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Counseling Centers/Crisis Lines

Organization Name	Services Provided/Notes
Crisis Hotlines https://namitexas.org/crisis/	● National Suicide Prevention Lifeline: Call or Text 988 Free 24/7 ● NAMI Crisis Text Line: Call 1-800-950-6264 Text 62640 Monday - Friday 9am - 9pm ● Girls & Boys Town National Hotline: (800) 448-3000 ● National Hopeline Network: 1-800-442-HOPE(4673) ● The Trevor Project (LGBTQ suicide help): Call 866-488-7386, text 'START' to "678-678" or chat online thetrevorproject.org 24/7 ● National Youth Crisis Hotline: (800) 442-4673
Calabri Health 1111 W. Mockingbird Ln. Dallas, TX 75247 (972)489-5552 http://www.calabrihealth.org *To schedule an appointment call number listed above.	Services Offered: ● Serves children (older than 3 years old) and adults with a mental health diagnosis or behavioral issues ● Screening & Intake Assessment ○ Initial visit is scheduled within 5 days of screening ● Community Based Services ○ Provides therapy services at homes, schools, etc. ● Crisis Intervention ○ Emergency response to mental health available 24/7 for enrolled clients ● Accepts Texas Children Health Plan, Molina, Superior, Parkland, United Healthcare, Wellpoint, Aetna, and Medicaid (does not take basic coverage), self pay is an option. ● Spanish services available.
Centered, PLLC (817) 631-0976 1112 E. Copeland Rd., Suite #420 Arlington, TX 76011 https://www.centeredpllc.com/ Hours: Monday-Friday: 9:00am-7:00 pm Saturday: 10:00 am -3:00 pm Sunday (available by appointment only) *To schedule an appointment please visit website or email info@centeredpllc.com	Services any members in the community and specializes in providing individual and family therapy to Black and Indigenous People of Color residing in Texas. ● Currently offering Tele-health and in person counseling, ages 10 and up ● Spanish speaking therapist available ● Insurances accepted: Aetna, Ambetter, Blue Cross Blue Shield, Cigna, United Healthcare, Oscar, Optum and Molina. Does not take medicaid. *Discounted sessions with LPC-Associate are \$60 per session
Child & Family Guidance Center 8915 Harry Hines Blvd Dallas, TX 75235 (214) 351-3490 www.childrenandfamilies.org	Provides comprehensive mental health services to adults, children and families. ● Teletherapy is available ● Spanish-speaking counselors available ● Accept Medicaid and private insurance ● Provide rehabilitation services, medicine management, family

*To schedule an appointment please visit website or call number listed above.	and individual counseling, and parenting classes. Provides services for YES Waiver. • Accepts all major insurance plans and provides free or reduced price care if you meet requirements. In addition, it offers a sliding scale for those that don't have insurance.
<u>Children's HealthSM Psychiatry and Psychology Department</u> 1935 Medical District Dr Ste B5330 Dallas, TX 75235 (214) 456-8899 https://www.childrens.com/specialties-services/specialty-centers-and-programs/psychiatry-and-psychology *To schedule an appointment please visit website or call number listed above.	Children's Hospital offers several programs such as • SPARC (Suicide Prevention and Resilience in Children) • Teen Recovery Program for mental health and substance abuse • Eating Disorders Treatment Program for inpatient or outpatient care • Depression Clinic for children with depression • Pediatric Day Treatment Programs • Offer evaluation by a treatment team that includes: ○ Clinical therapists, Child psychiatrists, & Child psychologists
<u>ChristianWorks - Dallas Location</u> 5440 Harvest Hill RD. #140 Dallas, Texas 75230 <u>Ft. Worth location</u> 2214 Hemphill St Ft. Worth, Texas 76110 (800) 375-2229 https://www.christian-works.org/	<u>GriefWorks</u> • Free grief support groups for children ages 5-18 and their families. • In twice a month meetings on Tuesday evenings 6:30-8:15 PM. This time includes a free home-cooked meal provided by GriefWorks Meal volunteers from 6:30-7 PM. <u>DivorceWorks</u> • Free support group program for parents and children ages 5-18 • 8-week program offered three times a year in the spring, fall, and winter, that meets for one hour at both our Dallas & Ft. Worth locations. <u>CounselingWorks</u> • Individual, couple, marital, family counseling, play therapy for ages 3 and older. English and Spanish services available. • Sliding scale available based on family household income. • Counseling availability typically from 9am to 8pm Monday through Friday.
<u>Community Care Counseling</u> 2727 Lyndon B Johnson Fwy Suite 568 Dallas, TX 75234 (800) 565-2411 www.cccoftexas.com *To schedule an appointment, please call number listed above or email admin@cccoftexas.com	• Mental health services for adults and children including counseling, skills training, medication management, and case management. • Services provided virtually and/or in-home • Provides YES Waiver Services • Accepts Medicaid only - Does not take WellPoint

