

Community Resource Referrals

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Individual and Family Counseling

Counselors, social workers, or psychologists work with clients and their families in different ways to help them progress toward goals.

BienStar Counseling	www.bienstarcounseling.com 214-682-7842	Dallas	Counseling services available in Spanish. Accepts Medicaid and most major insurance.
CCD Counseling	www.ccdcounseling.com 800-897-7068	Denton, Lewisville, Farmers Branch	Offers free family counseling. Individual counseling offered, no insurance accepted. Substance abuse evaluations offered in Spanish.
Center for Integrative Counseling	www.thecentercounseling.org 214-526-4525	Plano (Tollway and Plano Parkway)	Counseling and psychological services. Serves children, adults, and families. Accepts most insurances and Medicaid.
Centro de mi Salud	www.centromisalud.com 214-941-0798	Dallas (Oak Cliff, off S Hampton)	Psychiatric and counseling services in English & Spanish. Accepts majors insurances and Medicaid.
Child & Family Guidance Center	www.childrenandfamilies.org 214-351-3490	Dallas (Harry Hines and Regal Row)	Counseling, skills training, anger management classes, and divorce education classes at Harry Hines location. Services available in English & Spanish. Medicaid accepted, and sliding scale payment possible.
Family Tree Counseling	www.familytreeprogram.org 214-230-1234 or 888-837-0666 Ext. 8 para Español	Farmers Branch & Lewisville locations	Families may qualify for up to 6-10 free sessions if no current/open CPS case exists. Sliding scale payment may be available for those who qualify. Medicaid accepted. Available in Spanish.
Green Oaks Medical City - Dallas	Medical City Green Oaks 972-770-0818	Dallas (Forest Lane and I75)	Inpatient Program and Intensive Outpatient Program (IOP) Weekly program. M, W, F 9-12.
Green Oaks Medical City - Plano	Medical City Green Oaks Hospital- Plano Outpatient Clinic 972-985-1599	Plano, TX 75093 (Coit Rd and W 15th St)	Intensive Outpatient Program (IOP)
Jewish Family Services	Jewish Family Service of Greater Dallas 972-437-9950	Dallas (Dallas North Tollway and Arapaho)	Counseling, emergency food, career and financial coaching (not only for those who identify as Jewish)
Las Colinas Counseling	www.lascalinascounseling.com 972-910-8388	Irving (MacArthur and Kinwest)	Individual, couples, and family counseling. Some insurance is accepted. No counselors available in Spanish.
Metrocare Skillman	Metrocare Skillman Family Mental Health Clinic & Pharmacy 214-221-5433	Dallas (Forest Lane and Plano Rd)	Ages 3-18 counseling, groups for substance use. Available in Spanish. Medicaid and sliding scale payment accepted.
Momentous Institute	www.momentousinstitute.org 214-915-4700	Harry Hines and Northwest Highway	Trauma-informed, culturally responsive, family based mental health services for young people. English and Spanish. Serves youth ages 0-15 and their families. Sliding scale payment.
The Oak Counseling & Psych Services	The Oak Counseling and Psychiatric Services Medical City Healthcare 972-770-1032	Dallas (Forest Lane and I-75)	Psychiatric and Mental Health services. Provide individual, couples and family counseling. Accepts most insurance plans.
Rapha Christian Counseling	www.rapha.info 972-257-0449	Irving (Beltline & Gateway)	Counseling and education for children, adolescents, and families, including play therapy and addiction counseling. No counselors available in Spanish, and no Medicaid accepted. Sliding scale payment upon request for those who qualify. Accepts most major insurances. Offers telehealth.
Sigma Counseling	www.sigmacounseling.com 972-820-6299	Carrollton (Josey & Country Club)	Counseling, substance use treatment, probation programs, group counseling, and assessment/ evaluation. Medicaid accepted. One receptionist and one counselor speak Spanish.
Trauma Support Services	www.tssnt.org 972-709-4904	Dallas (635 and Greenville Ave)	Offers individual counseling, group therapy, play therapy, and psychoeducational groups. Serves trauma survivors.

