

Community Resource Referrals

List provided as a courtesy and in no way constitutes an endorsement of relationships between CFBISD and the service provider. Updated on 8/12/24 and subject to change.

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.
Branches Lewisville	https://brancheslewisville.com/ 844-963-HOPE	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 children and adolescents ages 5-18. Accepts managed Medicaid and CHIP.
Carrollton Springs	www.carrolltonsprings.com 972-395-5046	Frisco McKinney	Partial hospitalization and intensive outpatient programs for ages 9-18 who are actively enrolled in school. 24/7 Comprehensive Assessment scheduling available via telephone. Does not accept Medicaid.
Charlie Health	www.charliehealth.com 866-484-8218	Virtual	Virtual Intensive Outpatient Program designed for teens and young adults offering comprehensive treatment programs No waitlists. Works with all major health plans including Medicaid.
Child & Family Guidance Center	www.childrenandfamilies.org 214-351-3490	Dallas Plano	Intake and assessment. Psychiatry and medication management available. Counseling, skills training. Telehealth services available. Services available in English & Spanish. Medicaid accepted, and sliding scale payment possible.
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 co-occurring 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 214-743-1215	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 817-242-9993	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, co-occurring mental health and substance use.

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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.
Winfree Academy	www.winfreeacademy.com 214-222-2200	Lewisville	Tuition free, public school serving learners ages 14-26.

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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	3733 N. Josey Ln, Ste 103 Carrollton, TX	Food and financial assistance
Heart of the City	https://heartofthecitylewisville.com/i-need-help-1 972-492-2432	Lewisville and Carrollton	Clothing and food assistance
Holy Covenant (Iglesia)	https://www.hcumc.org/service/feeding-ministries/food-pantry 972-492-2432	1901 E. Peters Colony Carrollton, TX 75007	Clothing and food assistance
Homeless Coalition of Dallas	Homeless Coalition of Dallas 972-685-6277	1039 N I-35, Ste 309 Carrollton, TX 75006	Clothing and food assistance for homeless
Interfaith Family Services	https://interfaithdallas.org/ 214.827.7220	1651 Matilda Street Dallas, TX 75206	Can help with housing, rent assistance, and job training
Irving Cares	www.irvingcares.org 972-721-9181	440 South Nursery Rd, Ste 101 Irving, TX 75060	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	5402 Arapaho Road Dallas, TX 75248	Counseling, emergency food, career and financial coaching (not only for those who identify as Jewish)
Lasagna Love	https://lasagnalove.org/request/	Nation wide	Will provide a free dinner (lasagna) to a family per month. Delivered to the home
Metrocrest	Metrocrest Services 972-446-2100	1145 N Josey Ln Carrollton, TX 75006	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

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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.dentonmhm.org/services/crisis-services 1-800-762-0157 Hotline 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.dcf.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.
Homeless Crisis Helpline	1-888-411-6802		Help people who are experiencing homelessness, living in a shelter or are at risk of becoming homeless by connecting them to agencies that can provide resources.
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."
North Texas Behavioral Health Authority (NTBHA)	866-260-8000	Dallas County	Free 24/7 Crisis Hotline
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	https://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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Drug Counseling & Residential Treatment

Treatment and counseling vary according to individual needs.