Counseling Institute of Irving 1300 Walnut Hill Lane Ste. 200 Irving, TX 75038 (972) 550-8369 www.drspillman.com *To schedule an appointment please visit website or call the number listed above.	● Play therapy & individual counseling ● Most major insurances accepted ● Discounted rates for interns ● Drug testing, pre-marital testing & psychoeducational testing ● No bilingual services available at this time Services are in-person, or virtual
Equip Health (866) 346-3986 https://equip.health/ info@equip.health	Treats patients with diagnosed and undiagnosed eating disorders and co-occurring conditions ● Fully online treatment for any age, gender, ability, etc. ● Works with a team of therapist, physicians, dietitians, peer mentors, and family mentors ● Accepts most Commercial Insurances and some Medicaid
Exceptional Wellness 3626 North Hall, Suite 610 Dallas, Texas 75219 https://www.exceptionalwellnessinc.com/our-services (888) 539-8470 intake Intake Coordinator available 7 days a week *To schedule an appointment please visit website or call number listed above.	● Case Management ● Medication Management ● Psychosocial Rehab Services ● Individual and Family Therapy ● Services provided via Telehealth or in-home or in office ● Medicaid accepted (except United and Amerigroup) ● All major insurances accepted
Family Tree Program Denton and Dallas County (888) 837-0666 www.familytreeprogram.org	● 6 Free Family Counseling sessions for families with children ages 6-17. Bilingual services available ● Apply online to request services ● Services available in Dallas and Denton counties ● Does not service families and individuals with complex mental or behavioral health concerns
Helping Hands Community Support Services Main Office: (817) 349-0680 Intake: (682) 404-3086 http://www.hhcss.org/ <u>Locations:</u> 4200 South Fwy, Ste. 630 Fort Worth, TX, 76115 2351 W. Northwest Hwy, Ste. 3236 Dallas, TX, 75220	HHCSS is a community-based behavioral health agency that strives to create and deliver compassionate solutions that empower, enrich, and elevate the community in which we serve. ● Psychiatric Evaluations, Medication, Medication Management ● Counseling: Individual and Family Therapy by licensed professionals ● Skills Training: Anger Management, Social Skills, Coping Skills for Anxiety/Depression, Life Skills, and more ● Services are free with Medicaid ● Private Insurance is accepted with sliding scale fee

<u>Here For Texas</u> <u>Mental Health Navigation Line</u> (972) 525-8181 www.herefortexas.com	Website you can search for mental and substance abuse treatment services in your area. • Open Monday-Friday 10am-6pm • You'll be connected to a trained mental health navigator who can offer support and information about mental health services and resources in your area. • Submit a form online and within 24-48 hours resources will be sent based on client's area code • Services available in Spanish, using option 2 on dialpad
<u>HHM Health</u> (214) 221-0855 (Referral Ext: 1103) https://www.hhmhealth.org/behavioral-health/ <u>Vickery Clinic</u> 5750 Pineland Dr. Ste. 330A Dallas, TX 75243 <u>Mesquite Clinic</u> 4550 Gus Thomasson Rd. Ste. 40 Mesquite TX 75150	• Services available for all ages • In-person and Virtual options available • Bilingual • Therapy Services: ◦ Early Childhood Support ◦ Play Therapy ◦ Individual Therapy (Substance Abuse Counseling, Crisis Intervention, EMDR, CBT, etc.) ◦ Family Therapy • Psychiatric Services Available • Accepts Medicaid and Commercial Insurances, Sliding Scale Available if Eligible
<u>Holman Family Services</u> 3636 N. MacArthur Blvd. Ste. 160 Irving, TX 75062 (972) 375-1200 https://holmanfamilyservices.com/	• Christian Counseling for children and families, ages 5 and up • Parenting classes • Medicaid and Amerigroup accepted & private pay available • Saturday availability • Spanish Speaking counselor available
<u>Irving Family Advocacy Center</u> 600 W. Pioneer Dr. Irving, TX 75061 (972) 721-6521, main number www.irvingfac.com - complete application online for services	• Free counseling for children, teens, & adults (ages 3 & up) • Therapeutic art activities for children and adults • Crisis counseling • Educational classes • Counseling assessments • Individual, family, couples, and group psychotherapy • Play therapy for children ages 3-11 • Spanish-speaking counselors available
<u>Lifestance Health</u> www.lifestance.com Intake Phone: (844) 824-8775 Irving Location: (972)-421-8130	• In-person and telehealth appointments • Available psychiatrists, psychologists, and licensed therapists • Accept most insurance plans and some Medicaid plans • Find a mental health provider through the website or through the intake phone line

<u>Mosaic Family Services</u> 12225 Greenville Ave, Suite 600 Dallas, TX 75243 (214) 821-5393 http://mosaicfamilyservices.org/ 24 HOUR CRISIS HOTLINE (214) 823-4434	FREE Counseling for all ages for survivors of domestic abuse and human trafficking • Services include: Individual Therapy, Play Therapy, Grief Counseling, EMDR Interventions, Parenting Classes • Domestic violence/emergency shelters for women and children • Multilingual services available
<u>Nourish Play Therapy</u> 6301 Gaston Avenue, Suite 800 Dallas, TX 75214 (214) 208-7469 https://nourishplaytherapy.com/	• In-person and telehealth therapy available • Therapy for children, teens, adults, and couples (ages 3 and up) • EMDR, Play Therapy, Parenting and Perinatal Support offered • Insurances accepted: In-Network with Aetna, United Healthcare, UMR, Optum, Molina Marketplace, Cigna, and BCBS (out of network benefits). Certified Tricare providers.
<u>NTBHA</u> (214) 366-9407, call or text (866) 260-8000, 24/7 Crisis Line www.ntbha.org	North Texas Behavioral Health Authority • Helps people living in North Texas with accessing high quality, recovery-oriented services regardless of economic status, place of residence, and/or if they're experiencing homelessness • Individuals from 3 years old throughout the lifespan • Focus on helping individuals get connected to mental health and/or substance use treatment • After-hours walk-in crisis locations in Dallas and Kaufman County
<u>Pathways Youth and Family Services</u> (800) 427-6144 https://pathwaystx.org/behavioral-health/ For questions about eligibility email: referrals@mosaic-consult.com	• ONLY accepts Medicaid (Wellpoint, Superior Health, and Community First) • In-person or telehealth services • Services offered: ○ Individual therapy for 3-20 years of age ○ Family therapy ○ Psychiatric evaluations and medication management for ages 5 and older ○ Skills training for children, youths, and adults ○ Case management ○ Parenting coaching/nurturing parenting
<u>The Family Place</u> http://www.familyplace.org/ 24 HOUR CRISIS HOTLINE: (214) 941-1991	• FREE group and individual counseling services offered in English and Spanish for children, teen, and adult survivors of abuse. • Must call their hotline to get connected to services such as emergency shelter, outreach counseling, or legal aid.