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Multilingual /Multicultural Services

Bienstar Counseling	www.bienstarcounseling.com 214-682-7842	Dallas	Counseling services available in Spanish. Accepts Medicaid and most major insurance.
Centro de mi Salud	www.centromisalud.com 214-941-0798	Dallas (Oak Cliff, off S Hampton)	Psychiatric and counseling services available in Spanish. Accepts majors insurances and Medicaid.
Compassionate Psychiatry	https://www.compassionatepsychiatry.org/ 469-200-4093	Frisco, Allen, Plano, McKinney, and surrounding areas	Counseling, medication management, psychiatric testing. Spanish providers available.
Multicultural Recovery Center	https://www.multiculturalrecoverycenter.com/ 214-609-3300	Irving, Mesquite, Fort Worth, Dallas	Counseling and psychiatric care provided, counselors available in Spanish
Tran Nguyen, MS, LMFT	https://www.tranmft.com 214-935-3821	Addison	Vietnamese. Works on a sliding scale. Specializes in acculturation stress

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Play Therapy

Play therapy is intended to use children’s natural form of expression to help them prevent or resolve difficulties.

Center for Play Therapy UNT	Center for Play Therapy 940-565-3864	Denton (Welch and Prairie)	Individual & group play therapy, activity therapy, sandtray, & parent training and consultations. Counseling is typically provided by supervised graduate students. Available in Spanish. Sliding scale payment accepted. No Medicaid accepted.
The Counseling Institute of Irving	www.drspillman.com 972-550-8369	(MacArthur and Walnut Hill)	Individual counseling for children, teens, and adults, as well as play therapy, assessment, and reports. No Spanish speaking counselors available. In-network with most insurances. Medicaid not accepted. Sliding scale for those who qualify.
Paws for Reflection Ranch	www.pawsforreflectionranch.org 972-775-8966	Midlothian (Montgomery and Joe Wilson)	Play therapy for children ages 3-8. Animal-assisted therapy and equine therapy available. Sliding scale payment is possible. No Spanish speaking counselors available. Medicaid not accepted.
SMU Center for Family Counseling	www.smu.edu/familycounseling 972-473-3456	Plano (Tennyson and Democracy)	Talk and activity-based counseling for adolescents, play therapy for children as young as age two, family counseling, & parent education. Counseling is typically provided by supervised graduate students. Available in Spanish. Sliding scale payment accepted. Medicaid not accepted.

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Drug Treatment & Support

Treatment and support types vary according to individual needs.

