychotherapy and psychological evaluation. Accepts most private insurance for ABA services.
The Recovery Center	(940) 761-3034	2501 Taylor St. Wichita Falls, TX 76309	24 hour call line available. Accepts most private insurance. Offers inpatient and outpatient

			services. Fee range depends on service.
Red River Psychiatric Hospital	(844) 814-7902	1505 8th St. Wichita Falls, TX 76301	Accepts Medicare, Medicaid, and most forms of private health insurance. Fee depends on service.
Wichita Falls Neuropsychiatric Center	(940) 723-0012	2410 9th St. Wichita Falls, TX 76301	Accepts Medicare, CMO Medicaids, and most forms of private health insurance. Fee depends on service.
Blissful Balance	(940) 322-5477	1708 Dayton Ave. Wichita Falls, TX 76301	Accepts most insurance. Does NOT accept BCBS HMO and First Care.
Breckenridge Family Counseling	(254) 870-2307	117 West Walker St., Breckenridge, TX 76424	Accepts most insurance and Medicaid; Sliding fee scale: \$80-\$120.
Dr. Goodall's House	(254) 559-5450	201 South Geneva St., PO BOX 272, Breckenridge, TX 76424	All services are free *Must have a history of trauma
ResourceCare Breckenridge	(354) 559-7215	2802 West Walker St. Breckenridge, TX 76424 https://www.resourcecare.org/be-havioral-health	Accepts most insurance and Medicaid; Sliding fee scale starting around \$15 a session
Healing Play Counseling – LCSW Melissa Austen	(940) 276-1030	530 S 2 nd St. Haskell, TX 79521 https://www.healingplaycounseling.com/	Accepts most insurance and Medicare and Medicaid; Initial assessment \$120 and follow up sessions \$80.
Laurie Markey, MFT-A, LPC-I	(940) 242-5967	706 S. Ave. E., Haskell, TX 79521	Does not take insurance; sliding fee scale starting at \$0 *Only adolescents 14+
Virginia's House	(940) 549-9829	729 Elm St., PO Box 155 Graham, TX 76450	Requires insurance or Medicaid *must have a history of trauma
Mighty Oak Psychology	(940) 280-2959	2304 Midwestern Pkwy. Ste. 105 Wichita Falls, TX 76308	Accepts most insurance. Up to \$150/session
Wichita Falls Area Food Bank	(940) 766-2322	1230 Midwestern Pkwy Wichita Falls, TX 76302	Food bank serving Archer, Baylor, Clay, Foard, Haskell, Jack, Knox, Montague, Throckmorton, Wilbarger, Wichita, and Young counties.
Noah's Ark Clothing	(940) 723-4904	701 Harding St. Wichita Falls, TX 76301	Free and discounted clothing. Open Fridays from 11am to 4pm.

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Faith Mission	(940) 723-5663	1300 Travis St. Wichita Falls, TX 76301	Homeless shelter and clothing resource. Call for details.
SonShine House	(940) 781-1844 (940) 723-2731	912 Broad St. Wichita Falls, TX 76301	Clothing and food resources. Open Tuesdays from 1:30pm to 4:00pm. Phone number is for a church office
Salvation Army – Wichita Falls	(940) 322-9822	403 7 th St. Wichita Falls, TX	Can obtain clothing vouchers to use at the thrift store. Ask for Denny, and bring ID and SS cards.
Recovery TX / Be Well Texas	Information and scheduling: (833) 778-2571 Connect with a Peer Specialist: (833) 922-2557 Youth Support Line: (210) 729-2273 Heroes Helpline (First Responders and Healthcare): (833) 367-4689	BeWellTexasClinic.org RecoveryTexas.org (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. 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.
Laura Taylor, LPC	(940) 204-5380	1431 Oak Hills Dr. Graham, TX 76450	\$75 per session without insurance Accepts: Aetna, BCBS, CHIP, Medicaid, Superior Health plan, Tricare and more.
Brandi Menard, LPC		https://menardcounseling.com/ contact@menardcounseling.co m 440B Oak Street, Graham, TX 76450	Does not accept insurance; \$150 for initial visit and \$95 per subsequent visit
Graham Psychological Associates	940-549-2259	https://grahampsychological.co m/ 617 3rd Street Graham, TX 76450	Accepts most major insurances Without insurance initial visit with psychologist is \$140, then \$100 for subsequent visits