<u>The Momentous Institute</u> Appointment line: (214) 916-4000 https://momentousinstitute.org/mental-health-services <u>Oak Cliff Campus</u> 106 E 10th Street Dallas, TX 75203 <u>Constantin Campus</u> 9705 Harry Hines Blvd. Dallas, TX 75220	● Affordable sliding scale fee structure offers in-person or telehealth counseling services for children 0-15 and their families. ● Services offered in English or Spanish ● Family, individual, play or group therapy offered ● No insurance needed ● Psychiatric services/medication management offered for children 15 and under
<u>The Telos Project</u> (682) 841-1475 7801 Oakmont Blvd, Suite 101 Fort Worth, TX 76132 https://www.thetelosproject.org/	● English and Spanish speaking individual, family, couple's therapy, parent coaching, support groups, and psychological assessments available. ● Therapy for ages 3+ ● Psychological testing 18 months+ ● Accepts Medicaid, Medicare, Commercial, other insurance plans, and self-pay/sliding scale ● Provides testing for Autism, ADHD, Depression, PTSD, etc. ● In person and telehealth services (for children 12 and older)
<u>Youth Advocate Programs</u> (214) 821-6505 or (800) 635-4149 https://www.yapinc.org/TexasMentalHealth	● Provides free services to those who have Medicaid or CHIP ● Individual and family therapy ● English and Spanish speaking services offered ● Psychiatric services/medication management ● Skills training and development ● Case management ● Services for children, youth, and adults (ages 3-20) ● Specializes in working with individuals with ASD, cross-system youth, and youth who have experienced trauma ● Offers services in client's homes, school, or community
<u>Victim Intervention Program /Rape Crisis Center- Parkland</u> 5151 Maple Ave Dallas, TX 75235 Office: (214) 590-2926 Hotline: (214) 590-0430 https://www.parklandhospital.com/vip-rape-crisis-center	● Free counseling offered to survivors of abuse, assault, family violence, and/or surviving family members of homicide victims who live in Dallas County ● Play therapy, family therapy, individual therapy, group counseling, and psychiatry/medication management available ● Must call first to make an appointment ● Saturday appointments (limited to English at this time) ● Clients must be ages 4 yrs or older ● English and Spanish services available

<u>Wellspring Counseling Center</u> 3160 E Spring Creek Pkwy Plano, TX 75074 (903) 213-5083 - Main Line (903) 751-5255 - Grief Support Intake https://www.wccplano.org/ https://www.wccplano.org/joh (Grief Support) *To schedule an appointment please visit website or call number listed above.	Counseling services for children, teens and adults that include: ● Individual Counseling, Family Counseling and Couples Counseling ● Services are offered on a sliding scale from \$30 to \$100 ● Virtual and In-Person services available ● “Journey of Hope” Grief support groups for all ages
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Psychiatric & Chemical Dependency

Organization Name	Services Provided/Notes
<u>BasePoint Academy</u> Free Mental Health Assessment and admissions for Teens: (469) 817-3787 7am-7pm, 7 Days a Week admissions@basepointacademy.com www.basepointacademy.com 3900 Arlington Highlands Blvd Suite 237 Arlington, TX 76018 713 W Broad St. Suite 200 Forney, TX 75126 4733 Medical Center Dr. McKinney, TX 75069 8275 Judges Way, Suite 100i Frisco, TX 75036	• Offers Partial Hospitalization (PHP), Intensive Outpatient (IOP), evening programs, teen family therapy, teen group therapy, medication management, and traditional outpatient therapy • Children/teens ages 11-18 • Offers services in person or via telehealth • Transportation assistance • Accepts major insurances or payment flexibility options • No Spanish speaking options available for PHP or IOP
<u>Branches Excel Fort Worth –A Service of Milwood Hospital</u> 1307 8th Ave. FL 5 Fort Worth, TX, 76104 (844) 638-8400	• Free confidential assessments offered in person or virtually • Serves ages 5-18 • Accepts Medicaid and most major insurance <u>Current Programs:</u> • <u>Partial Hospitalization Program (PHP)</u> ○ Mon-Fri 9am-3pm during the school year ○ Mon-Fri 9am-1pm during the summer break and school holidays ○ Includes Charter school, accredited by the TEA ○ Family therapy ○ Psychiatry/medication management 1-2 times a week ○ Phone consults with the therapist and nurse ○ Case management ○ Written progress reports for parents • <u>Intensive Outpatient Program (IOP)</u> ○ Mon-Fri 9am-3pm during the school year ○ Mon-Fri 9am-12pm during the summer and school holidays ○ Includes Charter school, accredited by the TEA ○ Psychiatry/medication management once a week ○ Phone consults with the therapist and nurse ○ Case management ○ Written progress reports for parents

