

Why choose us...

Our counseling office stands out because we combine professional expertise with genuine compassion. Here's what sets us apart:

- **Experienced, Licensed Therapists:** Our team consists of highly qualified counselors with diverse specialties, allowing us to match you with the right therapist for your unique needs.
- **Personalized Care:** We don't believe in one-size-fits-all solutions. We take time to understand your goals and tailor our approach to help you reach them.
- **Safe, Supportive Environment:** We create a non-judgmental space where you can speak openly and feel heard, valued, and respected.
- **Evidence-Based Approaches:** We use proven methods such as CBT, DBT, EMDR, and mindfulness to ensure effective, results-oriented therapy.
- **Flexible Scheduling & Teletherapy Options:** We offer both in-person and virtual sessions, *including evening and weekend appointments* to fit your lifestyle.
- **Confidentiality & Professionalism:** Your privacy is our priority, and we uphold the highest ethical standards in all aspects of our work.

Choosing the right therapist is a personal and important decision. At our office, you will find not only skilled professionals but people who genuinely care.



Frisco Behavioral Health Group, LLC
Contact Us
469-213-6400



4500 Hillcrest Road, Ste 145
Frisco, TX 75035

fbhg2016@proton.me
9:00am to 5:00pm
Monday through Friday

FRISCO BEHAVIORAL HEALTH GROUP, LLC

The Path to Mental
Wellness

At Frisco Behavioral Health Group, LLC we are committed to helping individuals navigate life's challenges through compassionate, confidential, and professional counseling services.



ABOUT US

Frisco Behavioral Health Group, LLC has served the community for over 10 years, offering personalized programs to enhance your well-being and that of your loved ones. As a privately owned practice, we tailor treatment to individual needs.

We have a team of experienced Psychiatrists, Nurse Practitioners, and Clinical Therapists dedicated to providing top-quality care at our behavioral health clinic. Our goal is to set a standard for others in the field and continuously enhance our model for the well-being of our patients.



Services:

- Individual Counseling
- Couples & Family Therapy
- Crisis Intervention
- Kids Group Therapy
- Medication Management
- IOP



After hour and weekend appointments available upon request.

Ages 5+

Sliding Scale Options

Our psychiatrist's takes most major insurances, in addition to Medicaid and Medicare.



Geriatric Care

Our Psychiatrists and Nurse Practitioners play a critical role in enhancing the mental and emotional well-being of older adults in nursing homes. With their expertise in diagnosing and treating complex psychiatric and cognitive disorders, psychiatrists bring specialized care directly to residents who may struggle with conditions like dementia, depression, anxiety, or behavioral disturbances.

- Comprehensive Mental Health Evaluations: Identifying underlying psychiatric or cognitive conditions often missed in routine medical care.
- Medication Management: Optimizing psychiatric medications to reduce side effects, avoid overmedication, and ensure compatibility with other treatments.
- Delirium & Dementia Care: Assessing and managing confusion, agitation, hallucinations, or aggressive behavior in residents with cognitive decline.
- Behavioral Intervention Planning: Collaborating with nursing staff to develop safe, effective strategies for managing difficult behaviors without over-reliance on medications.