Substance Abuse Resources

Substance Abuse Neso	<u> </u>		
The Recovery Center	(940) 761-3034	2501 Taylor St. Wichita Falls, TX 76309	24-hour call line available. Accepts most private insurance as well as TRICARE. Offers inpatient and outpatient services. Fee range depends on service.
Serenity House Texas	(866) 795-4673	Outpatient Services: 2910 Kemp Blvd., Ste. 213 Wichita Falls, TX 76301 Inpatient Services: 150 Orange St. Abilene, TX 79601	24-hour toll-free call line available. Accepts most insurances and private pay. Limited scholarships available.
Red River Psychiatric Hospital	(844) 814-7902	1505 8th St. Wichita Falls, TX 76301	Accepts Medicare, Medicaid, and most forms of private health insurance. Fee depends on service.
Mighty Oak Psychology	(940) 280-2959	2304 Midwestern Pkwy. Ste. 105 Wichita Falls, TX 76308	Accepts most insurance. Up to \$150/session
Recovery TX / Be Well Texas	Information and scheduling: (833) 778-2571 Connect with a Peer Specialist: (833) 922-2557 Youth Support Line: (210) 729-2273 Heroes Helpline (First Responders and Healthcare): (833) 367-4689	BeWellTexasClinic.org RecoveryTexas.org (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. 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.

Autism/ABA Resources

Odyssey Behavioral Health	(940) 386-2100	3501 Sheppard Access Rd. Wichita Falls, TX 76306	Accepts Tricare and private pay for psychotherapy and psychological evaluation. Accepts most private insurance for ABA services.
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Rose Street Mental Health	ABA Clinic: (940) 228-5297	ABA Clinic: 4084 S Regent Dr. Wichita Falls, TX 76308	Accepts Medicare, Medicaid, and most forms of private health insurance. Fee depends on service. Psychiatric, counseling, and applied behavioral analysis services available.
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Eating Disorder Resources

Lating Disorder Resour			
Helen Farabee Centers	Main Phone: (940) 397-3143 Crisis Phone: (800) 621-8504	1000 Brook St. Wichita Falls, TX 76301 Crisis Hotline available 24/7 https://www.helenfarabee.org/ (Serves: Archer, Baylor, Childress, Clay, Cottle, Dickens, Foard, Hardeman, Haskell, Jack, King, Knox, Montague, Stonewall, Throckmorton, Wichita, Wilbarger, Wise and Young)	Accepts Medicare, Medicaid, and most forms of private health insurance; also offers sliding scale fee based on income (may be \$0-\$50) See LMHA resources above for additional Helen Farabee locations
Byers Counseling	(940) 500-5909	900 8th St, Ste. 901 Wichita Falls, TX 76301	Accepts some Medicaid plans and most forms of private insurance.
Mighty Oak Psychology	(940) 280-2959	2304 Midwestern Pkwy. Ste. 105 Wichita Falls, TX 76308	Accepts most insurance. Up to \$150/session
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) Free - They do take donations
EQUIP	855-387-4378	Virtual Support Group and Treatment	Virtual Eating Disorder Treatment Equip Health Take Cigna, Aetna, and Optum. Offer a private pay option for families that wish to start care with Equip before their plan is in-network.
Eating Recovery Center	1-866-303- 8479	7351 E. Lowry Blvd, Ste 200 Denver, CO 80230	Eating Disorder Treatment Centers Anorexia, Bulimia &

Call 1-866-303-8479 to talk to a masters-level clinician.	Binge Eating (eatingrecoverycenter.com)
Mon–Fri: 6am–7pm MST Saturday: 8am-4pm MST Sunday: 8am-4pm MST	They also offer a virtual IOP for ED.
info@ercpathlight.com	

