

Area Counseling Resources

updated 4/2020

In an emergency, dial 911.

Denton Co. Mental Health Hotline – 24 hr
1-800-762-0157

SAMHSA Disaster & Distress Helpline - 24 hr
800-985-5990

Crisis Counseling via Text: Text MHA to 741741
www.mentalhealthamerica.net

National Suicide Prevention Lifeline
800-273-TALK (8255)
www.suicidepreventionlifeline.org

Mental Health Resources - 2-1-1, option 8
www.dshs.state.tx.us/mhsa-mh-help

Substance Abuse Helpline
800-662-HELP (4357)
www.samhsa.gov/find-help/national-helpline

Denton County MHMR Triage Center (24 hours)
www.dentonmhmr.org
2509 Scripture, Denton TX
940-381-9965; 940-381-5000; 800-269-6233
Mobile Crisis Outreach Team: 800-762-0157

National Domestic Violence Hotline
800-799-7233
www.thehotline.org/help/

First Refuge Counseling - Sanger
www.firstrefugeministries.org
940-484-4384

New Hope Counseling of Sanger
www.newhopeofsanger.com
940-220-9288
400 Bolivar St., Ste. 316, Sanger TX

UNT Child & Family Resource Clinic
<https://bit.ly/2UAZU5A>
940-565-2066
1180 Union Circle, Denton TX

UNT Counseling & Human Development Center
<https://bit.ly/2Jy6xPF>
940-565-2970 - 425 S. Welch St., Denton TX

Family Tree Counseling – Free
www.familytreeprogram.org/
940-387-7517; 888-837-0666

Terrell Counseling
www.terrellcounseling.com
940-387-3450
1204 Bent Oaks #200, Denton TX

Counseling Center of Denton
www.ccdcounseling.com
940-382-5328; 800-897-7068
1512 Scripture St., Denton TX

TWU Counseling & Family Therapy Clinic
www.twu.edu/family-sciences/counseling-family-therapy-clinic.asp - 940-898-2600
Human Development Bldg #114, Denton TX

Joyful Restoration Wellness
940-239-3575
www.joyrestored.net

Children's Advocacy Center
www.cacdc.org
972-317-2818; 866-875-1015
1208 Bent Oaks Court, Denton TX

Connections Wellness Group
<https://connectionswellnessgroup.com/>
940-222-2399
2701 Shoreline Dr Ste. 151, Denton TX

The Excel Center
www.excelcenterlewisville.com
940-206-7480; 972-906-5522
190 Civic Circle, Ste 170, Lewisville TX

North Texas Psychiatry & Psychotherapy
940-453-9074
914 North Locust, Denton, TX

HSNT Denton Medical Center
www.healthntx.org
940-381-1501
4308 Mesa Drive, Denton TX

Denton County Friends of the Family
www.dcfof.org
940-387-5131
4845 S I-35E, St. 200, Corinth TX

Dr. Nishendu Vasavada, MD
www.lakesidelifecenter.com
972-221-1741
4100 Fairway Ct. Bldg 200, Carrollton TX

Sanger ISD is not affiliated with any of the resources listed above and does not endorse or recommend any specific resource, nor is it responsible for the actions of any independent agency. This list is intended as a convenient guide ONLY. There are other agencies that offer counseling services.