

Burke Mental Health Services

We Can Help

Thousands of East Texans face mental health challenges or crises every day. Many of them don't know where to turn for help.

Burke provides complete mental health services to adults and children in East Texas. From our 24 Hour Crisis Line and innovative counseling and treatment interventions to our state-of-the-art mental health emergency center in Lufkin, we have the facilities, resources, and staff to help East Texans in need.

To make an appointment or for general information about Burke's mental health services, call 936-634-5010 or 1-866-242-4556.

[Emergency Services](#)

Burke provides the most comprehensive mental health services in the region. Our award-winning Mental Health Emergency Center has become a national model for effective delivery of crisis-based mental health services, and our toll-free Crisis Hotline is available to anyone experiencing a mental health crisis or emergency.

If you or someone you know is experiencing a mental health crisis, please call 1-800-392-8343 immediately.

[Outpatient Clinics](#)

Burke's mental health outpatient services stress wellness education and empowerment as keys to improvement. Treatment services are designed to enhance clients' strengths and natural support systems while targeting their symptoms with quality psychiatric care and services that promote self-confidence and greater independence.

We work with clients to identify psychiatric disorders, assess immediate and long-range mental health needs and provide appropriate treatment services that will stabilize symptoms.

Specialized Services

Burke provides specialized services for children, adolescents, and young adults. These programs include but are not limited to the following:

YES Waiver

The [Youth Empowerment Services Waiver](#) also known as the YES Waiver provides home and community-based services to individuals ages 3-18 who have a serious emotional disturbance putting them at risk of being placed outside of the home. Services include non-traditional therapies, respite, non-medical transportation, paraprofessional services, family supports, employment assistance, and community living skills. YES Waiver work is channeled through a team approach that includes community providers, families, and their informal supports with common goals of reducing time spent out of the home and community, preventing entry into the foster care system, and improving the lives of children and their families.

For more information on the YES, Waiver call Burke's YES Waiver inquiry line at 1-800-330-9560.

System of Care

[System of Care](#) is a state-led initiative to introduce a philosophy of doing business that improves the way we interact with the community, families, and other child-serving systems. System of Care builds meaningful partnerships with families and youth, addresses cultural and linguistic needs, and uses evidence-based practices to help children, youth and families function better at home, in school, in the community, and throughout life. The program works to improve behavioral health outcomes for children and youth (3-20) with serious emotional disturbances and with their families by expanding utilization of high-fidelity wraparound services to engage children and youth in the juvenile justice system, child welfare, and residential treatment center placement.

For more information on System of Care at Burke, please call 936-633-5600.

Specialized Treatment of Early Psychosis

[Specialized Treatment of Early Psychosis \(STEP\)](#) is a recovery-oriented treatment program for individuals ages 15-30 who have experienced their first psychotic episode. They receive a team approach to case management, doctor services, psychosocial rehabilitation, peer services, therapy, and supportive employment and/or education for up to two years based on need and preferences. The primary goal of the program is to decrease the length of time between the onset of psychotic symptoms to the beginning of treatment to minimize brain damage as well as strain on the individuals and their families.

Early Childhood Intervention (ECI)

Families First

Families are at the heart of Burke's Early Childhood Intervention (ECI) services. In all twelve counties of Burke's East Texas service area, our services help children from birth to age three overcome difficulties in early development. Together, parents and staff work to improve the child's physical, cognitive, social, and adaptive development in an effort to build a stronger foundation for the child's future.

Early is Best

Many children with a developmental delay are not identified until after they enter school.

Early intervention can have a significant impact on a child's abilities to learn, and it reduces the need for additional interventions later in life.

Developmental delays can hinder a child's ability to develop to their fullest potential.

Red Flags

Red flags are warnings of potential problems. Visit [Burke's ECI services](#) page for more information on red flags. If your child displays any of these signs, talk to a doctor or call ECI at 936-634-4703 for an evaluation.

For appointments or for any other non-emergency issue, please use the numbers below based on the type of request you have.

Mental Health Services:

(936) 634-5010 or Toll Free (866) 242-4556

Developmental Disabilities Services:

(936) 639-1479 or Toll Free (800) 621-1523

Early Childhood Intervention Services:

(936) 634-4703 or Toll Free (877) 205-3630

Substance Use Services:(936) 634-5010 or Toll Free (866) 242-4556