

Therapy Resources

CCD Counseling

1512 Scripture
Denton, TX 76201
(940)382-5328
www.ccdcounseling.com

Hours: 8:00-5:00-Monday-Friday, Saturday as scheduled

Fees: Fees or insurance

Offers affordable counseling for individuals, couples, and families. Play therapy for children and educational and therapeutic groups. The Family Tree Program provides prevention and short term services for at risk youth and their families. It also provides 6 free counseling sessions, 6 free parent skill classes/groups and 6 free life skills groups.

TWU Counseling and Family Development Center

TWU Denton
Human Development Building #114
1202 Old Main Circle
(940)898-2600
<https://twu.edu/counseling-family-therapy-clinic/>

Fees: Fees are assessed

Provides counseling to individuals, couples and families including play therapy for children and therapy with adolescents and adults who are experiencing personal or relationship difficulties. Groups are provided for children and adults. Fees are on a sliding scale based on gross family income and family size.

UNT Counseling and Human Development Center

UNT-1400 Highland, Stovall Hall #155
P.O. Box 310829
Denton, TX 76203
(940)565-2970
<https://coe.unt.edu/counseling-and-human-development>

Hours: Monday-Friday by appointment only

Fees: Based on a sliding scale

Provides counseling for North Texas residents. Counseling includes individual (adult and adolescent), couples, marriage, family and play therapy for children.

UNT Psychology Clinic

1155 Union Circle #311280

Denton, TX 76203

<https://psychology.unt.edu/clinics-and-centers/psychology-clinic>

Fees: Based on a sliding scale

Provides confidential individual, marriage and family therapy, play therapy and group therapy to anyone in the DFW/Denton area. Intellectual evaluation, personality evaluations, neuropsychological evaluation and vocational evaluations are available.

Youth and Family Counseling

306 N. Loop 288 #101

Denton, TX 76209

(972) 724-2005

www.youthandfamilycounseling.com

Hours: 9:00am -9:00pm Monday-Thursday; 9:00am-4:00pm Friday

Fees: sliding scale fees

Provides family therapy, parenting skills, marital or couples therapy, depression, anxiety disorders, blended and family issues, single parent issues, family of origin, adolescent development issues, job related stress, substance or alcohol abuse recovery, and grief therapy.

Family Tree Program

1614 Scripture

Denton, TX 76201

(940) 837-0666 Ext.2

<https://familytreeprogram.org/>

Fees: Free to eligible families

The Family Tree Program generally provides family counseling to families who are experiencing change in life circumstances, school issues, behavioral issues, communication breakdowns, grief, and general family struggles. If your family would benefit from family counseling please contact our Denton or Dallas Case Managers to discuss your needs.

University Behavioral Health- UBH Denton

2026 W. University
Denton, TX 76201
940-320-8100
<https://ubhdenton.com/>

Fees: Accepts most major insurance companies

UBH Denton has provided a range of programs treating mental health illnesses and substance abuse. Our inpatient and outpatient psychiatric services offer supportive and compassionate care for adolescents and adults with specialty programs that are tailored to meet the needs of our patients.

Denton County MHMR

2519 Scripture
PO Box 2346
Denton, TX 76201
940-381-5000
<http://www.dentonmhmr.org/index.html>

Fees: Fees are assessed

Denton County MHMR Center is a local Non-Profit Community Center specializing in the treatment of and service delivery to individuals in Denton County with a mental health diagnosis or a developmental disability diagnosis. Our staff will work with you, your family, and other community organizations and providers to develop person-centered treatment plans designed to help you achieve your personal goals.

Center for Play Therapy-UNT

Welch Street Complex 2
425 S. Welch St.
Denton, TX 76203
940-565-3864
<https://cpt.unt.edu/>

Our mission is to encourage the unique development and emotional growth of children through the process of play therapy, a dynamic interpersonal relationship between a child and a therapist trained in play therapy procedures. The therapist provides the child with selected play materials and facilitates a safe relationship to express feelings, thoughts, experiences and behaviors through play, the child's natural medium of communication.