

About Us

The Heart of Texas Counseling Center provides short-term, outpatient, adult, and mental health services.

Our qualified mental health professionals utilize evidence-based treatment modalities with a focus on improving well-being and quality of life.

Our vision is to provide mental health services to those in need. We do not turn away anyone due to a lack of insurance or income.

Our caring and professional staff will work with you to find the best treatment for your needs. It is our goal to empower you to live the life you deserve.

Call us today. We look forward to meeting you!

Hours of Operation

Monday - Friday 8:00 a.m. - 5:00 p.m.

**Closed for holidays and weekends.

For an appointment or more information, please call (254) 297-7100.

Costs

- Income-based sliding scale
- Insurance accepted but not required
- Medicaid and Medicare are welcomed



24 hour
Crisis Hotline: 866-752-3451



HEART OF TEXAS COUNSELING CENTER



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Waco, TX 76710
Telephone: 254-297-7100
Fax: 254-752-1996

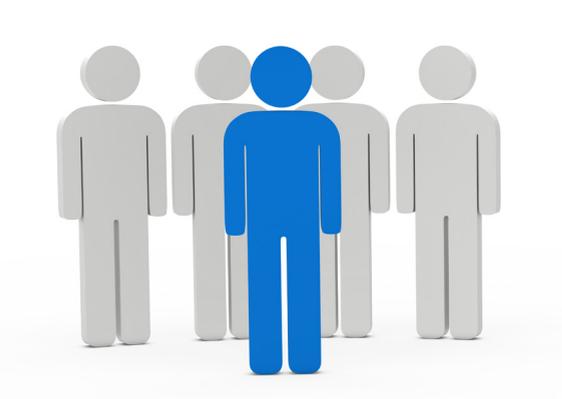
What is mental health?

Mental Health is made up of all the parts of who we are. It includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.

What is mental illness?

Mental illnesses involve changes in emotion, thinking, or behavior (or a combination of these.)

1:5 adults experience mental health condition(s) each year.



Counties Served:



What is therapy?

In therapy, you work with a counselor to develop goals and an individualized plan to address your needs and what works for you!

There are lots of reasons why someone might seek therapy. Therapy can help you learn about what you are feeling, why you might feel that way, and how to cope. It's a safe, judgment-free space where you can share anything.

Who should get therapy?

Therapy is for anyone. Life can be challenging, and while joy and suffering are normal parts of life, people can benefit from an objective, listening ear to work through the challenges and suffering we all experience.

Staff

The Heart of Texas Counseling Center staffs master's level counselors and interns with experience working with individuals to identify and work toward meeting their recovery goals. You will experience a compassionate and safe environment as you explore your needs and work toward a healthy and fulfilling life. You deserve it.

Services Provided:

- Psychosocial Assessment
- Individualized Planning
- Individual Therapy
- Couples Therapy
- Group Therapy
- Case Management
- Suicide Safe Care
- Trauma Informed Care

Some therapy specialties we offer address: trauma, perinatal mood & anxiety disorders, EMDR, grief, anxiety, and depression.

We offer bilingual services as well. (English/Spanish)