

Sheppard AFB SAPR Office

511 9th St. Bldg. 920 Rm 115C

Office: 940-676-0363

24/7 Crisis Line: 940-676-7272

Community Counseling Resources

VA Clinic Wichita Falls: **Tricare** 940-257-0001

VA MST Coordinator: **Free** 405-456-3101
<https://veteransmentalhealth.texas.gov>

Red River Hospital: **Tricare/Insurance** 940-400-0733

Helen Farabee: **Income Based/Insurance** 940-397-3308
Crisis number: 1-800-621-8504

Patsy's House: **Free** 940-322-8890
Child Advocacy Center

First Step: **Free** 940-723-7799
(Local sexual assault and domestic violence center)

Hospice of Wichita Falls: **Free** 940-691-0982
Offers grief counseling services by Zoom Q Wednesday
@ 12 noon, Wings of Hope every 1st Thursday @ 1730.

Beyond Faith: **Free** 940-696-8901
Group grief counseling open to the community every 3rd
Friday at 12 noon, call for additional times.

Opal Center: **Free** 940-257-4276
theopalcenterwff@gmail.com

MSU Psychology: **Low Cost** 940-397-4791
Psychology.clinic@msutexas.edu
The MSU Psychology Clinic provides confidential
counseling services for \$5 per session.

Falls Psychology: **Tricare/Insurance** 940-247-2322
<https://fallspsychologyservices.com>
Accepts **military** one source referrals from SAFB and self-
pay.

Legacy Family: **Sliding scale** 940-217-5810
legacyfamilycounseling@gmail.com
Sessions by ZOOM, **military** fees starting at \$45/session.

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Community Counseling Resources

Selah Trauma Counseling: **Tricare/Insur.** 940-536-0588
<https://selahtraumacc.com/>

Garden Counseling: **Sliding scale** 940-263-1309
<https://gardensounselingwfw.com>

Positive Frame: **Tricare/Insurance** 940-613-1661
griefwork@pfom.com

Discover Hope: **Tricare/Insurance** 940-264-8818
hope@discoverhopeclinic.org

Wandering Lotus: **Sliding scale** 940-235-2136
or 940-613-6590
<https://wanderinglotus.org/appointments>

Madden Counseling: **Tricare/Insurance** 940-692-9745

Catholic Charities: **Free** 940-716-9669
<https://catholiccharitiesfortworth.org/northwest-campus/>

- Accepts Tricare/Military
- Free or Low-Cost services
- Accepts Major Insurance
- No Insurance Accepted Sliding scale fee

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