

Therapy by David

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Texas LMSW #117975 · NPI 1558160580

Direct. Human. Structured. Built for real change.

— WHO I HELP

Adults 18 and over, working through:

- ✓ Anxiety & overthinking
- ✓ Trauma & PTSD
- ✓ Burnout & chronic stress
- ✓ Depression
- ✓ Couples therapy
- ✓ Family & relationship strain
- ✓ Life & career transitions

Particular depth with: veterans and military families, first responders, men's mental health, and high-stress professionals.

— REFERRALS

Call me at **(832) 544-2562**, or have your office send the client's name and number with their consent. **I follow up within one business day.**

Every referred client starts with a **free 15-minute consultation**. If I'm not the right fit, I'll say so and help them find someone who is.

What referred clients can expect: structured, practical work, usually weekly, grounded in evidence-based practice. We name the pattern keeping the anxiety, stress, or conflict alive, build the skills to regulate it, and practice responding differently. Clients know what we're working on and why, from the first session.

— LOCATIONS

CLEAR LAKE 1335 Regents Park Dr #140
Houston, TX 77058

PASADENA 817 Southmore Ave
Pasadena, TX 77502

TELEHEALTH Statewide across Texas

Availability: new referrals are typically seen within 3 to 5 business days.

— INSURANCE & FEES

- ✓ Aetna
- ✓ Ambetter
- ✓ Anthem
- ✓ BCBS
- ✓ Carelon
- ✓ Cigna & Evernorth
- ✓ Humana
- ✓ Magellan
- ✓ Medicaid
- ✓ Medicare
- ✓ Molina Healthcare
- ✓ Optum
- ✓ Oscar Health
- ✓ TRICARE
- ✓ UnitedHealthcare & UBH

Billed through partner networks. Benefits verified before the first session.

- ✓ **Private pay:** \$150 per session, confirmed upfront.
- ✓ **Free 15-minute consultation** for every new client.

This sheet always lives at therapybydavid.com/refer — current availability, maps, and a printable copy.