Al-Anon Carrollton	www.dallasal-anon.org 214-363-0461or Para Español 214-941-6559	Carrollton (Beltline and 35)	Peer-led support group for families and friends of people who abuse alcohol. Not a counseling service. Evening and weekend meetings.
Alcoholics Anonymous, Carrollton	www.aadallas.org 972-242-5267 or Intergroup number 214-887-6699	Carrollton (Beltline and 35)	Peer-led support group for people who struggle with alcohol use. Not a counseling service. Meetings M-F and weekends.
Alcoholics Anonymous - Español	www.aadallasgroup.com/p/reuniones.html 214-905-0770	(Walnut Hill and 35)	Peer-led support group in Spanish for people who struggle with alcohol use. Not a counseling service. Meetings M-F and weekends.
Children's Health: Teen Recovery Program	Teen Recovery Program 214-456-7200	Dallas (35E and Mockingbird)	Serves ages 13-17. Out-patient program
CODA (Codependency)	www.coda.org 888-444-2359 (English) 888-444-2379 (Spanish)	Carrollton (Josey and Peters Colony)	In person and online meetings
Dallas Behavioral Healthcare Hospital	Children & Adolescent Services Dallas Behavioral 972-982-0897	Desoto (I-20 and 67)	Inpatient and Outpatient services Serves ages 5-17
Excel Center Lewisville	www.excelcenterlewisville.com 972-906-5522	Lewisville (W. Main St. & N. Valley Pkwy.)	Treatment for underlying or co-occurring mental health issues/diagnosis may address substance use concerns. Mental health services for adolescents ages 12-18. Some Medicaid plans accepted. No sliding scale or services in Spanish.
Grace Counseling	www.grace-counseling.com 844-564-0712	Fort Worth and Lewisville	Outpatient mental health and substance use treatment program. Offers drug testing. Spanish speaking counselor
Greater Dallas Council on Alcohol & Drug Abuse – Substance Abuse Helpline	Emergency Services - Community Council of Greater Dallas 214-522-8600	Based in Dallas	Emergency resource assistance and assistance getting help enrolling in health care insurance
Hickory Trail Hospital	www.hickorytrail.com 972-298-7323	DeSoto (I-20 and N. Hampton Rd.)	Chemical Dependency Program, Medicaid accepted. On-site treatment for many mental health conditions. Spanish bilingual translator line available. Spanish speaking staff at times.
Imagine Programs	www.imagineprograms.net 214-385-4264	Plano (Avenue K and E. Park Blvd.)	Assessment, intensive outpatient counseling, and music/art therapy for adolescents with chemical dependency. Medicaid accepted and sliding scale payment available. Spanish speakers available.
Lighthouse Recovery Texas	Lighthouse Recovery - Dallas 214-390-9378	Dallas (635 and Dallas North Tollway)	Partial Hospitalization, Intensive Outpatient (IOP), extended care and sober living
Metrocare Westside Family Center	www.metrocareservices.org 214-331-0107	S. Dallas (I-30 and N. Westmoreland Rd.)	Multiple services for substance use and prevention. Medicaid accepted, and Metrocare plan available based on income. Spanish speakers available.

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Millwood Hospital	Mental Health and Substance Use Treatment MillwoodHospital.com 817-859-7074	Arlington	Inpatient and Outpatient services for substance use. Offers mental health assessment 24/7
Narcotics Anonymous, CFB Group	Carrollton Farmer Branch Group Narcotics.com 1-888-NA-WORKS; Spanish 1-888-600-6229	Farmers Branch (Valley View & 35) English	Peer-led support group for people who abuse narcotics. Not a counseling service. Call for meeting times.
Nueva Vida (Al-Anon en español)	Español 214-392-9378	Dallas (Merrell and Monroe, off Harry Hines)	Peer-led support group in Spanish for families and friends of people who struggle with alcohol use. Not a counseling service. Call for meeting times.
Phoenix House	Phoenix House Texas 1-844-PH-TEXAS	Dallas (Harry Hines and Dallas North Tollway)	Serves ages 13-18 who struggle with substance use and co-occurring mental health disorders. Most major insurance accepted.
Recovery Resource Council	www.recoverycouncil.org 817-332-6329	Fort Worth	Addiction treatment including outreach, screening, information, and referral services. Outpatient services provided virtually or on site. Services offered free of charge.
Reflections Lifestyle Center	https://reflectionslifestyle.com 469-777-4688	The Colony and Plano	Offers partial hospitalization program and intensive outpatient program for ages 11-18. Treats mental health and substance use disorders.
Seay Behavioral Health Hospital	Texas Health Seay Behavioral Health Plano 682-549-7934	Plano (Dallas N. Tollway & Parker)	Ages 12-17 day program and outpatient services for substance abuse. Medicare and Medicaid accepted. Spanish available through translator line only.
Shoreline Treatment Center	Shoreline Treatment Center 361-528-3356	Taft (Near Corpus Christi)	Closed (locked) residential chemical dependency treatment facility. Serves ages 13-17. Some forms of Medicaid and CHIPS accepted. Spanish available.
Sigma Counseling	www.sigmacounseling.com 972-820-6299	Carrollton (Josey and Country Club)	Counseling, substance use treatment, probation programs, & assessment/evaluation offered. Medicaid accepted. Spanish counselors may be available.
Sundown Ranch	www.sundownranchinc.com 903-479-3933	Canton (I-20 and Highway 19)	Serves adolescents ages 12-17 with chemical dependency and co-occurring mental health disorders. No Medicaid or sliding scale accepted. Some Spanish speaking staff.
Waterford Counseling	www.waterfordacademyllc.com 866-439-0355	Flower Mound and Richardson	Marijuana Intervention classes for adolescents and their parents, Mondays 5-6pm. Can pay by the class. Free assessment and drug screening. Day program and outpatient services available and accepts major insurances and Medicaid.
Youth 180	www.youth180tx.org 214-942-5166	Dallas (Tyler St. & Sunset Ave.)	Free 8-10 week educational program for K-12th graders that focuses on coping, decision making, and problem solving skills associated with substance use. Free 11 week strengthening families program that focuses on bonding, setting clear boundaries, and monitoring emotional wellbeing.