Charlie Health (214) 972-2354 https://www.charliehealth.com Admissions available 24/7	<u>Virtual Teen IOP Program</u> ○ Each treatment plan consists of up to 9-12 hours per week consisted of: support groups, individual therapy, family therapy, and psychiatric consultation/medication management (as needed) ○ Available evenings and weekends ○ Ongoing access to crisis support outside of scheduled sessions ● Accepts most major insurance providers including commercial plans and Medicaid ● Group and individual sessions offered in Spanish ● Family support groups offered in Spanish ● On-demand translation services as needed
<u>Child & Family Guidance Center</u> <u>Dallas- HQ</u> 8915 Harry Hines Blvd Dallas, TX 75235 (214) 351-3490 General Hours: Mon-Fri 8am-5pm Walk-In Hours: Mon-Fri 8am-2pm www.childrenandfamilies.org	● Ages 3-99 ● Accepts all major insurance plans, Medicare, Medicaid, CHIP, and is an NTBHA provider enrollment site, which means free or reduced care. They also offer sliding scale for services. ● In person or telehealth services offered ● Services offered in English and Spanish ● Individual, group, and family therapy ● Skills training ● Case management ● ADHD Treatment <u>Youth Empowerment Services (YES) Waiver Program (866) 501-6535</u> ● Community-based services to children and adolescents with severe emotional disturbances, disruptive/aggressive, risk of harm, limited resources, poor school behavior, or a current mental health diagnosis ● Children ages 3-18 ● Must be eligible for Medicaid ● Specialized therapies, community living supports, family supports, employment supports, employment assistance, paraprofessional services, respite services, non-medical transportation, supportive family based alternatives, adaptive aids and supports, minor home modifications, and transition services
<u>Children's ER</u> 5060 Southwestern Medical Ave. Dallas, TX 75235 (214) 456-7000 https://www.childrens.com/locations/dallas-campus/childrens-medical-center-dallas-er	● Psychiatric evaluation available through the ER 24/7

<u>Children's Health - Teen Recovery Program for Mental Health & Substance Abuse</u> 1341 W. Mockingbird Ln. Suite 500E Dallas, TX 75247 (214) 456-7200 https://www.childrens.com/specialties-services/specialty-centers-and-programs/psychiatry-and-psychology/conditions-and-programs/teen-recovery-program	<u>Intensive Outpatient Program (Serves ages 13-17)</u> • 15 week program • Includes individual and family sessions • Services include: ○ Medication management ○ Group and individual therapy ○ Family therapy • Accept several insurances including Medicaid
<u>DFW Child Psychiatry</u> 1304 W. Walnut Hill Ln Ste. 100 Irving, TX 75038 (469) 941-0444 (ext 1) www.dfwchildpsychiatry.com Hours: M-F 8am-3pm Closed some Wednesdays, Holidays, and Weekends	• ONLY accepts Aetna, some BCBS policies, and some providers accept UHC • Treat multiple behavioral, emotional & developmental diagnosis • Spanish-speaking psychiatry available
<u>Hickory Trail Hospital</u> 2000 N. Old Hickory Trail, DeSoto, TX 75115 (972) 299-3548 https://www.hickorytrail.com	• Will provide no-cost assessment to anyone who walks in • Insurance: All plans accepted, including Medicaid. • Partial Hospitalization Program (PHP) - Adults 18+ • Intensive Outpatient Program (IOP) - Adults 18+ ○ Transportation available within a 25 mile radius for outpatient services. ○ Medication Management with Psychiatrist ○ Casemanager will discuss schooling if still in school. ○ Chemical dependency program
<u>Medical City Green Oaks Hospital</u> 7808 Clodus Fields Dr. Dallas, Texas 75251 (972) 770-0818 <u>Medical City Green Oaks Outpatient Services - Three Forest Plaza:</u> 12221 Merit Drive, #400 Dallas, TX 75251 (972) 701-3626	• Inpatient Program ○ Adolescents (12-17 years old) and Adults ○ Treated Conditions: anxiety, depression, eating disorders, mood disorders, dual diagnoses, chemical dependency, etc. • For adults only - PHP/IOP available for ages 18+ • Accepts several insurances including Medicaid/Medicare (both plan A&B)

<u>Medical City Mental Health and Wellness Center Frisco</u> 5680 Frisco Square Blvd #3000 Frisco, TX 75034 (469) 535-8001 (call for assessment)	• Serves adolescents ages 12 to 17. • All insurances and Medicaid are accepted. • Inpatient Program ○ Treat: sudden mood changes, anxiety and panic attacks, suicidal thoughts, self-injury, psychotic disorders, severe disruptive behavior, drug or alcohol use, and depression. ○ Students remain in school during inpatient stay. • Intensive Outpatient Program (IOP) ○ Treat: anger management, anxiety, depression, grief, PTSD, stress, and addiction that does not require medical detox. ○ Meets Tuesday, Wednesday, and Thursday from 5:30pm to 8:30pm • If an adult or a student (with parents) does a walk-in, and does not have insurance, the facility works with a 3rd party that assists with funding.
<u>Mesa Springs</u> 5560 Mesa Springs Drive (main campus) Fort Worth, TX 76123 817-292-4600 option #3 for assessment (Open 24 hours) 4935 S. Collins Ste. 101 Arlington, TX 76018 (682) 320-2800 (Open M-F) 6421 Camp Bowie Blvd, Ste. 200 Fort Worth, TX 76116 (817) 841-8002 (Open M-F) https://mesasprings.com/	• Offers programs for adults and adolescents • 24/7 assessments available • Accepts most insurance plans and Medicaid • Inpatient Program (Main Campus) ○ Adolescents age 12 and older ○ Treats depression, anxiety, post traumatic stress disorder (PTSD), bipolar disorder, borderline personality disorder, psychosis, and suicidal ideation ○ Located at Mesa Springs Drive location • Child & Adolescent - Partial Hospitalization Program (PHP) ○ Ages 7 and older ○ Daily program for 4 to 6 weeks • Child & Adolescent - Intensive Outpatient Program (IOP) ○ Ages 7 and older • Substance abuse programs for adults and adolescents (detox program, inpatient and outpatient rehab). No medical detox option for Adolescents.
<u>Millwood Hospital</u> 1011 N. Cooper St. Arlington, TX 76011 (817) 242-9993 https://millwoodhospital.com/	• Free confidential assessments • Accepts private insurance and all Medicaid • Mental Health Treatment Programs ○ Inpatient Acute Mental Health Care (Ages 5+) ○ Inpatient Substance Abuse Treatment Services ○ Adult Dual Diagnosis Program

