



HighRidge

Official Counseling Resources and Recommendations

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HIGHRIDGE RECOMMENDED COUNSELORS

Restoration Counseling

<https://www.restorationcec.com/>

2421 W. 7th St., Suite 400

Fort Worth TX 76107

(o) 817.291.9872

Restoration Counseling exists to simply see lives restored. Restoration operates from an integrated perspective, anchored in a Christian worldview, and enhanced by research and practices from other traditions, both secular and faith based. They offer full-service counseling, testing, and assessment practice. Restoration specializes in individual and group counseling sessions, psychological assessments, dialectical behavior therapy, neurofeedback, intensive outpatient therapy, cognitive behavioral analysis, and skills training.

Rehope Counseling

<https://rehopecounseling.com/>

Multiple Locations: Downtown Fort Worth, Camp Bowie, Willow Park

Rehope Counseling exists to create an opportunity for clients to regain hope, resolve to make changes, re-engage in relationships, and renew mind, body, and soul. Rehope Counseling, PLLC, is a therapy practice devoted to individual and familial restoration and renewal. If you feel like you are ready to restart or recover, if you are looking for support, encouragement and guidance through a challenging situation.

Anew Counseling

<https://www.anewcounselingdfw.com/>

At Anew Counseling Group, we believe in the transformative power of understanding, empathy, and expert guidance. With a dedicated team of seasoned therapists, our mission is to provide a sanctuary where individuals can explore, heal, and rejuvenate. Rooted in evidence-based practices and a holistic approach to mental well-being, Anew Counseling Group stands as a beacon of hope and support for those seeking positive change in their lives. Here, you're not just a client; you're a valued individual deserving of a fresh start and a brighter tomorrow.

Whether you're grappling with anxiety, depression, trauma, or you're just yearning to understand yourself better, we are here to guide you through your journey. We deeply honor the courage it takes to seek help and make the choice to grow. You are not alone; at Anew Counseling, you're valued and cared for. We are committed to helping you discover your purpose, ignite your passion, and embrace your core being.

PORNOGRAPHY and SEXUAL ADDICTION

Anew Counseling

<https://www.anewcounselingdfw.com/>

Metroplex Wellness and Counseling

<https://www.metroplexcounseling.com/>

(817)571-4110 (Metroplex office number)

Metroplex Wellness and Counseling (MWC) offers a team of committed practitioners dedicated to treating the whole person—body and soul. We seek to collaborate in creating an optimal treatment plan to most effectively serve those in our care. Our treatment modalities consist of professional counseling, the cutting-edge technology of Micro-Current Neurofeedback Therapy, empirically based mental health nutrition as well as the care of our on-staff Naturopath who measures aspects of the body through bloodwork as well as the Zyto scan. These two measures serve to inform a wise natural path to overall physical wellbeing.

Our holistic approach is driven by the idea that people are created embodied souls, and that addressing issues in both domains is the optimal path to wellness and change.

Counselors for Children

- Cornerstone Counseling Center, 817.595.2520 (Peggy Nix) (children) (4037 Parchman, NRH, 76180) depression, fear & anxiety, Trauma.
- Rush Creek Counseling Center, Sharon Goode 2350 SW Green Oaks Blvd, Arlington, Texas 76017 817-704-6991 ext. 296, addictions, stress, depression, trauma/PTSD, OCD, anger management, blended family.
- The Family Counseling Center, 1903 Central Drive #102, Bedford, Texas 76021 (Hank Arnold) 817-399-1270 Individual counseling. Play therapy, learning problems, marital & family counseling. Non- Member GW
- Southlake Christian Counseling, (Ami Evans, LPC-1) 817-723-0408 spirit filled, children ages 12 & up, depression, eating disorders, anger management, spiritual abuse.

SUICIDE THREATS or ATTEMPTED SUICIDE

1. If suicide has been attempted, immediately call 911
2. If the individual is threatening self-harm, always take that threat very seriously!
 - Evaluate situation to determine if immediate action is required
 - If urgent threat is sensed, choose one of the following:
 - Contact local police department (911)
 - Contact a Suicide Crisis Hotline
 - 800-273-8255 (national)
 - 817-335-3022 (MHMR Fort Worth)
 - Offer assistance
 - Offer to take them to the nearest emergency room for evaluation
 - Communicate threat to the proper individuals
3. If in a group setting:
 - Notify Campus Groups Pastor and/or Campus Pastor
 - Notify immediate family member if possible (ensure individual is aware of your actions)
4. If with a Prayer Team Member:
 - Notify Campus Pastor
 - Notify immediate family member if possible (ensure individual is aware of your actions)
 - Offer to take them to the nearest emergency room for evaluation

Please note: If insurance is an issue, take them to the JPS (John Peter Smith) Emergency Room for evaluation. Many services at JPS are provided with small or no fees

John Peter Smith Hospital Emergency Department
1575 S Main St
Open 24 hours · (817) 702-8828