Cedar Crest Hospital	www.cedarcresthospital.com 855-437-1147	Belton, TX	Serves adolescents ages 12-17 years old. Residential Treatment Center. Chemical Dependency Services, Intensive Outpatient and Partial Hospitalization Services. Accepts most insurance including Medicare and Medicaid.
Charlie Health	www.charliehealth.com 866-491-5196	Virtual	Virtual Intensive Outpatient Program designed for teens and young adults offering comprehensive treatment programs No waitlists. Works with all major health plans including Medicaid.
Children's Health: Teen Recovery Program	https://www.childrens.com/specialties-services/specialty-centers-and-programs/psychiatry-and-psychology/conditions-and-programs/teen-recovery-program 214-456-7200	Dallas (35E and Mockingbird)	Serves ages 13-17. Outpatient program. CHIP and Medicaid accepted.
Clearfork Academy	www.clearforkacademy.com 888-594-8699	Boys-Fort Worth Girls-Cleburne	Residential Treatment Center for teens ages 13-17 offering detox, residential, and outpatient care.
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. Accepts most major insurances.
Grace Counseling	www.grace-counseling.com 844-564-0736	Fort Worth and Lewisville	Outpatient mental health and substance use treatment program. Offers drug testing. Spanish speaking counselor available.
IPS Recovery	www.ipsrecovery.com 214-331-1200	Dallas	18+ intensive outpatient program. Weekly sessions conducted via zoom. Accepts all insurances.
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 for ages 17 and older.
Medical City (formerly Haven Behavioral Health)	https://www.medicalcityhealthcare.com/locations/medical-city-mental-and-health-and-wellness-center-frisco 469-535-8000	Frisco Square	Adolescent 12+, PHP, IOP, Medication management. Takes all insurances including Medicaid.
Metrocare Westside Family Center	www.metrocareservices.org 214-743-1215	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.
Millwood Hospital	Mental Health and Substance Use Treatment MillwoodHospital.com 817-242-9993	Arlington	Crisis stabilization available for substance use. See Psychiatric evaluations section for more information.
Newport Academy	https://www.newportacademy.com/ 866-517-0923	Dallas	Adolescent and Teen Outpatient Program. Comprehensive treatment offering three levels of care; Partial Hospitalization, Intensive Outpatient, and Outpatient Services.
North Texas Behavioral Health Authority OSAR	Dallas County: 844-275-0600 Denton County: 817-332-6329	Referral Line	Outreach, screening, assessment and referral for individuals with substance use and /or co-occurring disorders that provides brief intervention and linkage to treatment and recovery-oriented services. For anyone without insurance coverage.

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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.
Roots Renewal Ranch	www.rootsrenewalranch.com 888-399.0489	Argyle	Female 90-day residential comprehensive treatment services for adolescents ages 13-17 as well as 90-day aftercare. Accepts most commercial insurance. Medicaid or state-funded insurance is not accepted but will work with self-payment options.
Seay Behavioral Health Hospital	Texas Health Seay Behavioral Health Plano 682-236-6023	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.
Sigma Counseling	www.sigmacounseling.com 972-820-6299 972-820-6222	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)	Residential comprehensive treatment, serves adolescents ages 12-17 with chemical dependency and co-occurring mental health disorders. No Medicaid or sliding scale accepted. Some Spanish speaking staff.
Texas Health Resources	https://www.texashealth.org/Health-and-Wellness/Behavioral-Health/Adolescents-and-Young-Adults 1-877-847-9355	Various locations	Medical Detox 13+ for Alcohol, benzos, opioids at Plano, Bedford & Arlington locations
TMC Behavioral Health Center	https://tmcbehavioralhealth.com 903-416-3000 toll free 855-815-2417	Sherman	Inpatient and outpatient adolescent recovery services, age 18+. No cost assessments. Psychiatric care covered under most insurance, including Medicaid and Medicare. Can provide transportation after discharge.
Unity Behavioral Health	www.unitybehavioral.co 469-940-6900	Richardson	Partial Hospitalization and Intensive Outpatient Programs. Evening (after school) program virtually and in person for ages 13-17 years old. Accepts most insurance plans including Managed Medicaid. Spanish speakers available.
Waterford Counseling	https://waterfordcounseling.com/ 855-203-7240	6445 Preston Rd. Suite 300 Plano TX 75024	Marijuana Intervention classes for adolescents and their parents, Mondays 5-6pm. Can pay by the class. Free assessment and \$10 drug screening. Day program and outpatient services available and accepts major insurances and Medicaid. Free transportation with Medicaid.
Youth 180	www.youth180tx.org 214-942-5166	Dallas (Tyler St. & Sunset Ave.)	Outpatient counseling available for individuals (13-17), group and family. Parent support groups offered. Intake and drug testing required to receive services. In person only. Medicaid and NTBHA accepted.

Drug Support Groups

Support groups vary by individual needs

Al-Anon Carrollton	www.dallasal-anon.org 214-363-0461 o 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 - 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.