Foster and Adoption Resources

Positive Frame of Mind	(940) 228-2951	4245 Kemp Blvd., Ste 720	Accepts Medicare, Medicaid, and most forms of private health insurance; \$125-\$145.
Counseling	(940) 204-5508	Wichita Falls, TX 76308	

LGBT Resources

Garden Counseling, LLC	(940) 263-1309	813 8th St., Ste 550-I	Private pay only. Sliding scale
Garden Couriseling, LLC		Wichita Falls, TX 76301	fee from \$30-\$120
Positive Frame of Mind Counseling	(940) 228-2951 (940) 204-5508	4245 Kemp Blvd., Ste 720 Wichita Falls, TX 76308	Accepts Medicare, Medicaid, and most forms of private health insurance; \$125-\$145.
Christ Counseling Ministries	(940) 696-0181	1420 Twin Oaks St. Wichita Falls, TX 76302	Accepts Medicare. Fee assistance program available.

Trauma Resources

Traditia Nesources			
Garden Counseling, LLC	(940) 263-1309	813 8th St., Ste 550-l Wichita Falls, TX 76301	Private pay only. Sliding scale fee from \$30-\$120
Positive Frame of Mind Counseling	(940) 228-2951 (940) 204-5508	4245 Kemp Blvd., Ste 720 Wichita Falls, TX 76308	Accepts Medicare, Medicaid, and most forms of private health insurance; \$125-\$145.
Jennyfer Rosado, MS, LPC	(940) 400-0746	710 Lamar St. Wichita Falls, TX 76301	Accepts BCBS, Cigna, and Magellan. Up to \$120.
Megan Bodine, PhD, LP	(940) 400-3720	807 8th St., Ste. 510 Wichita Falls, TX 76301	Accepts Medicare, Medicaid, and most forms of private health insurance; also offers sliding scale fee based on income.
Judith Beechler, PhD, LPC-S, NCC	(940) 799-9921	3011 10 th St. Wichita Falls, TX 76309	Accepts BCBS and offers sliding scale based on income (\$40-\$130).
James McGinn, MA, LPC	(940) 355-0321	1410 8 th St. Wichita Falls, TX 76301	Accepts Medicare, Medicaid, and most forms of private health insurance; also offers sliding scale (\$50-\$120).
Christ Counseling Ministries	(940) 696-0181	1420 Twin Oaks St. Wichita Falls, TX 76302	Accepts Medicare. Fee assistance program available.
Virginia's House	(940) 549-9829	729 Elm St., PO Box 155 Graham, TX 76450	Requires insurance or Medicaid *must have a history of trauma

Mighty Oak Psychology (940) 28	2304 Midwestern Pkwy. Ste. 105 Wichita Falls, TX 76308	Accepts most insurance. Up to \$150/session
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Food, Clothing, and Housing Resources

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Wichita Falls Area Food Bank	(940) 766-2322	1230 Midwestern Pkwy Wichita Falls, TX 76302	Food bank serving Archer, Baylor, Clay, Foard, Haskell, Jack, Knox, Montague, Throckmorton, Wilbarger, Wichita, and Young counties.	
Noah's Ark Clothing	(940) 723-4904	701 Harding St. Wichita Falls, TX 76301	Free and discounted clothing. Open Fridays from 11am to 4pm.	
Faith Mission	(940) 723-5663	1300 Travis St. Wichita Falls, TX 76301	Homeless shelter and clothing resource. Call for details.	
SonShine House	(940) 781-1844 (940) 723-2731	912 Broad St. Wichita Falls, TX 76301	Clothing and food resources. Open Tuesdays from 1:30pm to 4:00pm. Phone number is for a church office	
Salvation Army – Wichita Falls	(940) 322-9822	403 7 th St. Wichita Falls, TX	Can obtain clothing vouchers to use at the thrift store. Ask for Denny, and bring ID and SS cards.	

Sex and Porn Addiction Resources

RebootNation	(325) 762-2447	https://rebootnation.org/ The Reboot Nation on YouTube > Videos	FREE. Online recovering community.	
OK2TALK.org 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	N/A	https://www.dailystrength.org/	Online forums and posts for
Group	IN/A	group/sex-pornography- addiction	addiction and recovery.