Drug Testing

Fastest Labs of Addison	Testing Lab in Addison FastestLabs® 972-635-4264	Addison	Open M-F 9am-5pm; closed Sat & Sun. Discount for CFBISD students with school ID. 17 panel urine drug screen for \$45 with results available instantly. Drug testing coaches are available to speak with parents about the different drug tests available.
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Eating Disorders

Treatment and support types vary according to individual needs.

Children’s Health Medical Center Plano	Eating Disorders Program 214-456-8899	Plano (Preston and Hedgcoxe)	Inpatient and outpatient counseling and education programs, as well as medical care. Medicaid accepted. Spanish speakers available.
The Eating Recovery Center Dallas/Plano	www.eatingrecoverycenter.com 1-866-601-6647	Plano	Inpatient, outpatient, partial hospitalization, and residential treatment for eating disorders. Various insurances accepted. Medicaid not accepted.
NEDA	www.nationaleatingdisorders.org	Nation wide	Information regarding eating disorder support services.
Overeaters Anonymous	www.oadallas.org	Farmers Branch, Lewisville, Dallas, Plano	Download list for phone numbers, sites, and meeting times. Peer-led support group for people with compulsive eating. Not a counseling service.

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ADHD/Mental Health Evaluations

Many pediatricians and family physicians perform ADHD/Mental Health evaluation. These centers also provide evaluation.

Beckloff Pediatric Behavioral Center	www.drbeckloff.com 972-250-1700	North Dallas (Preston and Campbell)	ADHD assessment, coaching, counseling, and skills groups. Medicaid not accepted. One Spanish-speaking therapist. Sliding scale considered for counseling, but not for testing.
Dallas Behavioral Health	www.dallasbehavioral.com 972-982-0897	Desoto	Evaluation services, adolescent inpatient psychiatric program, partial hospitalization program, and intensive outpatient program
Denton MHMR	www.dentonmhmr.org/services/crisis-services 940-381-5000	Denton County	Psychiatric evaluations and case management to adolescents with mental health disorders
Hickory Trail	www.hickorytrail.com 972-298-7323	Desoto	Psychiatric evaluations, adolescent day program, partial hospitalization program, intensive outpatient program, and chemical dependency program.
Lakeside Life Center	Lakeside Life Center 972-221-1741	Carrollton	Psychiatric evaluation and treatment for Depression, Anxiety, and addictive disorders
Mesa Springs	www.mesasprings.com 817-405-6195	Arlington	Psychiatric evaluations, partial hospitalization program, intensive outpatient program
Metrocare Skillman Family Mental Health Clinic & Pharmacy	Metrocare Skillman Family Mental Health Clinic & Pharmacy 214-221-5433	Dallas (Skillman and Plano Rd)	Provides evaluations, case management, and counseling. Medicaid accepted, and Metrocare plan available based on income. Spanish speakers available.
Metrocare Westside Family Center	www.metrocareservices.org 214-331-0107	S. Dallas (I-30 and N. Westmoreland Rd.)	Services for early childhood mental health and disabilities. Medicaid accepted, and Metrocare plan available based on income. Spanish speakers available
Millwood Hospital	www.millwoodhospital.com 817-765-6007	Arlington	Psychiatric evaluations, inpatient and outpatient programs for behavioral health disorders
Perimeter Behavioral Hospital	www.perimeterhealthcare.com 972-370-5518	Dallas and Arlington	Psychiatric evaluations and inpatient psychiatric programs for adolescents
UBH Denton	www.ubhdenton.com 940-320-8100	Denton	Offers psychiatric evaluations, adolescent inpatient programs, and outpatient programs