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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.
Charlie Health	www.charliehealth.com 866-491-5196	Virtual (Monday evenings at 7pm)	Support groups for parents, grandparents, or guardians of teens and young adults who struggle with mental health and substance use disorders.
Children's Health: Teen Recovery Program	Teen Recovery Program 214-456-7200	Dallas (35E and Mockingbird)	In person group meetings
CODA (Codependency)	www.coda.org 888-444-2359 (English) 888-444-2379 (Spanish)	Carrollton (Josey and Peters Colony)	In person and online meetings
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)	www.dallasal-anon.org/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.

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 \$55 with results available instantly. Drug testing coaches are available to speak with parents about the different drug tests available.
Grace Counseling	www.grace-counseling.com 844-564-0712	Fort Worth and Lewisville	Fentanyl testing \$5. Most drug panels for instant in house testing \$5-15
Waterford Counseling	https://waterfordcounseling.com 855-203-7240	Frisco	\$10 Drug Screening

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Eating Disorders

Treatment and support types vary according to individual needs.

Children's Health Medical Center Plano	Eating Disorders Program 469-303-4787	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 1-866-382-0074	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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Economic Need

Ascend	Programs - WiNGS Dallas 214-956-5901	Dallas	Support for women - financial advising, career advising and first-time mothers' support
Bed Start	Get Help - Bed Start	Collin County and far north Dallas County	Provides beds or other furniture to families in need
Community Council of Greater Dallas	Emergency Services - Community Council of Greater Dallas 214-871-5065	Based in Dallas	Emergency resource assistance and assistance getting help enrolling in health care insurance
Good Rx	https://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	https://www.t-mobile.com/brand/project-10-million	Nation wide	Free hotspot for families who are economically disadvantaged
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
Zenni Optical	www.zennioptical.com (800) 211-2105	Nation wide	Inexpensive eye glasses, does not use insurance

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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.
Cannenta Center for Healing and Empowerment	www.cannentacenter.com 214-267-8946	Addison	CCHE provides comprehensive, therapeutic counseling for adolescents, individuals, and couples. Accepts most major insurances.
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 most major insurances and Medicaid.
Child & Family Guidance Center	www.childrenandfamilies.org 214-351-3490	Dallas (Harry Hines and Regal Row) and Plano	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.
Ellie Mental Health	https://elliementalhealth.com/ 972-534-4288	Carrollton	Individual, family, and couples group counseling for ages 7 and up. Accepts most major insurances, Medicare, and Medicaid.
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 - Plano	Medical City Green Oaks Hospital - Plano Outpatient Clinic 972-985-1599	Plano, TX 75093 (Coit Rd and W 15th St)	Adolescent Inpatient Program and Intensive Outpatient Program (IOP) Weekly program. M, W, F 9-12.
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.lascolinascounseling.com 972-910-8388	Irving (MacArthur and Kinwest)	Individual, couples, and family counseling. Some insurance is accepted. No counselors available in Spanish.
LifeStance Health	www.lifestance.com 844-824-8775	Various provider locations and Virtual	Comprehensive individual and family counseling. Accepts most insurances and Medicaid.
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.

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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.
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.
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.
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 through Victims' Compensation.

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Legal Services

Catholic Charities Dallas	https://www.ccdallas.org 866-223-7500	1421 W Mockingbird Ln Dallas, TX 75247	Support for refugees
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	https://legalaidtx.org/ 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
Clínica familiar: La Virgen de Guadalupe	https://clinicavirgenguadalupe.com 469-606-0753	3065 N Josey Ln, #28, Carrollton, TX 75007	Services in Spanish
Clínica Hispana	https://clinicahispanatexas.com 469-317-7249	13920 Josey Ln, Farmers Branch, TX 75234	Services in Spanish - \$35 appointment
Clínica Mi Doctor	https://mdmedicalgroup.us/location/s/clinicas-mi-doctor 972-316-6495	701 S Stemmons Freeway, Lewisville, TX 75067	Services in Spanish
Clínica Vcare	https://www.vcareclinics.org 972-245-1200	1445 Mac Arthur Dr, #122, Carrollton, TX 75007	Spanish interpreter available on designated dates - \$40 appointment
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
Mi Clínica Familiar	https://www.miclinicafamiliar.com 214-483-9797	1235 S Josey Ln, #511, Carrollton, TX 75006	Services in Spanish
Pedi Place	www.pediplace.org 972-436-7962	502 S. Old Orchard Ln, #126 Lewisville, TX 75067	Medical and preventative care for children.
Planned Parenthood	www.plannedparenthood.org 972-991-1424	Addison	
Primary Care Clinic	www.primarycareclinic.org 972-221-6005	560 West Main St, Suite 201 Lewisville, TX 75057	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	13551 Dennis Lane Farmers Branch, TX 75234	
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.
Your Texas Benefits	https://www.yourtexasbenefits.com/Learn/Home	Statewide	Support requesting medical insurance for students (Medicaid y CHIP). They can qualify based on income, size of household, family situation etc.

