



Press Release
FOR IMMEDIATE RELEASE

Media Contact
Stephen Kuehler | stephen.kuehler@knoxhospital.org
940-657-3535

Knox County Hospital District Expands Counseling Services at Knox City Clinic

Rachel Cude, LMFT, will provide counseling care for patients of all ages

KNOX CITY, Texas (September 4, 2026) – Knox County Hospital District is expanding access to counseling and behavioral health services with the addition of Rachel Cude, LMFT, to the Knox City Clinic. Cude is expected to begin seeing patients in September, providing counseling services for patients of all ages.

Cude's areas of focus will include adolescent and family therapy, individual and marriage counseling, anxiety and stress management, ADHD, substance use treatment and crisis intervention.

"We are pleased to welcome Rachel to the Knox County Hospital District team and to expand the counseling resources available here in Knox County," Stephen Kuehler, CEO, said. "Mental and emotional health are important parts of overall wellness, and having professional support available locally can make it easier for individuals and families to seek help when they need it."

Cude brings experience in individual and family counseling, patient assessment, treatment planning, trauma-informed care and helping people work through difficult circumstances and develop meaningful goals. Her professional background includes outpatient behavioral health as well as other healthcare settings.

"People seek counseling for many different reasons," Rachel Cude, LMFT, said. "It may be stress or anxiety, concerns involving children or family, relationship difficulties or a situation that has simply become hard to work through alone. Counseling gives people a place to talk about those concerns and begin identifying practical ways to move forward."

The addition of Cude broadens the services available through the Knox City Clinic and provides another local resource for individuals and families experiencing emotional or behavioral health concerns.

Counseling can be helpful at many different stages of life. Adolescents may be working through school, family or social concerns. Adults may be dealing with stress, changing relationships, work pressures or other challenges. Families may need help communicating or responding to changes that affect the household.

Cude said counseling begins with understanding what each person is experiencing rather than assuming that the same approach will work for everyone.

"Every individual and every family is different," Cude said. "My goal is to listen, understand what is most important to the patient and work together to establish realistic goals. Sometimes that means learning new ways to manage stress or communicate. Other times it may mean working through a particular experience or concern that is affecting everyday life."



Cude recently served as outpatient manager at Red River Hospital in Wichita Falls, where her responsibilities have included assessments, treatment planning, group therapy and supporting the transition of patients between inpatient and outpatient care. She previously served as social services director at Seymour Rehabilitation and Healthcare and worked as a therapist with True Colors Counseling. Her experience has included conflict resolution, trauma-informed care and counseling individuals and families.

Her background also includes considerable experience working with children and families. Before moving full time into counseling and behavioral health, Cude spent six years teaching English language arts and reading at Munday Elementary School. She also taught at Seymour High School.

That combination of education, counseling and healthcare experience provides Cude with an understanding of the different factors that can affect emotional well-being, particularly for children, adolescents and families.

“Children and teenagers do not experience concerns in isolation,” Cude said. “School, home, friendships and family relationships can all be part of what they are going through. It is important to look at the whole picture and help them and their families find approaches that can make everyday life more manageable.”

Cude earned a Master of Marriage and Family Therapy from Abilene Christian University in Dallas. She also holds a Master of Education in Curriculum and Instruction-Literacy from the University of Texas at Arlington and a Bachelor of Arts in Writing and Rhetoric from Texas Christian University.

While individual and marriage counseling and adolescent and family therapy are among the services Cude will provide, her practice will address a broader range of needs, including anxiety and stress management, ADHD, substance use treatment and crisis intervention.

“Sometimes people hesitate to seek counseling because they wonder whether what they are facing is serious enough,” Cude said. “You do not have to wait until a concern becomes overwhelming. Having professional support and someone to help you work through what is happening can be valuable at many different points in life.”

Kuehler said making additional services available locally is an important part of Knox County Hospital District’s commitment to the communities it serves.

“Access to care is particularly important in a rural area,” Kuehler said. “Each service we can provide close to home can make it a little easier for our patients to get the help they need. We are glad to have Rachel joining our team and look forward to having this additional resource available to Knox County.”

Cude is expected to begin seeing patients at the Knox City Clinic sometime in September. A specific start date will be announced when scheduling is finalized.



For appointments or additional information, call the Knox City Clinic at 940-657-3906. The clinic is located at 712 SE 5th Street in Knox City.

About Knox County Hospital District

Founded in 1926, Knox County Hospital District provides healthcare for residents of Knox County and surrounding areas. The district offers a wealth of medical services, including 24-hour emergency care, advanced radiology services, a clinical laboratory, home health, physical therapy, long-term care, patient education, and more. For additional information, please call 940-657-3535 or visit www.knoxhospital.org.

###