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Pregnancy

HRSA National Maternal & Child Health	National Maternal Mental Health Hotline MCHB 1-833-852-6262	Nation wide	Free resources and 24/7 hotline for pregnant and new moms.
Loreto House	www.loretohouse.org 940-380-8191	Denton or Flower Mound	Pregnancy testing, ultrasounds, parenting classes, resources for diapers and clothing

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Psychiatric Assessment/Evaluation

If an individual is in danger of hurting himself/ herself or others, hospitals may require the individual to remain at the facility for further evaluation and/or treatment. Facilities may have procedures in place during assessment or intake, such as securing phones and personal items.

Carrollton Regional Medical Center	Carrollton Regional Medical Center 972-492-1010	Carrollton (Josey and Cheyenne)	For assessment, go to the emergency room. Staff will call the behavioral health mobile crisis team who will provide assessment. Staff may provide referrals to treatment facilities. Medicaid accepted. Translator line available.
Children’s Health Hospital Dallas	www.childrens.com 214-456-8899	Dallas (I-35 and Medical District Drive)	For immediate assessment, go to the emergency room. No Inpatient services. Staff may provide referrals to treatment facilities. Some Medicaid plans accepted. No sliding scale. Spanish staff/interpreters available.
Hickory Trail Hospital	www.hickorytrail.com 972-298-7323	DeSoto (I-20 and N. Hampton Rd.)	Assessment available 24/7 free of charge. Medicaid accepted. On-site treatment for many mental health conditions. Spanish translator line available and Spanish staff at times.
Metrocare Skillman Family Mental Health Clinic & Pharmacy	Metrocare Skillman Family Mental Health Clinic & Pharmacy 214-221-5433	Dallas (Forest Lane and Plano Rd)	Multiple services for mental health and disabilities. Evaluations, case management, counseling. Medicaid accepted, and Metrocare plan available based on income. Spanish speakers available.
Texas Health Presbyterian Hospital	www.texashealth.org/plano 972-981-8008	Plano (Dallas N. Tollway & Parker Rd.)	For immediate evaluation, go to the emergency room. Staff may provide referrals to treatment facilities, Some forms of Medicaid accepted.

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Crisis Hotlines

Phone numbers for crisis assistance and connections/referrals to resources.

211 Texas	211 Texas Call 211	Statewide in Texas	24/7 Help with basic needs like food, housing, child care, or emergency services.
ADAPT USA Mobile Crisis- Texas	866-260-8000 Hotline answered 24/7		Aimed at helping individuals resolve immediate mental health crises, it offers telephone and face- to-face services and connections to resources. Spanish speakers available.
Crisis Text Line	www.crisistextline.org Text HOME to 741741	Nation wide	Free 24/7 support from a Crisis Counselor via text message
Dallas Area Rape and Crisis Center	Dallas Area Rape Crisis Center 972-641-7273	Dallas County	Offers medical advocacy, legal advocacy, case management, individual, and group counseling to people affected by sexual violence free of charge.
Denton County Mobile Crisis	https://www.dentonmhmr.org/services/crisis-services 1-800-762-0157 Hotline answered 24/7	Denton County	Aimed at helping individuals resolve immediate mental health crises. It offers telephone and face-to-face services and connections to resources.
Friends of the Family	www.dcfof.org 940-382-7273 hotline answered 24/7	Denton	Offers support and advocacy to people affected by rape, sexual abuse, and/or domestic violence. May be able to provide legal referrals and shelter. Spanish speakers available.
National Domestic Violence Hotline	www.thehotline.org 800-799-SAFE (7233) Text START to 88788	Nation wide	24/7 hotline for survivors of domestic violence, concerned friends/family members, or abusive partners seeking change
National Human Trafficking Resource Center	www.humantraffickinghotline.org 888-373-7888 Text 233733	Nation wide	24/7 hotline for survivors of human trafficking or concerned friends/family
National Suicide Prevention Lifeline	https://988lifeline.org/ 1-800-273-TALK or 988 Available 24/7	Nation wide	Connect to a trained counselor at a crisis center. "Call if you feel you are in crisis whether or not you are thinking of killing yourself."
Rape, Abuse, Incest National Network	www.RAINN.org 800-656-HOPE (4673)	Nation wide	Free 24/7 support hotline for survivors of sexual assault
Substance Abuse/Mental Health National Helpline	www.samhsa.gov/find-help/national-helpline 800-662-HELP (4357)	Nation wide	24/7 hotline for treatment referral and information services for individuals or families facing mental and/or substance use disorders
Suicide and Crisis Center of North Texas	www.sccenter.org 214-828-1000 Text CONNECT to 741741	North Texas	24/7 Suicide and Crisis hotline
Trevor Lifeline	www.thetrevorproject.org Call/Text 24/7 Text 'START' to 678-678 Call 1-866-488-7386	Nation wide	Crisis support for LGBTQ youth.
Turning Point Rape Crisis	www.the turningpoint.org 1-800-886-7273 all hours, every day	Plano and Dallas	Offers immediate support and connections to law enforcement and medical personnel to people affected by sexual violence directly or indirectly. Language interpretation available upon request.