<u>Mind Above Matter</u> 4232 Heritage Trace Pkwy Keller, TX 76244 (817) 482-0414 mindabovematter.com	• Services offered: ○ Mental health assessments ○ Partial Hospitalization Program (PHP) ○ Intensive Outpatient Program (IOP) ○ Individual, couple and family therapy ○ Medication management ○ Telehealth services • Treat: depression, trauma, anxiety, panic attacks, social phobia • Ages 12 + • Accept ins. & Medicaid: Cigna, Cooks, Parkland plans, Wellpoint
<u>NTBHA - North Texas Behavioral Health Authority</u> 24/7 Crisis Line: (866) 260-8000 www.ntbha.org <u>Walk-in Crisis clinic:</u> Southern Area Behavioral Healthcare 4215 Gannon Lane Dallas, TX 75237 (972) 283-9090	• Phone crisis support • No cost for assessment After-hours walk-in crisis clinic: • Located in South Dallas • Accepts some Private Insurance and Medicaid • Services: ○ Crisis Intervention and Management ○ Psychiatric Evaluations ○ Case Management ○ Medication Management ○ Counseling Services • Hours: ○ Monday-Friday 2:00 PM to 10:00 PM ○ Saturday 2:00 PM to 7:00 PM ○ Sunday 2:00 PM to 7:00 PM ○ Walk-ins must arrive at least two hours prior to office closing, to allow time to complete the entire intake process. If you are a new patient, arrive between 2:00pm and 4:00pm.
<u>Pathlight Mood & Anxiety Center</u> 4200 S. Hulen St. Suite 436 Fort Worth, TX 76109 (817) 952-8180 www.pathlightbh.com	• Commercial insurance accepted • Partial Hospitalization Program (PHP) ○ Ages 12-17 ○ 5 days a week • Intensive Outpatient Program (IOP) ○ Ages 12-17 ○ 3 days a week ○ On-site (hours M, W, Th 8:30-11:30am) ○ Virtual (hours M, W, T 5-8pm)
<u>Perimeter Behavioral Hospital of Arlington</u> 7000 US Hwy 287 Arlington, TX 76001 (817) 662-6342	• Inpatient care for children (4-17 years old) • Provide Free, confidential assessments • All insurances and Medicaid Accepted.

https://www.perimeterhealthcare.com/facilities/perimeter-behavioral-hospital-of-arlington/	
<u>RISE Recovery</u> (210) 227-2634 2803 Mossrock Dr San Antonio, TX 78230 https://www.riserecovery.org/telehealth/	• Services youth ages 12-17 and adults ages 18-35), available for 18 year olds still enrolled in high school • Provide free telehealth services to all youth and families in Texas struggling with substance use • No insurance required • Recovery Support • Support groups available for parents and family members of patient • Services offered: ○ peer counseling ○ support groups ○ social activities ○ prevention education ○ treatment navigation ○ Case management ○ Recovery high school 9-12th grade ○ Health/wellness events ○ School outreach
<u>Roots Renewal</u> 819 Indian Trail Argyle, TX (888) 399-0489 https://rootsrenewalranch.com/	• 90-day, dual diagnosis residential program • Treats 13 to 17 year old girls with alcohol or drug use problems, trauma, anger issues, self harm, anxiety, depression, and attachment issues. • Only accepts commercial insurance
<u>Texas Health Springwood Behavioral Health Hospital HEB</u> 2717 Tibbets Drive Bedford, Texas 76022 (682) 236-6023	• Crisis assessment ○ Monday-Friday 8am-8pm • 24/7 evaluations provided in Texas Health Hospital ER next door • Virtual Crisis Assessment (8am-6pm) • Adult and Adolescent Programs ○ Inpatient (13-17 years and adults 18+) ○ Partial Hospitalization Program (PHP) ○ Intensive Outpatient program (IOP) • Chemical dependency treatment/generic psychiatric services ○ Adolescents and Adults
<u>Youth 180</u> 201 S. Tyler Street Suite #100 Dallas, Texas 75208 (214) 942-5166 https://www.youth180tx.org/	<u>Counseling Services</u> • Counseling for youth (13-17 years old) and their families ○ Adults 18-24 • Does not have to be drug related ○ Substance misuse ○ Trauma ○ Anxiety

Prevention Program email: info@youth180tx.org Clinical Services email: clinical@youth180tx.org	○ Stress ○ Depression ● Services: ○ Free phone screenings ○ Substance Abuse Evaluations ○ Urine Drug Testing ○ Group, Ind., and Family Counseling Services ○ Parent Support ○ Case Management ○ Psychiatric services (projected September 2025) ○ Bilingual services provided (parent classes are in English and Spanish) ● Will provide bus passes, uber rides, gas cards, snacks ● Payment: ○ Private insurance accepted ○ Most Medicaid ○ NTBHA ○ Centivo - Baylor Scott and White ○ Sliding scale fee options <u>Prevention Program</u> ● Educates youth (K-12) and their parents on positive decision making, coping, problem solving skills, and in the risks associated with substance use. <u>Substance Abuse Program</u> ● Substance abuse and recovery support for ages 13-17 ● 14 sessions
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Shelters/Residential Placements