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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 major 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.trannmft.com 214-935-3821	Addison	Speaks Vietnamese. Specializes in acculturation stress. Accepts Aetna and UnitedHealth (Oscar & Oxford Health)

Community Resource Referrals

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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, sand tray, & 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 214-768-6789	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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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	4343 N Josey Ln Carrollton, TX 75010	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.
Carrus Health Behavioral Hospital	https://behavioral.carrusheth.com/ 903-870-1200	Sherman	28-bed inpatient child and adolescent behavioral facility. Children and adolescents ages 5-17 in crisis. Most insurance accepted including Medicaid. Does not accept Molina or Children's Health Plan
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	9708 Skillman St Dallas, TX 75243	Multiple services for mental health and disabilities. Evaluations, case management, counseling. Medicaid accepted, and Metrocare plan available based on income. Spanish speakers available.
Millwood Hospital	Mental Health and Substance Use Treatment MillwoodHospital.com 817-476-7975	Arlington	Psychiatric evaluations, inpatient and outpatient programs for behavioral health disorders.
Southern Area Behavioral Health	https://sabhc.org/ 972-283-9090	Dallas (I20 and S. Westmoreland Rd.)	Urgent and emergent psychiatric services. Medication management, counseling, evaluations (psychiatric and medication) NTBHA provider.
Texas Health Presbyterian Hospital	www.texashealth.org/plano 972-981-8000	6200 West Parker Rd Plano, TX 75093	For immediate evaluation, go to the emergency room. Staff may provide referrals to treatment facilities. Some forms of Medicaid accepted.
Texas Health Resources	https://www.texashealth.org/Health-and-Wellness/Behavioral-Health/Adolescents-and-Young-Adults 1-877-847-9355	Various locations	Partial Hospitalization Program (PHP) Intensive Outpatient Program (IOP)- Rockwall location Medical Detox 13+ for Alcohol, benzos, opioids at Plano, Bedford & Arlington locations
UBH Denton	www.ubhdenton.com 940-320-8100	Denton	Offers psychiatric evaluations, adolescent inpatient programs, and outpatient programs, co-occurring mental health and substance use.

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Shelters

City House Youth Shelter	City House 972-424-4626	830 Central Pkwy E, Ste 350 Plano, TX 75074	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.dcf.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 214-531-0752	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 answered 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	https://www.cityofirving.org/2623/Family-Advocacy-Center 972-721-6560	600 W Pioneer Dr Irving, TX 75061	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.

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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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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
Charlie Health	www.charliehealth.com 214-692-2069	Virtual	Online support groups for caregivers, suicide survivor, and athlete support
Grief and Loss Center- Sam's Place	Grief and Loss Center of North Texas 214-452-3105	4316 Abrams Rd, 2 nd floor Dallas, TX 75214	Provides an opportunity for grieving children and teens to meet with peers. Groups and individual counseling for loss of loved ones, 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 800-375-2229	Dallas and Fort Worth	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	3900 W 15 th St, Ste 306 Plano, TX 75075	Peer grief support for ages 4-18
M.E.N.D.	https://www.mend.org/ 972-506-9000	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	https://myresourcecenter.org/ 214-521-5124	5750 Cedar Springs Rd Dallas, TX 75235	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.