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Support Groups

Some support groups may be peer-led, whereas others may be programs offered by professionals.

Carson's Village	https://carsonsvillage.org/resource/how-to-cope-dfw/	Nation wide	Full resource list for grief support groups
Grief and Loss Center- Sam's Place	Grief and Loss Center of North Texas 214-452-3105	Dallas (Abrams and E. Mockingbird)	Provides an opportunity for grieving children and teens to meet with peers. Groups and individual counseling for loss of loved one, including parental deportation or incarceration. Meet in age-appropriate groups with trained facilitators. Services are free of charge. Spanish and sign language available.
Grief Works	www.christian-works.org/works/grief-works 972-960-9981	Dallas (Dallas Parkway and Harvest Hill)	Free program for children ages 5-18 who have experienced the death of someone close to them. Sliding scale payment available for counseling. Call to ask about services in Spanish.
Journey of Hope	Journey of Hope 972-964-1600	Plano	Peer grief support for ages 4-18
M.E.N.D.	https://www.mend.org/	In- person and virtual	Support groups for grief
Postpartum Support International	PSI Online Support Meetings Postpartum Support International (PSI) 1-800-944-4773	Virtual	Online support groups for pregnant, parenting, and those grieving infant loss
Sage Counseling	https://www.sagecounseling-hope.com/ 972-696-9207	Plano	Free Motherless Daughters support group
Single & Parenting	www.singleandparenting.org 800-395-5755	Nation wide	Seminars and support groups for single parents
Youth First	www.myresourcecenter.org/what-we-do/community/youth-first 214-521-5124	Dallas (Dallas N. Tollway and Harry Hines)	LGBTQ-focused youth program free of charge that addresses the challenges youth face with family and peers. Social clubs, support groups, event nights, and programs for youth; parent support groups. Some Spanish speaking volunteers on some nights.