Organization Name	Services Provided/Notes
<u>Christ's Haven</u> 4200 Keller Haslet Rd. Keller, TX 76244 (817) 431-1544 https://www.christshaven.org/	A non-emergency VOLUNTARY residential placement for children from birth until 18 yrs. old, where guardians maintain full custody of their child, but allow Christ's Haven to care for their child's needs while they are placed in our care. ● Application & Interview process required ● Must be a U.S./Legal Resident <u>Services:</u> ● Residential Program ● Family Resource Center ● Food Pantry For children's services please reach out to Jaimee Kraft, Intake Coordinator, at jaimee@christshaven.org.
<u>Family Promise of Irving</u> (972) 313-1500 https://www.familypromiseirving.org/ Info@familypromiseirving.org	<u>Faith-Based Non-Profit Emergency Shelter:</u> ● 30 day program ● 3-5 day intake process ● <u>Requirements:</u> ○ Families who have lost, or are at risk of losing, their current housing, including families living in hotels with family or friends ○ Single-parent, dual-parent, and multi-generational families are accepted ○ Short term program for families with children ■ Must be 18 years or older with at least one dependent child under the age of 18 ○ Must be drug and alcohol free with no serious criminal record ○ Parent(s) must be working and pursuing permanent housing. ○ Have a stable history of either work or housing ○ No religious affiliation required <u>Prevention Services:</u> ● Connects clients with agencies that can assist with administering formal programs with government funding, rental assistance, landlord mediation, and community based approaches that keep families housed.
<u>Jonathan's Place</u> 6065 Duck Creek Dr Garland, TX 75043 (972) 303-5303 www.jpkids.org	Provides residential care and specialized services to children through a variety of programs such as: ● Transitional Living Program ○ For women ages 17+ who are aging out of foster care ● RESET (Restoring and Educating Survivors to Empowerment and Transformation) - Emergency Shelter: ○ Free 90 day residential program for girls ages 5-18 who

<u>Jonathan's Place at Promise House</u> 224 W. Page Ave. Dallas, TX 75208 (972) 303-5303	- are or at risk of being trafficking victims. ○ Housing/food/basic needs ○ Crisis intervention ○ Group and individual counseling ○ Behavioral counseling ● Girls Residential Treatment Program ○ Ages 10-17 ○ No insurance required ● Wesley Inn Program (Jonathan's Place at Promise House) ○ Offers housing to pregnant and teen moms between the ages of 14-20 years old
<u>Mosaic Family Services</u> 12225 Greenville Ave, Suite 600 Dallas, TX 75243 (214) 821-5393 http://mosaicervices.org/ 24 HOUR CRISIS HOTLINE: (214) 823-4434	Programing and support for survivors of domestic abuse and human trafficking ● Domestic violence/emergency shelters for women and children ● Multilingual services available ● Basic needs provided to families and individuals staying in the shelters ● Case management offered while in housing ● Legal services ● Educational support and ESL classes available
<u>Salvation Army Dallas Shelter And Services</u> <u>Carr P. Collins Social Service Center</u> 5302 Harry Hines Blvd. Dallas, TX 75247 (214) 424-7050 https://www.salvationarmydfw.org/ <u>J.E. & L.E. Mabee Social Service Center</u> 1855 E. Lancaster Ave. Fort Worth, TX 76103 (817) 344-1800	<u>Carr P. Collins Social Service Center</u> ● Residential Treatment Center ● Men's and Women's Shelter Care ● Victim Services Program ● Rapid Rehousing ● Homeless Prevention ● Food Pantry ● Warming and Cooling Center for extreme temperatures <u>Emergency Night Shelter</u> ● Offered at Denton Location ● 1508 E McKinney St, Denton, TX 76209 ● (940) 566-3800 <u>J.E. & L.E. Mabee Social Service Center</u> ● Emergency Homeless Shelter ● Daily Meals ● Homeless Prevention ● Women's Chemical Dependency Program
<u>The Family Place</u> (214) 941-1991 (24-Hour Crisis Hotline) http://www.familyplace.org/	Programs for Victims of Domestic or Family Violence ● Emergency Shelter ○ Open 24 hours a day, 7 days a week ● Transitional Housing Program ● Group and Individual Counseling ● Legal Advocacy

Social Services/Food Pantries

Organization Name	Services Provided/Notes
<u>211 Texas</u> Texas Health and Human Services You can call 2-1-1 or (877)541-7905 to request services https://www.211texas.org/	- It is a free and anonymous social services hotline available 24 hours a day, 7 days a week, and 365 days a year for Texans. - You can call 2-1-1 or (817)541-7905 no matter where you live in Texas and get information about resources in your community. - They provide information on a variety of social services in your community, from housing, to childcare, crisis counseling, or substance abuse treatment
<u>All Connect</u> (877)304-8778 https://www.allconnect.com/locatx/irving	Allconnect is the “one-stop-shop” for students and families to compare the different internet service providers available in the area providing tremendous value to the families of your current and future students looking for service. This service is free.
<u>All Things Made New</u> 2240 W. 5th Street Irving, TX 75060 (214) 460-7644 https://www.allthingsmadenew.net/	Year round SCHOOL UNIFORMS/SUPPLIES assistance
<u>Aunt Bertha - The Social Care Network</u> https://www.auntbertha.com/widget/660x234?c=2F8BC5&d=connectva	Search for free or reduced cost services like mental health care, housing, medical care, food, job training, and more. Go to their website and enter your zip code to be provided with resources for your specific area.
<u>Crisis Ministries</u> 114 E. Second St. Irving, TX 75060 (972) 254-0973 www.crisis-ministries.org To apply for financial assistance online, please click this link here: https://docs.google.com/forms/d/e/1FAIpQLSfLQINemZDV5CR6sYXrC4EE_Xwe8uj70ipWoPuGL8t4o2XNlyA/viewform	<u>Food Pantry:</u> - Open Monday, Tuesday, Wednesday & Friday from 10am- 1:15pm and the 2nd, 3rd and 4th Saturday of the month from 10am-12pm. - New Applicants must bring proof of residency such as lease or proof of how many people are living at Irving address. <u>Financial Assistance</u> - Applications available online. - Limited assistance available for utilities, rent, transportation and repairs to those who qualify. - Some expenses may require participation in financial classes. - Assistance is currently only available to Irving, TX residents <u>Other Services</u> - Hygiene products (including diapers) - Vision assistance (reading glasses) - Showers available on Tuesdays from 10 a.m. to 1 p.m - Job assistance - Please click link below for Employment assistance https://docs.google.com/forms/d/e/1FAIpQLSeYMYKLEffvKa_b2dQYvqi3BbPJo0D6MpcVpURqZn9xINjlwg/viewform