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Shelters

City House Youth Shelter	City House 972-424-4626	Plano	24/7 housing and care in Plano for children ages newborn to 17 who have been through abuse, neglect, abandonment, or who have been removed from home by CPS or are awaiting foster placement. Siblings can stay together. Provides food, clothing, medical and dental care, counseling, and education. Programming available to assist runaway and homeless youth. Eight free family counseling sessions may be available to families, regardless of whether they are involved in shelter services, in order to try to prevent runaway and homeless situations. Transitional living program for ages 18-21. No Spanish speakers available.
Collin County Children's Advocacy Center	Children's Advocacy Center of Collin County 972-633-6600	Collin County	Responds to the needs of families and victims of crime, including domestic violence services. For families in Collin Co.
Dallas County Children's Advocacy Center	www.dcac.org 214-818-2600	Dallas County	Responds to the needs of families and victims of crime, including domestic violence services. For families in or victims of crimes which occurred in Dallas Co.
Denton Co. Children's Advocacy	www.cacdc.org 972-317-2818	Denton County	Responds to the needs of families and victims of crime, including domestic violence services. For families in or victims of crimes which occurred in Denton Co.
Denton Co. Friends of the Family	www.dcfof.org 940-382-7273 (24/7 call and text)	Denton	Responds to the needs of families and victims of crime, including domestic violence and sexual abuse. May be able to provide emergency shelter on a case by case bases. For families in or victims of crimes which occurred in Denton Co.
Elevate	Elevate North Texas 214-556-5915	Carrollton	Services for homeless youth
The Family Place	www.familyplace.org 214-941-1991 Hotline answered 24/7	Dallas	Dallas emergency shelter, transitional housing, crisis counseling and play therapy, childcare with programming for traumatized children, legal aid, incest recovery program, and on-site K-2 school. Supervised child visitation/monitored exchange and batterer intervention and prevention programs may be subject to fees. Spanish speakers available.
Genesis Women's Shelter and Support	www.genesisshelter.org 214-946-4357 Hotline 24/7	Dallas	Dallas emergency shelter, transitional housing, counseling center, case management, legal services, parenting classes, and domestic violence education. Spanish speakers available.
Hope's Door	www.hdnbc.org 972-276-0057 (Hotline 24/7)	Plano	Services provided to victims of domestic and sexual violence: Emergency shelter, counseling, legal, education. Services in Spanish.
Irving Family Advocacy Center	www.cityofirving.org/984/Family-Advocacy-Center 972-721-6560	Irving (O'Connor and Irving Blvd.)	Responds to the needs of families and victims of crime, including domestic violence services. For families in Irving or victims of crimes which occurred in Irving. Bilingual available.
Mosaic Family Services	www.mosaicervices.org 214-821-5393; or 214-823-4434 crisis line	Dallas (N. Central Expressway at N. Fitzhugh)	24/7 Counseling, shelter, advocacy, and legal representation for refugees, asylees, and international survivors of domestic violence and human trafficking. Case management for asylees to get health benefits. Life skills classes and youth substance abuse program available. Services available in several languages.
Promise House	www.promisehouse.org 214-941-8578 Hotline answered 24/7	Dallas	Dallas emergency shelter, transitional living, pregnant and parenting teen services, crisis intervention, and individual, group, and family counseling for runaway and at-risk youth. Spanish services available.
Traffick 911	www.traffick911.com 817-575-9923 (Hotline answered 24/7)	North Texas	Advocates help provide emergency shelter, safety plans, and counseling services for child victims of sex trafficking.

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Clothing & Food

Christian Community Action	www.ccahelps.org 972-221-1224	Lewisville (I-35 and Mill St)	Food pantry/ emergency financial assistance
Family Promise of Irving	www.familypromiseirving.org 972-313-1500	Irving (McArthur and Irving Blvd)	Provides prevention services for homelessness
Friendship House	The Friendship House 972-512-3838	Carrollton off Josey	Food and financial assistance
Homeless Coalition of Dallas	Homeless Coalition of Dallas 972-685-6277	Dallas	Clothing and food assistance for homeless
Irving Cares	www.irvingcares.org 972-721-9181	Irving	Provides help with food, rent, utilities, prescriptions, education, referrals and job-seeking for Irving residents
Jewish Family Services	Jewish Family Service of Greater Dallas 972-437-9950	Dallas	Counseling, emergency food, career and financial coaching (not only for those who identify as Jewish)
Metrocrest	Metrocrest Services 972-446-2100	Carrollton, Farmers Branch, Addison, Coppell, Dallas, and CFB students/families	Emergency financial assistance, food pantry, holiday toys and food, and financial coaching
Salvation Army - Emergency Family Services	The Salvation Army of North Texas 214-424-7050	North Texas	Provides up to one month housing/utility payment and 3 day family food bag
Salvation Army - Irving	Irving - The Salvation Army of North Texas 972-438-6553	Irving	Provides food pantry and clothing
Lasagna Love	https://lasagnalove.org/request/	Nation wide	Will provide a free dinner (lasagna) to a family per month. Delivered to the home
Interfaith Family Services	https://interfaithdallas.org/ 214.827.7220	Dallas (Henderson and Greenville Ave)	Can help with housing, rent assistance, and job training

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Alternative Education

Job Corps	www.jobcorps.gov 800-733-5627	Nation wide	Free, residential career training and education program for low-income adults ages 16-24.
Texas CAN Academy	www.texanscan.org 972-243-2178	Carrollton/Farmers-Branch	Education services for individuals who have dropped out of school ages 14-21.
Winfrey Academy	www.winfreyacademy.com 214-222-2200	Lewisville	Tuition free, public school serving learners ages 14-26.

Community Resource Referrals

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Legal Services

Dallas Volunteer Attorney Program	Clinics - Dallas Volunteer Attorney Program 214-243-2236	Dallas	Can apply for non-criminal legal help
Legal Aid of Northwest Texas Dallas	Legal Aid of Northwest Texas 214-748-1234	North Texas	Can apply for legal aid
SMU Law Clinics	www.smu.edu/law/clinics 214-768-2562	Dallas	Student attorneys supervised by SMU staff provide clinics in multiple areas

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Medical Clinics

Children's Health	www.childrens.com 214-456-7000	Dallas	Medical hospital for children up to age 18
Dallas County Health Services	Dallas County Health and Human Services 214-819-2000	Dallas County	
Denton County Health Services	Clinical Services Denton County, TX 940-349-2900	Denton County	
Loreto House	www.loretohouse.org 940-380-8191	Denton and Flower Mound	Pregnancy testing, STD testing, breast and cervical cancer screening, and health coaching
Pedi Place	www.pediplace.org 972-436-7962	Lewisville	Medical and preventative care for children.
Planned Parenthood	www.plannedparenthood.org 972-991-1424	Addison	
Primary Care Clinic	www.primarycareclinic.org 972-221-6005	Lewisville	Provides primary and rheumatology care at an affordable cost to uninsured or underinsured who are 13 years and older.
Vivian Field Youth & Family Health Center	Vivian Field Youth & Family Health Center 214-266-2305	Farmers Branch	
Woven Health Clinic	www.wovenhealth.org Farmers-Branch 972-484-8444 Carrollton 469-574-2022	Carrollton and Farmers Branch	Low cost medical care and services.

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Economic Need

Bed Start	Get Help - Bed Start	Collin County and far north Dallas County	Provides beds or other furniture to families in need
The Birthday Party Project	www.thebirthdaypartyproject.org 972-290-0908	Nation wide	Birthday bags for homeless children
The Dallas Furniture Bank	Dallas Furniture Bank (972)466-0600	Dallas	Furnishes families in need with furniture,, once they find permanent housing
Good Rx	www.goodrx.com/	Nation wide	Comparing Prescription medicine prices for low cost options
Housing by John 3:16	Housing Help by John 3:16 469-900-9619	Dallas, Denton, and Collin Counties	Rent and utility assistance
Mark Cuban Cost Plus Drug Company	www.costplusdrugs.com	Nation wide	Find reduced price prescriptions
Metrocrest	Metrocrest Services 972-446-2100	Carrollton, Farmers Branch, Addison, Coppell, Dallas, and CFB students/families	Emergency financial assistance, food pantry, holiday toys and food, and financial coaching
North Dallas Shared Ministries	www.ndsm.org 214-358-8700	Dallas	Rent and utility assistance, medical care, dental care, eyeglasses, dental care, mental health, clothes closet, income tax preparation
T-Mobile Project 10 Million	Free Internet for Students: Project 10Million T-Mobile	Nation wide	Free hotspot for families who are economically disadvantaged
Wings	Programs - WiNGS Dallas 214-956-5901	Dallas	Support for women - financial advising, career advising and first time mothers' support
Zenni Optical	www.zennioptical.com (800) 211-2105	Nation wide	Inexpensive eye glasses, does not use insurance