<u>Irving Cares</u> 440 S. Nursery Rd. Ste. 101 Irving, TX 75060 (972) 721-9181 www.irvingcares.org Hours of Operation: Monday- Friday 9:00 am- 12:00 pm 1:00 pm- 3:30 pm	<u>Food Pantry Assistance</u> Requirements: ● Must be an Irving resident (proof of residence required) ● Proof of identity of others in household. ● Provide Photo ID ● Social Security Cards are NOT required Pantry Days/Hours: ● Tuesday & Thursday: 9:00 am-12:00 pm (first 40 families) and 1:00 pm-3:30 pm (first 40 families) ● Mondays: 9 am- 12:00 pm (first 40 families) **Households are allowed 12 visits a service year <u>Electric and Gas Utility Assistance</u> Must be done over the phone by calling (972) 721-9181 Requirements: ● Must be a resident of Irving for at least 6 months ● Be at current residence for at least 3 months ● Utility must have been open for at least 90 days ● You & your roommate/spouse can't have received any other UTILITY/RENT assistance in the last 13 months. ● Must have earned income and be able to show you can normally pay your bills. ● Assistance with Direct Energy, Ambit Energy, Reliant Energy, TXU Energy and Atmos <u>Rent Assistance</u> -Must apply over the phone starting at 9am (972)721-9181. <u>Eligibility Requirements</u> ● Must be a resident of Irving for at least 6 months. ● Reside at your current address for at least 3 months. ● All prior month's rent must be paid. ● Must have a lease with everyone living in the household listed on it. ● Must have earned income equal or more than current rent & be able to show that you normally pay rent on your own. ● You and your roommate/spouse can't have received any other RENT assistance within the last 5 years. ● You and your roommate/spouse can't have received any other ELECTRIC assistance within the last 13 months. Irving Cares does not pay for all of the UTILITY and/or RENT bill. If you qualify, you will pay a portion of the bill as well.
<u>Methodist Children's Home (MCH)</u> 8820 N. MacArthur Blvd., Suite 102 Irving, TX 75063 (972) 480-8772 https://www.mch.org/locations/dallas/	<u>Case Management:</u> ● Provides help to families, kinship caregivers, and individuals by providing advocacy and support, connection to resources in the community, referrals for legal assistance, and other services. ● Services are designed for families with at-least one child residing in the home or individuals who have experienced out-of-home placements ● Eligible families should also live within a 45-mile radius of an MCH Outreach office.

	• All services are free to qualifying families Also offers private foster care placement and residential placements
<u>Mosaic Family Services</u> 12225 Greenville Ave #600 Dallas, TX 75243 (214) 821-5393 http://mosaicervices.org/ <u>24-hour CRISIS HOTLINE:</u> (214) 823-4434 <u>National Domestic Violence</u> <u>Hotline:</u> 800-799-SAFE (7233) <u>24-hour Trafficking Hotline:</u> (214) 823-1911	For refugees (victims of asylum), first steps to citizenship services are offered. These other services are offered, as well: • Safe emergency housing • 24-hour hotline assistance • Case Management • Legal Services • Immigration assistance • Interpretation and translation • Assistance with medical care, counseling, and other needs • Educational opportunities, including ESL, and job training
<u>North Texas Food Bank</u> https://ntfb.org/ (214) 330-1396	• <u>Mobile Pantry Schedule:</u> Drive through/walk up distributions available. Please visit the site below for locations. https://ntfb.org/
<u>Northgate United Methodist Church</u> 3700 W. Northgate Dr. Irving, TX 75062 (972) 252-8519	Northgate's Food Pantry is open the 1st and 3rd Saturday of every month from 8:30am-10:30am for limited food distribution • No appointment necessary • For more info, click here: https://www.northgateumc.org/serve/northgates-food-pantry-ministry/
<u>Salvation Army/Boys & Girls Club</u> 250 E. Grauwylar Rd. Irving, TX 75061 (972) 438-6553 https://salvationarmymytx.org/north-texas/irving	<u>Food Pantry</u> • 2nd and 4th Friday of the month • Call to schedule an appointment <u>Financial Assistance</u> For assistance to help pay for rent for Irving residents, call 972-438-6553 or click here to apply: https://ntx.sahelp.org/ <u>Christmas Assistance - Angel Tree Program</u> The Angel Tree program helps families in need by providing Christmas gifts to children ages 14 and under. (Application starts late October, 2024) • To apply for assistance, please call The Salvation Army location in your county of residence for more information. • For IRVING: Call 972-438-6553 or you can go to the location and get information at 250 E. Grauwylar Rd., Irving, Texas 75061.

Health Clinics

Organization Name	Services Provided/Notes
<u>HHM Health</u> (214) 221-0855 https://www.hhmhealth.org/ <u>Vickery Health Center</u> 5750 Pineland Dr. Dallas, TX 75231 (214) 221-0855 <u>Greenville Dental Center</u> 8515 Greenville Ave. Ste. N108 Dallas, TX 75243 (214) 221-0855 <u>Woodhill Pediatrics Associates</u> 8335 Walnut Hill Ln. Ste. 220 Dallas, TX 75231 (214) 221-0855 <u>Cece's Place: A Maternal Medical Clinic</u> 609 Texas Street Dallas, TX 75204 (972) 354-8713 <u>HHM Health at South Dallas</u> 3639 Holmes Street Dallas, TX 75215 (972) 354-8712 <u>HHM Health at Mesquite</u> 4550 Gus Thomasson Rd. Ste. 40 Mesquite, TX 75150 (972) 354-8714 <u>HHM Health Pediatric Mobile Clinic</u> (972) 354-8737	To enroll: Visit the Vickery Health Center enrollment office located at 5750 Pineland Dr., Dallas, TX 75231. The office is located on the 3rd floor. Office hours: Monday through Friday from 9:00 AM to 4:00 PM. No appointment necessary. Offers Services for: ○ Internal Medicine ■ Vickery Health Center ■ HHM Health at South Dallas ■ HHM Health at Mesquite ○ Women's Health ■ Vickery Health Center ■ Cece's Place: A Maternal Medical Clinic ■ HHM Health at South Dallas ■ HHM Health at Mesquite ○ Vision ■ Vickery Health Center ○ Dental ■ Greenville Dental Center ○ Pediatrics ■ Vickery Health Center ■ Woodhill Pediatrics Associates ■ HHM Health at South Dallas ■ HHM Health at Mesquite ● Bilingual Services Offered ● Accepts Medicaid and Commercial Insurances ● Sliding Scale discount based on income. Call or visit the enrollment office to see if you qualify <u>Pediatric Mobile Clinic</u> Services provided for ages 0-18: ● Annual Check-ups ● Sick visits ● Immunizations ● School physicals ● \$20 Sports physicals

<u>Los Barrios Unidos Community Clinic</u> (877) 574-6931 (Appointment line) https://losbarriosunidos.org/ LBU West Dallas 809 Singleton Blvd. Dallas, TX 75212 LBU Pediatrics 3111 Sylvan Avenue Dallas, TX 75212 LBU Oak Cliff 4732 W. Illinois Ave. Dallas, TX 75211 LBU South Oak Cliff 5787 S. Hampton #365 Dallas, TX 75232	Services offered: ● Pediatrics ● Adult Health Care ● Women's Health ● Prenatal Care ● Behavioral Health ● WIC ● Dental (for children up to age 20) ● Vision and hearing screening (children only) ● Pharmacy Clinic accepts Medicaid, CHIP, Medicare, and private insurance. *Nobody is turned away for their inability to pay. Sliding fee scale and payment plans are available.
<u>Parkland Health Plan</u> https://parklandhealthplan.com/ (888) 672-2277	● Parkland Community Health Plan connects members to convenient, affordable health care ● Apply through Medicaid ● Services offered: ○ Medical ○ Vision ○ Dental ○ Mental health/Behavioral ○ Emergency Services
<u>Parkland - Irving Health Center</u> 1800 N. Britain Rd. Irving, TX 75061 (214) 266-3000 (214) 266-4000 (Pediatrics) Hours: 7:30 am-6:00 pm Monday, Tuesday, Thursday and Friday	<u>Services offered:</u> ● Behavioral Health Services ● Optometry Services, Ancillary Services (ex. mammogram, labs) ● Nutrition, Community health & wellness programs ● Assistance with completing Medicaid application ● Pediatrics and Adult Medical Care ○ Referrals for speciality care ○ Routine physicals ● Financial Plan/Assistance available ● Offering telehealth or in person visits **Call ahead if you believe you are experiencing COVID-19 symptoms.

<u>Parkland Memorial Hospital</u> 5200 Harry Hines Blvd Dallas, TX 75235 (214) 590-8000 (214) 590-8831 Patient Financial Services <u>Parkland Urgent Care Center</u> (469) 419-0872 Located on the 1st floor of the WISH Clinic Building Hours: Monday-Friday 6 am to 9 pm Saturday 8am to 5 pm Sunday - Closed <u>Parkland Emergency Room</u> Open 24 hours a day	● Urgent Care Center for medical attention that is not life threatening ○ Offers care for: Sprained joints, cuts, ear infections, colds, flu, sinus and allergy problems, STD screenings ○ Appointment not needed - Walk-ins welcome ● Parkland Emergency Room (ER) provides full-service emergency care
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After-School Programs

Organization Name	Services Provided/Notes
<u>All Things Made New</u> 1712 Carl Road Irving, TX 75061 (682) 710-2606 https://www.allthingsmadenew.net/	Free mentoring groups for boys and girls (free meal & snacks provided) • More than Gold - Girls Group (5th-12th grade) ◦ Divided into middle school and high school groups • Iron Roots - Boys Group (5th-12th grade) • G.R.A.C.E. - Empower pregnant teens/teen moms ◦ Monthly meetings and events ◦ Support Services: Diapers, wipes, equipment, etc. • Youth Advisory Council - students advocate for current community issues and create opportunities for action • Individual mentoring, case management, and college/career readiness are also available • Tutoring available for current participants with academic needs
<u>Irving Police Athletic League</u> 1007 N. O'Connor Rd. Irving, Texas 75061 (972) 254-4659 https://www.irvingpal.com/	Free after-school program for students ages 8-18 • <u>Fitness Program</u> (Year round) ◦ Monday-Thursday (5:00-6:30pm) ◦ Fridays (5:00-6:00pm) • <u>Competition Boxing</u> (Year round) ◦ 6-8pm Monday-Friday • <u>Archery</u> ◦ Ages 10-18 ◦ Tuesdays & Thursdays (5:00-6:30pm) • <u>Jiu Jitsu</u> ◦ Ages 10-18 ◦ Tuesdays & Thursdays (5:30-6:15pm) • <u>Summer Programs</u> (offered June & July) ◦ Basketball ◦ Urban Outdoors ◦ Volleyball ◦ Boys mentoring
<u>YMCA After School Program</u> 2200 W. Irving Blvd Irving, TX 75061 (469) 722-7329 https://www.ymcadallas.org/locations/school_age_services/after_school/irving	After school program for Irving ISD students in grades <u>PreK4 through 5th grade</u>. Monday-Friday (after school-6:30pm) • Registration fee: \$100 per child • \$31 per week after using the following discount code: IRVING_ISD • Financial assistance available